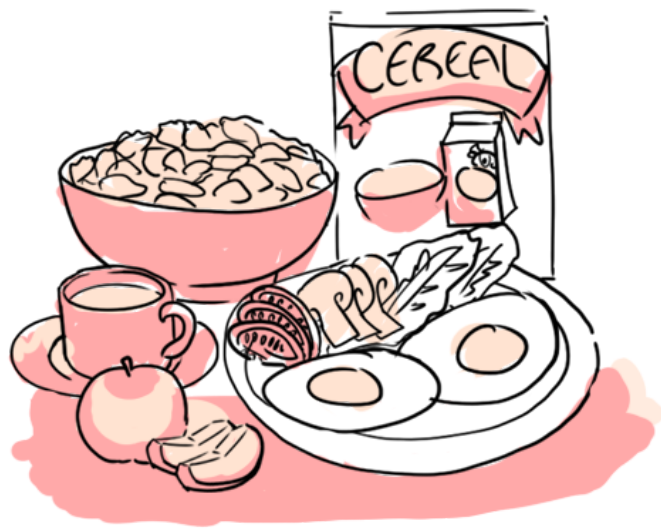


# BREAKFAST



## Why is it important?

- Refuel after fasting overnight
- May enhance memory, concentration, alertness & mood

## Does skipping breakfast help you lose weight?

- ✗ People who regularly eat breakfast have a lower risk of being overweight
- ✗ Skipping breakfast may lead to over eating later in the day



## Lack of time?

- Prepare the night before



- Set your alarm earlier to allow time



- Plan a nutritious mid morning snack



- Breakfast burritos



- Bircher muesli jars



- Savoury muffins



- Zucchini slice



Can be eaten while you commute



- Fresh fruit & yoghurt



- Baked beans on toast



- Boiled eggs



- Whole grain sandwich (egg & salad)



## Should I eat before my morning workout?



- Do what works best for you
- Some people prefer to eat before
- Some people feel uncomfortable working out on a full stomach



Need advice that suits your life? Book an appointment with the Monash Nutrition Clinic

☎ 03 9902 4270

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🌐 [monash.edu/medicine/base/about/clinics/nutrition-clinic](http://monash.edu/medicine/base/about/clinics/nutrition-clinic)

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