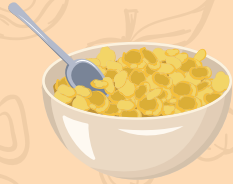


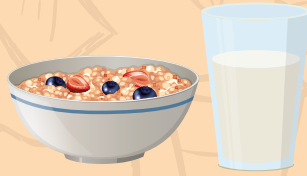
Examples of children breakfast



Vermicelli/macaroni/thin rice noodle in soup, with lean pork and seasonal vegetables



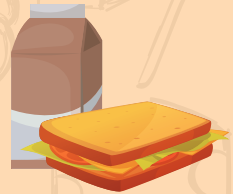
Oatmeal with low-fat/skimmed milk and egg + whole-wheat bread with no added sugar jam



Low-fat milk/skimmed milk + unsweetened breakfast cereals + fresh fruit or no added sugar dried fruit



Beef or fish congee with shredded lettuce + steamed rice noodle rolls (less oil, less sauce like soy sauce, sweet sauce)



Low-fat/skimmed cheese sandwich + high calcium sugar free/low sugar soy milk



High calcium sugar free/low sugar soy milk + steamed bun (man tau)



Food to be avoided as breakfast

- High sugar food and drinks, such as soft drinks, cream cake, packaged lemon tea
- High fat and high sodium (high salt) food e.g. deep-fried chicken drumstick, sausage, fish balls, luncheon meat, instant noodles, cookies and dim sum such as steamed pork dumplings (siu mai)



A Nutritious Breakfast is Essential for an Energetic Day



Breakfast is important to your health



A nutritious breakfast

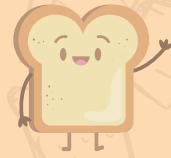


provides sufficient nutrients and energy for our body needs and daily activities

enables us to concentrate and think quickly, hence enhances our learning ability



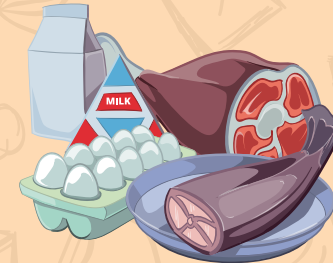
promotes healthy growth



Breakfast food source may come from the following groups:



Grains (whole-grain cereals preferable)
- whole-wheat bread
- oatmeal



Meat, fish, eggs & alternatives
Milk & alternatives



Vegetables and fruits

A nutritious and balanced breakfast should include grains. Vegetables, fruits, meat, fish, egg and alternatives as well as milk and alternatives may be added as needed. It is essential to have adequate fluid such as water, low-fat/skimmed milk, etc.



Breakfast portions vary with individuals, as energy need is based on age, gender, body weight and activity level

