

MINISTRY OF SOCIAL DEVELOPMENT  
TE MANATŪ WHAKAHIATO ORA

# NUTRITION BITES

## READY TO GO NUTRITION BITES

### INSTRUCTIONS:

- Cut and paste me into your newsletter, website or Facebook page
- Or
- Click on the image to highlight before right clicking and select 'copy image' and paste into your desired location.

Did you know that starting the day with a nutritious breakfast helps set young minds up for a day of learning!

PROTEIN CALCIUM B VITAMINS

Weet-Bix™ wheat biscuits contain fibre and are low in sugar.

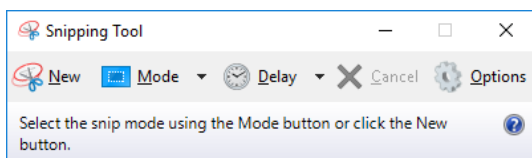
Kids who consume breakfast have shown better cognitive performance through the morning. Start your day with the right fuel to learn, run & play!

Combining the goodness of Anchor™ Milk with Sanitarium Weet-Bix™ wheat biscuits can provide the nutrition to help kick start your day and keep you going!

A healthy breakfast can help you get through the morning. Cereal with milk for breakfast is a quick and easy way to add important nutrients like protein, calcium, B vitamins and fibre.



Reference: <https://ana.org.nz/wp-content/uploads/2016/11/Is-consuming-breakfast-important.pdf>



\*We recommend downloading or using a snipping tool.  
**\*\*If you need a hand in using these, please do let us know.**