

# Healthy breakfast options

... instead of a piece of toast, a bagel, a muffin, a cup of coffee...

It's important to focus on at least

- 10-15g of protein
- 5g of fibre

On cereal and days...

	calories	protein (g)	fibre (g)
1 glass of skim milk (250ml)	86	8	0
1 glass of 1% milk (250ml)	110	8	0
1 glass of original almond milk "Silk" (250 ml)	60	1	0
1 cup dry Oat Honey Clusters "Fibre One"	160	3	13
1 cup dry Go Lean Crunch cereal "Kashi"	190	9	8
1 cup dry Raisin Bran cereal "Kellogg's"	190	5	7
1 cup dry Vector cereal	172	5	2.5

On oatmeal days...

	calories	protein (g)	fibre (g)
½ cup uncooked quick rolled oats "Quaker"	150	5	4
½ cup blueberries	41	0	7