



## Dr Rosemary Stanton's Healthy Breakfasts Ideas

Good nutrition is essential for good health and a good breakfast is vitally important for good nutrition. Breakfast gets the metabolism going and helps prevent a slump in concentration during the late morning hours. Studies also show that those who eat a healthy breakfast eat less junk food later in the day and have a lower intake of saturated fat and a higher intake of essential nutrients and dietary fibre for the whole day.

So why not celebrate *Walk Safely to School Day* by hosting a Healthy Breakfast at your school?

**For a healthy breakfast at school, any of the following foods need no preparation:**

- apples
- bananas
- mandarins
- grapes or any fresh fruit in season
- cheese cubes or cheese sticks
- fresh bread rolls (excellent if served with a banana)
- long life milk (preferably fat-reduced)
- soy beverages such as "Up and Go"
- small containers of unsweetened peaches or other fruit
- dried fruit
- water

**If there is someone who can help out, good choices include:**

- sliced watermelon (in season)
- sliced French stick with peanut butter or Vegemite
- yoghurt
- Weetbix or Vita Brits split and spread with peanut butter
- milk, preferably fat-reduced

**For home breakfasts, good choices include some fresh fruit plus**

- a quality cereal (such as Weetbix or Vita Brits or Sultana Bran) with milk
- toast with an egg
- toast with cheese or peanut butter
- a smoothie (blend fat-reduced milk, yoghurt, fresh fruit and a little honey)

**Poor choices anywhere include**

- breakfast bars (too much sugar)
- sugary cereals
- crisps or chips
- soft drinks
- juice drinks

## **Dr Rosemary Stanton AOM Biography**

Dr Rosemary Stanton AOM is one of Australia's best-known nutritionists. She has also been awarded an Order of Australia Medal for her services to community health through education in nutrition and dietetics.

Rosemary is currently a Visiting Fellow in the School of Medical Sciences, Faculty of Medicine at the University of New South Wales and is a member of many advisory committees and professional associations in Australia and overseas.

The author of many scientific papers and 31 books on food and nutrition (the most recent, co-authored with Professor Andrew Hills is "A Matter of Fat", understanding and overcoming obesity in kids), Rosemary has also published more than 3200 articles in magazines and newspapers as well as chapters in various textbooks and is a regular presenter on television and radio. She lectures to many groups, including medical students, doctors, teachers, sporting groups and the general public.

Rosemary maintains a close liaison with the Australian public and is widely recognised as a source of reliable nutrition information free from commercial influence. Within the community her interests include public health nutrition for all ages – from children to the elderly.

She is Patron of the NSW School Canteens Association and a patron of NAPCAN (National Association for the Prevention of Cruelty and Neglect of Children)