

# wake up to breakfast



Breakfast is considered to be one of the most important meals of the day because it breaks the overnight fasting period, replenishes your supply of glucose and provides other essential nutrients to keep your energy levels up throughout the day. Most people assume that skipping breakfast will aid in weight loss, but this is not the case. We need regular meals to ensure our supply of essential vitamins and minerals are adequate.

Breakfast provides a significant proportion of the day's total nutrient intake and offers the opportunity to eat nutrient rich foods. Eating a well-balanced breakfast stabilises blood sugar levels and regulates your appetite and energy levels for the day. In comparison, people who skip breakfast are more likely to make less healthy food choices later on in the day and there is also an increased risk of overeating. Breakfast eaters are said to be mentally sharper, as a morning meal enhances the power of cognitive processing.

To help fit in this very important meal of the day, **try a delicious SureSlim smoothie**. It is a quick and easy breakfast on the run:

Mix your yogurt quantity and fruit in a blender until combined thoroughly - add some water if you don't like it too thick. A nice variation is to add your seeds and experiment with different fruits like berries and mango (both of which can be bought frozen) or passionfruit. You can even make this the night before and store in the refrigerator until morning!

Reference: [http://www.betterhealth.vic.gov.au/bhcv2/bharticles.nsf/\(Pages\)/Breakfast](http://www.betterhealth.vic.gov.au/bhcv2/bharticles.nsf/(Pages)/Breakfast)