



Week 2

The most important meal of the day

Understand what a healthy, balanced breakfast is
Limit drinks which have high calories, fat and sugar

BREAKING YOUR FAST

Eating a **NUTRITIOUS BREAKFAST** is a great way to kick start your day. Studies show that skipping breakfast can lead to being overweight and increase the risk of insulin resistance and developing type 2 diabetes, higher cholesterol levels and higher blood pressure which increase the risk of heart disease.

Having a **HEALTHY BREAKFAST** reduces the likelihood of you snacking and overeating later in the day. Eating breakfast improves performance in memory-related tasks; it increases your intake of essential nutrients and keeps your blood sugar levels stable and your weight in check.

Studies have shown people who skip breakfast are more likely to be overweight as they are more likely to snack on high fat foods and overeat during the day.

Even though having breakfast is very important, make sure you keep portions to a moderate size and avoid high calorie foods such as pastries, croissants, cheese, sausages and butter. Choose wholegrain varieties and minimize the amount of full fat products you eat.

Aim to include:

Wholegrain carbohydrates, fruit, lean protein e.g. 2 boiled eggs

with a slice of wholemeal toast and a piece of fruit or a bowl of porridge with 2 tablespoons of nut butter and fruit.

LIMIT sausages, bacon or any other cured and processed meats as they are high in saturated fat and sodium. Such foods have been linked to an increased risk of heart disease.

NOT A BREAKFAST PERSON?

Just not hungry when you wake up? Then start off with something small i.e. a slice of wholemeal toast with a tablespoon of peanut butter and a small glass of orange juice.

LOOK AT YOUR FOOD AND DRINKS DIARY:

- Evaluate your current breakfast, what can you do to make positive changes?
- Do you think your current breakfast is healthy and balanced?
- What do you need to do to create a healthy, balanced breakfast?
- Is there a pattern to your current breakfast routine?
- Are you eating sugar-coated cereal, could you switch to a whole grain variety?

QUICK, HEALTHY BREAKFASTS ARE EASY!

Even when you're in a rush, have some of the following foods on hand:

- FRESH FRUIT
- GREEK YOGURT
- COTTAGE CHEESE
- PEANUT BUTTER
- NUTS

If you're not keen on the above suggestions, think outside of the box for ideas which include wholegrain carbohydrate, lean protein and some fruit or vegetables.

You may find your morning routine hard to change if you are used to grabbing a coffee and muffin. It can be difficult to make changes, but with a little planning, it can be done.

Other healthy balanced breakfast ideas:

- a slice of wholegrain toast with a glass of milk and some mixed berries
- porridge with cinnamon and chopped banana
- scrambled egg with wholegrain toast and a small glass of juice wholegrain cereal with milk and fresh fruit
- Branflakes with a handful of raspberries, flaked almonds and skimmed milk and a glass of juice
- wholegrain toast with 2 scrambled eggs and 2 grilled tomatoes
- low fat Greek yogurt with nuts and fruit
- wholemeal toast with peanut butter
- a hard-boiled egg with a slice of wholemeal toast

How do you know which breakfast cereal is healthiest?

Porridge oats, bran flakes and bran cereals are usually the healthiest ones to choose from.

To help you choose, here are some things to look for:

- at least 6g per 100g of fibre
- under 5g per 100g of sugars
- under 0.3g per 100g of salt

REMINDERS:

- Eat breakfast every day.
- For a healthy balanced breakfast, include wholegrain carbohydrate, lean protein and fruit and vegetables.
- Breakfast should be around 300-400 calories.
- If you enjoy a lot of coffee drinks, make them occasional treats.

TRAIN YOURSELF TO BECOME A MORNING PERSON

Get some exercise done first thing in the morning. It's a great time to exercise and a fantastic way to start your day!

The thought of having to get up even earlier might not sound very appealing but with a bit of planning and organisation you can do it. Work on building an exercise habit, knowing that you have done some exercise before you start work is a great feeling.

GET ORGANISED

Before you go to bed set out your workout clothes and set your alarm for half an hour earlier.

Start off with an early walk, even once per week and build on that. Remember to give yourself some credit when you do an exercise class or when you go for your early morning walk.

The early mornings that you can't work out, keep your workout gear with you and look for ways to get some exercise in during the day. Could you exercise during your lunch hour? The days when you say you are going to exercise, it's important that you stick to it to keep up momentum.

AVOID THE DAILY "CAFFEINE FIX"

A medium size cappuccino has a 100kcal and a medium size latte has over 200kcal.

Drinks with high calories, fat and sugar are ok as an occasional treat. But drunk regularly every day, will add up to a lot of extra calories!

If you can't do without caffeine, then have black coffee or coffee with semi skimmed or skimmed milk and no sugar or a cup of tea.

For the rest of the day, switch to water (preferably) or sugar free drinks, for adequate hydration. A dry mouth and feeling thirsty are good indications that you are dehydrated.