

## THE IMPORTANCE AND BENEFITS OF BREAKFAST



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Taking a healthy breakfast is in decline both among children and adults. The trend is even more pronounced among teenagers. The main reason ? A hectic and busy life, with time dedicated to breakfast reduced on the morning. It is clear that this meal is often overlooked.

This is a gentle reminder about the importance of breakfast on our cognitive abilities, our health, our weight.

Starved by ten to twelve hours of fasting during the night, our body has a vital need to recharge its batteries on the morning. That's actually where its name originates, breaking the fast!

A good breakfast helps to provide interesting nutrients for our health : proteins, minerals, micro-nutrients, vitamins, fibers. In the absence of breakfast, there is a tendency to satisfy our hunger with high sugar and fatty snacks mid-morning.

A good breakfast should contain :

- **a drink, at least a quarter liter.** At night our kidneys have worked hard to eliminate the waste water. In the morning, we are dehydrated without necessarily feeling it. This dehydration then, if it is not filled, can be the source of particular muscle fatigue. Combining water, calcium and protein, milk can be a good friend of the breakfast. If the child does not like milk, replace it with a juice with fruit pulp, and calcium can be given in the form of dairy products. You are coffee addict? Try to vary and drink green tea instead of coffee. Green tea has so much benefits, I should write an article focus on green tea another time ...
- **Cereals :** rich in sugars and carbohydrates, they will bring energy to the rest of the morning. Focus on bread with honey, jam, some butter or margarine, try to alternate.
- **Proteins,** found in dairy products , meat , eggs (try to find organic eggs, as they have more Omega3 than normal eggs) or nuts. They give the feeling of being full faster and longer, and are essential to the proper functioning of muscles and brain.
- **Fruit and vegetables** are good sources of vitamins and minerals, so try to include a portion of your daily five at breakfast.

And do not forget, take your time, seat down and enjoy a good breakfast. 5 minutes to prepare, 10 minutes to eat it. It will be the best investment of your day, and you will add to the meal three additional benefits : the gustatory pleasure, relaxation and conviviality.