



A GUIDE TO THE PERFECT BREAKFAST

(Read the article on the Daily9 blog)

OK to have daily OK to have sometimes To be avoided



2-3 **eggs** + 1 slice wholewheat bread.
Cook the eggs any way, with very little oil / fat: boiled, omelette, scrambled / bhurji, poached, fried. Use less than a teaspoon of oil/butter.

1-2 slices wholewheat bread and ½-1 tbsp peanut butter.

Oily egg preparations.



½ cup **oats / porridge** + a **fruit** (e.g. banana, apple).
Soak oats overnight if possible or as a variant.

Oats/porridge with honey

Sugary cereals, muesli, cereal bars.



2 **idli / dosa** + ½ cup **vegetable chutney** (e.g. eggplant, capsicum, tomato).

2 idli/dosa, sambhar, small amount of coconut chutney.

Masala dosa.



1 cup **poha with vegetables**, small amount of peanuts.
Vegetable choices include tomato, capsicum, onion, cabbage, carrot, beans, peas.

Poha with a small amount of peanuts.

Poha with potato and peanuts.



Protein shake (fruit / veg, protein powder, water/milk).
Veggie smoothie (veggies, fruit, water, milk / yoghurt).

Fruit smoothies.

All juices (unsweetened and sweetened) and other sweet beverages.



Vegetable sandwich - upto 2 slices of wholewheat bread with ½ cup veggies.
Vegetable choices include cucumber, tomato, onion, beetroot, carrot etc (no potato).

Cheese sandwich.

Bread with jam / butter / chocolate spreads.



1 **vegetable / paneer paratha** with yoghurt.

Plain wholewheat / aloo paratha with yoghurt.

Fried bread or rotis.



1 cup **upma / pongal** with **vegetables** and / or **vegetable chutney**.

½ cup upma / pongal with a small amount of coconut chutney.

Plain upma / pongal with dal, lentil chutney.



1-2 **lentil dosa / besan ka cheela** with ½ cup **vegetable chutney**

1-2 lentil dosa / besan ka cheela without vegetables.

Poori.



1 cup **unsweetened yoghurt** with **chopped fruits** and a small handful of **plain nuts**.

1 cup yoghurt sweetened with honey with chopped fruits and a small handful of plain nuts.

Flavoured yoghurt, sweet lassi.



1 slice **baked oat / wholewheat bread / muffin** sweetened with **fruit only**.

1 slice baked oat / wholewheat bread / muffin sweetened with fruit only and nuts.

Pancakes, muffins, sweet breads, pastries.



Coffee / tea without sugar.

Coffee / tea with ½ tsp sugar.

Coffee / tea with more than ½ tsp sugar.
Coffee / tea with biscuits.



Leftover **salad** from dinner

Leftover biryani from dinner



Eat if you are **hungry**.

Not hungry but have breakfast.

