



Food Facts

A Healthy Breakfast - The best start to your day

“Breakfast” literally means “breaking the fast”. Breakfast helps top up your energy stores used up during the overnight fast. It also gives you energy for the morning activities. Breakfast is said to be the most important meal of the day, yet 10 - 33% of us regularly miss this meal.

Is breakfast really important then?

Yes. Apart from providing you with energy, a healthy breakfast gives you many other benefits. Breakfast can provide you with many essential nutrients that the body needs - it has been shown that people who eat breakfast have more balanced diets than those who skip this meal. In addition, missing breakfast may lead you to snack on less healthy foods later on in the morning. Other benefits of breakfast include improved health, mental performance and concentration and a better mood.

What makes a healthy breakfast?

Breakfast based on the main food groups will give you an excellent start to the day:

- Bread and other cereals - provide you with energy, B vitamins, some iron and fibre. Breakfast cereals, porridge, bread, rolls, muffins and bagels are all

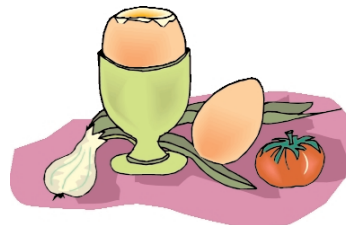


good sources of energy that will kick start your metabolism and they're all low in fat too. Choose wholemeal varieties whenever possible to ensure a good fibre intake and try to avoid cereals coated in sugar.

- Meat, fish and alternatives - give you protein, iron and vitamins. These foods are not essential at breakfast but can add variety. Try not to have every day and avoid high fat foods such as fried sausages, bacon eggs. Choose cooking



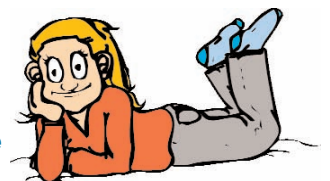
methods such as grilling or poaching instead. Grilled bacon, poached, boiled or scrambled eggs, baked beans or a grilled kipper are healthy options.



- Foods containing fat and sugar - give you energy but are low in vitamins, minerals and other nutrients. Try to keep these foods to a minimum. Spread butter/margarine thinly or use a low fat spread instead. Avoid sugar-coated cereals, fizzy drinks, biscuits and crisps at breakfast and use a sweetener instead of sugar on your cereal.

Remember to include a drink. Water, milk, fruit juice, tea and coffee all supply vital fluids. Being well hydrated also means you can concentrate better

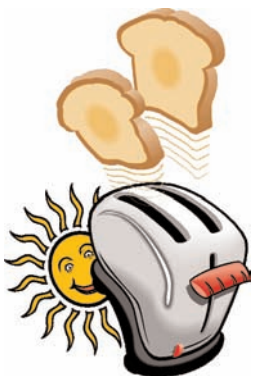
Eat breakfast every day and you could be healthier, happier and wiser!



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- Fruit and vegetables - are good sources of vitamins A and C. Breakfast is a good time to include one of the recommended 5 portions a day of fruit and vegetables. Have a chopped banana or some dried fruit on your cereal, half a grapefruit or a glass of fruit juice. For

something different, try a fresh fruit smoothie - fruit blended with low fat yogurt or milk. Including 5 portions of fruit and vegetables every day can help to protect against heart disease and some cancers.

- Milk and dairy foods - give you protein, calcium and B vitamins. Calcium is essential to keep your bones strong - whatever your age and a serving of milk on your cereal can give you up to half your daily calcium requirement. If you don't have cereal, drink a

