

Breakfast bites

Breakfast facts

- The average person sits down to breakfast at 7.31am during the week and 8.28am at the weekend.
- The celebrity people in the UK would most like to have breakfast with is Holly Willoughby.
- The world's first breakfast cereal was created in 1863 and needed soaking overnight to be chewable.
- The world record for the most people eating breakfast in bed is 289 and was set in Sydney, Australia on 2nd March 2012. It involved 85 queen size beds containing four people each.
- The world's largest breakfast on record involved 27,854 people and took place in Germany on 29th May 2005.
- The largest bowl of porridge weighed 865kg and was made in Tula, Russia on 10 September 2011.

Source: <http://www.shakeupyourwakeup.com/why-is-breakfast-important/our-breakfast-foods/fun-breakfast-facts>

“Skipping breakfast will not make you lose weight”

Skipping breakfast isn't always the healthiest dietary habit, and it has been linked to weight gain, according to a study published in the American Journal of Epidemiology in 2003. The study authors looked at the dietary patterns of approximately 500 subjects over the course of a year, to pick up diet trends linked to weight gain. They found that people who regularly skip breakfast had a higher risk of obesity. A second study, published in the Journal of Rural Medicine in 2014, found similar results and even noted that skipping breakfast was more strongly linked to weight gain than eating before bed - another dieting faux pas.

Source: <https://www.livestrong.com/article/431003-can-skipping-breakfast-cause-you-to-gain-weight/>

“Breakfast boosts energy levels”

During sleep the body is hard at work digesting yesterday's dinner. By the time we wake, the body and brain are demanding fresh fuel. "Breaking the fast" is a key way to power up in the morning. Do it right and the benefits can last all day. Missing the day's first meal means an energy deficit at the start of the day.

Source: <https://www.health.harvard.edu/staying-healthy/4-ways-to-boost-your-energy-naturally-with-breakfast>

“The more colourful your plate, the better it is for you”

Fruits and vegetables often get their colours from the nutrients they have inside. Because these foods are generally low in fat and calories; and provide complex carbohydrates that give energy; and fibre that makes us feel full; they should have a starring role on the plate at every meal. A few of the benefits of each colour of food:

White fruits and vegetables provide dietary fibre. This helps protect against high LDL cholesterol levels, which, in turn, protects heart health.

Red foods include tomatoes, watermelon, cherries, beets and peppers. These are foods that are likely to be rich in the antioxidants anthocyanin and lycopene, which are valuable for heart health.

Orange and **yellow** foods get their hue from beta carotene, which the body converts to vitamin A which is vital to good bones and healthy skin.

Green vegetables provide vitamins C, K and E, which can all help support the immune system, healthy eyes and bones and reduce the risk of chronic diseases.

Blue and **purple** fruits and vegetables get their colour from anthocyanins. Blue foods like blueberries have compounds that act as anti-inflammatories, reducing the risk of disease in the oesophagus and colon.

Source: <https://reverehealth.com/live-better/need-colors-plate/>

“Eat three meals a day – make sure each meal includes at least one portion of fruit and vegetables”

One advantage of eating three times a day is that it spread calories across the day, meaning we don't get too hungry between meals. Another is that calories are more evenly distributed throughout the day, so we are more likely to feel satisfied after each meal. Grazing all day may cause us to lose track of calories, especially if we high-calorie snacks, while having fewer than three meals a day may leave us so hungry that it's hard to make healthy food choices.

Source: <https://www.livestrong.com/article/43876-eat-three-meals-day/>

“A healthy breakfast may help you live longer”

Teenagers who ate an unhealthy or skipped breakfast were tested at age 43 and were 70% more likely to be at risk of cardiovascular disease.

Source: <http://sciencenordic.com/teens'-breakfast-habits-affect-future-health>

“Skipping breakfast could stunt your growth”

One contributing factor to growth in teenagers is proper nutrition. Teenagers require adequate amounts of vitamins A, B, C and D and calcium, magnesium, phosphorus, potassium, iron and zinc otherwise stunted growth can result in short stature, delayed development and poor weight gain.

- **Vitamin A** - is necessary for proper eye and immune system development and plays an essential role in skin and cell health
- **B vitamins** - are involved in the health of most bodily systems
- **Vitamin C** – is needed for bone, gum, tooth and blood vessel development
- **Vitamin D** – is necessary for proper calcium absorption
- **Calcium** – one of the most important minerals for growth during the teenage years because it is essential for bone and tooth development
- **Potassium** – involved in the nervous system and muscle function, which can influence growth
- **Iron** – a lack of iron can cause iron-deficiency anaemia, a condition that impairs the ability of red blood cells to transport oxygen around the body. This can cause fatigue, weakness, shortness of breath and stunted growth.
- **Zinc** – is directly associated with growth.

Sources:

<https://www.livestrong.com/article/549220-what-kind-of-poor-nutrition-can-stunt-a-teenagers-growth/>

<https://www.livestrong.com/article/549450-teenagers-with-bad-eating-habits/>

“Almost 50% of teenage girls do not get enough iron in their diet”

Sources of iron include:

- Red meat and liver
- Wholegrains (e.g. NSBP bagels!)
- Iron fortified breakfast cereals
- Dark green vegetables
- Beans
- Dried fruits and seeds

Source: <https://www.nutrition.org.uk/healthyliving/lifestages/teenagers.html>

“Teenagers need high amounts of calcium because bones are growing in size and density”

The best sources of calcium include:

- Dairy products such as milk, yoghurt and cheese
- White and brown bread and NSBP bagels (in the UK, calcium is added to flour by law)
- Calcium fortified dairy alternatives such as those made from soya (very important if you are vegan and don't eat dairy products)
- Calcium fortified breakfast cereals
- Dark green vegetables
- Fish that is eaten with the bones (e.g. whitebait, tinned sardines or salmon)

Source: <https://www.livestrong.com/article/549220-what-kind-of-poor-nutrition-can-stunt-a-teenagers-growth/>

“Aim to drink 2 litres of water every day”

Drink more when taking part in exercise and physical activity, as the body loses water as sweat.

The best sources of fluid include water and low-fat milk. Unsweetened fruit juice should be limited to a small 150ml glass a day. Alcohol does not count!

Snack sensibly – avoid fast food snacks and choose healthier snack choices such as:

- Fruit (fresh or dried)
- Small handful of unsalted mixed nuts and/or seeds
- Low-fat yoghurts
- Wholemeal pitta bread with lower-fat dips e.g. reduced fat hummus or salsa

Source: <https://www.nutrition.org.uk/healthyliving/lifestages/teenagers.html?start=2>

“Students will do better in tests if they eat breakfast”

Research shows that children who eat breakfast have healthier weights than children who skip breakfast and also perform better on memory tests.

Source: <https://www.health24.com/Diet-and-nutrition/Nutrition-basics/12-interesting-breakfast-facts-20120721>

“Pair carbs with proteins at breakfast time”

The basic formula for breakfast: pair carbs with proteins. The carbs give your body energy to get started and your brain the fuel it needs to take on the day. Protein gives you staying power and helps you feel full until your next meal.

Source: <http://www.shakeupyourwakeup.com/why-is-breakfast-important/our-breakfast-foods/fun-breakfast-facts>

“Skipping breakfast will make you h-angry”

Eating breakfast helps keep your blood sugar steadier throughout the day, whether you have diabetes or not. For people with normal glucose test results, this might help you to avoid insulin resistance, which can lead to diabetes. Drops and spikes in your blood sugar can also affect your mood, making you more nervous, grumpy or h-angry.

Source: <https://www.webmd.com/diet/features/many-benefits-breakfast#2>

“Skipping breakfast can lead to heart problems”

Recent studies show a link between breakfast and heart health. People who skip breakfast are more likely to have atherosclerosis (narrowing and hardening of the arteries which can lead to a heart attack or stroke). These people were more likely to have bigger waistlines, weigh more, and have higher blood pressure and cholesterol levels.

Source: <https://www.webmd.com/diet/features/many-benefits-breakfast#3>

“Breakfast helps you to concentrate”

Regularly eating a healthy breakfast helps us pay attention, remember and perform better. It will help you concentrate better at school, get higher scores on tests and you are less likely to be tardy or miss school days.

Source: <https://www.webmd.com/diet/features/many-benefits-breakfast#4>