

*4 steps to Making **Time** for Breakfast.....*



People who eat breakfast manage their weight better and control portion sizes much more easily than those who don't. Also those who eat breakfast are more likely to have a healthy nutritional intake and avoid high calorie nibbles before lunch time too. So no more excuses.....make eating breakfast your priority. Try these 4 simple Dietwise steps to help you.....

1. Set the alarm clock 5 minutes earlier – it takes no more than 1 minute to put cereal in a bowl and splash over some milk! With just one additional minute, you might also add some dried fruit pieces or chop some fresh banana into it.
2. Try a nourishing drink – try a glass of milk or a fruit smoothie made with yoghurt and your favourite fresh fruit first thing – easy to drink and full of nutrition....
3. Try making up lunches the night before – this will free up some extra time in the morning for you to eat breakfast.
4. Still no time? A carton of juice, a banana or a piece of your favourite fruit to eat at waiting for your lift, bus or train. Try peaches, bananas, apples and pears, packaged exactly right for those on the go.

