

10. Hydration

Load up on fluids by starting your day with water, fruit or vegetable juice or weak tea – it is important to keep your fluid intake high. Drink at least two litres (eight glasses) of fluid per day.

7. Hunger

Slow release carbohydrates induce a feeling of satisfaction and fullness, which prevents bingeing on high fat and sugary foods later on in the day.

6. Concentration and Alertness

To boost concentration and alleviate tiredness the brain needs feeding to keep it satisfied and alert.

5. Immunity

Begin the day with foods rich in vitamins A.

Feeding your brain at the right time (first thing in the morning!) and with the appropriate

nutrients i.e. a high carbohydrate, low fat breakfast will cheer you up!

9. Stress

Breakfast is a stress buster! Eat foods rich in serotonin-

enhancing carbohydrates and B complex vitamins such as granary bread and oats. Avoid too much caffeine - this will only enhance nervousness and irritability.

8. Mood

1. Energy

Energy levels are maintained and sustained by eating carbohydrate foods which release their energy slowly.



2. Metabolism

Missing breakfast tends to slow down metabolism and make it harder for the body to burn fat.



Reasons to Enjoy a Healthy Breakfast!

4. Memory

Eating breakfast influences the processes involved in the formation and retrieval of memories and in managing complex information. Breakfast achieves this through its ability to raise blood glucose levels, which makes sure brain cells are in top form.

3. Weight

Eating a low fat, high carbohydrate breakfast is the best way to begin the day – it will kick start your metabolism, keeping fat levels under control.

