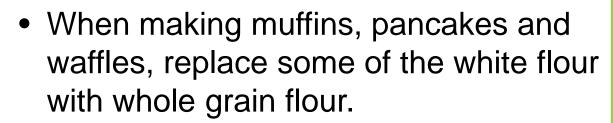
Boost your Breakfast with Fibre and Protein



To increase fibre

- Have fruit at breakfast.
- Add vegetables to egg dishes.
- Use whole grain cereals, breads and tortillas.



 Add bran or high fibre cereal to your favourite cereal.







Boost your Breakfast with Fibre and Protein



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





