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Nestlé

Good Food, Good Life

Breakfast - the most important meal of the day

Breakfast is arguably the most important meal of the day. It is a time when we 'break the fast' of the night which can be anything up to 10 or 12 hours. First thing in the morning our bodies have low energy reserves and breakfast helps to replenish these and to fuel us through the morning. In addition to the nutritional benefits of breakfast, evidence suggests that this important meal provides a number of other benefits to give us the best start to the day.

Why Breakfast?

Breakfast is defined by culture and tradition. The most common breakfast foods are cereals with milk, toast, fruit or yogurt, with the traditional cooked breakfast still a popular weekend treat for many. Whatever your preferred breakfast, the foods help you to replenish your energy reserves. We are constantly burning up energy, even when we are asleep we burn approximately 80 Calories per hour! So it is important that we eat a meal in the morning to boost our energy levels. Calories consumed at breakfast are mainly to provide our energy needs for the day, whereas energy in the evening replenishes our energy stocks and the excess calories can be stored as fat. Eating breakfast improves alertness, performance and memory function throughout the morning. This is particularly important for children to ensure they get the best start to the day before school.

Nutrition for Breakfast

Breakfast cereals provide carbohydrate, which gives us energy to keep us going through the morning and stop any mid morning hunger pangs. The majority of breakfast cereals are low in fat and can help us keep our body weight in check. Most breakfast cereals are fortified with a mixture of vitamins and minerals too and these can actually form a significant part of our overall intake. Other breakfast foods such as milk, yogurt, fruit juice and bread can also provide various essential nutrients. Even the traditional favourite cooked breakfast contributes to the total intake of nutrients including vitamins and minerals - however it can be high in fat but is great as a treat once in a while! Drinks are an important part of breakfast too, not only helping us to restore our water balance but it has also been shown that drinking two cups of coffee at breakfast improves mood, especially alertness and clarity of thinking for three hours.

Make sure you eat breakfast every day

Breakfast really is the most important meal of the day, providing us with valuable nutrients and helping to improve our performance throughout the morning. It's a meal that is important for everyone, but is the meal that is most often neglected through lack of time. Breakfast is a great opportunity to develop good eating habits that will last throughout life.

