

Start everyday with a nutritious breakfast...



Never before have your food choices been so important for your health and wellbeing

Find out why at BANT, we believe a good breakfast sets up your day ...



Start your day as you mean to go on...

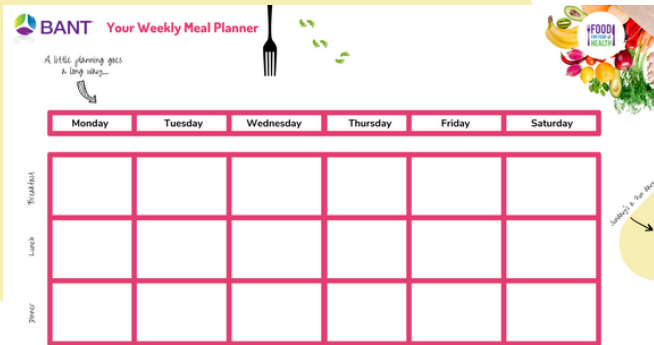
What you eat at breakfast can often determine the rest of your day. If you start with sugary cereals, juices and flavoured yoghurts then you'll likely stay on a sugar rollercoaster all day.



How can you balance your breakfast?



Download our meal planner to help you plan



You can start by adding in some extra protein or fibre which both help balance blood sugars. This might include foods such as eggs, nuts & seeds, or a natural yoghurt. These foods are all more slowly digested and will help you feel fuller for longer. Breaking your breakfast routine with new nutritious food choices is often a great place to start optimising your diet.

Try to avoid eating the same breakfast everyday...

7 breakfasts / week

3 options

 rotate

Use our handy meal planner to help get some extra variety into your mornings. Aim to rotate 3 or more different options during the week.

