

Endurance Coach

Nutrition Newsletter

"Breakfast"

Hi all. Hope everyone is good and well on their way to achieving their goals for 2005. I'm sure part of your New Years resolution was to improve your eating plan? Well, this month we are going to look at the most important meal of the day, the one that kick-starts your metabolism. Yes, it's breakfast of course.

Breakfast is termed the most important meal of the day. This is due to the fact that your body hasn't eaten for nearly 12 hours and it is known to kick-start the bodies metabolism for the day. People who skip breakfast tend to have lower metabolic rates than those who consume it frequently. This makes it very difficult when they want to lose weight. Breakfast should include foods that are high in fibre and carbohydrate (low G.I) and low in fat with a small portion of protein. Fried breakfasts and takeaway foods should be avoided and replaced with lots of grains, cereals and fruits which contain high levels of calcium, iron, vitamins and minerals for the body.

Breakfast gives you valuable carbohydrates necessary for your muscles during the day as well as helps keep you alert. If you train in the mornings, this makes breakfast even more important. For those who can't eat anything before training, try to include at least a piece of fruit, yoghurt or glass of juice/water, this way at least you body has some form of energy for exercise. Missing breakfast will only make you more hungry during the morning which can lead to you consuming high fat snacks that provide instant energy.

Nutritional tips for breakfast

- Eat or drink something in the mornings – even if it's a glass of juice or a banana
- Start the day with some fluid in your body – eg. glass of juice and water (especially if your training in the mornings)
- Include foods that are high in fibre
- Have foods that are low in fat – that means no takeaway breakfasts!

- Include a small amount of protein – eg. dairy foods, eggs, meats or cereals
- Make breakfast enjoyable – include foods that you like

What should I consume for breakfast?

- Fruit salads and low fat yoghurt
- Low fat cereals or muesli with fruit
- English muffins with spreads
- Wholemeal toast with spreads
- Egg omelette with meat and vegetables
- Liquid breakfasts - Smoothie with fresh fruit and low fat yoghurt and trim milk
- Glass of milo and banana smoothie

Breakfast examples

- 1 glass of juice
1 cup cereal (Just right, Weetbix, Sultana Bran, Porridge)
½ cup low fat milk
2 Tbsp low fat yoghurt
1 Banana
- 2 pieces wholemeal toast
½ tsp jam/honey or marmite
- Egg ommlette with chopped up ham, slices of tomatoe and capsicum
- Smoothies – Low fat yoghurt, trim milk and fresh fruit

References

- Howe.M., Hellemans.I., Rehrer.N., Pearce.J. 2002. *Sports nutrition for New Zealand athletes and coaches.*
- Pearce.J, 1999. *Eat to compete: Sports excellence through good nutrition*
- Pearce.J, 1994. *Eat your stress away*

RECIPE OF THE MONTH

'SWEET CHILLI CHICKEN, BACON AND BANANA SALAD'

INGREDIENTS

2 large bananas
5 chicken breasts (chopped)
2 sheets of bacon (chopped)
2 tblsp sweet chilli sauce
2tblsp olive oil

½ head of lettuce
3 tomatoes
½ avocado (sliced)
Handful of pinenuts
50g feta cheese (chopped into cubes)

METHOD

Heat up the olive oil in a frypan/wok and cook the chicken until brown. Add the bacon and cook until crispy. Pour in the sweet chilli sauce and simmer for 3 minutes.

Place lettuce, tomatoes, avocado in a large salad bowl and pour over the chicken and bacon mixture. Top with the cubes of feta cheese and finish with a sprinkle of pinenuts.