

know



Breakfast



Take this quick “true” or “false” quiz to test your knowledge about the benefits of breakfast.

Break The Breakfast Time Barrier!

Don't bypass the benefits of breakfast because of the morning time crunch. Try these tips.

- **Prepare the night before.** Set the table for breakfast and put out cereal boxes, fresh fruit and other nonperishable items. Put toned milk and curd/yogurt and chopped fresh fruit/100% fruit juice front-and-centre in the fridge so they're fast to grab. For a cooked breakfast, chop vegetables, bind dough, prepare batter, the previous night so that chapattis/parathas can be rolled quickly in the morning.

- **Add time in the a.m.** Get everyone up 15 minutes earlier so they have time to eat breakfast. Very often children just run out with a glass of flavoured milk which may not be nutritionally adequate after an overnight fast, which in children may be as long as 12-16 hours.

- **Take it to go.** Toss nutritious breakfast items into snack boxes or zip-lock bags for kids to eat en route to school or for you to eat at your desk. For e.g. a single serve pack of children's favourite cereal along with a banana or apple is a good option. Trail mix of corn flakes or muesli with dry fruits like dates/figs/raisins; nuts like almond/walnuts or seeds like sunflower/melon seeds are a great way to eat breakfast on the go.

- **Play the role model.** Children tend to follow adults hence it is best to eat a wholesome balanced breakfast yourself for your children to follow.

Test your breakfast smarts!

1. Eating breakfast may help kids do better in school.

True. Studies show that kids who eat breakfast have better memory, test grades and school attendance than those who don't. It could be harder for hungry kids to concentrate and learn.

2. A nutritious breakfast is only important for kids.

False. Adults benefit from breakfast, too! While it's true that kids who eat breakfast get more fibre, calcium, vitamins A and C, riboflavin, zinc and iron compared to breakfast skippers, adults who eat breakfast also get more of these nutrients, and eat fewer calories and less fat and cholesterol overall than those who don't.

3. Skipping breakfast is a good way to lose weight.

False. Skipping breakfast as a weight control strategy can backfire. Research shows that adults who skip breakfast tend to weigh more than those who eat breakfast regularly. Kids and teens who skip breakfast may weigh more, too.

4. It's okay to skip breakfast because you'll make up missed nutrients later in the day.

False. Skipping breakfast is definitely not okay for kids or adults. Skippers of any age may not make up for nutrients missed at breakfast. Nutrients missed at breakfast are not compensated for through the consumption of a mid-morning meal or through other meals in the day, thereby highlighting the utmost importance of the first meal of the day.

5. Eating breakfast is a key to keeping off lost kilos.

True. According to research conducted in other countries nearly 8 in 10 (78%) people with lasting weight-loss success say they eat breakfast every day. Children and adults who eat breakfast regularly are less predisposed to overweight and obesity compared to those who skip breakfast.

6. Many people skip breakfast because they're short on time.

True. “No time” and “not hungry” are the most common reasons for skipping breakfast. Does lack of time stop you from reaping the benefits of a delicious, nutritious breakfast? Check out the quick breakfast ideas (see behind). If you are not really hungry, then a light and nutritious breakfast will help kick-start the day.

7. People who eat breakfast live healthier lifestyles.

True. Children and adults who eat breakfast tend to make healthy food choices throughout the day and are more physically active than those who skip breakfast.

How'd You Do?

6-7 correct: Congrats! You're a breakfast brain!

4-5 correct: Good job! Keep sharpening your breakfast smarts.

2-3 correct: Take advantage of your new found breakfast knowledge.

0-1 correct: Start waking up to the benefits of breakfast.



Children and adults who eat breakfast tend to make healthy food choices throughout the day.

What is a balanced breakfast?

• Nutritionists believe that a balanced breakfast is the one that consists of foods from three essential food groups e.g one serve of whole grain group, one serve of dairy (milk/curds) or lean protein group (egg, chicken, fish) and one serve of fruit or vegetable group. Cereal, milk and fruit is an example of a balanced breakfast.

Ten great balanced breakfast options. These tasty, and nutritious balanced breakfasts feature foods from the three essential food groups.

A serving of your favourite ready-to-eat cereal made with whole grain; a glass of toned milk and sliced banana/apple/strawberries

Whole grain bread sandwich with vegetables such as tomato, cucumber, beet-root and shredded carrots; apple / pear / guava slices and a glass of toned milk

Whole-wheat toast; cubed water-melon/musk melon /papaya / fruit smoothie and a glass of toned milk

A bowl of vegetable poha (sprinkled with lime juice); a glass of toned milk and cubed papaya

Vegetable paranthas made with whole wheat flour; a bowl of curds and cubed chickoo

2 idlis with sambhar; a bowl of curds and a serving of banana /mango / custard apple

A bowl of upma; a glass of buttermilk and a serving of grapes / orange / sweetlime

Two khakhras / theplas; a bowl of curds and a fruit cocktail of banana, papaya, pineapple

A serving of oats porridge with dates, raisins, apple and almonds

A bowl of dalia porridge and a bowl of fruit

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