

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.

