



Bountiful Breakfasts: A Traditional Full English Breakfast Makeover

Enjoying a traditional full English breakfast, on weekends or on holiday, is a treat rather than the everyday norm. It's hard to beat such a satisfying and comforting breakfast, from eggs, toast with jam and rashers, to tomatoes, mushrooms and baked beans, all washed down with a strong cuppa.

As you might expect from such a big breakfast, all that deliciousness comes with a rather significant amount of calories and sugar. Take a look at our “Before” and “After” breakfasts:

Before Breakfast	After Breakfast
<ul style="list-style-type: none"> 2 (122 g) scrambled eggs 2 Tbsp (30g) ketchup 6 oz (177g) orange juice 1 cup black tea with ¼ cup whole milk and 2 tsp sugar (304g) 2 bacon rashers (50g) 1/3 cup (44g) mushrooms, fried in butter 1 tomato half (50g), grilled ¾ cup (200g) baked beans in tomato sauce 2 slices (46g) white toast 3 Tbsp (60g) strawberry jam 	<ul style="list-style-type: none"> 2 (122g) scrambled egg 2 Tbsp (30g) ketchup with 50% less sugar (with stevia) and 25% less salt 6 oz (177g) Stevia sweetened orange juice 1 cup black tea with ¼ cup whole milk and 1 packet stevia (297g) 2 bacon rashers (50g) 1/3 cup (44g) mushrooms, fried in butter 1 tomato half (50g), grilled ¾ cup (200g) reduced sugar (with stevia) baked beans in tomato sauce 2 slices (46g) white toast 3 Tbsp (60g) stevia-sweetened strawberry jam



Making a few simple swaps to stevia-sweetened foods instead of using those products sweetened with sugar or other traditional sweeteners results in some significant savings, as you'll see below:

Nutritional Information	Before Breakfast	After Breakfast	Change	% Change
Energy (kcal)	988	788	- 200 calories	20% decrease
Energy (kJ)	4134	3297	-837 kilojoules	20% decrease
Protein	42g	42g		
Carbohydrates	132g	80g	-52g carbohydrates	39% decrease
Fiber	9g	10g		
Total Sugars	86g	35g	-51g total sugars	59% decrease
Fat	33g	33g		

Sugar consumption is a health concern in the UK. The Scientific Advisory Committee on Nutrition (SACN) was asked by the UK Health and Food Standard Agency to examine the evidence between carbohydrates and health outcomes. SACN recommended that energy intake be no more than five percent from free sugars (which excludes sugars in milk, fruit and vegetables). For a child aged four to six years old, this equates to 19 grams of sugar or five sugar cubes; for those 11 years and older, the limit is seven sugar cubes (1).

In our breakfast menu, simply substituting stevia-sweetened foods in place of those sweetened with sugar (baked beans, jam, ketchup and juice) saves 200 calories and 51 grams of sugar—a 59 percent decrease in sugar! – all without sacrificing taste. Substi-

tuting stevia-sweetened foods is an easy and delicious way to make this special breakfast spread a bit more enjoyable, when you know that you're saving calories and getting less sugar than you would otherwise.

Stevia is available as an ingredient in thousands of food and beverage products around the world, including soft drinks, teas, juices, yogurt, soymilk, baked goods, salad dressings, cereal and more. You might find stevia listed differently on nutrition labels depending on where you live. Look for stevia, stevia extract, steviol glycosides, stevia leaf extract, Reb A and other variations on ingredient statements.

Stevia leaf extract is approved in more than 100 countries around the world, and it's safe for everyone, including pregnant and nursing

women, children and people with diabetes. Foods and beverages sweetened with stevia are a safe, naturally sourced way for people to enjoy sweet food and beverages with fewer calories and less sugar, without giving up taste.

Whether you enjoy a traditional English breakfast like this or other meals, using sugar-reduced stevia-sweetened products instead of full-sugar sweetened options can make a healthful difference.

References

1. Public Health England. 2015. Scientific Advisory Commission on Nutrition. SACN Carbohydrates and Health Report. 17 July, 2015.
<https://www.gov.uk/government/publications/sacn-carbohydrates-and-health-report>



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