



FACT SHEET

BREAKFAST FUEL FOR SUCCESS

WHY BOTHER WITH BREAKFAST?

Breakfast is a key opportunity for you to recover and refuel the body after a morning exercise session helping you to get fitter, faster and/or stronger from your hard work. For afternoon exercisers, breakfast is a good time to start your nutrition preparation for the session ahead. Eating breakfast also helps to prevent fatigue and avoid slumps in energy levels over the day and people who skip breakfast often have lower levels of concentration. Those who skip breakfast often make up for the missing meal by over-eating later in the day or grazing on less healthy choices as a 'quick fix' for low energy levels which can make it challenging to manage body weight and physique.

WHAT FOODS SHOULD BE ON YOUR BREAKFAST PLATE OR IN YOUR BOWL?

Quality Carbohydrates for:

- Fuelling the muscles and brain
- Regulating blood sugar levels and appetite hormones
- Growth & development, especially for active adolescents

Lean protein for:

- Building and maintaining lean muscle mass
- Regulating appetite and satiety over the day
- Managing body fat levels

A source of fruit or vegetables for:

- Supporting immune function
- Digestive and gut health
- Managing appetite and energy intake

HOW MUCH SHOULD I EAT AT BREAKFAST?

Like all areas of sports nutrition, there's no one size fits all answer to portion sizes. The amount of food you need to eat a breakfast depends on a number of factors including body size, the amount of exercise you do, any training, competition or body composition goals as well as specific medical conditions or food allergies. To work out the best plan for you, it's best to make an appointment with an Accredited Sports Dietitian to tailor an individual plan to meet your specific situation <http://www.sportsdietitians.com.au/findasportsdietitian>.



NUTRITIOUS BREAKFAST OPTIONS

These examples all provide quality carbohydrate, lean protein as well as some fruit or vegetables. Mix and match between the options suggested to find the best breakfast choices for you.

On the Go	At your Kitchen Table	At the Cafe
<ul style="list-style-type: none"> • Banana berry smoothie • Sweet potato + spinach muffin tin frittatas • Bircher muesli + berries • Chia pudding + fruit + nuts • Tetra pack flavoured milk + piece of fruit 	<ul style="list-style-type: none"> • Porridge + stewed fruit + nuts • Breakfast burrito • Fruit toast + ricotta + sliced banana • Breakfast quinoa • Scrambled eggs with spinach on grain toast 	<ul style="list-style-type: none"> • Avocado on toast + feta and a milk based drink • Muesli + yoghurt + fruit salad • Poached eggs on toast with a side of grilled tomatoes • Corn fritters + smoked salmon • Smoothie + sourdough toast