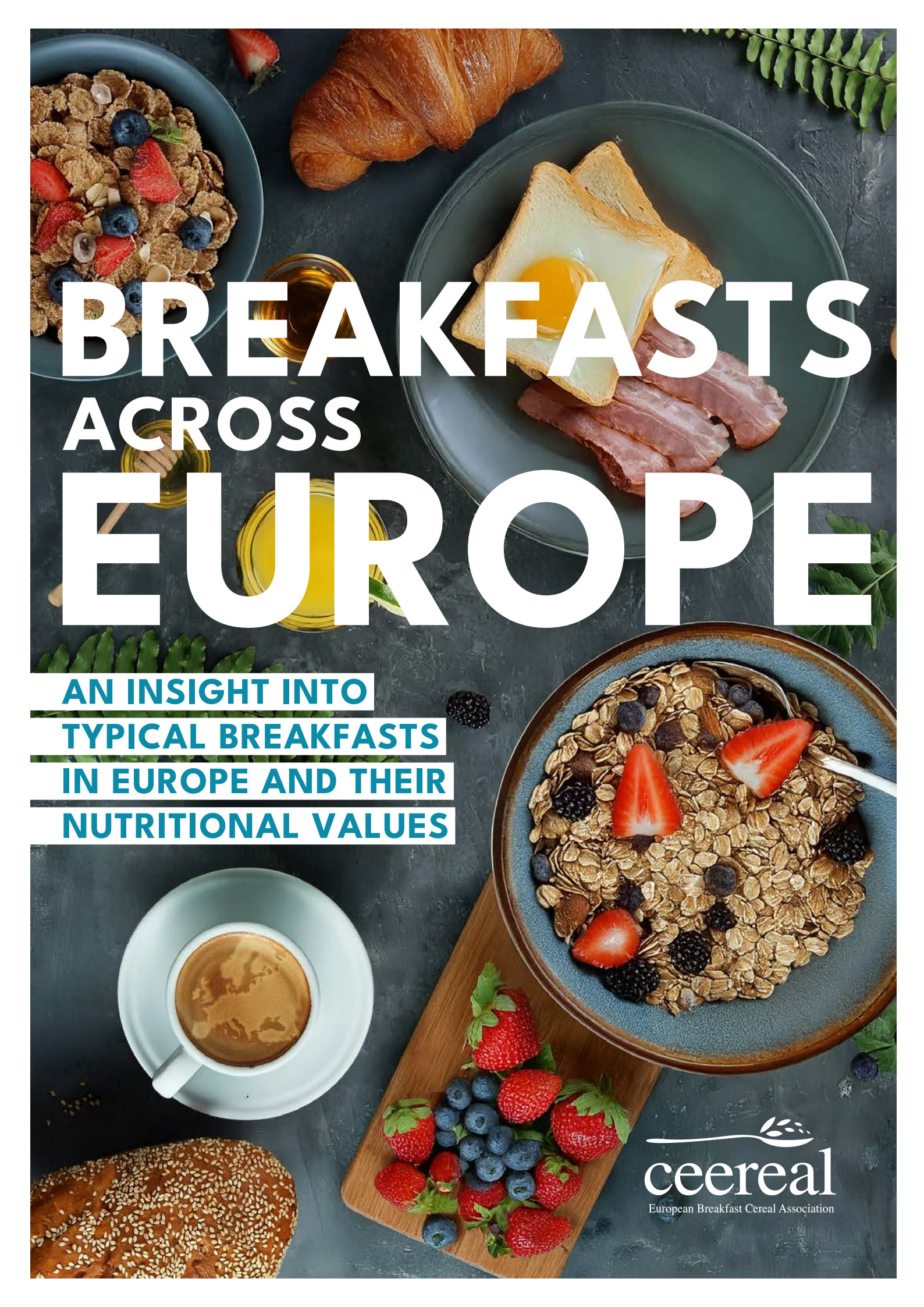




BREAKFASTS ACROSS EUROPE

AN INSIGHT INTO
TYPICAL BREAKFASTS
IN EUROPE AND THEIR
NUTRITIONAL VALUES

More information is available on
www.ceereal.eu

ABOUT CEEREAL

CEEREAL represents the European breakfast cereal and oat milling industry and consists of 13 member companies and 7 national associations from 7 countries. In total, CEEREAL represents 54 companies across Europe and brings together international brands as well as family-owned businesses of all sizes. Our members are committed to providing consumers with breakfast cereals that are safe, nutritious, sustainable and enjoyable.

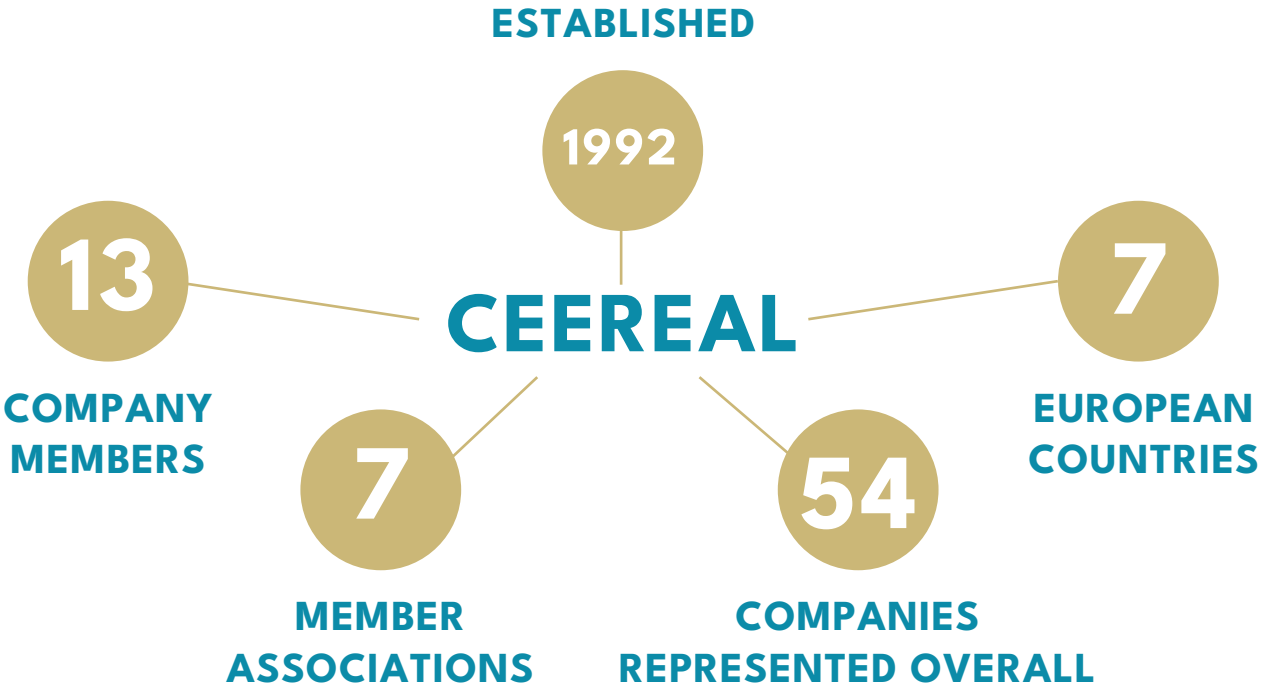


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WHY EAT BREAKFAST?

Breakfast provides energy, carbohydrate, fibre and a range of nutrients necessary to start the day^(1/2). Eating a nutritious breakfast has been linked to improved nutrient intakes, healthier body size/mass and overall lifestyle⁽³⁾. Research suggests that a healthy breakfast is related to better coverage of nutrient recommendations, a greater intake of daily nutrients and better quality of diet overall⁽⁴⁾.

EATING BREAKFAST CAN HELP CONTROL APPETITE

Breakfast can help to keep hunger in check and stabilise blood sugar levels. People who eat breakfast are less likely to be hungry and overeat during the rest of the day⁽⁵⁾.

PEOPLE WHO EAT BREAKFAST TEND TO BE SLIMMER THAN THOSE WHO SKIP IT

Breakfast consumption is associated with a lower incidence of people being overweight and obese. Studies show that eating a healthy cereal breakfast is less likely to be associated with overweight and obesity in European adolescents⁽⁶⁾ and abdominal obesity in European adults⁽⁷⁾.

EATING BREAKFAST CAN AID CONCENTRATION AND COGNITIVE PERFORMANCE

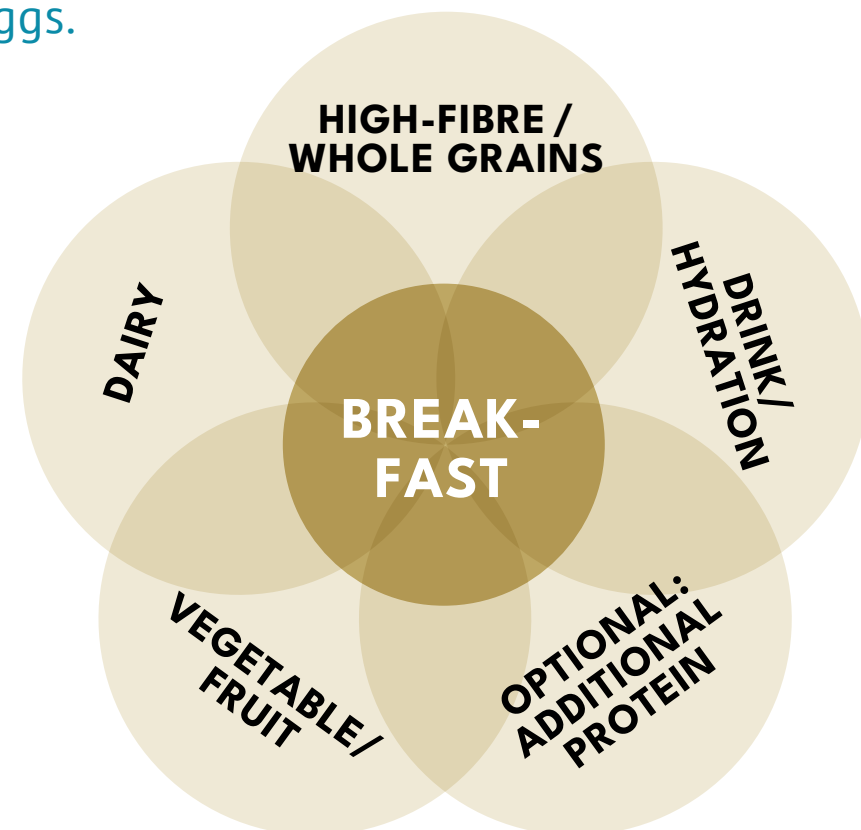
Eating breakfast helps to provide energy for concentration for the day ahead, whether that is in education, workplace or homelife settings⁽⁸⁾. Studies show that children and young people who eat breakfast have broadly better school-related outcomes than those who skip breakfast^(9/10).

IT ALLOWS FOR QUALITY TIME SPENT WITH THE FAMILY

Breakfast is an occasion to eat together with the family and children who eat with their parents in the morning tend to have more nutritious breakfasts⁽¹¹⁾. Eating a nutritious breakfast helps to embed good eating habits that can last a lifetime.

WHAT IS A BALANCED BREAKFAST?

The International Breakfast Research Initiative advises that about 20% of daily energy intake should be derived from breakfast^(2/12). Several nutrition and dietetics societies in different countries also recommend a balanced and varied breakfast as an integral part of a nutritionally balanced diet^(8/13/14/15). In these guidelines it is generally recommended that a balanced breakfast should contain a portion of cereal-based products (preferably high fibre and/or whole grains), a dairy product, such as milk or yoghurt, a portion of fruit or vegetables and, in some guidelines, a source of protein in addition to or instead of dairy is encouraged, for example, nuts or eggs.



TYPICAL BREAKFASTS IN EUROPE

Breakfast in Europe is a fascinating reflection of cultural diversity. In France, a typical breakfast may include a croissant or bread with butter and jam, accompanied by coffee. In Italy, breakfast is often lighter, with a cup of coffee and biscotti. Scandinavian countries, such as Sweden, favour a nutritious start with rye bread, cheese, cold cuts, and yoghurt. We see the same reflected in the variety of the types of breakfast cereals consumed in Europe – from flakes to muesli or porridge.

Each country's breakfast habits are influenced by local traditions, ingredients, and lifestyle. These are just a few examples that can vary across countries and populations. By understanding the diverse breakfast habits across Europe and the nutritional benefits of different breakfast options, individuals can make more informed decisions that positively impact their health.

APPROACH

The International Breakfast Research Initiative has developed a breakfast calculator which uses food composition data from the French Ciquel database⁽¹⁶⁾ to determine the energy, saturated fat, sodium, protein, fibre and micronutrient profiles of breakfasts^(17/23). This was used to calculate the nutritional profile of the different European breakfasts. It was also used to determine typical portion sizes, which were also cross-checked against food labels.

The Ciquel French food composition table⁽¹⁶⁾ was used to determine the total sugar profile of each breakfast type. For wheatflakes and multigrain cereals, data from popular UK brand labels was used to reflect latest formulations and kindly added to the Ciquel database by the Breakfast Calculator team.

LINK TO THE BREAKFAST CALCULATOR

<https://www.efad.org/breakfast-toolkit/breakfast-calculator>

WHAT MACRONUTRIENTS AND MICRONUTRIENTS ARE IN YOUR BREAKFAST?

	 CROISSANT	 MULTIGRAIN CEREALS	 EGGS & BACON	 MUESLI	 DRY BISCUIT	 PORRIDGE OATS	 RYE AND HAM	 SANDWICH BREAD, EGG AND SALAMI	 TOASTED BREAD WITH JAM	 TOAST WITH OLIVE OIL & TOMATO	 WHEATFLAKES	 WHOLEMEAL BREAD WITH YOGHURT	
Energy (kcal)	229 	238 	576 	256 	381 	270 	530 	630 	387 	455 	232 	670 	Energy (kcal)
Fat (g)	12 	4 	31 	6 	11 	5 	16 	39 	14 	18 	4 	33 	Fat (g)
Saturated fat (g)	7 	2 	15 	3 	7 	2 	8 	17 	8 	4 	2 	20 	Saturated fat (g)
Carbohydrate (g)	25 	39 	46 	36 	62 	46 	75 	42 	55 	61 	37 	75 	Carbohydrate (g)
Total sugars (g)	9 	21 	9 	26 	20 	15 	13 	12 	17 	13 	20 	31 	Total sugars (g)
Sodium (mg)	272 	155 	1110 	106 	390 	72 	1330 	1240 	544 	457 	138 	516 	Sodium (mg)
Protein (g)	6 	9 	27 	11 	8 	16 	18 	25 	8 	10 	9 	15 	Protein (g)
Fibre (g)	1 	4 	1 	5 	2 	5,5 	8 	5 	4 	4 	6 	6 	Fibre (g)
Vitamins and other minerals ≥15% NRV*	Vitamin B2	Vitamin B2/ B3/ B6/B9/B12/C/D Calcium Iron	Vitamin A/B1/ B2/B3/B6/B9/ B12/D Calcium Iron Potassium Zinc	Vitamin B1/B2/ B6/B9/B12 Calcium Magnesium Potassium Zinc		Vitamin B1/ B2/ B6 Calcium Magnesium Potassium Zinc	Vitamin B1/B2/ B3/B6/B9/B12/C Iron Magnesium Potassium Zinc	Vitamin A/B1/ B2/B6/B9/ B12/D Calcium Iron Magnesium Potassium Zinc		Vitamin A/B1/ B2/C Calcium Magnesium Potassium	Vitamin B1/ B2/B3/B6/B9/ B12/D Calcium Iron	Vitamin A/B1/ B2/B6 Calcium Magnesium Potassium Zinc	Vitamins and other minerals ≥15% NRV

*NRV = adult daily Nutrient Reference Value.

SWEET BREAKFAST

BREAKFAST WITH BREAD AND SWEET PAIRINGS

In Europe, breakfasts with bread and sweet pairings are a beloved tradition, with each country offering its own unique flavours. In Greece and Cyprus, a typical breakfast might include wholemeal bread topped with butter, soft cheese, honey, marmalade or jam. In Western Europe, a common choice is white bread spread with jam and butter, providing a simple yet satisfying start to the day.



WHOLEMEAL BREAD WITH YOGHURT BREAKFAST

2 slices of wholemeal bread (90g), honey (20g), butter 82% fat (20g), plain Greek yoghurt (120g), coffee with milk (200ml).



TOASTED BREAD WITH JAM BREAKFAST

2 slices of country-style toasted bread (80g), strawberry jam (20g), lightly salted butter (20g), black tea (200ml) with semi-skimmed milk (50ml).

CEREAL BREAKFASTS

Breakfast cereal options in Europe are as diverse as the continent itself. Flakes are a classic choice, enjoyed with milk or yoghurt for a quick and easy start into the day. In Switzerland and Germany, muesli is a popular option, made from a mix of rolled oats, nuts, seeds, and dried fruits, often soaked overnight for a nutritious and filling breakfast. Oats are well recognised for their health benefits, such as their cholesterol-lowering effects⁽¹⁹⁾. Porridge is a staple in Eastern Europe, the Nordics, the UK and Ireland.



MUESLI BREAKFAST

Muesli flakes, Bircher-style with fruits or dried fruits (45g), plain natural yoghurt (150g), black tea (200ml) with semi-skimmed milk (50ml).



PORRIDGE OATS BREAKFAST

Oats porridge, made with water (200g), semi-skimmed milk (50ml), chopped banana (80g), coffee with milk (200ml).



WHEATFLAKE BREAKFAST

Wheat flakes (30g), chopped apple (80g), semi-skimmed milk (125ml), black tea (200ml) with semi-skimmed milk (50ml).



MULTIGRAIN CEREAL BREAKFAST

Multigrain breakfast (30g), chopped apple (80g), semi-skimmed milk (125ml), black tea (200ml) with semi-skimmed milk (50ml).

WHOLEMEAL BREAD WITH YOGHURT BREAKFAST

MACRONUTRIENTS	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohy- drate (g)	Total sugars (g)	Protein (g)	Fibre (g)
Total in breakfast	670	32.7	20.3	75	30.5	14.5	5.7
% of NRV	34	47	100	29	34	29	24



VITAMINS	Vit A (mcg)	Vit B1 (mg)	Vit B2 (mg)	Vit B3 (mg)	Vit B6 (mg)	Vit B9 (mcg)	Vit B12 (mcg)	Vit C (mg)	Vit D (mcg)
Total in breakfast	193	0.3	0.6	0.4	0.2	46.5	0.3	0.7	0.7
% of NRV	24	25	50	3	15	12	13	1	14

MINERALS	Calcium (mg)	Iron (mg)	Magne- sium (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)
Total in breakfast	417	1.9	77.9	609	516	1.9
% of NRV	42	14	25	17	26	17

Serving size 450g

TOASTED BREAD WITH JAM BREAKFAST

MACRONUTRIENTS	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohy- drate (g)	Total sugars (g)	Protein (g)	Fibre (g)
Total in breakfast	387	14.1	7.75	55	16.5	7.8	3.6
% of NRV	19	20	39	21	18	16	14



VITAMINS	Vit A (mcg)	Vit B1 (mg)	Vit B2 (mg)	Vit B3 (mg)	Vit B6 (mg)	Vit B9 (mcg)	Vit B12 (mcg)	Vit C (mg)	Vit D (mcg)
Total in breakfast	102	0.11	0.14	0.10	0.07	45	0.27	3.1	0.37
% of NRV	13	9	12	1	5	11	11	3	7

MINERALS	Calcium (mg)	Iron (mg)	Magne- sium (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)
Total in breakfast	89.3	1.5	40.1	332	544	1.0
% of NRV	9	11	13	10	27	9

Serving size 370g

MUESLI BREAKFAST

MACRONUTRIENTS	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohy- drate (g)	Total sugars (g)	Protein (g)	Fibre (g)
Total in breakfast	256	6	2.8	36	26	10.8	5
% of NRV	13	9	14	14	29	22	20



VITAMINS	Vit A (mcg)	Vit B1 (mg)	Vit B2 (mg)	Vit B3 (mg)	Vit B6 (mg)	Vit B9 (mcg)	Vit B12 (mcg)	Vit C (mg)	Vit D (mcg)
Total in breakfast	28.1	0.39	0.5	1.2	0.6	85.9	0.5	1.2	0.2
% of NRV	4	33	42	8	46	21	21	1	4

MINERALS	Calcium (mg)	Iron (mg)	Magne- sium (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)
Total in breakfast	299	1.7	59	576	106	1.7
% of NRV	30	12	19	16	5	15

Serving size 415g

PORRIDGE OATS BREAKFAST

MACRONUTRIENTS	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohy- drate (g)	Total sugars (g)	Protein (g)	Fibre (g)
Total in breakfast	270	4.7	2	46	15	8.2	5.5
% of NRV	14	6	10	18	17	16	22



VITAMINS	Vit A (mcg)	Vit B1 (mg)	Vit B2 (mg)	Vit B3 (mg)	Vit B6 (mg)	Vit B9 (mcg)	Vit B12 (mcg)	Vit C (mg)	Vit D (mcg)
Total in breakfast	30.1	0.3	0.4	0.9	0.2	34.6	0.3	6.4	0.09
% of NRV	4	25	33	6	15	9	13	6	2

MINERALS	Calcium (mg)	Iron (mg)	Magne- sium (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)
Total in breakfast	202	1.4	81	643	72	1.8
% of NRV	20	10	26	18	4	16

Serving size 530g

WHEATFLAKE BREAKFAST

MACRONUTRIENTS	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohy- drate (g)	Total sugars (g)	Protein (g)	Fibre (g)
Total in breakfast	232	3.6	2	37	19.6	9.1	6.2
% of NRV	12	5	10	14	22	18	25



VITAMINS	Vit A (mcg)	Vit B1 (mg)	Vit B2 (mg)	Vit B3 (mg)	Vit B6 (mg)	Vit B9 (mcg)	Vit B12 (mcg)	Vit C (mg)	Vit D (mcg)
Total in breakfast	28.4	0.4	0.7	4.3	0.5	84.6	1.5	7.3	2.7
% of NRV	4	33	58	29	38	21	63	7	54

MINERALS	Calcium (mg)	Iron (mg)	Magne- sium (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)
Total in breakfast	213	2.6	28.6	414	138	0.8
% of NRV	21	19	9	12	7	7

Serving size 485g

MULTIGRAIN CEREAL BREAKFAST

MACRONUTRIENTS	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohy- drate (g)	Total sugars (g)	Protein (g)	Fibre (g)
Total in breakfast	238	4.4	2.2	39	20.7	8.8	4.0
% of NRV	12	6	11	15	23	18	16



VITAMINS	Vit A (mcg)	Vit B1 (mg)	Vit B2 (mg)	Vit B3 (mg)	Vit B6 (mg)	Vit B9 (mcg)	Vit B12 (mcg)	Vit C (mg)	Vit D (mcg)
Total in breakfast	28.4	0.09	0.6	4.0	0.4	83.4	0.9	19.3	1.0
% of NRV	4	8	50	27	31	21	38	19	20

MINERALS	Calcium (mg)	Iron (mg)	Magne- sium (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)
Total in breakfast	373	3.8	28.6	414	155	0.8
% of NRV	37	27	9	12	8	7

Serving size 485g

≥15% of the adult daily Nutrient Reference Value. Applied to vitamins and minerals only.

SWEET BREAKFAST CONTINUED

PASTRIES AND BISCUITS

In France, the iconic buttery, flaky croissant is a favourite, which can be topped with almonds, accompanied by a simple coffee. In Italy, biscotti are a common light breakfast often enjoyed with a cup of coffee.



CROISSANT BREAKFAST

Croissant (50g), coffee with milk or a cappuccino (200ml).



DRY BISCUIT BREAKFAST

4 dry butter biscuits (80g), black coffee (125ml) with semi-skimmed milk (50ml).

SAVOURY BREAKFASTS

BREAKFAST WITH BREAD AND SAVOURY PAIRINGS

In Europe, savoury bread breakfasts are enjoyed in nearly every country, each reflecting the rich diversity of regional culinary traditions. In Germany, the Baltics, and Nordic countries, a typical breakfast might include rye bread paired with cold cuts & cheese, while Eastern European breakfasts often include eggs & vegetables. Lighter savoury breakfasts can be found in Southern Europe with Spain enjoying simple toast with olive oil and tomato.



RYE BREAD AND HAM BREAKFAST

2 slices of rye bread (120g), lightly salted butter (20g), smoked cooked ham (30g), kiwi (90g), black tea (200ml) with semi-skimmed milk (50ml).



SANDWICH BREAD, EGG AND SALAMI BREAKFAST

2 slices of sandwich loaf wholemeal bread (80g), lightly salted butter (20g), salami (40g), hard-boiled egg (60g), cucumber (50g), coffee with milk or a cappuccino (200ml).



TOAST WITH OLIVE OIL AND TOMATO BREAKFAST

2 slices of toasted white bread (80g), olive oil, extra virgin (15g), raw tomatoes (100g), coffee with milk (200ml).

EGGS AND BACON BREAKFAST

In the UK and Ireland, the full English/Irish breakfast is a classic, featuring eggs, bacon, baked beans and toast. Compared with other European breakfasts it is a heartier, more substantial meal.



EGGS AND BACON BREAKFAST

Fried egg (60g), back bacon (50g), 2 slices sandwich loaf toasted (80g), lightly salted butter 82% fat (20g), black tea (200ml) with semi skimmed milk (50ml).

CROISSANT BREAKFAST

MACRONUTRIENTS	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohy- drate (g)	Total sugars (g)	Protein (g)	Fibre (g)
Total in breakfast	229	11.5	6.7	25	9	6.1	1.2
% of NRV	11	16	34	10	10	12	5

VITAMINS	Vit A (mcg)	Vit B1 (mg)	Vit B2 (mg)	Vit B3 (mg)	Vit B6 (mg)	Vit B9 (mcg)	Vit B12 (mcg)	Vit C (mg)	Vit D (mcg)
Total in breakfast	49.1	0.1	0.3	0.5	0.06	33.6	0.06	0	0.05
% of NRV	6	8	25	3	5	8	3	0	1

MINERALS	Calcium (mg)	Iron (mg)	Magne- sium (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)
Total in breakfast	141	0.7	28.2	304	272	0.7
% of NRV	14	5	9	9	14	6

Serving size 250 g



SANDWICH BREAD, EGG AND SALAMI BREAKFAST

MACRONUTRIENTS	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohy- drate (g)	Total sugars (g)	Protein (g)	Fibre (g)
Total in breakfast	630	38.9	16.6	42	12.3	25.3	5.3
% of NRV	32	56	83	16	14	51	21

VITAMINS	Vit A (mcg)	Vit B1 (mg)	Vit B2 (mg)	Vit B3 (mg)	Vit B6 (mg)	Vit B9 (mcg)	Vit B12 (mcg)	Vit C (mg)	Vit D (mcg)
Total in breakfast	163	0.37	0.72	1.85	0.31	61.8	1.38	5.8	1.3
% of NRV	17	31	60	12	24	15	58	6	26

MINERALS	Calcium (mg)	Iron (mg)	Magne- sium (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)
Total in breakfast	284	3.25	80.4	684	1240	2.94
% of NRV	28	23	26	20	62	27

Serving size 450g



DRY BISCUIT BREAKFAST

MACRONUTRIENTS	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohy- drate (g)	Total sugars (g)	Protein (g)	Fibre (g)
Total in breakfast	381	10.5	6.8	62	19.6	8.2	1.8
% of NRV	19	15	34	24	22	16	7

VITAMINS	Vit A (mcg)	Vit B1 (mg)	Vit B2 (mg)	Vit B3 (mg)	Vit B6 (mg)	Vit B9 (mcg)	Vit B12 (mcg)	Vit C (mg)	Vit D (mcg)
Total in breakfast	94.9	0.09	0.12	0.39	0.04	21	0.32	0.85	0.15
% of NRV	12	8	10	3	3	5	13	1	3

MINERALS	Calcium (mg)	Iron (mg)	Magne- sium (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)
Total in breakfast	91.7	0.72	24.9	234	390	0.63
% of NRV	9	5	8	7	20	6

Serving size 255 g



TOAST WITH OLIVE OIL AND TOMATO BREAKFAST

MACRONUTRIENTS	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohy- drate (g)	Total sugars (g)	Protein (g)	Fibre (g)
Total in breakfast	455	18	3.5	61	13.3	9.8	4.1
% of NRV	23	26	18	23	15	20	16

VITAMINS	Vit A (mcg)	Vit B1 (mg)	Vit B2 (mg)	Vit B3 (mg)	Vit B6 (mg)	Vit B9 (mcg)	Vit B12 (mcg)	Vit C (mg)	Vit D (mcg)
Total in breakfast	158	0.2	0.2	1.2	0.1	37.2	0.06	16.5	0.2
% of NRV	20	17	17	9	8	9	3	17	4

MINERALS	Calcium (mg)	Iron (mg)	Magne- sium (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)
Total in breakfast	150	1.4	46	550	457	1.1
% of NRV	15	10	15	16	23	10

Serving size 395g



RYE BREAD AND HAM BREAKFAST

MACRONUTRIENTS	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohy- drate (g)	Total sugars (g)	Protein (g)	Fibre (g)
Total in breakfast	576	31.1	14.9	46	8.8	27	1.4
% of NRV	29	44	75	18	10	54	6

VITAMINS	Vit A (mcg)	Vit B1 (mg)	Vit B2 (mg)	Vit B3 (mg)	Vit B6 (mg)	Vit B9 (mcg)	Vit B12 (mcg)	Vit C (mg)	Vit D (mcg)
Total in breakfast	215	0.46	0.42	3.8	0.3	89	1.1	4.13	0.67
% of NRV	27	38	35	25	23	22	46	4	13

MINERALS	Calcium (mg)	Iron (mg)	Magne- sium (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)
Total in breakfast	170	2.1	41.3	549	1110	1.9
% of NRV	17	15	13	16	56	17

Serving size 510g



EGGS AND BACON BREAKFAST

MACRONUTRIENTS	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohy- drate (g)	Total sugars (g)	Protein (g)	Fibre (g)
Total in breakfast	576	31.1	14.9	46	8.8	27	1.4
% of NRV	29	44	75	18	10	54	6

VITAMINS	Vit A (mcg)	Vit B1 (mg)	Vit B2 (mg)	Vit B3 (mg)	Vit B6 (mg)	Vit B9 (mcg)	Vit B12 (mcg)	Vit C (mg)	Vit D (mcg)
Total in breakfast	215	0.46	0.42	3.8	0.3	89	1.1	4.13	0.67
% of NRV	27	38	35	25	23	22	46	4	13

MINERALS	Calcium (mg)	Iron (mg)	Magne- sium (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)
Total in breakfast	170	2.1	41.3	549	1110	1.9
% of NRV	17	15	13	16	56	17

Serving size 460 g



■ ≥15% of the adult daily Nutrient Reference Value. Applied to vitamins and minerals only.

CONCLUSION

In this brochure, we have explored various types of breakfasts across Europe, from sweet to savoury, lighter to more substantial breakfasts. We have also highlighted different breakfast cereal options. Each type of breakfast provides a different nutrient profile. Cereal-based breakfasts are typically lower in energy, saturated fat and provide an array of vitamins and minerals. Savoury breakfasts can provide more protein and minerals, less total sugars but often contain higher levels of saturated fat.

When choosing a breakfast, it's important to consider nutritional recommendations as well as your personal needs. It's also good to vary your daily choices. Policymakers are encouraged to consider the information presented in this brochure when developing nutrition-related policies. It is vital to create an environment where nutritious breakfast options are accessible and appealing to all, ensuring that everyone can start their day on a healthy note.

NUTRIENT REFERENCE VALUES (NRV)

MACRONUTRIENTS	Unit	NRV	VITAMINS AND MINERALS	Unit	NRV
Energy	kcal	2000	Vitamin A	kcal	2000
Total fat	g	70	Thiamin (Vitamin B1)	g	70
Saturates	g	20	Riboflavin (Vitamin B2)	g	20
Carbohydrate	g	260	Niacin (Vitamin B3)	g	260
Sugars	g	90	Vitamin B6	g	90
Protein	g	50	Folate (vitamin B9)	g	50
Fibre	g	25	Vitamin B12	g	25
			Vitamin C	mg	100
			Vitamin D	mcg	5
			Calcium	mg	1000
			Iron	mg	14
			Zinc	mg	11
			Potassium	mg	3500
			Magnesium	mg	310
			Sodium	mg	2000

Nutrient Reference Values set by Codex (adults).
Source: The European Federation of The Association of Dietitians. *Balanced Breakfast Toolkit. Breakfast Calculator Nutrient Reference Values*⁽¹⁸⁾. Values for macronutrients extracted from Regulation (EU) No 1169/2011 of the European Parliament and of the Council⁽²⁰⁾.

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