

## Breaking the fast = breakfast

Also known as...

In Italian: prima colazione

In Dutch: ontbijt

In French: petit déjeuner

In Greek: πρωινό

In Japanese: 朝食

In Chinese: 早餐

In Arabic: رافطار

## Why eat breakfast?

Breakfast means “breaking the fast” – the first meal you eat after the overnight fast of 8 to 12 hours since your last meal. By morning, your body needs energy.

## People who eat breakfast:

- » feel better in the mornings
- » learn more and can think more clearly
- » are more alert
- » are less moody and irritable
- » get a boost of nourishing calcium, iron, B vitamins and fibre
- » feel less hungry by morning tea or lunchtime
- » control their weight more easily.

## Find a breakfast to suit you:

### At home:

- » glass of milk (add some Milo®)
- » smoothie - use any fruit blended with milk, yoghurt and a spoonful of honey
- » English muffin or grainy toast topped with cheese and a small can of baked beans
- » cheese and tomato or egg on toast
- » toasted raisin bread
- » banana in a breadroll
- » cereal with milk
- » crumpet and a hot chocolate.

## No time to eat in the mornings? What about:

### On the bus or train:

- » save time - make your breakfast the night before so you can take it on the run
- » toast with peanut butter
- » piece of fruit
- » tub of yoghurt
- » Up and Go® or popper of milk
- » muesli bar with nuts and fruit.

### Eat out before school/work:

- » toasted raisin bread with ricotta and a skim latte
- » cheese and tomato toasted sandwich with tea
- » fruit salad and a tub of yoghurt.

*This fact sheet has been developed by Youthblock Youth Health Service, Sydney Local Health District for the Yhunger program.*