**A good breakfast can help give you the energy you need to face the day. There is some evidence to suggest that eating breakfast can help people control their weight.**

Some people skip breakfast because they think it will help them lose weight, but skipping meals is not good for you, because you can miss out on essential nutrients.

A healthy breakfast provides some of the vitamins and minerals you need for good health.

**. Porridge made with semi-skimmed milk topped with a selection of dried fruits**

Oats are a good source of insoluble fibre and may help to reduce the amount of cholesterol in the blood. Oats also release energy slowly, making you feel fuller for longer. A tablespoon of dried fruit (30g) [your 5 a Day](http://www.nhs.uk/Livewell/5ADAY/Pages/Whatcounts.aspx).

**2. Muesli, fresh fruit and low-fat yoghurt**

Fruit that is added to your muesli counts towards your fruit and veg 5 a Day. Low-fat yoghurt provides calcium, protein and is low in fat, making this a healthier way to start the day.

**3. Wholegrain breakfast cereal with semi-skimmed milk**

Wholegrain breakfast cereals are a good source of fibre, which can make you feel fuller for longer. Choose a breakfast cereal that has been fortified with vitamins and minerals.

**4. Boiled egg with wholemeal toast and low-fat spread**

[Eggs](http://www.nhs.uk/Livewell/Goodfood/Pages/eggs-nutrition.aspx) are a good choice as part of a healthy balanced diet. They are a good source of protein, minerals and vitamins A, D and riboflavin. Wholemeal bread contains B vitamins, vitamin E, fibre and a wide range of minerals. White bread also contains a range of vitamins and minerals, but it has less fibre than wholegrain, wholemeal or brown bread.

**5. Grilled mushrooms and tomatoes on a wholegrain bagel**

Grilling mushrooms and tomatoes is a quick and healthier way to cook. Mushrooms and tomatoes count towards one of your 5 a Day. Wholegrain bagels contain B vitamins, vitamin E, fibre and a wide range of minerals.