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Welcome to your  
Corporate Bodies  
International Fortnightly  
Health Email

### Fortnightly Challenge

Try to include "low-fat"  
dairy products in your  
breakfast every day!!



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This fortnight's healthy topic...

## Facts on Foods: Breakfast



**Eating a healthy breakfast** is a good start to the day, and in many ways it contributes to good health and nutrition. A healthy breakfast contains a variety of foods, is low in fat, and high in carbohydrates and fibre.

### Why do I need to eat breakfast?

Eating breakfast increases intake of important nutrients such as carbohydrates, dietary fibre and certain vitamins and minerals (such as calcium).

- **Carbohydrates** — give you a great start to the day, provide you with energy and help improve your alertness, concentration, mental performance, mood and memory.
- **Fibre** — reduces your risk of bowel cancer.
- **Calcium** — makes your bones stronger.

Breakfast eaters are also more likely to maintain a healthy weight compared to non-breakfast eaters.

### Ideas for a healthy breakfast:

- A bowl of high fibre (more than 5g per 100g) cereal with low fat milk and sliced fresh fruit.
- Fresh fruit and yoghurt with some wholegrain toast.
- Bircher muesli with a variety of fruits and nuts added.
- Poached eggs on wholegrain toast with a small glass of fruit juice.
- Raisin toast spread with ricotta cheese and a piece of fruit.
- Wholemeal toast with a variety of toppings such as avocado, tomato, peanut butter and a piece of fruit.

### What's the moral of the story?

Breakfast is a good source of carbohydrate, fibre, calcium and other vitamins and minerals and helps you maintain good health and nutrition.

Best wishes for a healthy and prosperous Christmas and New Year!

Fortnightly emails will resume on 7 January 2010.

Yours in Health, [The Corporate Bodies Team.](#)