

## WHY EAT BREAKFAST

As the name suggests, breakfast breaks the overnight fasting period. It replenishes your supply of glucose (sugar) to boost your energy levels and alertness, while also providing essential nutrients required for good health. Breakfast can improve your energy level and your ability to concentrate in the short term, and can help with better weight management, reduced risk of type 2 diabetes and heart disease.

Is breakfast still the best meal of the day?

### 1 Energy

The body's energy source is glucose or sugar. Glucose is broken down and absorbed from carbohydrates that you eat and stores some of that glucose as glycogen.

During times of fasting (such as overnight), the liver breaks down glycogen and releases it into your bloodstream as glucose to keep your blood sugar levels stable. This is especially important for your brain, which relies almost entirely on glucose for energy.

### 2 Decrease Risk of Health Concerns

If you don't have breakfast, you might feel a bit sluggish and struggle to focus. This is because your brain hasn't received the energy (glucose) it needs to get going, this can make tasks feel harder than they normally would.

Compared with people who don't have breakfast, those who regularly eat breakfast tend to have a lower risk of Obesity and Type 2 Diabetes.

People who eat breakfast generally have more healthy diets overall, have better eating habits and are less likely to be hungry for snacks during the day than people who skip breakfast.

**Not a fan of breakfast foods? Last night's leftovers can be just as healthy to start your day!**

## Eat when your hungry

All that being said, it is important to note that “breakfast” does not mean the same thing for everyone in terms of timing. Some people wake up very hungry, that is their body’s way of telling them that they need to eat. Other people might take an hour or two to start to feel hunger, that is their body’s sign to wait. One of the best ways to control what you eat is to eat when you are hungry whether that means breakfast at 6am or breakfast at 10am.

## Ideas for healthy breakfasts

- Oatmeal, fruit and a glass of milk
- Whole grain cereal and milk with berries
- Yogurt with fresh fruit and granola
- Wheat toast with a scrambled egg and a small glass of orange juice
- English muffin with peanut butter
- Egg white omelet with a slice of toast on the side
- Cottage cheese and fruit plate
- Fruit smoothie made with yogurt or low fat milk

## Breakfast around the world

- **Morocco:** Mint tea, bread, jam, and barley soup
- **Turkey:** Bread, creamy cheeses, olives, tomatoes, cucumbers, spicy Turkish sausage, and a range of jams, marmalades, and honey
- **Germany:** Bread, sliced meat, cheese, and liver sausage
- **Mexico:** Chilaquiles—essentially breakfast nachos, made with fried tortillas cut into triangles, cheese, eggs, and a side of beans and lots of salsa
- **Costa Rica:** Gallo pinto. Stir-fried rice and beans cooked with red pepper, cilantro, onion, and a few dashes of the country’s signature sauce, Salsa Lizano
- **China:** Dim sum, steamed buns, dumplings, rice noodle rolls, congee (a rice porridge), noodle soups, sticky coated chicken, and fried veggies.
- **Japan:** miso soup, steamed white rice, pickled vegetables, fish or tofu, sticky fermented soybeans, and dried seaweed, all accompanied by green tea.

