

Healthy breakfast grocery list



Breakfast Food to Eat

- ◯ Cereal - only healthy if you're sure to check the sugar contents before buying! Even some brands of granola can be packed with unhealthy added sugar
- ◯ Eggs - the protein in these will provide you with plenty of energy
- ◯ Fresh fruit - plenty of fiber and vitamins
- ◯ Healthy oil - make sure to cook with oil high in Omega-3, such as olive, linseed/flaxseed, or rapeseed
- ◯ Honey - a far more natural and healthier alternative to maple syrup
- ◯ Nuts and seeds - high in fiber and protein
- ◯ Low-fat spread - reduced saturated fat content makes it better than butter. Find a brand infused with a healthy oil such as olive oil
- ◯ Oatmeal - high in fiber
- ◯ Soft cheese - much lower in saturated fat than its firmer counterpart
- ◯ Wholegrain/wholemeal bread - another great source of fiber
- ◯ Yogurt - full of brilliant bacteria to keep your digestive system in good working order

Breakfast Food to Avoid

- ◯ Bacon - a breakfast favorite, but high in saturated fat
- ◯ Butter - this traditional spread is high in saturated fat
- ◯ Cured meat - much like other processed meat, these are often high in saturated fat
- ◯ Fruit juice - often high in sugar, and has very little fiber compared to whole fruit
- ◯ Hard cheese - another source of saturated fat
- ◯ Jam/jelly - it might be full of fruit, but it's also full of sugar
- ◯ Maple syrup - delicious, but very sugary
- ◯ Pastries - they may be fancy, French, or Danish, but are chock full of saturated fat and sugar
- ◯ Sausages - another favorite saturated fat
- ◯ White bread - whilst not at all unhealthy, you'll get less fiber than wholegrain/wholemeal varieties

Listonic

Download on the App Store

GET IT ON Google Play