BREAKFAST

While you’re sleeping, your liver glycogen stores are steadily being drained in order to maintain a normal glucose level in your bloodstream. By the time you wake up in the morning, your body is using fat as a fuel to maintain normal bodily functions. Choosing a nutritious breakfast can
- Replenish your liver glycogen stores for an active day
- Provide glucose / glycogen for a morning training session
- Reduce the urge to snack on unhealthy foods later in the morning
- Help meet your daily energy and macronutrient requirements
- Has also been shown to help regulate body weight (provided you are making healthy breakfast choices!)

**If you struggle to eat early in the morning, aim to have something within at least 2 hours of waking**

What should I aim to include?

Breakfast should contain a rich source of protein and include **high fibre, wholegrain** carbohydrates. The quantity of carbohydrates you need will depend on your morning activity and your overall calorie needs. Breakfast proteins to try:  High fibre, wholegrains to try:
- Nut butters (peanut, almond, cashew)
- Eggs, any style!
- Cottage cheese
- Leftover meats (avoid heavily processed meats like bacon and sausages regularly)
- Oatmeal
- Whole grain toast
- Whole grain breakfast cereals
- Whole wheat or buckwheat pancakes

Breakfast ideas

<table>
<thead>
<tr>
<th>Grab and go options</th>
<th>Larger breakfasts</th>
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<tbody>
<tr>
<td>Slice of whole grain bread, butter or nut butter</td>
<td>2 – 3 slices wholegrain bread, butter or nut butter with honey or banana</td>
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<tr>
<td>Homemade fruit smoothie e.g. banana, frozen fruit and nut butter</td>
<td>High fibre and protein pancakes, topped with fresh or frozen fruit</td>
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<tr>
<td>Sliced banana with nut butter</td>
<td>Homemade breakfast sandwiches: Wholegrain bread with egg and good quality bacon/avocado + spinach</td>
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<tr>
<td>Flavoured yogurt, nuts &amp; honey</td>
<td>1 x cup muesli with yogurt &amp; honey + fruit smoothie</td>
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<tr>
<td>Granola bar &amp; fruit</td>
<td>1 cup cooked oatmeal (1/2 cup dry) + milk Chopped Banana, nuts &amp; honey</td>
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<tr>
<td>Boiled egg &amp; handful trail mix</td>
<td>Overnight oats: oatmeal and chia seeds soaked in milk. In the morning add Greek yogurt, fruit, nuts and honey</td>
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Tips for choosing a healthy breakfast cereal

1. Choose cereals where the first ingredient is a whole grain
2. Look for high fibre. Choose a cereal with **at least 4 grams of fibre** per serving
3. Low in sugar. Ideally, choose cereals with no added sugars and instead add flavor with fresh or frozen fruit, dried fruit, vanilla, cinnamon or nutmeg!

Thinking beyond milk and cereal:

- Toppings to try: fresh or frozen berries, banana, peach and plum slices, mango, dried apricot, cranberries, walnuts, almonds, and pumpkin seeds
- Make your own trail mix with cereal, dried fruit, nuts, and seeds
- Use very high fibre cereal to make homemade muffins, pancakes, and waffles
- Top your cereal with yogurt, kefir or soy beverage instead of milk
- Heat up your cold cereal for warm comfort on a cold day
- Make an easy breakfast casserole on the weekend for a quick egg breakfast

Easy Protein Pancakes

- 2 ripe bananas
- 2 eggs
- ½ cup rolled oats
- ¼ cup low fat cottage cheese
- ½ teaspoon baking powder

In a blender, combine all ingredients and blend until smooth. Heat frying pan over medium heat. Pour or scoop about 1/4 cup of batter onto pan and fry until golden brown on both sides.

Toppings: Greek yogurt, fresh or frozen fruit, nut butters