

# BREAKFAST



Are your children sluggish in the morning? Do they have low energy and concentration levels, even once they're at school? If yes, this may be because they are skipping breakfast, or having a breakfast that is not nutritious enough. Breakfast is the most important meal of the day! A healthy breakfast provides the following benefits:

**Helps in maintaining weight and preventing obesity:** Breakfast effectively breaks one's 8-10 hour overnight fast, and is essential to kick-start one's metabolism, helping burn fat more effectively. Research has also shown that those who eat breakfast are less likely to be overweight.

**Provides essential nutrients:** Fewer meals imply fewer chances for children to get their daily recommended values of vitamins and nutrients. Give children a balanced breakfast consisting of carbohydrates, protein and fats.

**Gives you energy:** Breakfast tops up one's energy stores for the day and helps to regulate blood sugar. At least 25% of our daily food intake should come from breakfast.

**Aids concentration and creativity:** Breakfast provides one's brain with its much-needed energy source, glucose, thereby improving memory and aspects of mental performance. Like any other organ in the body, our brain needs energy to work at its best.

**Lowers risk of indulging in unhealthy foods later in the day:** Eating breakfast prevents the urge to consume unhealthy sugary snacks during mid-morning recesses or as snacks. Studies have shown that people who skip meals are more likely to consume more calories during the rest of the day.

Make breakfast a part of your children's morning routine; it is a habit that will serve them well in life. We provide a few healthy breakfast options below (mix and match as you please!), but we would love to hear from you if you have any other suggestions or questions! Please write to us at [ois@healthspring.in](mailto:ois@healthspring.in), or call 6130-3535 to speak with Dr. Khullar, who is the Healthspring paediatrician at OIS.

1. Oats upma
2. Poha with onions, tomatoes and peas
3. Muesli with dried fruit and bananas
4. Wheat-bran paranthas with vegetable stuffing
5. Egg-white omelette or bhurji with whole-wheat bread
6. Daliya (bulgur)
7. Idli-sambar
8. Dosa with potato bhaji
9. Fresh-fruit smoothie
10. Banana milkshake
11. Breakfast parfait  
(layer low-fat yoghurt with fruit and granola)



**HEALTHSPRING**  
FAMILY HEALTH EXPERTS

[www.healthspring.in](http://www.healthspring.in) | [ois@healthspring.in](mailto:ois@healthspring.in) | +91 86528 86529

Andheri (W). Goregaon. Kemps Corner. Khar. Powai. Thane. Vashi. Parel. Mulund.  
Upcoming - Dadar. Chembur. Cuffe Parade. Malad. Borivali.