

DIET BULLETIN

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BREAKFAST

There's a reason it's called **the most important meal of the day**. Not only is breakfast the first meal every day, studies have found that what you have for **breakfast influences what you eat during the rest of the day**.

Healthy breakfast can reduce the intake of high-calorie foods in your other meals, as well as help to **control your body weight**.

The most important tip is to have **breakfast every day**. However, a 'roti canai' or 'nasi lemak' every day won't do. The key is to choose healthy and balanced diet.

5 ways to kick-start your morning

1 Regular meal time
Your body system functions more efficiently if you eat breakfast at a regular time every day.

2 Be consistent with your portions
A perfect breakfast has 3 components; one serving of a whole-grain carbohydrate, one serving of protein/dairy/high calcium food, and one serving of fruit.

3 Choose low fat foods
Reduce the frequency of nasi lemak, fried rice, fried noodles, lontong, and roti canai because these foods use a lot of coconut milk and oil. Choose a healthy breakfast such as noodles / vermicelli soup, rice por-

4 Choose high fiber foods
A high fiber diet lead to higher satiety and keeps you from overeating. A high-fiber diet is frequently associated with a lower calorie diet.
Sources of fiber : wholemeal bread, oat, maize, legumes, fruits and vegetables.

5 Make your own breakfast and have great fun
Who says breakfast has to be boring? Prepare your own breakfast, it can be as simple as a sandwich filled with extra salad, delicious rice porridge, or hearty bowl of cereal /oatmeal with milk with fruit/yogurt topping.

No time to grab breakfast ...

Examples of simple and nutritious breakfast that you can easily prepare:

- * A glass of milk or chocolate malt drinks, and 2 slices of wholemeal bread spread with peanut butter; or
- * A bowl of cereal /muesli/oat and milk; or
- * Cheese biscuit / oat biscuit; or
- * Sandwich; or
- * An apple / banana to eat on the way to work

DID YOU KNOW? Breakfast and morning snacks are different. Breakfast is a main meal and snacks are taken between meals.

