



# healthyfood@sport

## Brekkie Power – Fact Sheet

We all know that Saturday and Sunday mornings can be busy and rushed getting children to their sporting activities. In amongst this, it can be easy to overlook the importance of eating a nutritious breakfast.

A study in England identified that children who consumed breakfast on a regular basis prior to participating in sport were able to perform better and undertake higher levels of physical activity<sup>1</sup>. No matter what sport your child participates in, they will benefit from starting the day with a bit of 'brekkie power' filled with carbohydrates and protein.

Carbohydrates such as whole grains, cereals and fruits are fuel for our children's muscles and brain. Including a lean source of protein in breakfast, such as lean meat, eggs, nuts and low fat cheese, is also important for building and repairing muscles.

When children skip breakfast, they suffer. If they have a morning competition, by the time they warm up they are dragging their feet and unable to concentrate on the game.

Breakfast does not have to be difficult or time consuming to prepare. By pulling together a healthy breakfast, you can help your child feel energetic and perform better in sport.

Below are a few favourite sweet and savoury breakfast ideas, which take no more than 15 minutes to prepare:

- Breakfast Pizza (see recipe over the page);
- Raisin bread or fruit loaf, either plain or topped with low fat ricotta cheese and chopped strawberries or banana;
- Wholegrain cereal with low fat milk and chopped fruit such as banana or berries;
- Hot porridge with low fat milk and dried fruit;
- Low fat yoghurt topped with a muesli style cereal and chopped or pureed fruit;
- Baked beans with wholegrain toast and a small glass of diluted fruit juice;
- Scrambled or poached eggs with toast and a glass of low fat milk;
- Wholegrain muffins with a slice of low fat cheese and tomato and a piece of fruit;
- Eggs on toast – even better with tomatoes, spinach and/or mushrooms;
- Pancakes topped with low fat vanilla yoghurt and fruit;
- Pancakes with syrup, jam or peanut butter;
- Peanut butter and sliced banana on multi-grain toast;
- Toasted multi-grain sandwich with lean ham and low fat cheese;
- Wholegrain toast with a thin spread of jam or honey and a small tub of low fat yoghurt;
- A delicious smoothie made from low fat milk and yoghurt, fresh fruit and honey;
- Muffins/crumpets/bagels with honey or jam;
- Creamed rice (using low fat milk);
- Rolls/sandwiches/wraps with honey or jam; and
- Leftovers from the night before (re-heated for food safety).



Tips for avoiding skipping breakfast:

Preparation:

- Set the alarm for 10 minutes earlier and keep a supply of healthy wholegrain cereals in the house – these are quick and easy and very nutritious; or
- Prepare breakfast the night before by setting the table, getting out bowls and cereals etc.

Breakfast on the go:

- Have a portable breakfast to take with you, e.g. take some snack size cereals. Many of these cereals can be eaten in the container with low fat milk added; or
- Have some breakfast drinks on standby that have added vitamins, minerals and fibre. These could be an occasional alternative.

## Breakfast Pizza



Serves 8

Ingredients:

- 4 English muffins, halved
- One tomato, sliced
- 4 hard-cooked eggs, sliced
- ¼ cup low fat tasty cheese, grated
- Margarine or olive oil
- Mixed herbs (parsley or oregano)

Method:

Step 1: Make hard-cooked eggs.

Step 2: Toast 8 English-muffin halves and place on a lined oven tray.

Step 3: Spread each muffin half sparingly with margarine or olive oil, then layer with tomato slices, hard-cooked egg slices (1/2 an egg each), and a little low fat cheese.

Step 4: Sprinkle with herbs.

Step 5: Grill for 5 minutes or until the cheese has melted.

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<sup>1</sup> Sandercock, G.R., & Voss, Dye L. (2010). Associations between habitual school-day breakfast consumption, body mass index, physical activity and cardio respiratory fitness in English schoolchildren. *Eur J Clin Nutr*, 64(10):1085-92.

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