



Eating sensibly - healthy snacks for breakfast

What is eating sensibly?

Eating sensibly is simply getting the balance right between the different food groups, which in turn benefits an individual's well-being. The balance of good health can be achieved for each meal or over a day or week.

- There are five food groups:
- Fruit and vegetables
- Bread, cereal and potatoes
- Milk and dairy
- Meat and fish
- Fat and sugar (found in foods)

Why eat sensibly?

There are many health advantages to eating a sensible diet. Eating sensibly lowers the risk of cancer, heart disease, high blood pressure and stroke. Different food groups help prevent different illnesses, and so consumption of appropriate amounts of each group will optimize your chances of staying healthy.

As well as the health benefits, eating sensibly increases a person's physical and mental energy; enables growth and development; and helps to maintain a healthy weight - all of which contribute to an enjoyable life.

A healthy breakfast

Breakfast really is the most important meal of the day. This could not be truer in today's society where lifestyles are becoming more hectic. Not eating breakfast can lead to overeating during the day, often on unhealthy snacks.

We need to feed our bodies after not eating for 7 - 10 hours at night while we're asleep. First thing in the morning our sugar levels are low and our metabolisms are slow. It is fact that if we do not eat in the mornings our minds and bodies do not function properly throughout the day. Breakfast kick starts the day.

Having a healthy breakfast does not have to be time consuming or troublesome. A perfectly healthy start to the day could consist of:

- Cereal with milk and fruit
- Toast with peanut butter and fruit juice
- Egg with toast and fruit juice
- Yogurt and a fruit shake

There are lots of alternative snack bars and drinks on the market also, which contain all the correct ingredients for those mornings when it is not possible to sit down for food.

Although we cannot endorse any company or brand, there are various brands of breakfast bars that are known to provide some of the nutrients you need. You should check their ingredients and nutritional value for full information, especially if you are on a diet or allergic to any foods.

You could also make your own smoothies - it couldn't be easier, and if time is an issue in the morning make it the night before and put it in the fridge ready to drink on the go the following day.

Where can I go for further support?

If you would like more advice on your diet, you could speak with your physician or with a nutritionist.

If you are an educator from one of the districts that have signed up to this service and you wish to speak to a qualified counsellor about your concerns with eating healthily, you can call the toll free Educator Support Line on **1-877-876-4327**.