



## Your Challenge

Have a healthy breakfast every day!

A healthy breakfast includes:



A starchy food – go for wholegrain varieties\*



At least one of your 5 A DAY



A drink



You could also include dairy foods, such as milk or yogurt, and foods that are a source of protein, such as beans, eggs and meat.

\*Choose wholegrain breakfast cereals that are lower in salt and sugars

# What will you have?