

# SHAKE UP YOUR WAKE-UP... BY CHANGING ONE THING!

IT'S FUEL FOR THE BRAIN AND GETS YOUR  
METABOLISM MOTORING – SO RAISE A  
TOAST TO THE FIRST DISH OF THE DAY  
AND CHANGE ONE THING TO MAKE YOUR  
MORNING MEAL A HEALTHIER ONE.





WHEATY RASPBERRY  
SMOOTHIE

**IT'S THE MEAL THAT  
SETS YOU UP FOR THE  
DAY, GETS YOUR BRAIN  
TICKING AND YOUR  
BODY RUNNING.**

**As well as being  
important, breakfast  
should also be healthy!**

**MAKE YOUR BREAKFAST  
HEALTHY BY CHANGING  
ONE THING.**

Try swapping whole milk for skimmed milk, fried egg for a poached egg or your morning coffee for a fruit smoothie.

**WANT TO GO FURTHER?**

Why not swap your fried breakfast for a delicious bowl of porridge or poached egg on wholemeal toast?

Look out for details of the one thing your restaurant's changed to make your breakfast healthier as part of Shake Up Your Wake Up.

