

## IMPORTANCE OF BREAKFAST



Breakfast is the first meal of the day and literally means to 'break the fast'. After having not eaten for the last 8 to 12 hours, it is important to refuel the body's glucose levels to boost the energy level to start off the day well..

A good breakfast also helps to contribute essential nutrients to the diet, which you may not be able to make up for during the rest of the day.

Those who skip breakfast, thinking that it would help cut the calories and lose weight, may actually find it quite contrary. By going hungry in the morning, as their energy level drops in the day, they tend to nibble on unhealthy snacks or overeat during lunch, adding more calories than is required and thus, resulting in weight gain.

Studies have shown that children who take breakfast are more alert, with higher level of concentration and better problem-solving skills, and generally perform better in school. It is important for parents to encourage children to cultivate a healthy breakfast eating habit from young.