



Top tips for breakfast

Go bananas

Try adding a sliced banana to plain porridge or plain wholewheat biscuits (like Weetabix or supermarket own-brand varieties). It's one of your 5 A DAY, too!

Fruit and yoghurt

When serving up plain cereal, try adding different fruit - like raspberries or blueberries - and low-fat, lower-sugar yoghurt.

Semi-skimmed

Try semi-skimmed, 1% or fully skimmed milk with cereal - but remember, fully skimmed milks are not suitable for children under 5.

Wholegrain bread

Instead of sugary cereal, try wholegrain toast. And if they want jam or low-fat spreads, spread it thinly - it's just as tasty!

Perfect porridge oats

Mix plain porridge oats with fruit and low fat, lower-sugar yoghurt and leave it soften overnight in the fridge. Served up the next day, it's delicious!

Bagels

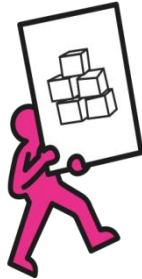
Try lower-fat soft cheese on bagels topped with scrummy sliced banana.

But how much is too much?

The maximum daily amounts of added sugar are:

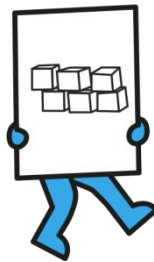
4-6 years

5 cubes max
or 19 grams



7-10 years

6 cubes max
or 24 grams



11+ years

7 cubes max
or 30 grams

