

# IMPORTANCE OF BREAKFAST



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## WHAT IS BREAKFAST?

The first meal of the day is known as 'Breakfast'. Breakfast is the most important meal of the day especially when taken in the morning. Having a wholesome breakfast rich in carbohydrates, proteins, vitamins and minerals is essential for maintaining a healthy body of a person.



## WHY EAT BREAKFAST?

You **MUST** begin your day by giving your body all the nutrition it requires to sustain through the day. Energy of your body is very low in the mornings and sufficient foods must be consumed to give your body an energy boost. A good breakfast helps you begin your day with energy and enthusiasm. It is scientifically proven that *BREAKFAST* is the most important food of the day. Eating a healthy, balanced breakfast has a positive effect both physically and mentally.



## **BENEFITS OF HAVING BREAKFAST**

Eating a regular breakfast enhances one's mood and spirit. Also, breakfast helps to increase metabolism. Regular breakfast helps in maintaining or regulating body weight. In other words, having a healthy and tasty breakfast tends to relieve your stress and you may be able to begin your day with a calm countenance. Also, regular breakfast stimulates intelligence and leads to improved memory. Regular breakfast helps increase body's immunity too.



## WHY ADD FRUITS & VEGETABLES IN BREAKFAST?

Cereals are rich in carbohydrates and pulses are rich in protein. Cereals and pulses do not contain sufficient quantities of vitamins and minerals required by the body. Therefore, it is essential that an ideal breakfast must be supplemented with fruits and vegetables that are rich in vitamins and minerals.



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