

## *Breakfast Benefits*

Eat breakfast like a king, lunch like a prince and dinner like a pauper.

From times of old to today, undoubtedly breakfast is reported as the most important meal of the day. So it's surprising to hear that nearly one in four Australian adults regularly go without breakfast.

According to the last National Nutrition Survey<sup>1</sup>, let's take a closer look at the benefits of breakfast and explore some smart choices to help start your day.

## *Energy to get up and go*

Breakfast is vital to break the overnight fast and get your body and brain in gear to start the day. A balanced breakfast including nutritious carbohydrates from wholegrains, fruit or dairy is vital to provide glucose to your working muscles and brain. Without breakfast you will likely suffer from feelings of tiredness and lack of concentration.

## *Keep a healthy weight*

It's a myth that skipping breakfast will help you lose weight. In fact research shows that breakfast eaters are more likely to be in the healthy weight range.<sup>1</sup> Why? This fills you up on relatively few kilojoules compared with other meals and can help keep your appetite satisfied all morning. When you skip breakfast you're more likely to go for those high fat biscuits mid morning or be so ravenously hungry by lunch that you overeat, ending up with a far greater daily kilojoule intake.

## *Boost nutrient intakes*

Research has also shown that breakfast eaters are likely to meet their recommended dietary intakes (RDIs) for essential vitamins and minerals and have healthier diets overall.<sup>1</sup>

## *Mind and mood boost*

Studies have also shown that breakfast helps boost brain performance particularly with kids at school. Eating breakfast can have a significant effect on learning with students more able to pay attention and retain information as well as being more interested in learning.<sup>2</sup>

## *Balanced Breakfasts*

The key with breakfast is to get the balance right and go for plenty of variety during the week. Aim for a serve of dairy from milk, yogurt or cheese to boost calcium counts; a serve of wholegrains for nutritious carbohydrates and don't forget to pep up with protein from lean meats or egg: Go for:

- Poached egg and KR Castlemaine Bred Free Middle Bacon on wholegrain toast with steamed spinach and grilled tomato
- Small strawberry smoothie
- Oats made with reduced fat milk and topped with stewed apple, cinnamon, and a drizzle of honey
- Mushroom omelette with KR Castlemaine 97% Fat Free Sliced Leg Ham and reduced fat tasty cheese.
- Toasted soy and linseed bread.
- Glass of orange juice.

KR Castlemaine's extensive range of products provides a great start to any day. From our 97% Fat Free shaved or sliced meat products on your toast or English muffin to the traditional bacon and eggs, KR Castlemaine has breakfast solutions to suit everyone's taste buds.

Check out some of our fantastic breakfast recipes here.

## *References:*

1. AGPS. National Nutrition Survey. 1995
2. Mathews R. Importance of Breakfast to Cognitive Performance and Health. Perspectives in Applied Nutrition 1996;3(3):204-212.