

Healthy breakfast ideas for children

Ētahi tīwhiri mō te kai parakuihi

A healthy breakfast will give your child a good start to the day. Breakfast will give them energy to be active and learn better. Eating breakfast will also make it easier for your child to achieve or stay a healthy weight.

Making a healthy breakfast

Choose something from each of the following three groups:

Something filling (carbohydrates)	Something lasting (protein)	Important nutrients (fruit and vegetables)
<i>Examples include:</i> Breakfast cereal Porridge Wholegrain toast Wholemeal pita bread Rice Noodles	<i>Examples include:</i> Low-fat milk (green or yellow top) Low-fat soy milk Low-fat yoghurt Reduced-fat milk (light blue top) Baked beans Eggs Peanut butter	<i>Examples include:</i> Fresh fruit Canned fruit in juice Frozen fruit such as grapes or berries Mushrooms Tomatoes

Breakfast ideas

- Weet-Bix with low-fat milk and canned peaches.
- Scrambled eggs and sliced tomato on toast.
- Mashed banana on toast with a glass of low-fat milk.
- Porridge with milk and grated apple, chopped banana or frozen berries.
- Toast with a thin spread of peanut butter and a healthy fruit smoothie (see the recipe idea on the next page).
- Leftover rice with vegetables and a glass of low-fat soy milk.
- Baked beans on toast and a glass of low-fat milk.



For more breakfast ideas and recipes see Breakfast ideas (myfamily.kiwi/foods/breakfast) from My Family Food.



Choosing a healthy breakfast cereal

Look at the nutrition information panel and aim for less than 10 g fat and less than 15 g sugar per 100 g. If the cereal contains dried fruit you can go up to 25 g sugar per 100 g. Good options include Weet-Bix and porridge.

Tips for children who won't eat breakfast

- Eat breakfast with your children. They are more likely to eat breakfast if they see you eating it.
- Encourage your child to choose their own healthy breakfast options when you're out shopping.
- Have your main meal earlier in the evening and make sure your child is not having snacks after dinner. This may improve their appetite in the morning.
- If it's rushed in the morning try getting your child up a little earlier. You can prepare for breakfast the night before by setting the table and getting the bowls and cereals ready. You can also give them something to eat on the way to school, such as a banana wrapped in wholemeal bread or a sandwich.
- If your child is not hungry in the morning, try a healthy fruit smoothie (see the recipe idea below) instead of the usual cereal and milk.

Healthy breakfast smoothie (serves one)

Ingredients

- ½ cup low-fat yoghurt
- ½ cup low-fat milk
- 1 banana, peeled and chopped
- 2 tablespoons rolled oats (optional)

Method

- 1) Place all ingredients in a food processor or blender.
- 2) Blend until smooth.

Tips

- If your yoghurt is unsweetened add a teaspoon of honey.
- To make your smoothie cool and refreshing, freeze the banana first.
- Replace the banana with ¾ cup of fresh or frozen berries.



Written by HealthInfo clinical advisers. Endorsed by Community Paediatric Dietitian, Nurse Maude. October 2016.