



Swap This... for That!



White Flour



Whole Grains

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



A cup of yogurt



Plain Greek yogurt with berry compote

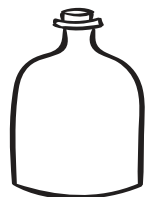
Plain Greek yogurt has significantly less sugar and more protein. For added flavour serve with a berry compote!



Honey, maple syrup or fruit purée



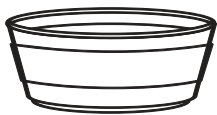
Sugar



Pancake syrup

Often foods that are high in refined sugars are not very filling and provide short-lived energy. Overconsumption of these types of food can contribute to certain chronic diseases.

The main ingredients in pancake syrup are corn syrup and high-fructose corn syrup. These unnatural sweeteners spike insulin levels. Reduce the amount of sugar and add instead: a little honey or maple syrup, fruit puree, etc. Honey is full of antioxidants, has antifungal and antibacterial properties, and regulates blood sugar levels. Maple syrup contains many essential minerals such as manganese and zinc. Give fruit purées a try instead!



Store bought dips and spreads

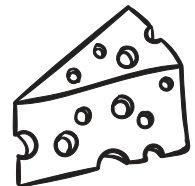


Homemade dips and hummus

Homemade dips and spreads contain less preservatives and sodium. Try some recipes with Greek yogurt for a high protein content!



Processed cheese

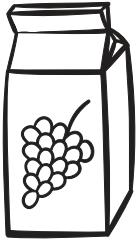


Non-processed cheese

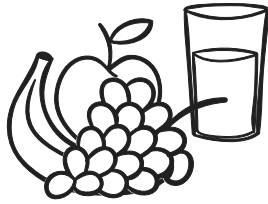
Purchase non-processed cheese in bulk to avoid adding extra salt and fat to breakfast. It can be shredded or sliced for serving or storing to be more effective, and you can freeze it too!



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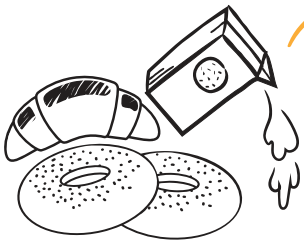


Juice



Fresh fruits, water and veggies

Serve whole fruits and vegetables as they are a good source of dietary fibre and vitamins. Make water the drink of choice as fruit juices are often high in sugar and lack many nutrients.



Store bought baked goods

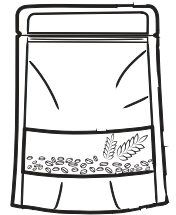


Homemade pancakes and whole wheat muffins

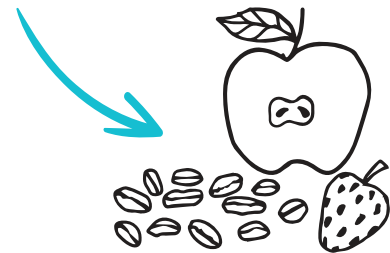
Whole grain products have more vitamins, minerals, healthy fats, protein and fibre. Homemade items also allow you to use reasonable amounts of sugar and salt for healthier options!



Flavoured oatmeal



Store bought granola



Rolled oats with fruit and honey

To reduce the amount of sugar and sodium you are serving, try homemade granola and oatmeal instead of store bought flavoured. Make it from scratch with whole rolled oats and fruits. It's super simple to whip up and less costly!



Processed meats (sausage, ham, bacon)



Eggs and other protein sources

A healthier alternative to processed meats which are often high in sodium and saturated fats are beans, lentils, seeds, lean meats and poultry, eggs, lower fat milk and lower fat dairy products. Protein foods have important nutrients such as: protein, vitamins, minerals.

Choose protein foods that come from plants more often. Plant-based protein foods can provide more fibre and less saturated fat than other types of protein foods.

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