



## WHAT TO EAT FOR BREAKFAST IF YOU HATE BREAKFAST FOODS

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### **FUTURELIFE® Fun Facts:**

- The average person eats breakfast at 7:31 AM during the week and 8:28 AM over weekends
- Women are more likely to choose doing their hair and choosing what to wear over eating breakfast
- The world's first breakfast cereal was created in 1863 and needed to be soaked overnight to be chewable the next morning<sup>1</sup>

Breakfast as we know it has not been around for that long. The Romans believed that eating more than one meal per day was a form of gluttony and that meal was usually consumed around mid-day. It was in the industrial revolution that breakfast for the majority was born. Many people started "going to work" and realised that they should have a meal for sustained energy before they left home<sup>2</sup>.

Breakfast food was not breakfast as it is eaten today, any meal that will give you enough sustained energy was considered to be breakfast. And that is the golden rule to keep in mind for those that don't enjoy typical breakfast foods.

### **WHAT SHOULD BREAKFAST LOOK LIKE?**

This is what breakfast should look like, as should every meal:

- Balanced
- Nutrient-dense
- Preferably have a low glycaemic index (give you sustained energy until your next meal)

What you have for meals is up to you. History and culture has brought us bacon and eggs, the sandwich and stew. Nobody said when you should have these or that you should have these specific foods. The only rule your body asked you to follow is to supply it with micro and macronutrients in the right proportions and at the right time to maintain a healthy body weight and immune system.

### **THE DOWN SIDE OF NOT LIKING BREAKFAST FOODS**

Eating cereals and porridges are quick and convenient. Our eating habits have made it easier for us to get in what we need. The amount of protein that you need is normally taken in at lunch and dinner. Your veggie needs will be covered in lunch and dinner, the carbohydrates at breakfast and

fruits in between. Now you will just have to make sure you maintain a balance between all three meals.

## TIPS

### Identify what you do not like about breakfast foods

It might be that your mom always added warm milk to your cereals and that caused them to become soggy very quickly then try cold milk. Is it the texture of porridge? Then try a crunchy texture such as FUTURELIFE® Crunch with plain yogurt and fresh berries. Perhaps you prefer something savoury then try scrambled, poached or smashed boiled eggs on FUTURELIFE® Smart Bread toast.

### Make sure you still eat breakfast

Just because you do not like breakfast foods does not mean you are excused for not having breakfast.

### Find a substitute

If you enjoy a health bread with some cheese and lettuce, that will serve as a great breakfast. Make sure it is healthy and filling, but other than that you can have leftovers from last night's dinner as well. Include a fruit and you are ready to go.

### Make time

Non-breakfast foods tend to take a few seconds longer to prepare. Make sure that if you are pushed for time to rather prepare it before you go to bed and put it in the refrigerator. You could boil a few eggs in advance for a few days breakfast.

## NON-BREAKFAST FOOD IDEAS:

- Smoothies (visit [www.futurelife.co.za](http://www.futurelife.co.za) for lots of recipes)
- Sandwiches
- Savoury muffins
- Fish cakes
- Wraps
- Vegetable stir fry with a fried egg (this shows off a completely different side of an egg)
- Dinner left-overs

Find your non-breakfast food sweet spot to ensure you give yourself the best start to your day.

## REFERENCES

1. <http://www.shakeupyourwakeup.com/why-is-breakfast-important/our-breakfast-foods/fun-breakfast-facts>
2. <http://www.bbc.com/news/magazine-20243692>