



Building a
**Balanced
Breakfast**

DIY Overnight Oats!



Berries

Add some blueberries/ raspberries/ strawberries for extra flavour. They are packed with antioxidants, vitamins and minerals including Vitamin C.

Milk & yoghurt

Dairy foods provide a source of calcium, protein and iodine. If you're choosing a plant-based alternative, remember to opt for one that is fortified – not all of them are!

Nuts & seeds

Sprinkle some nuts and seeds such as flaxseed or chia seeds on top for some added fibre, protein and healthy fats.

Oats

Provide slow release energy and is a good source of fibre. They contain a soluble fibre called beta-glucan, which can help lower cholesterol.