



## WHY SHOULD I EAT BREAKFAST?

Many of us want to know how to make our lives more rewarding and how to feel more alive. There is a simple way to help achieve this.

**Eat a nutritious breakfast every day.**

### **Eating breakfast offers many benefits:**

1. Increased energy for the day - the body runs on glucose and needs regular healthy eating to provide this.
2. Better concentration & mental acuity - leading to better performance at work and an increase in learning.
3. Better eye hand co-ordination.
4. Easier weight management - people who skip breakfast tend to snack on unhealthy foods like doughnuts, chips, biscuits and muffins and tend to eat more overall compared to those who eat breakfast.
5. Better cholesterol levels - people who skip breakfast tend to have higher total cholesterol levels and higher bad cholesterol (LDL).
6. Better overall health - fewer illnesses and a healthier immune system.
7. Better overall nutrition.
8. A good breakfast can provide protein (for building and maintaining muscle), carbohydrates (for energy), fibre (for healthy digestive function), calcium (for building strong bones), iron (for healthy red blood cells and oxygen transport around the body), plus additional vitamins and minerals. These nutrients are essential for healthy growth and development.

### **Disadvantages of skipping breakfast:**

1. Skipping breakfast stresses the body, so our digestion shuts down so we are not as hungry, which prolongs the stress.
2. Skipping breakfast means the body is literally starving, so when you do eat, everything you eat gets converted to fat. Our bodies really only recognise two states of eating, feast and famine. When we eat at regular intervals our body uses food for immediate energy production. When we miss breakfast our body goes into conservation mode and stores all the incoming food as fat.
3. Skipping breakfast slows your metabolism so it is easier to gain weight and harder to lose weight.
4. Skipping breakfast means you are more likely to suffer cravings (the body's way of saying "feed me quickly") or to increase your consumption of stimulants like coffee, cola or cigarettes.
5. Eating breakfast sets a great example for your children, if you don't eat they will wonder why they have to.

### **Extensive research in Australia and overseas has found:**

- Many children who skip breakfast are significantly heavier than those who eat breakfast.
- Skipping breakfast can diminish mental performance. Breakfast helps learning, as you are better able to pay attention and are more interested in learning.
- Eating high fibre breakfast cereals reduces fatigue.
- Children who eat an inadequate breakfast are more likely to make poor food choices for the rest of the day and in the long term.
- People who eat breakfast have more nutritious diets than people who skip breakfast. They also have better eating habits as they are less likely to crave snacks during the day.



### **Common reasons for skipping breakfast include:**

- Not enough time.
- Too tired to bother.
- Wanting to spend the extra time dozing in bed.
- No readily available breakfast foods in the house.
- Do not feel hungry.

### **Tips for making sure you eat breakfast:**

- Breakfast can become boring, so eat something different every day if you want.
- If you are not used to eating in the morning, start with something light – fruit and nuts.
- If you don't have time for breakfast plan to go to bed half an hour earlier and rise half an hour earlier.
- Make sure you buy breakfast foods when you shop.

### **So what should I eat for breakfast?**

You should try and eat protein for breakfast because this:

- Stabilises your blood sugar for the day which reduces your changes of developing Diabetes.
- Reduces the stress on the body.
- Reduces cravings.
- Curbs hunger.
- Provides the nutrients needed for growth, a healthy immune system and an effective metabolism.

### **Healthy breakfast foods:**

- Eggs poached, fried, soft or hard boiled with wheat free toast or muffins.
- Omelettes with your choice of vegetables.
- Sardines or salmon with wheat free toast or muffins.
- Wheat free toast with goat's cheese, mozzarella, feta, hommos, silverside, chicken, turkey and some capsicum, tomato or spinach. The list is endless.
- Wheat free toast with nut pastes and lettuce.
- Fruit either fresh or stewed with yoghurt (sheep's or goat's if you should avoid dairy).
- Smoothies made with soy, rice, goat's or oat milk, LSA, fruit, Chia and an egg.
- Protein drinks made with water or soy, rice, goat's or oat milk or juice.
- Porridge with fruit and nuts or Chia.
- Muesli with soy, rice, goat's or oat milk.
- Wheat free cereals with soy, rice, goat's or oat milk.
- Lentil or vegetable patties.
- Fried rice.
- Quinoa cooked in fruit juice.
- Anything else which is appealing provided it contains protein.



## HEALTHY BREAKFAST RECIPIES

### Breakfast Oat and Fruit Slice

250g pitted dates chopped  
150g unsalted butter  
¾ cup of boiling water

Simmer in a saucepan for about 4 minutes until softened,  
then add the rest of the ingredients and stir to combine.

1 tsp bicarb of soda  
1 tsp cinnamon  
100 gm dried apricots chopped  
100g raisins  
¾ cup brown sugar  
1 ½ cups oats  
½ cup almond meal  
¼ cup spelt flour

You can add chopped nuts or coconut if desired.  
Press mixture into a greased lamington tin.  
Bake for 30 minutes

Enjoy for breakfast or lunch or a snack between meals.

### Breakfast Quinoa

1 cup apple juice  
2 cups water  
1 vanilla bean split  
2 bay leaves

Place all above ingredients in a saucepan and simmer for 10 minutes till aromatic.

Add 1 cup quinoa and simmer for 15 minutes until all the liquid is absorbed and quinoa is tender.  
Drain any excess moisture and place on a baking tray and allow to cool.  
Serve with yoghurt and fruit.