



# A healthy breakfast has...



1

**CEREAL**  
food

+



1

**DAIRY**  
food

+



1

**FRUIT** or **VEG**  
foods

... & a **Healthy** DRINK

# Australian BREAKFAST Choices

For:

- Cereal
- Dairy
- Fruit or Vegetables

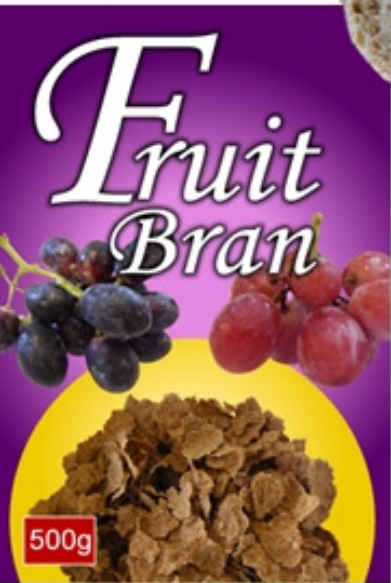


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BREAKFAST



# Cereal FOODS

Which foods could I choose?



Cereal foods



# Dairy FOODS

Which foods could I choose?

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Dairy foods



# Fruit or veg

FOODS

Which foods could I choose?

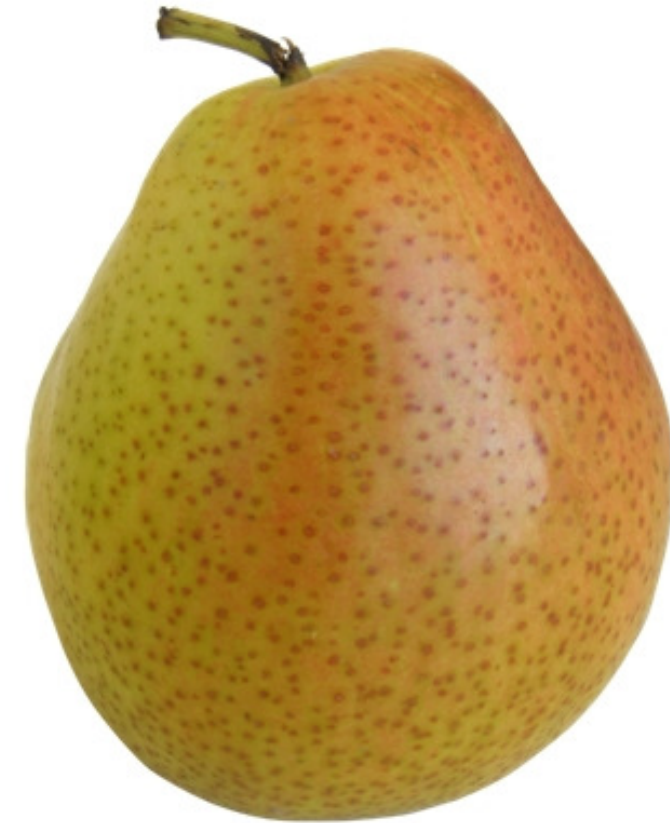


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# 3 separate foods

If you prefer to keep it simple?



**Cereal** with a bit of fruit  
(raisins are dried fruit)

**Dairy**

**Fruit**



# MIXED FOODS

Would I choose cereal, nuts & fruit?



# MIXED FOODS

Scrambled egg on toast with tomatoes & mushrooms?





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# MIXED FOODS

Poached egg, toast tomatoes & mushrooms?

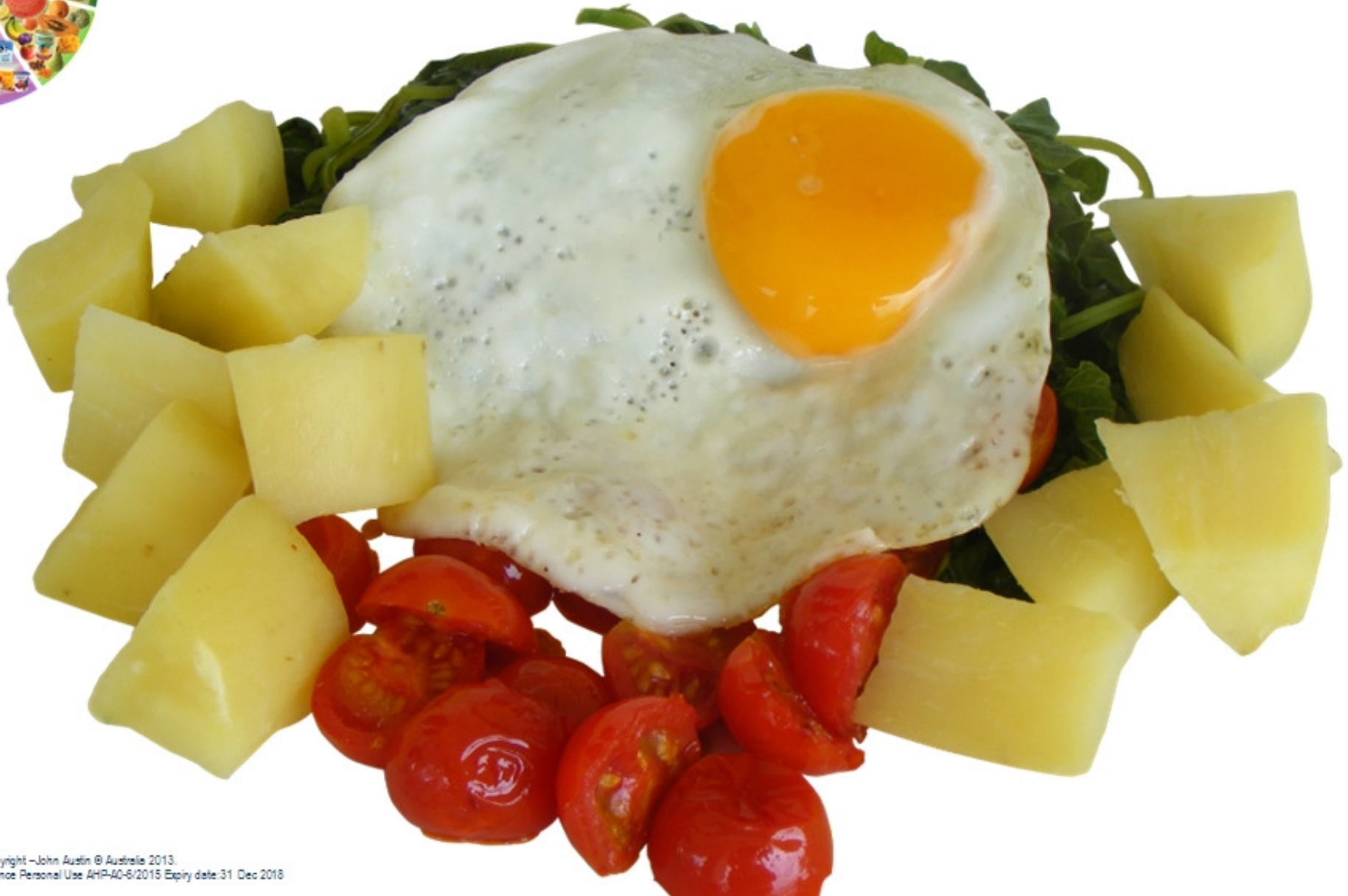


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# MIXED FOODS

Egg, sweet potato, tomatoes & Chinese spinach?





# MIXED FOODS

Would you eat egg & cooking bananas?



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# MIXED FOODS

Would you choose fruit & other stuff?



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# MIXED FOODS

Would you choose pancakes with fruit?



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# HEALTHY DRINKS

Which drinks would I choose?



# Problem FOODS

Which foods would I avoid?



Too much **SUGAR**, **SALT** or **Saturated FAT**

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# Problem DRINKS

Which drinks would I avoid?



**Too much SUGAR**





# 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**

# 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: Cereals, vegetables, fruit, dairy & protein.

### 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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