

Boost your Breakfast with Fibre and Protein

To increase fibre

- Have fruit at breakfast.
- Add vegetables to egg dishes.
- Use whole grain cereals, breads and tortillas.
- When making muffins, pancakes and waffles, replace some of the white flour with whole grain flour.
- Add bran or high fibre cereal to your favourite cereal.



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Breakfast Protein Ideas

- Eggs
- Peanut or other nut butters
- Yogurt
- Cheese
- Milk or fortified soy beverage
- Smoothie with silken tofu or chickpeas
- Lean meat, poultry or fish

