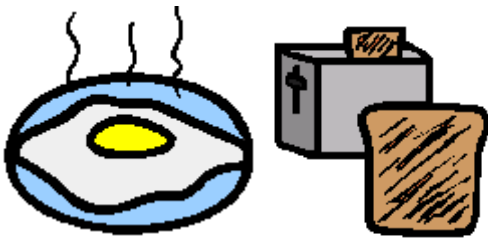


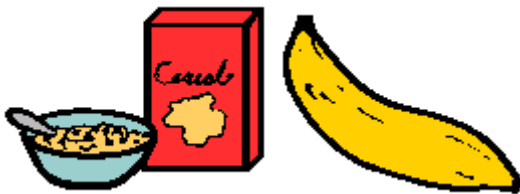
Breakfast ideas



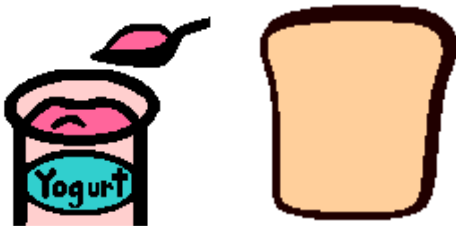
porridge made with low fat milk and a handful of dried fruit



poached egg on wholemeal toast and a glass of fruit juice



cereal e.g. Branflakes, Weetabix, Shredded Wheat with low fat milk and sliced banana



low fat yoghurt with fresh or canned fruit and a slice of toast



bagel with low fat soft cheese and a glass of fruit juice

Community Dietitians
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Bristol BS16 1EQ Tel 0117 9585666

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