

What do you eat for breakfast?

Around the world, different types of food are prepared and eaten for breakfast. In Nepal, you may eat a lentil dahl with rice. In Jamaica, swordfish with ackee might be served. What you eat depends on cultural, geographical and religious factors - as well as the cost of the food and what you like to eat. However, breakfast is an important meal at the start of the day wherever you live.



Is breakfast important?

Yes! Overnight your body uses some of its stored energy while you are sleeping. Eating breakfast replaces these stores and provides you with energy for the day ahead.

Breakfast provides essential nutrients. For example, fortified breakfast cereals provide B vitamins (necessary for energy production) and iron (necessary for healthy blood). It is also an easy way to get calcium into the diet through the consumption of milk and dairy products, e.g. yogurt. A good intake of calcium is needed for strong and healthy bones and teeth.

Breakfast Top Tips

- It is better to have something, rather than nothing.
- Have breakfast everyday and try to vary what you have.
- If you are busy, whizz up a smoothie, grab a carton of juice and a banana or try a breakfast cereal bar.
- Don't forget to drink! Keep well hydrated, try fruit juice, milk, water or a hot drink.
- Breakfast can boost academic performance - it helps you work more effectively at school.
- A cooked breakfast can be a healthy choice if you grill food rather than fry.