

Information on Carbohydrates (starchy foods)

Bread, rice, pasta, breakfast cereals, potatoes, yams, sweet potatoes - these starchy foods are a good source of energy and the main source of a range of nutrients in our diet. As well as starch, these foods contain fibre, calcium, iron and B vitamins.

We need to be eating these foods at every meal. It is good to try and eat some wholemeal varieties. Under five's should not eat too much wholemeal as it can fill them up too much.

Why breakfast matters (www.eatwell.gov.uk)

When you wake up, your body hasn't had any food for several hours. Breakfast provides the energy we need to face the day, as well as some essential vitamins and minerals. It is called breakfast as you are breaking your night time fast!

Eating breakfast could actually help you control your weight; there is some evidence to suggest that adults and children who eat breakfast regularly are less likely to be overweight than those who don't. Breakfast is a very important start to the day for everyone. It's a good way to get in a lot of vitamins and minerals. If you don't keep sugary cereals in the cupboard you cannot be cajoled into giving them! Try some of these ideas:

- Unsweetened cereal with milk, try adding some dried fruit or a chopped banana on top.
- Toasted muffin with polyunsaturated margarine (sunflower or olive) and jam or peanut butter, get adventurous and chop a banana on top with this.
- Poached or boiled egg with wholemeal toast
- Porridge is a good warm alternative on chilly mornings. Serve with raisins or cook apple with the porridge for natural sweetness.
- Home-made smoothies or fruit juice add to your five-a-day.

Remember that having breakfast yourself is a good model for your child.

Breakfast swap tip: Switch to lower sugar cereals or other breakfast options like fruit or toast (but if you spread on jam or honey, make sure it's a thin layer!)