## 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.

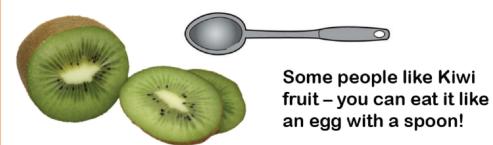




some people like bananas on cereal.

What would you like to try?

## **How to do it** – eating fruit for breakfast





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.