

Breakfast is vital to starting your day on a firm footing and getting the competitive edge. Eating a nutritious, balanced breakfast within 2 hours or so of waking will:

- Provide you with sustained energy and enhanced mental performance.
- Help you experience less food cravings.
- Raise your metabolism significantly, assisting with weight loss and weight management.

### Balanced Breakfasts

**Step 1.** Half your plate filled with colour from Mother Nature in the form of fruit or vegetables such as roasted vegetables, grilled tomatoes, mushrooms etc...

**Step 2.** One fistful of starch in the form of low GI toast, high fibre cereal, baked beans etc...

**Step 3.** One palm of your hand as low fat dairy or lean protein such as low fat yoghurt, cheese, egg, fish etc...

**Step 4.** A small portion of healthy fats such as nuts, seeds, peanut butter, avocado etc.... Alternatively, a small amount of good quality oil could be used to prepare the breakfast.

**Below are some balanced breakfast ideas, with the amounts listed for women.**

Each breakfast suggested below (women's portion size) provides the following:

- less than 1500 kilojoules (360 calories)
- less than 10 g fat
- less than 45 g carbohydrate
- GL around 20
- as high in fibre as possible.

**Men would consume 1.5 times the amounts given.**



### Oats with cinnamon apple

Mix 5 T Raw oats with ½ c Fat free milk.  
Add one large chopped or grated apple.  
Top with cinnamon and a dash of vanilla essence and 1 T sunflower seeds.

***'Bircher's' muesli alternate: mix all ingredients the night before and refrigerate.***

### Berry muesli

Top one small tub of low fat plain yoghurt (125ml or 100 ml) with 5 T of low fat, low GI muesli (with dried fruit, unsalted nuts and seeds in the muesli).  
Add a tiny glass of berry juice (100 ml) to compliment the sweet muesli.

### Fibre boost breakfast

Pour ¾ c High fibre cereal (Hi fibre, All bran flakes) into a bowl.  
Add ½ c Fat free/ skim milk.  
Add lots of fresh berries.  
Sprinkle with 10 almonds (10 g).  
Serve with a tiny glass of fresh fruit juice (100ml) and one large glass of water.

#### **Food facts:**

Consumption of high fibre foods requires extra water.

Using All Bran Flakes the GL is 29, which is a bit high, but the breakfast is still a balanced meal.  
Using Hi Fibre the GL is 22 and contains 50% more fibre (15 g). This is your healthier option.

### Filled papino

Fill half a medium papino (paw paw) with 1/3 c fat free vanilla yoghurt.  
Top with 3 T low GI muesli and 6 chopped pecan nut halves.

### Fruity instant porridge

Spoon 5 T whole wheat Pronutro (apple bake or original flavour) into a bowl.  
Pour over 150 ml fat free milk.  
Add one small sliced banana or one large pear, chopped.  
Top with 10 cashew nuts.





### Salmon on rye

Spread one slice of seed loaf or rye bread, with 3 T smooth fat free cottage cheese (flavoured). Arrange two thin slices smoked salmon on top. Serve with one fresh apple cut into wedges and lots of sliced strawberries

#### Food facts:

This breakfast provides 1100 mg of omega-3 essential fats per portion which equates to a full day's requirement. Omega-3s are essential for brain function, cardiac health lessening allergic responses of the body.

Seed loaf bread has roughly double the fibre of regular brown bread and is thus the healthier choice.

### Fruity cottage cheese

Mix 6 T low fat cottage cheese, 1 heaped T sultanas, 1 T sunflower seeds and 4 chopped dried apricot halves.

Spread generously onto one slice of rye or seed loaf toast

**Tip: One tub of cottage cheese makes three times the amount of this topping. Store in the fridge and use as a filling for mini pita pockets, on crackers, toast etc.**

#### Food fact:

Cottage cheese is a good source of low fat protein but does not count as a source of calcium.

### Peanut butter and apple grill

Heat the grill.

Spread 1 T peanut butter onto one slice of seed loaf bread.

Layer the toast with two thinly sliced apple quarters.

Drizzle with a level tsp runny honey.

Grill for a few moments until browned.

#### Food fact:

Honey is twice as concentrated as sugar, so use tiny amounts.

### Beans on toast

Warm 3 heaped T baked beans.

Spoon onto one slice of toasted low GI or rye bread.

Top with 2 T grated low fat cheese.

Serve with 1/2 cup fresh fruit salad.

#### Food fact:

Due to the baked beans, this breakfast provides 12 g of fibre which is more than double the fibre of any other breakfast.

### Savoury mince on toast

Warm 4 T leftover savoury mince mixed with 1 heaped T baked beans.

Place two thick slices of fresh tomato on one slice of toasted low GI or rye bread.

Spoon the warm savoury mince on top.

Serve with one fresh fruit of choice.





### **Frittata**

Spray a frying pan with non-stick cooking spray. Stir-fry half a sweet pepper and half a cup mushrooms. Pour over two beaten eggs and cook until set to make a frittata. Sprinkle with fresh or dried herbs. Serve the frittata on one slice of low GI toasted bread.

#### **Food fact:**

To balance this meal, make sure your mid morning snack is a fresh fruit.

### **Grab-and-go 1**

Grab 6 dried mango strips and add two matchboxes camembert or brie cheese. Compliment with a bottle of unflavoured water.

#### **Food fact:**

Fruit and cheese makes a balanced meal. The cheese provides the protein and fat of the meal and the fruit supplies the carbohydrate.

### **Poached egg**

Heat 1 t olive oil with 1 t balsamic vinegar in a frying pan.  
Add 10 cherry tomatoes and cook until they start bursting.  
Poach one egg while the tomatoes cook.  
Spoon the tomatoes onto one slice of rye or seed loaf toast.  
Top with the poached egg.  
Sprinkle generously with fresh parsley or herbs.  
Serve with a tiny glass pure fruit juice (100ml).

#### **Food facts:**

The easiest way to poach eggs is to invest in a microwave egg poacher.  
If you prefer a boiled egg can be used instead of the poached egg.  
Because 100 ml fruit juice is so little, why not add as much chilled water to make a full glass of diluted fruit juice.

### **Grab-and-go 2**

One 40 g “health” bar (see Smart Snacking section, page X) plus one small handful lean biltong and 6 dried apple rings or soft eating dried apricots. Compliment with a bottle of unflavoured water.

#### **Food fact:**

Because biltong is so concentrated, this small amount provides two meat portions.

### **Grab-and-go 3**

350ml fat free or low fat drinking yoghurt or milk (flavoured) with 10 almonds.

#### **Food facts :**

Drinking yoghurt contains concentrated carbohydrates of which 30 g (6 t) is sugar.  
Adding almonds, rather than more carbohydrate in the form of fruit gives a better meal balance.  
If you have the time, it would be better to make a fruit smoothie (refer to recipes below).

