

Breakfast - An Important Way to Start the Day!

Catering staff have an important role to play in helping staff be productive and ready for the day ahead by providing a nutritious, healthy breakfast. A healthy, satisfying breakfast can make a big difference. It provides the fuel they need to keep going until lunchtime and allows them to concentrate and perform to their optimum throughout the day.

However, some traditional breakfast foods might not be as healthy as they seem.

Generally, a full cooked breakfast is no longer an everyday occurrence. The amount of saturated fat in different types of meat can vary but it is the processed meats such as bacon, sausages and pudding that are the culprits. Processed meats are high in salt, saturated fat and various other chemical compounds that are not present in fresh meat, and which are harmful to health.



Did You Know?

A full cooked breakfast comes to about 850 kcals per portion, approximately one third of a man's calorie needs for the day. But it does not need to be high in calories, fat, saturated fat and salt.



It would take about 3hrs 30minutes of strolling to burn 850kcal



Three Simple Swaps:

- **Bulk it out** - A good-sized helping of grilled tomatoes, mushrooms and baked beans will also mean less room for those processed meats such as bacon and sausages.
- **Try offering fewer breakfast foods** and downsize the portions.
- **Avoid frying** - Instead poach eggs, grill bacon and sausages, and replace hashbrowns with toast. Remove any visible fat to cut the fat content.

Criteria to achieve the Healthy Eating Award

If offering a cooked breakfast:

Try not to offer a full cooked breakfast every day.

- Think about attractive alternatives to offer on the day/days you are not offering the full cooked breakfast.
- Sausages, bacon (trimmed of fat), pudding and hash browns, if offered, must be oven-baked or grilled.
- Offer a vegetable, for example, grilled tomato, oven-baked mushrooms or baked beans each day.
- Try to offer boiled, scrambled or poached eggs at least one day each week.
- A cooked breakfast containing processed meats must not be offered at least **one day** a week for the Silver Award, or **two days** a week for the Gold Award.



Why not try these ...

SWAP...	AND TRY...	SAVE...
2 fried eggs on a bagel with butter (440 kcal)	2 boiled/poached eggs on 2 slices of wholemeal toast with low-fat spread (338 kcal)	102kcal
Croissant (with butter) (300 kcal)	2 slices of wholemeal toast with low-fat spread (191 kcal)	109kcal
Breakfast roll (demi bread roll, 2 rashers, 2 black pudding, 2 sausages, 1 egg and a dollop of ketchup) (1200 kcal)	Wholemeal bap with 2 grilled bacon and grilled tomato (213 kcal)	987kcal
Full cooked fried breakfast (850 kcal)	Poached egg on a piece toast with mushrooms and a grilled tomato (200 kcal)	650kcal

Did You Know? It would take about 2hrs 40minutes of slow walking to burn 650kcal

