

## Do You Skip Breakfast?

For years people have skipped breakfast for many reasons, more sleeping time, lack of time, weight loss, but did you know that studies have shown that eating breakfast daily will actually help weight loss and weight control?

Breakfast means breaking your fast as this is exactly what it does. Think about what time your last meal was yesterday – roughly it would be dinner between 5.30 – 8.30pm – now calculate how many hours it has been until your next meal.

How long has it been? Over 8 hours? Almost reaching double figures...now think about what you will put in your mouth as the first meal to break your fast, will it be a bowl of nutritious cereal or will it be that choc chip muffin from the cafe down stairs?

People who skip breakfast tend to consume more calories throughout the day trying to fill the void of no breakfast. It also means that as the body has survived for an extended period of time without food, which means that, the first thing your body will do when you eat the muffin is to store it, just like a squirrel stores acorns for winter!

By eating breakfast your body will feel nourished and satisfied and this will make you less likely to overeat the rest of the day. It may also reduce the risk of obesity, type 2 diabetes and heart disease.

It is recommended that you choose whole-grain cereals or breads for breakfast as this will take longer to digest and will provide sustained energy and keep you feeling fuller for longer.

If you are in a rush to get to work or take the kids to school, why not try some quick alternatives:

### Fresh Fruit

- Fresh fruit – choose fruits in season and either serve whole or on a platter
- Tinned fruit in natural juice
- Dried fruit

### Bread

- Wholegrain or wholemeal bread, rolls, wraps, English muffins, crumpets
- Fruit and/or nut bread
- Polyunsaturated or monounsaturated margarine spreads or reduced fat dairy spreads if required

### Toast Toppers

- Grilled mushrooms & tomatoes
- Reduced fat ricotta cheese
- Avocado
- Baked beans
- Banana & peanut butter
- Boiled or poached egg

### Breakfast Cereals

- Wholegrain cereal options
- Bircher museli
- Muesli (un-toasted)
- Top with reduced fat milk, yoghurt (1 tbs maximum) and fresh fruit (or stewed)

## **Breakfast Combo Ideas**

- A bowl (30g) of wholegrain cereal with low fat milk and stewed fruit
- A delicious smoothie made from reduced fat milk, fresh fruit and honey
- Fresh fruit and yoghurt with some wholegrain toast
- Bircher muesli with a variety of fruits and nuts added
- Raisin toast spread with ricotta cheese, and a piece of fruit like sliced banana or a sliced apple
- Protein shake with fruit, 1 slice wholemeal/grain bread with 1tsp peanut butter
- 1 ½ weet-bix or vitabrits with 1 cup skim milk, 1 banana
- 2/3 cup of porridge with 1 cup of skim milk, 1 banana
- 1 crumpet with a poached egg, spinach and tomato
- 200g diet yoghurt, 2 cups of strawberries

So if you aren't a regular breakfast eater, try it for a week and let us know how you and your body feel about eating a regular breakfast!