

OK: Diabetes. How to do it – eating fruit for breakfast Just add it to your cereal

NHS

National Institute for
Health Research



some people like
strawberries or
raspberries on
cereal.



some people like chopped
apple on cereal.



some people like
bananas on cereal.

What would you like to try?

How to do it – eating fruit for breakfast



Some people like Kiwi fruit – you can eat it like an egg with a spoon!



You could eat fruit salad for breakfast – you can keep it in the fridge and eat a little each day.



Fruit in a tin is good for you as long as it's in juice not syrup. Syrup is sugar.