



A traditional breakfast can be composed of a type of bread, jam or gravy, cereals of any type and finally tea, coffee or juice, which may seem quite simple and regular. So simple that it is not taken seriously enough by people, especially children. When seen closely, breakfast does matter a lot, right down to the composition, the ingredients, the time and the proportions.

First of all, breakfast is not a meal to be delayed and should be taken within the first few hours of waking up. Mornings are when people get out for work or school, and it is also when the brain and body needs most of its energy. Without a proper breakfast people are deprived of this energy, which makes them eat more carbohydrates later on during the day to make up for it, leading to obesity. So in a manner, having breakfast reduces chances of obesity which in turn reduces high blood pressure, diabetes and other cardiac diseases.

Before moving onto a hearty breakfast, it is wise to hydrate oneself. Overnight the body gets dehydrated, and over dehydration can seem like starvation even if it is not. Starting the day with lots of water or juice can hydrate the body just enough to kill that false feeling of hunger. The main energy boost we get from breakfast, which makes it the most important meal of the day, are the nutrients such as calcium, iron, vitamins, protein and fibre.

The perfect breakfast consists of food rich in carbohydrates such as bread, cereals or oats; lots of proteins like milk, eggs, nuts, and meat or fish, to provide energy in small amounts during the rest of the day, and a healthy proportion of vegetables and fruits for vitamins and fibres.

A healthy breakfast also restores one's glucose levels. Workload is highly unavoidable, but skipping out on breakfast will only make it worse. If you have been doing so because of lack of time, you are not the only one. Not having enough time to prepare breakfast or sit down and have it is completely normal, and that is why you carry it with you!

Preparing it the night before and only microwave the following morning are by far the best ways to save time and get energy. However if you are still in a rush, pack it up and stack it in your bag for having on the go.

Breakfast smoothies are far one of the best ways to get all the nutrients in one sip and extremely simple to make, nothing saves time like blending all your fruits and vegetables and storing them in travel cups. Breakfast burritos also make for a good on-the-go meal. Tortillas wrapped around chicken, beef, cheese, avocados, salad, or semolina is easy to carry around. A good tip

is to always stack up on foil paper or plastic zip lock bags, this way your food can also travel with you whenever you like. The key is to make it a routine to get enough of all the nutrients one way or another, whether it is on your breakfast table on in your car.

Cereals are always a good option of course for a fast yet healthy breakfast, but keep in mind to add good amounts of milk, nuts, fruits and more to elevate the food value. We Bengalis traditionally are used to having flat breads with vegetables or some forms of protein. Flattened rice or 'chira' is a

can bring a lot to the plate, quite literally. Poached eggs with oatmeal, eggs with avocado and bread, egg and vegetable muffins, spinach in eggs, and pretty much anything from sweet to savoury when added with eggs especially poached not only makes it easy but deliciously fast.

Fruits and vegetables also play an important role in providing nutrients, so adding them up alongside your carbohydrates are very crucial to achieve those nutrients from your breakfast. Add them to your meal in forms of juice, side dishes, salads, curries or

and help reduce chances of diabetes.

Some breakfast cereals are fortified with vitamins and iron which makes them a healthy choice especially for children. Ultimately it comes down to maintaining proper routines and proper proportions. Having ample amounts of carbohydrates and proteins, adding on vegetables and fruits to balance it out and some dairy for that solid energy.

When it comes to children they often tend to skip out on morning meals, but they are the ones who need it most for their



good alternative to oats which are less widely available here. Chira with soft fruits such as banana and maybe even yoghurt, semolina with nuts and bread is simply delectable; these 'desi' meals when done properly can taste just as delicious and is also bursting with vitamins and proteins. It's the little things that make the difference, like adding some sliced bananas to that peanut butter sandwich or some cheese to last night's leftovers which can increase the food value of your meal.

When it comes to fast breakfast, eggs

have them plain.

When buying cereals there are some factors to consider.

Added sugar is never healthy, so whether you opt for cereals or semolina, make sure it does not have added sugar. Fresh fruits or jaggery are a good alternative to add some sweetness. Second of all, whole-grain is always better - be it bread, oats or cereals. Whole grains keep you fuller for longer periods of time, hence making you consume less of fatty foods during the day, not to mention they are extremely healthy

developing brains and bodies, hence building and maintaining a breakfast routine is crucial to every person despite their age or occupation.

All superstores from Agora to Shopno carry various brands of cereals, brans, flour, flattened rice (chira), or rice flour. However, New Market, Town hall and DCC markets also have ample stocks and possibly at more affordable rates.

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