


SPECIAL FEATURE

How to breakfast!

You've hit the snooze button on your alarm twice already, proving how difficult it is to get out of bed on winter mornings. But then the delicious smell of 'niramish' and 'chholar daal' comes wafting into your room. Your stomach growls in response, and you feel an almost magnetic pull towards the kitchen. Even if wild horses can't wake you up on such winter mornings, a scrumptious breakfast surely can!

What is a healthy breakfast?

As far as nutritious breakfasts are concerned, there does not seem to be any consensus on an all-time favourite. Nutritionist, Chowdhury Tasneem Hasin believes, "Before talking about what an ideal breakfast is, everyone should know that the first meal of the day should be taken within two hours of waking up. And one must have at least two glasses of water first thing in the morning to clear the stomach of all the hydrochloric acid accumulating in it overnight".

She goes on to say, "An ideal breakfast should have high carbohydrates, moderate protein, and even lesser fat. So whole-wheat bread or roti, muesli or oats, one egg, a glass of milk and fruits should make up a good strong breakfast for most adults and children."

Hasin, however, warns that this is a general diet not catering to people with specific health issues. When asked what would a healthy local breakfast should comprise, she



says —

Any seasonal vegetable with roti, fruits, and a glass of milk will be a healthy 'deshi' breakfast. If you prefer paratha to roti then just make sure it's made of flour with less oil.

"Another very important thing," she continues, "is to not have tea or coffee for at least 40 to 50 minutes after the meal. Most

people are in the habit of having tea or coffee along with breakfast, which is unhealthy as caffeine reduces the rate of absorption of calcium and iron."

Interestingly enough, our stomach is almost like our second brain. It is responsible for producing nearly 80 percent serotonin, also known as 'the happy hormone!' It not only takes care of our hormone production, but also our behaviour in general. So, the importance of what we put into our stomach cannot be undermined.

A wholesome breakfast, the most important meal of the day, can help jumpstart our metabolism. Even though mornings are known to be notoriously busy, starting your day off with a good meal is definitely worth it, and eating it right can make a huge difference in your lifestyle and health.

By Samina Hossain

Photo: Sazzad Ibne Sayed

