



# Food Matters Recipe

with Consultant Nutritionist Sue Radd

## breakfast: a good habit

Make it your New Year's resolution to start your day with breakfast. This simple time investment can make the world of difference to how you feel and manage your daily activities.

Almost a quarter of adults regularly skip breakfast, which is a big mistake. Here's why:

**Weight control.** People who eat a regular breakfast are generally thinner; breakfast kick-starts your metabolism and helps you burn more energy over the entire day. It also reduces impulsive snacking.

**Improved school performance.** Children are better behaved, have improved concentration and a greater learning ability when they eat breakfast. Studies show less errors and better memory.

**Bowel regularity.** The right type of breakfast can provide a quarter or more of your daily fibre requirement. This is particularly important for children and older people. People who produce the largest amount of stool daily have the lowest risk of bowel cancer!

**Lower diabetes risk.** Wholegrain breads and cereals for breakfast, nuts, nut butters and baked beans all help to reduce the risk of type 2 diabetes.

**Lower cholesterol level.** Breakfast oats, barley, psyllium, soy milk and nuts all lower blood cholesterol levels. They

also have additive effects.

### Which breakfast?

**Everyday breakfast.** It's hard to beat a wholegrain cereal like Weet-Bix® or rolled oats, topped with fruit and nuts and drizzled with So Good® for a quick everyday breakfast. With a little more time on your hands you can cook your own buckwheat, millet, barley or polenta and make Bircher muesli. There's a recipe on page 26.

**Breakfast-on-the-run.** Whip up a smoothie with low-fat milk, banana, berries, honey and wheatgerm and grab a Fruity-Bix bar.®

**Weekender breakfast.** When you are at leisure with a little more time, try a cooked recipe, such as Spicy Tomato Breakfast Beans with Mexican Corn and Capsicum Pikelets, or Crispy Multigrain Waffles with Poached Strawberries and Rhubarb, lifted from my health and nutrition book called, not surprisingly, *The Breakfast Book*. \* It contains many more breakfast ideas and recipes.

\* Hodder Headline, Australia, 2003.