# Eating Breakfast

Breakfast is the most important meal of the day but many of us skip it, either because we have not given ourselves enough time to enjoy breakfast or because we think it will help us lose weight if we don't have any.

'Breakfast' is exactly what it says, the breaking of the fast that we had overnight while we slept. When we sleep our metabolism is lowered and when we wake up we need something that will kick start the day and provide us with fuel to get us going. Eating our breakfast stokes up our metabolism helping us to feel awake and energised and if we have a healthy breakfast, it will help us to stop us feeling hungry before lunchtime and therefore less likely to reach for sugary snacks mid morning.
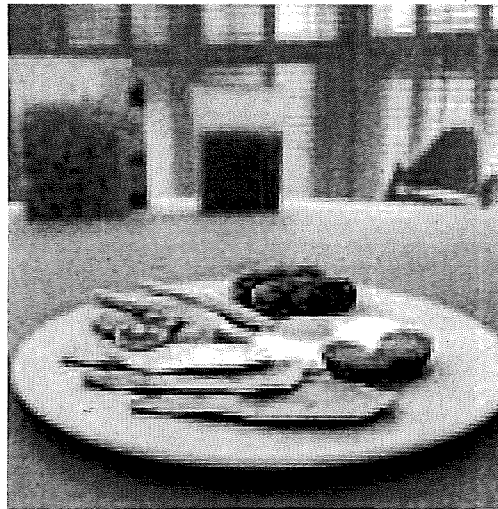
The Challenge

This challenge is for you to have breakfast everyday for a week. It might require that you get up a little earlier than normal to make time for it. Also you may find it helps to plan ahead and decide in advance what you will have for breakfast each day as some people who are used to skipping breakfast find it hard to decide what to eat in the morning, especially if they are still waking up.

If you already have breakfast every day then your challenge is to make that breakfast as healthy as possible. Here are a few tips:

- Choose wholegrain options for toast and cereal
- Drink juice with no added sugar or sweeteners if you can find one
- If you like a fry up in the morning, grill your food instead and choose lean back bacon rather than streaky bacon, poach your eggs rather than frying them and go easy on the sausages.
- Use semi-skimmed milk on your cereal and in your tea/coffee.

How will it help lose weight?

Eating breakfast helps to raise your metabolism which will have been lowered while you slept. An increase in metabolism means you are burning more calories even just sitting still!

Also eating breakfast will keep you from getting hungry mid-morning and help stop you reaching for sugary snacks.