

Breakfast facts : breakfast might get overlooked in the early morning rush, but stopping to enjoy a bowl of cereal or a round of toast pays dividends later.

Publication/Creation

[Place of publication not identified] : [publisher not identified], [2013]

Persistent URL

<https://wellcomecollection.org/works/tkh4asfc>

License and attribution

Conditions of use: it is possible this item is protected by copyright and/or related rights. You are free to use this item in any way that is permitted by the copyright and related rights legislation that applies to your use. For other uses you need to obtain permission from the rights-holder(s).



Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>

BREAKFAST FACTS

**BREAKFAST MIGHT
GET OVERLOOKED
IN THE EARLY
MORNING RUSH,
BUT STOPPING TO
ENJOY A BOWL OF
CEREAL OR A ROUND
OF TOAST PAYS
DIVIDENDS LATER.**



**WAKE UP CALL –
NOT ONLY DOES
BREAKFAST MAKE
YOU MORE ALERT
BY SUPPLYING THE
BRAIN WITH ENERGY,
IT KICK-STARTS
YOUR METABOLISM,
PROVIDES AROUND
25% OF YOUR DAILY
NUTRIENT INTAKE
AND HELPS MAINTAIN
A HEALTHY WEIGHT.**

With the options available it's easier than ever to enjoy a delicious and healthy start to the day.

**HERE ARE A FEW
IDEAS TO REALLY
GET YOU STARTED:**

- **Breakfast cereal** served with semi or skimmed milk and a glass of fruit juice
- **Boiled or poached egg** on wholemeal toast served with grilled tomatoes and mushrooms
- **Porridge** made with semi or skimmed milk and topped with fresh or dried fruit
- **Banana smoothie**
- **Crumpets** with low fat spread, low fat yoghurt and a piece of fruit
- **Baked beans** on wholemeal toast

