

Health Bites: Fibre at Breakfast

Video: [Let's Make Hot Apple and Almond Porridge](#)

A bowl of hot apple and almond porridge helps fuel your body and mind for the day ahead. Breakfast literally means “breaking the fast”. Choosing foods with fibre at breakfast can help you meet your daily fibre needs. Fibre is important for a healthy digestive system and to lower your risk of colon cancer, heart disease, and type 2 diabetes.

Choosing vegetables, fruits, or grain foods that have fibre at breakfast can help start your day to help reach your fibre goals.

Here are other ideas:

- Try a whole grain cereal like Red River® or a 100% bran cereal and top with unsalted nuts, and a banana
- Buckwheat pancakes or whole grain waffles with fruit, and lower fat yogurt
- Oatmeal muffin and an orange

For more ideas, visit ahs.ca/NutritionHandouts and search:

- “whole grains” for more information about whole grains
- “vegetables and fruits” for ways to add more to your day

