

# breakfast on the go!

Breakfast is the most important meal of the day. It provides you with the fuel to get up and go in the morning! Try some of the following ideas below. Five minutes is all you need!

## smoothies

Blend 1 banana,  
5 strawberries &  
125ml tub of fruit  
yoghurt for a fruity,  
delicious smoothie



## a fruity start

Fruit is fast food and  
full of vitamins and  
minerals. Aim for 5  
portions of fruit and  
veg a day!



## scone & jam

Wholemeal or fruit  
scones make a quick  
and healthy breakfast.  
Try with jam, banana  
or marmite.



## try a bagel

Toasted bagel and  
cream cheese is tasty  
and nutritious. Also try  
cottage cheese with  
chives or pineapple.



Ith bia folláin, bí ag breathnú go maith

## Useful information websites

National Dairy Council	<a href="http://www.ndc.ie">www.ndc.ie</a>
Social Personal Health Education	<a href="http://www.sphe.ie">www.sphe.ie</a>
Bord Bia	<a href="http://www.bordbia.ie">www.bordbia.ie</a>
Irish Nutrition & Dietetic Institute	<a href="http://www.indi.ie">www.indi.ie</a>
Physical Activity	<a href="http://www.healthysteps.ie">www.healthysteps.ie</a>

This brochure was contributed to by young people at the Gaf Health Advice Cafe, Francis Street, Galway

# are you ready for change?



# healthy eating...

what's in it for me?

Did you know that eating healthily can make a big difference to your lifestyle? You can look and feel great, be more energetic, have healthier skin & teeth, and concentrate better at school. Young people should also try to be active for at least an hour every day. Want to know more? Read on...

The Food Pyramid is a great guide to the types of foods you need to eat each day



## rate yourself

(choose 'a', 'b' or 'c' to calculate your health score!)

Do you eat breakfast...

- a) Never
- b) Only on weekends
- c) Every day

Do you...

- a) Never eat fruit & veg?
- b) Sometimes eat fruit & veg?
- c) Include at least 5 portions of fruit & veg every day?

If you have... **MOSTLY 'A's**  
Your diet isn't very well balanced. Remember, eat breakfast, include 5 fruit & veg a day and get active!

If you have... **MOSTLY 'B's**  
You would feel better if you increased your fruit & veg intake. Milk, cheese & yoghurt are important for your bones.

If you have... **MOSTLY 'C's**  
Well done! You're making good choices to help you look good and stay healthy.

Do you exercise...

- a) Rarely?
- b) Up to 30 minutes a day?
- c) At least an hour a day?

Do you eat dairy products...

- a) Never?
- b) Once or twice a day?
- c) At least 5 portions every day

## swap-shop!

portion size matters!



Baguette with cheese, rashers, lettuce & coleslaw

switch to



Sandwich with cheese, rashers, lettuce & coleslaw

switch to



Wrap with cheese, rashers, lettuce & tomato



Large Danish pastry

switch to



Medium Danish pastry

switch to



Fruit Scone



Large Sausage Roll

switch to



Medium Sausage Roll

switch to



Mini Sausage Roll

## smart snacks

Choosing healthier snacks and watching your portion size can really make a difference. Replace high sugar and fatty snacks, such as chocolate & crisps with fruit, yoghurt or cereal. Avoid fizzy drinks - even 'diet' ones are bad for your teeth! Milk and water are the best drinks to choose.

