



Did you know that breakfast literally means break the fast?

Our body needs energy by the time we wake up after eight hours of sleep. Thus, having breakfast is the best fuel you can provide for your brain and body to kick-start the day.

However, all too often we rush to work without a nutritious meal in the morning. Therefore, let's make time to have a wholesome breakfast everyday by following this checklist!

### Make Time for Breakfast Checklist

☐ I choose wholegrain products such as wholegrain cereals for breakfast



☐ I choose healthier food options when I eat out for breakfast



☐ I make time to prepare breakfast at home



☐ I choose cereal beverages/ malted drinks/milk/fresh fruit juice/smoothie instead of sweetened drinks



This leaflet is part of the Nutrition Month Malaysia (NMM) 2018 "Your Only Choice: Eat Healthy & Be Active" Infographic Kit: Volume 3.

The Infographic Kit includes 11 key messages:

- |                                       |                                   |
|---------------------------------------|-----------------------------------|
| 1 Basics of Healthy Diet              | 6 Start Your Day Strong with Milk |
| 2 Stay Active Everyday                | 7 Fibre for Health                |
| 3 Eat Fruits and Veggies for Health   | 8 Go Whole Grains                 |
| 4 Be Informed, Make Wise Food Choices | 9 Keep Your Heart Healthy         |
| 5 Make Time for Breakfast             | 10 Healthy Digestive System       |
|                                       | 11 Good Bacteria Balance          |

Visit [www.nutritionmonthmalaysia.org.my](http://www.nutritionmonthmalaysia.org.my) to obtain the full set of leaflets and other educational materials from NMM programme.



Good Food, Good Life

Our body loses about 80% of energy reserves overnight.

Start your day with a nutritious breakfast.



Efficient energy release to go further

Goodness of fibre in 1 bowl of oats



Provides essential vitamins & minerals, and a great source of dietary fibre



Nestlé Products Sdn. Bhd. (45229-H)



Ref: Jeukendrup, A.E.; Gleeson, M. Sport Nutrition: An Introduction to Energy Production and Performance; Human Kinetics: Leeds, UK, 2010; pp. 124-125

# Make Time for Breakfast

Takes only 10 minutes in the morning



Published by



A joint initiative by



Supported by an educational grant from



# Beat the excuses!

Set aside 10 minutes for a quick and healthy breakfast every day!

When you have time at home:



- Prepare some food the night before (e.g. sandwiches, porridge, overnight oats, oatmeal pancake mix) to save time in the morning.

- Prepare ready-to-eat food products (e.g. breakfast cereals, wholegrain bread) with nutritious beverages (e.g. milk, malted drink, fresh juice, cereal beverages) at home.



- Prepare fruit smoothies (fruits + milk + yoghurt + cereals + nuts/ seeds + ice) if you prefer cold beverages.



- Reheat and eat appropriate leftover foods for your breakfast.



Breakfast on-the-go



- Grab-and-go handy foods & beverages (e.g. fresh fruits like banana or apple, a packet of milk or malted drink).



- Pack your own breakfast-to-go (e.g. homemade wholegrain sandwich, overnight oats).

When you eat out

- For a light breakfast, choose healthier *kuih* like steamed pau or *kuih apam*.
- If you need a more filling breakfast, opt for healthier meals such as plain noodle soup or fish porridge.
- For beverages, opt for milk/ malted beverage/soya bean milk.
- Consume less high-fat/sugar foods such as *kuih*, *nasi lemak*, fried noodles/rice or fast food.



Monday



Wholegrain breakfast cereal + milk + berries

Tuesday



Steamed pau + soya bean milk

Wednesday



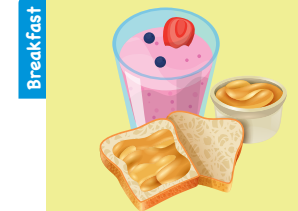
Instant oatmeal drink + dried fruits + chia seeds

Thursday



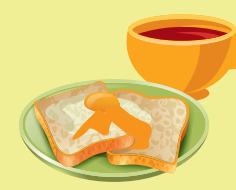
Wholegrain crackers + cheese + sliced tomato + milk

Friday



Wholegrain bread + peanut butter spread + fruit smoothie

Saturday



Wholegrain toast + poached egg + malted drink

Sunday



Oatmeal pancake + bananas + fresh fruit juice

Plan Ahead  
Easy 10-minute  
breakfast for  
the week

