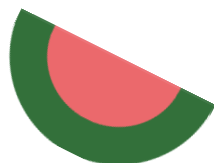


Name: _____

Breakfast record

Record what you have for breakfast this week.



	Mon	Tue	Wed	Thurs	Fri
Drink					
Food					

Do your breakfasts include everything on the checklist?

A healthier breakfast should include:

- ✓ a drink, e.g. water, milk
- ✓ a starchy wholegrain food, e.g. wholemeal toast, wholegrain cereal
- ✓ fruit or vegetables, e.g. a banana, berries, sliced tomato
- ✓ protein and/or dairy foods, e.g. beans, egg, yogurt, soft cheese

