Tip of the week - **Don’t skip breakfast**

Studies show that eating a proper breakfast is one of the most positive things you can do if you are trying to lose weight. Breakfast skippers tend to gain weight. A balanced breakfast could include: eggs (poached or scrambled), tomatoes, avocado, oily fish (e.g. salmon or mackerel), muesli (watch for added sugar), oats, breakfast muffins and bars (homemade), smoothies (homemade). Foods best avoided at breakfast: most cereals (due to added sugar and salt and not much nutritional value), pastries, sugary spreads e.g. jam and marmalade on toast.