



Breakfast

+

Presentation to all Students

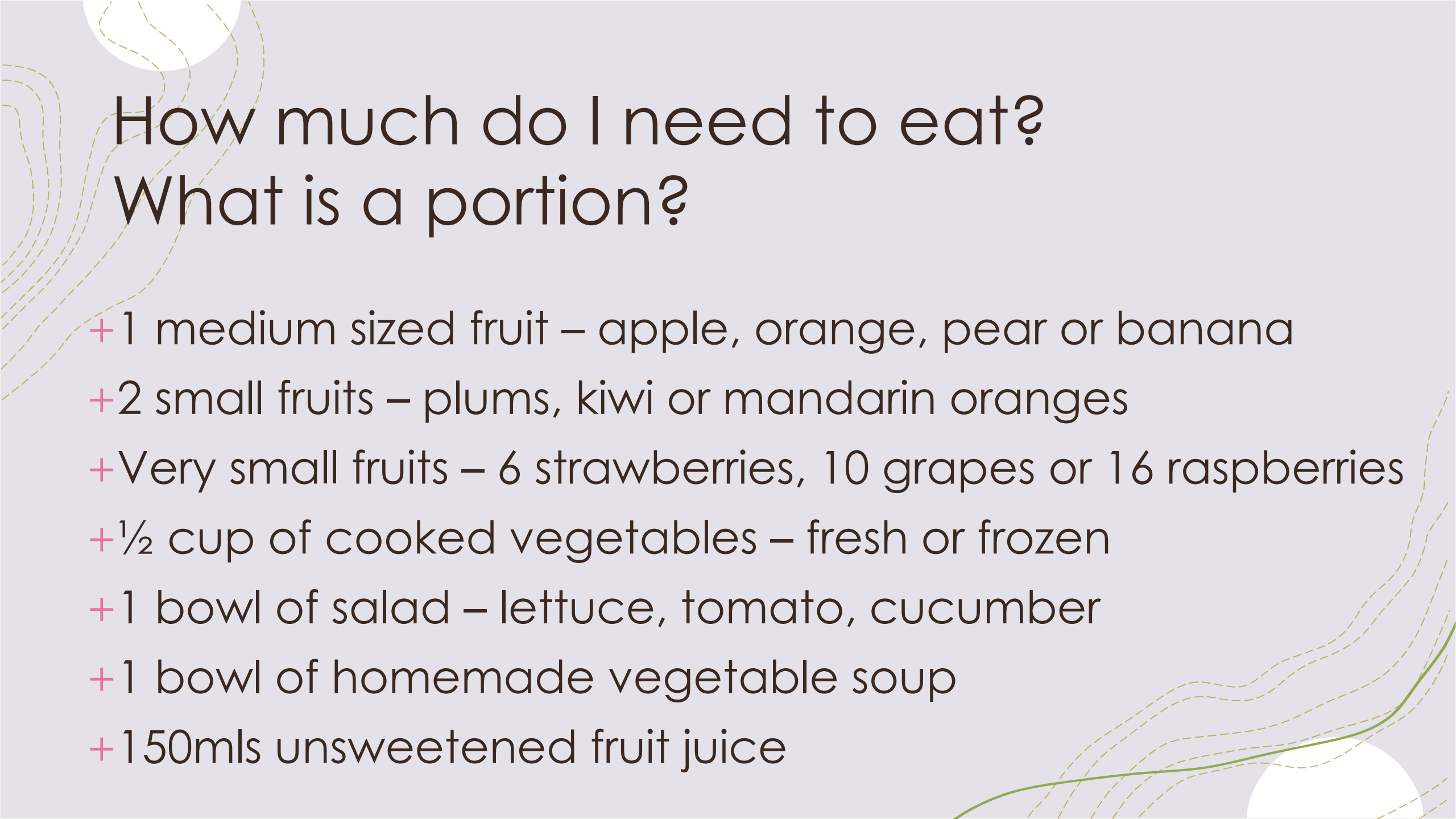
A vibrant collage of various fruits and vegetables. On the left, there are several bright red raspberries. Next to them are slices of orange. In the center, there are long, yellow mango slices. To the right of the mango are several slices of green kiwi fruit showing their characteristic black seeds. Further right is a cluster of dark blue blueberries. On the far right, there are slices of red onion showing their concentric rings. The entire image is overlaid with a semi-transparent dark blue gradient, and the text 'Fruit and Vegetables' is centered in white. There are also some faint, decorative white and yellow wavy lines in the corners.

Fruit and Vegetables



Fruit and vegetables

- + Fruit and vegetables are really important for good health
- + They provide vitamins, minerals and fibre
- + Adding some to your breakfast is a great way to get your fruit and veg count up
- + Irish teens consume less than 3 servings of fruit and vegetables a day
- + We need to eat at least 5-7 portions or at least 400g of fruit and veg everyday!



How much do I need to eat?

What is a portion?

- + 1 medium sized fruit – apple, orange, pear or banana
- + 2 small fruits – plums, kiwi or mandarin oranges
- + Very small fruits – 6 strawberries, 10 grapes or 16 raspberries
- + ½ cup of cooked vegetables – fresh or frozen
- + 1 bowl of salad – lettuce, tomato, cucumber
- + 1 bowl of homemade vegetable soup
- + 150mls unsweetened fruit juice

Adding Fruit

- + Adding banana slices to your peanut butter toast
- + Adding berries to your cereals
- + Adding avocado to your eggs or toast
- + Add apple or pear chunks to your porridge
- + Grab a whole piece of fruit to go with your meal
- + Drink a smoothie or juice with your breakfast





Choosing your Breakfast Cereal

Breakfast Cereals

Choose:

+low-sugar

+high fibre

FOOD SHOPPING CARD

Check how much fat, sugar and salt is in your food

	Sugars	Fat	Saturates	Salt
HIGH per 100g	Over 22.5g	Over 17.5g	Over 5g	Over 1.5g
MEDIUM per 100g	Between 5g and 22.5g	Between 3g and 17.5g	Between 1.5g and 5g	Between 0.3g and 1.5g
LOW per 100g	5g and below	3g and below	1.5g and below	0.3g and below



The amount you eat of a particular food affects how much sugars, fat, saturates and salt you will get from it.



**IRISH HEART
FOUNDATION**

www.irishheart.ie

High Fibre Breakfast Cereal Options

Weetabix

Bran flakes

Shredded
wheat

No added
sugar muesli

Porridge

Overnight
oats



Milk

- + Whole milk and semi-skimmed milk are excellent options to add protein and calcium to your breakfast
- + If you cannot have dairy make sure to choose an unsweetened milk alternative that is fortified with calcium so that you are getting the same benefit
- + Shake non-dairy milk alternatives as the calcium will settle to the bottom



Breakfast Facts

Regularly eating breakfast is positively associated with academic performance.

Those who enjoy breakfast are more likely to have a balanced diet.

Adults who consume breakfast everyday are less likely to develop metabolic complications such as diabetes.

Regular breakfast consumption is associated with a lower Type 2 Diabetes risk in older women.

Children have a lower risk of becoming obese if they regularly eat breakfast with their family.

But I Don't Have Time For Breakfast!

- Prepare your breakfast the night before
- Choose quick to prepare options like cereal, milk, and whole fruit
- If a sit-down breakfast is not possible, pack a piece of fruit, yoghurt, bagel or smoothie in your bag to eat while travelling in the morning.