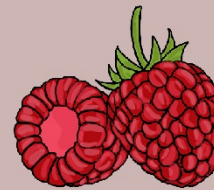
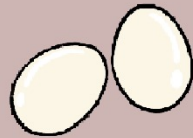


3 Tips to Build your Best Breakfast



1. Fabulous Fibre:

Include 1-2 servings of complex carbohydrates

Complex Carbohydrates: One serving is equal to 1/2 cup of grains, 1 slice of bread or 3/4 cup hot cereal.

Fibre not only fills you up, it also lowers cholesterol, stabilizes blood sugars and promotes regularity.

Examples:

Oatmeal, Bran
Cereal, whole grain
breads, flax seeds,
chia seeds



2. The Power of Protein:

Protein: Aim for 20-25 grams of protein at breakfast. This is equal to 1 cup of plain Greek yogurt, OR 1 cup oats + 2 hard boiled eggs.

Protein helps to rebuild and repair muscles. It also helps keep us satiated.



3. Add a Fruit or Veggie:

Vegetables: One serving is equal to 1/2 cup roasted / sautéed vegetables or 1/2 cup sliced tomatoes.

Whole Fruit: One serving is equal to 1 medium apple, 2 kiwis, 1 medium orange.

Whole fruit and vegetables are rich in fibre, vitamins and minerals.

