

“ Always start the day with a good drink of water – being dehydrated can make you feel tired and hungry! ”

Kick start your day!

“ Breakfast is the most important meal of the day! It provides you with essential nutrients to face the day ahead! ”

Research has shown that skipping breakfast can

- ➡ Reduce concentration during the day
- ➡ Increase the risk of having an accident
- ➡ Make you more likely to snack on junk food
- ➡ Make you more emotional

A few breakfast options

Breakfast cereals with milk, choose high-fibre varieties like Bran Flakes

Toast use thick cut whole meal or granary bread

Fruit smoothie e.g made with banana, yogurt and a splash of milk

Bacon sandwich made with lean bacon and granary bread

Toasted bagel with low fat cream cheese

Porridge made with semi-skimmed milk with a few dried apricots



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Healthy eating advice for stable and stud staff

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