

The importance of breakfast meal

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Opinion

The first meal of the day, if well organized, provides valuable energy for the whole day in the body, because after 6-8 hours of fasting during sleep time, all the adaptive mechanisms need re-stimulation for proper mental, physical and metabolic functions.¹ Researchers support that breakfast should be based on carbohydrate-rich foods (at least 25 grams in total), such as milk, cereals, whole grain bread, yogurt and fruit.² Carbohydrates slowly release their sugars and ensure a continuous supply of energy to the brain and all the cells in the body, and the fibers of the above foods facilitate bowel function.³

In my opinion, through literacy^{1,3} the ideal nutritious breakfast contains food from at least 2 of the following categories:

- Milk group (Milk, Yoghurt, Optionally low-fat)
- Group of meat / protein foods (Egg, Cheese)
- Group of starch (Bread, Toasted Bread, Cereals, Preferably whole meal)
- Group of fruits and vegetables.

The best choices for breakfast are fruits, whole grains and foods that “control hunger” such as yogurt, milk or eggs. Although in theory it seems difficult, in practice it is very simple to prepare a full breakfast without spending much of your time. An efficient tactic is to prepare your meal, for example a toast, from the night before and store it. Alternatively, you can consume “easy” foods that do not require preparation such as cereal bars, crackers and rusks combined with an individual cheese or even a small piece of homemade cake that you have already prepared. A glass of natural orange juice can be particularly pleasant and fast in your morning meal, while covering one of the five servings of fruit and vegetables that is recommended to consume daily. For a full breakfast, combine foods from the cereal group (bread, cereals, toasted bread, etc.), the group of proteins (milk, yoghurt, cheese, egg) and the fruit / vegetable group (fresh fruit, natural juice, fruits vegetables). By combining foods from at least 2 of the 3 groups you have achieved a sufficient breakfast. You can combine it with food from other groups such as breakfast cereals, toast, bread, dairy, egg and cheese and benefit from its nutritional value. If you exercise in the early hours, choose something lighter, especially such as a banana or whole grain bread with honey.

Starting from the weekend where there is more time, create a pleasant environment and try to get breakfast together with the whole family. There is no doubt that breakfast at home is one of the most important meals of the day, especially for those who try to control their weight and also for those who have already reduce and maintain the weight loss.⁴ Although the breakfast can definitely be an important

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meal, however, our overall nutritional choices over a day, both for weight management and overall health, are important too. The total amount of calories matters too. This does not mean, of course, that you can overlook breakfast every day, as starting with food and even after hours of fasting due to sleep, it provides us with the necessary nutrients.

This article has purpose to highlight the benefits of breakfast consumption to weight management and to provide the ideal combination of food groups for an organized breakfast meal.

Conclusion

Through literacy, researcher's support that the breakfast is a significant pattern in the daily nutritional plan. The combination of carbohydrates, protein and fat is the ideal starter for the daily nutrition plan.

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Conflict of interest

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