

A healthy breakfast has...



1

ENERGY
food

+



1

BODY BUILDING
food

+



1

PROTECTIVE
food

... & a **Healthy** DRINK

Healthy breakfast choices



For:

Energy

Body building

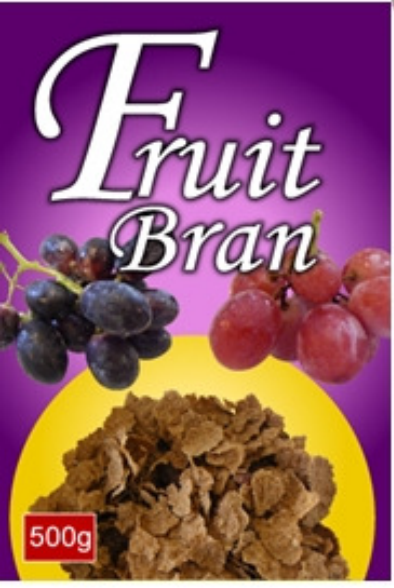
Protection



BREAKFAST

Energy FOODS

Which foods could I choose?



BREAKFAST

Body building FOODS

Which foods could I choose?



Protective

FOODS Which foods could I choose?

BREAKFAST

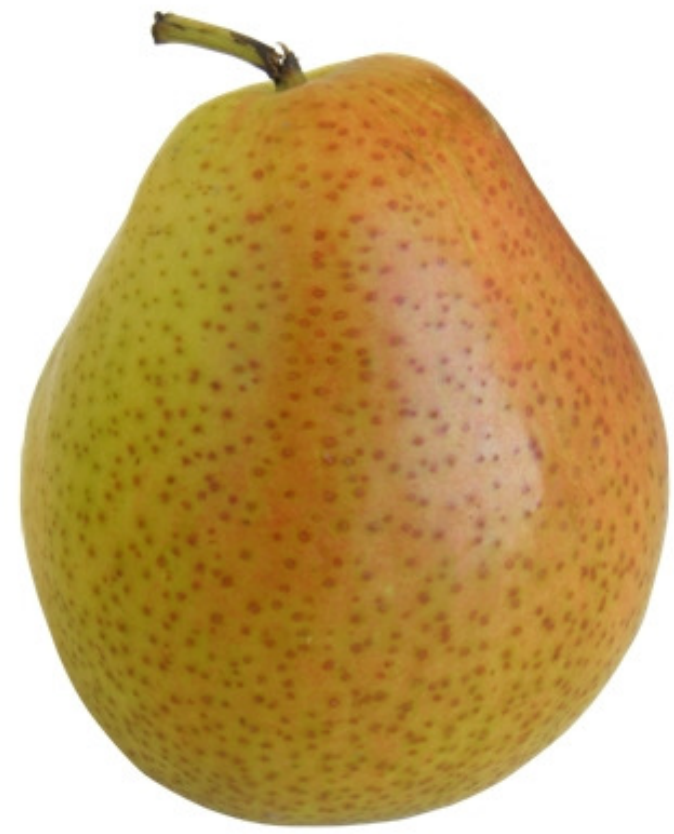


BREAKFAST

3 separate foods



If you prefer to keep it simple?



Energy with a bit of protection
 (raisins are dried fruit)

**Body
 building**

Protective

BREAKFAST

MIXED FOODS



Would I choose cereal, nuts & fruit?



BREAKFAST

MIXED FOODS

Scrambled egg on toast with tomatoes & mushrooms?



BREAKFAST

MIXED FOODS

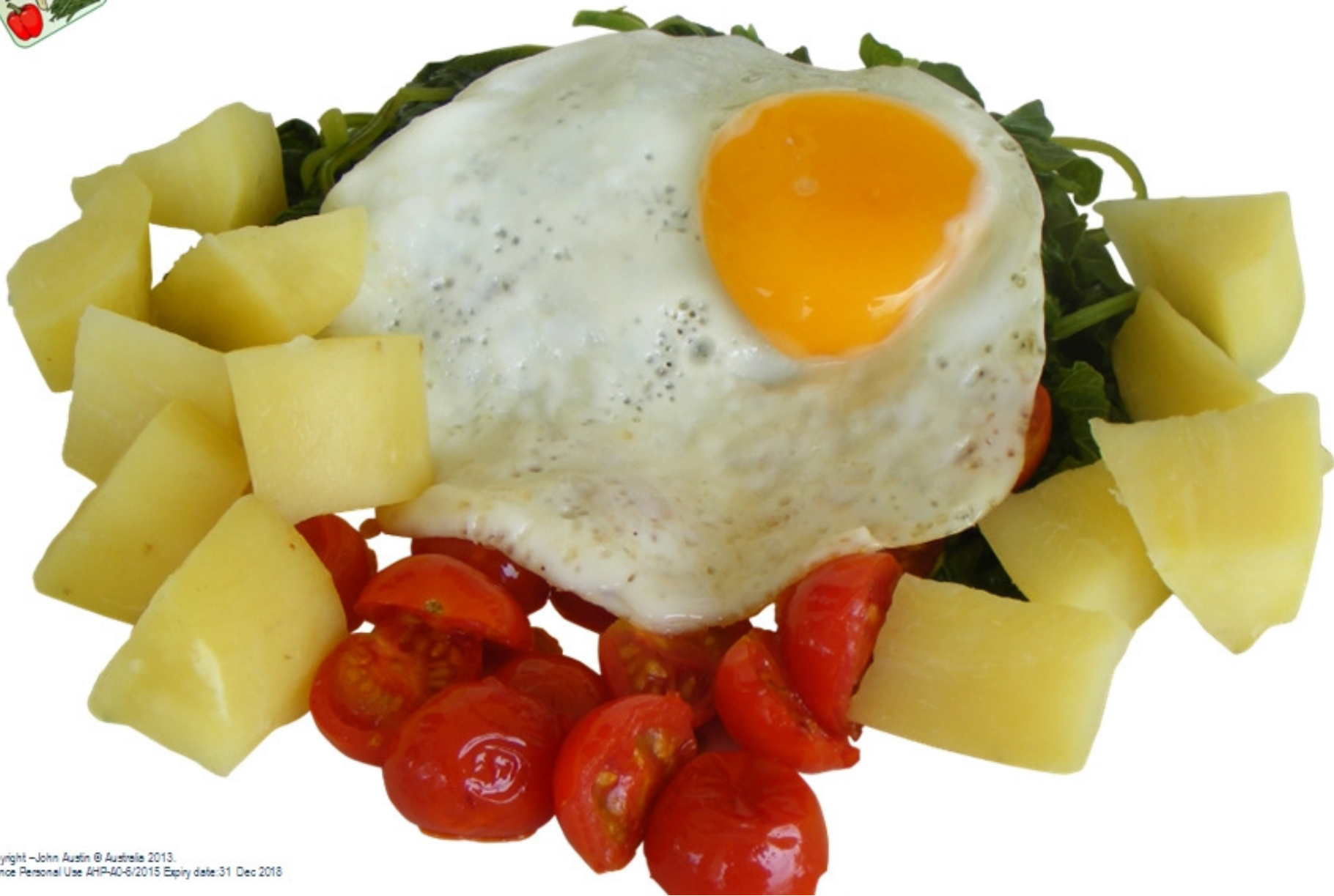
Poached egg, toast tomatoes & mushrooms?



BREAKFAST

MIXED FOODS

Egg, sweet potato, tomatoes & Chinese spinach?



BREAKFAST

MIXED FOODS

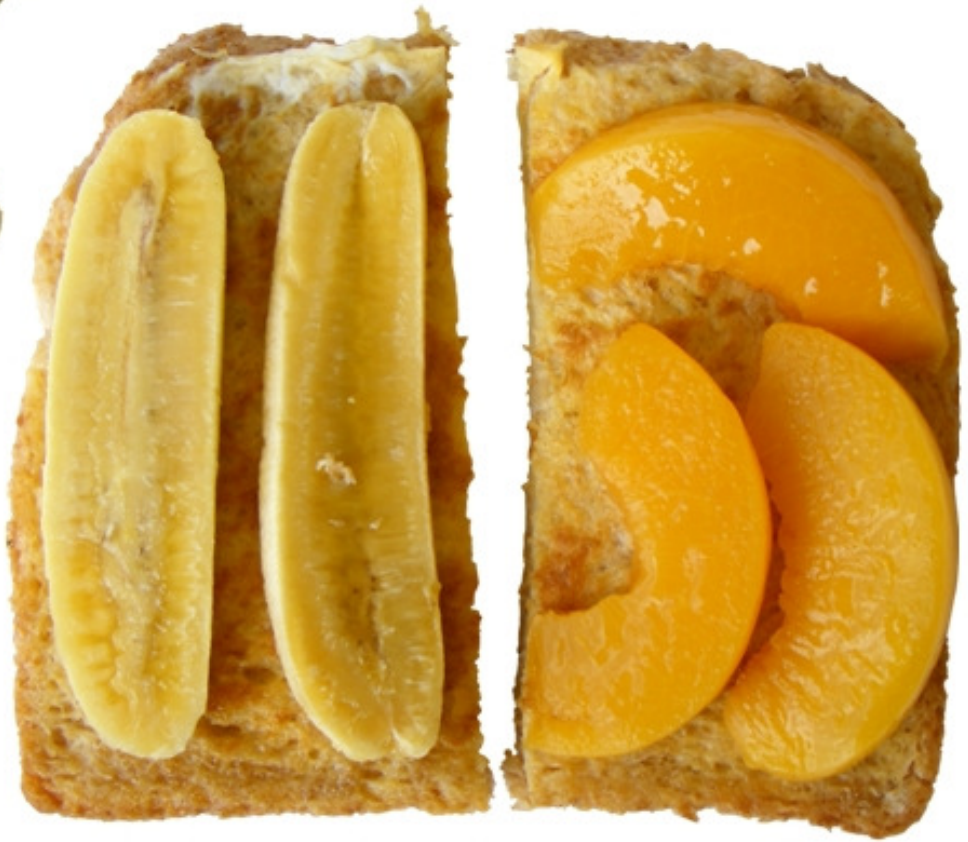
Would you eat egg & cooking bananas?



BREAKFAST

MIXED FOODS

Would you choose fruit & other stuff?



MIXED FOODS

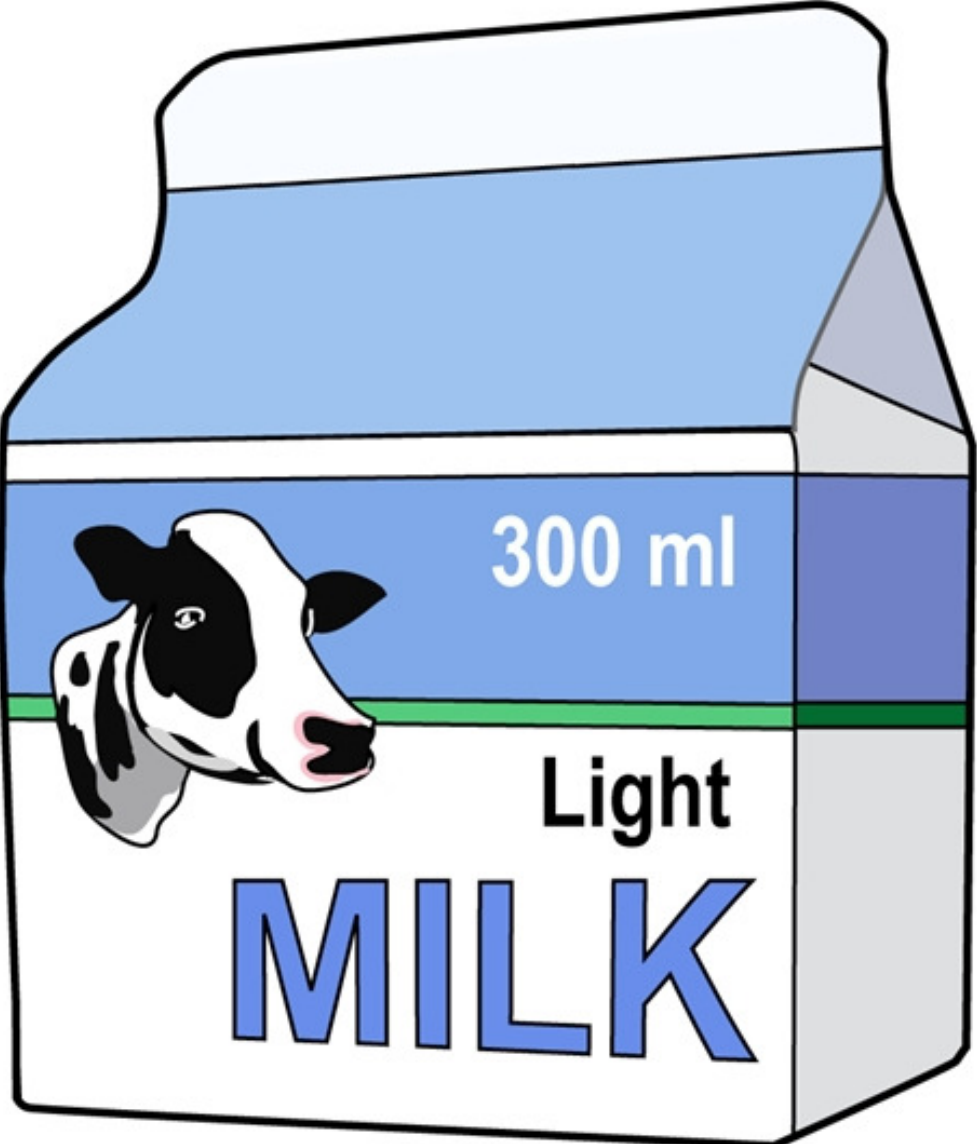
Would you choose pancakes with fruit?



BREAKFAST

HEALTHY DRINKS

Which drinks would I choose?





Problem FOODS

Which foods would I avoid?



Too much SUGAR, SALT or Saturated FAT

BREAKFAST



Problem DRINKS

Which drinks would I avoid?



Too much SUGAR

BREAKFAST



Other DRINKS

When can you have these drinks?

If you are a female avoid tea with meals*



If you drink tea or coffee, TRY NOT TO ADD SUGAR

If you are under 13 years old, tea or coffee has too much CAFFEINE

*Tea can stop you getting iron from leafy vegetables

There is no need to print the following page when printing and using this resource

Health Professional Facilitator Information

You must use your own professional judgement when using this resource

Purpose of resource:

To promote eating protective foods like fruit & vegetables.

Adults (Daily Intake Australian Dietary Guidelines – summary)

Fruit – 2 serves for adults

Vegetables – 5 serves for women, 6 – 6.5 serves for men, 5 serves for pregnant women, 7.5 serves for breast feeding women.

Children (Daily Intake Australian Dietary Guidelines – summary)

Fruit – 1 serve for boys & girls (2-3 years), 1.5 serves for boys & girls (4-8 years), 2 serves for boys & girls (9-11 years)

Vegetables – 2.5 serves for boys & girls (2-3 years), 4.5 serves for boys & girls (4-8 years), 5 serves for girls (9-18 years), 5 serves for boys (9-11 years), 5.5 serves for boys (12-18 years)

To connect examples from the CDRO picture recipes with choices needed to get the recommended daily intakes for: Energy, Body Building & Protective food groups.

Target group:

This resource is designed to be used by Australians of all ages.

Notes:

You may not find all the posters appropriate for some age groups. You will need to choose the most appropriate posters for your purposes. Example : the alcohol drinks poster may be more appropriate for adolescents & young adults of both sexes.

This resource is designed to be printed A3 size and then laminated.

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