

Breakfast

3 minute read | Produced: October 2014 | Revised: July 2021



Key points:

- Breakfast provides us with the energy to keep us going throughout the day.
- Breakfast can provide many beneficial nutrients and boost your fibre and calcium intake (compared to not eating breakfast).
- Breakfast can reduce the likelihood of over-consuming high kilojoule foods later in the day.

Why should I eat breakfast?

Whatever time you choose to eat it, breakfast really is the most important meal of the day!

- Breakfast breaks your overnight fast.
- Breakfast refuels your glycogen (energy) stores.
- Breakfast kick starts the metabolism.
- Breakfast provides us with the energy to keep us going throughout the day.

Benefits of eating breakfast

- Improves your energy levels.
- Improves metabolism.
- Provides many beneficial nutrients and boosts your fibre and calcium intake (compared to not eating breakfast).
- Reduces the likelihood of over-consuming high kilojoule foods later in the day.
- Stabilises your blood sugar levels.
- Improves memory and concentration.

How can I fit breakfast into my morning routine?

Revising your morning routine to fit breakfast in is a great first step.

Some tips to help, include:

- Set your alarm for 10 minutes earlier to fit in breakfast at home.
- Take public transport? Take a portable breakfast option to eat on the way to work like yoghurt, muesli and fruit in some Tupperware.
- Make some 'easy to grab' breakfasts on the weekend, such as savoury muffins, overnight oats or zucchini slice.
- If you can, keep some breakfast options at your desk to enjoy once you arrive.

Remember:

- Breakfast breaks your overnight fast and gives us energy to get through the day.
- Eating breakfast can boost your fibre and calcium intake and reduce the risk of overeating later in the day.
- Try our healthy breakfast ideas to create a breakfast routine with quick and easy options that you like to eat.

What makes a healthy breakfast?

When preparing your breakfast, aim to include a source of protein, wholegrains, fruit and/or vegetables and some healthy fats. What does this look like? How about some wholegrain porridge oats simmered in water or milk with cinnamon, topped with seasonal fruit, yoghurt and some almonds. Perhaps you would prefer toasted grainy bread, topped with avocado, a poached egg and sliced tomato. If you were to portion this out on a plate, aim for half your plate to be vegetables, 1/4 of your plate wholegrains and the other 1/4 your source of protein.

Healthy breakfast ideas

- Wholegrain toast with peanut butter, or avocado and tomato or baked beans.
- Porridge with fresh fruit.
- Fresh fruit, muesli and yoghurt.
- Wholegrain cereals with reduced fat milk.
- Wholemeal fruit toast with ricotta and cinnamon.
- Fruit and/or vegetable smoothies.
- Boiled eggs and broccoli with wholegrain toast.

Produced by Nutrition Australia Vic Division, October 2014. Reviewed July 2021.