



# BREAKFAST: IS IT REALLY THE MOST IMPORTANT MEAL OF THE DAY?

Breakfast is often referred to as the most important meal of the day. Is this true? The short answer is no, because all meals and snacks are equally important.

That being said, it is definitely important to eat breakfast. While we sleep, our bodies are in a fasting state since we are not eating any food. The body also uses energy stores for growth and repair overnight. As the name suggests, eating breakfast in the morning breaks this overnight fast.

Breakfast provides our bodies with energy and many essential nutrients to start the day. People who eat breakfast are more likely to meet their recommended daily intake of vitamins and minerals than people who don't. Breakfast also helps to increase your alertness and concentration, making you more productive at work or at home.

By skipping breakfast, you may be more likely to overeat later in the day because you are hungry. Instead, eating regular meals and snacks throughout the day, including breakfast, can help to keep you feeling satisfied and prevent overeating. The key is to listen to your body's hunger and satiety cues to ensure you are providing your body with adequate energy and nutrients.

## BUILDING A HEALTHY BREAKFAST

A balanced breakfast should include foods from all three food groups; fruit and vegetables, whole grains, and protein foods. For some ideas, see Health Promotion's "Building a Healthy Breakfast" resource on [www.cafconnection.ca/Halifax/hp](http://www.cafconnection.ca/Halifax/hp)

## THE BOTTOM LINE

All meals and snacks are important to provide your body with energy throughout the day. Eating breakfast provides your body with energy to start the day, and comes with many health benefits.