**Breakfast**

**Breakfast – breaking the fast**

* is a meal eaten in the morning, and the first meal of the day.
* When you wake up, your blood sugars are low after fasting all night.
* A healthy breakfast is an essential start to your day.

**Why eat a healthy breakfast?**

* Gives you energy and raises blood sugar levels
* Rehydrates the body after being without fluids overnight
* Stimulates your metabolism
* Helps prevent eating high-calorie mid-morning snacks
* Aids concentration
* Prevents tiredness

**What are the guidelines for planning a healthy breakfast?**

* Plan ahead – set up night before to avoid rushing and ensure you eat a healthy breakfast
* Get up early, don’t rush – sit down & enjoy your breakfast to ensure you eat a balanced breakfast & not just toast.
* Include foods from the 4 different food groups in the food pyramid. Ensures balanced 1st meal to set you up for the day.
* Include fluids such as orange juice, to rehydrate.
* Choose high fibre cereal e.g. Weetabix, avoid those high in sugar eg Coco Pops
* Grill foods instead of frying to reduce fat content
* Do not add sugar to tea/coffee. Sugar is an empty calorie food.
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