



Swap This... for That!



White Flour



Whole Grains

Whole grains are packed with nutrients and fibre, which help keep tummies fuller for longer!

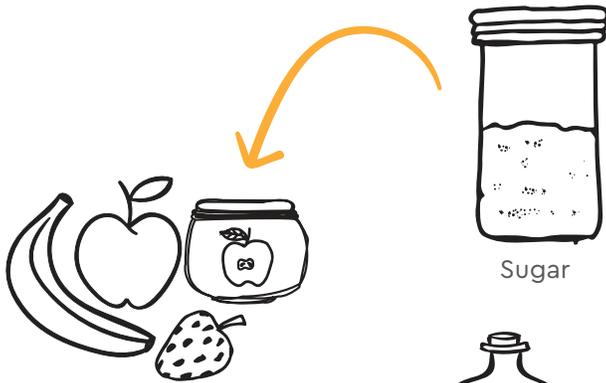


Flavoured yogurt



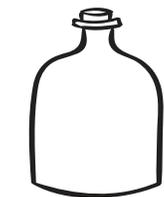
Plain Greek yogurt
with berry compote

Plain yogurt has significantly less sugar than flavoured yogurts. Try plain Greek yogurt for some extra protein! For added flavour, serve with a berry compote.



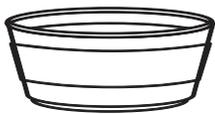
Fruits, compote or
unsweetened applesauce

Sugar



Pancake syrup

Foods that contain refined sugars are not very filling and provide short-lived energy. Reduce the amount of sugar and add instead: mashed bananas, fruit purees or unsweetened applesauce!



Store bought dips
and spreads

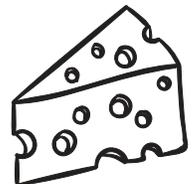


Homemade dips
and hummus

Homemade dips and spreads contain little or no preservatives and less sodium. Try some recipes with Greek yogurt for a high protein content!



Processed cheese

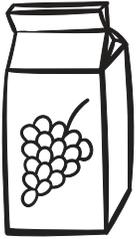


Unprocessed cheese

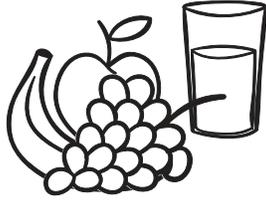
Unprocessed cheese often has more protein than processed cheese products. For a cheaper option, purchase large blocks of cheese and shred it or slice it yourself!



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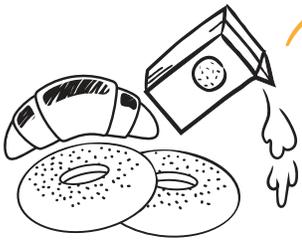


Juice



Fresh fruits, water and veggies

Juice is often high in sugar and lacks dietary fibre. Instead, make water the drink of choice and serve whole fruits and vegetables as they are a good source of vitamins, minerals and dietary fibre.



Store bought baked goods

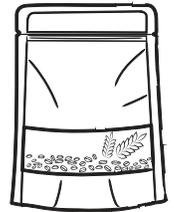


Homemade pancakes and whole wheat muffins

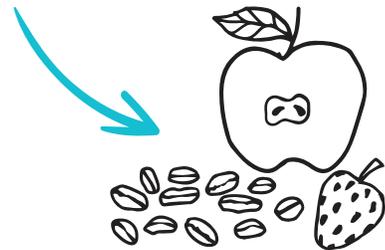
Whole grain products have more fibre and healthy fats. Homemade items also allow you to use reasonable amounts of added sugar and salt for healthier options!



Flavoured oatmeal



Store bought granola



Rolled oats with fruit

Try making your own granola and oatmeal! Make it from scratch with whole rolled oats and fruits. It's super simple to whip up and less costly.

If you are in a rush and opt for instant oatmeal, choose the plain version, and add fruits and cinamon for some flavour!



Processed meats (sausage, ham, bacon)



Eggs and other protein sources

Processed meats are not high sources of protein and are often high in sodium and saturated fats.

Opt for beans, lentils, nuts and seeds, eggs, and lower-fat milk and dairy products instead. Aim to incorporate more plant-based protein options to your breakfast program!

For other creative and tasty breakfast ideas, check out our 45-recipe cookbook!