

# BREAKFAST

## Definition

Breakfast is the first meal of the day. The word derives from the idea of breaking the involuntary fast of sleep. Breakfast consists of eating food but is not limited to the morning hours.

## What Is Breakfast?

Breakfast is a meal that “breaks” the “fast” of a period of time where the body receives no food for fuel. In most cases, this period without food is usually during sleep. Therefore, the time when we generally “break” the “fast” is in the morning when we wake. Breakfast helps to jumpstart metabolism. Metabolism is the engine in your body that controls how your body uses energy through the day. It is especially important for the brain to have energy for thinking and learning.

## Why Eat Breakfast?

Eating breakfast has been significantly associated with better concentration and test scores, as well as improved weight. That's true for adults and children. Children that eat breakfast make fewer trips to the school nurse, have fewer absences, and have less discipline problems. Children should never go to school hungry. Hunger has been linked to irritability and fatigue. It's hard to learn and interact in a social environment when you're irritated and tired. Another reason to eat breakfast is because it is so easy to do. Breakfast can be something small or a larger meal. It can be eaten at home or at school.

## What Should You Eat For Breakfast?

Some people are not hungry when they wake up, while others are ravenously hungry. For those that are not hungry when they wake up, a light snack, even in the form of a nutritious beverage such as a shake or a glass of milk can be enough to get your body and mind moving. A nutritious shake can include milk and fruit. It is best to use fat-free milk and fresh fruit for shakes. Make it fun by adding some chocolate syrup or coconut. Try different fruits or adding ice. Put it all in the blender and mix it up! If drinking a pre-made shake, be sure that the serving size is not too big. Eight to ten ounces is a good rule of thumb. Shakes that are too big can provide too many calories, many of them from sugar. Sugar is considered “empty calories” that provide little to no nutritional value.

Any breakfast is better than no breakfast. However, it is good to choose a breakfast that will benefit your body and your mind...not to mention a breakfast that will keep you full for a while. A good breakfast should include a balanced variety of foods. To keep you full a while, a breakfast should include whole grains such as oatmeal or 100% whole wheat breads, cereals, or muffins. To make a breakfast nutritious and complete, add milk or cheese, fruit, and a good source of protein such as eggs or nuts. You can put peanut butter or any kind of nut butter on a piece of whole wheat bread, add a glass of milk...and you are off for the day! If you are unable to drink milk, there are many wonderful soy milk choices available in many flavors at your local grocery store.

## Myths and Facts about Eating Breakfast

Myth: It is okay to skip breakfast, because it is not an important meal of the day.

Fact: Breakfast is the most important meal of the day!

Myth: Eating breakfast will make you tired during the day.

Fact: Breakfast provides the energy needed to start the day off right!

Myth: A healthy breakfast consists of high protein, low carb foods such as eggs, sausage & bacon.

Fact: A healthy breakfast consists of milk, fruits, and cereal.

Myth: Children who eat breakfast tend to have poor performance in school.

Fact: Children who eat a good breakfast perform better in school, pay more attention, are more creative, think better, score higher on tests

Myth: Children who eat breakfast tend to be overweight.

Fact: Children who eat breakfast are less likely to be overweight.

## POWER BREAKFAST

Breakfast is the meal that makes champions. Unfortunately, many active people follow a lifestyle that eliminates breakfast or includes foods that are far from champion builders. This routine not only robs their bodies of needed nutrients, but also energy for high-quality workouts.

A satisfying breakfast contributes more to better health than a grab-anything-in-sight dinner does. Excuses to skip breakfast are abundant: "No time," "I'm not hungry in the morning" and "I don't like breakfast foods." Weight-conscious athletes pipe up, "My diet starts at breakfast." However, these excuses sabotage your sports performance. Here's a look at the benefits of eating breakfast.

### Breakfast for Dieters

If you want to lose weight, start dieting at dinner, not breakfast. A bigger breakfast (e.g., cereal, toast and peanut butter) can prevent afternoon or evening cookie binges. An adequate (i.e., 500- to 700-calorie) breakfast provides enough energy to enjoy exercise, instead of dragging yourself through an afternoon workout that feels like punishment.

If you are trying to lose weight, target at least 500 to 700 calories for breakfast; this should leave you feeling satiated. To experience the benefits of eating such a big breakfast, try this experiment:

1) Using food labels to calculate calories, boost your standard breakfast to at least 500 calories. For example, add to your English muffin (150 calories) one tablespoon peanut butter (100 calories), eight ounces orange juice (100 calories) and yogurt (150 calories). Total: 500 calories.

2) Observe what happens to your day's food intake when you eat a full breakfast vs. a skimpy "diet breakfast." The 500+ calorie breakfast allows you to eat less at night and create the calorie deficit needed to lose weight.

### Breakfast for the Morning Exerciser

If you exercise first thing in the morning, you may not want a big pre-exercise breakfast--too much food can feel heavy and uncomfortable. However, you can likely tolerate half a breakfast, such as half a bagel, a slice of toast or a banana before your workout. Just 100 to 300 calories can put a little carbohydrate into your system, boosting your blood sugar to fuel and enhance your performance. You'll likely discover this small pre-exercise meal adds endurance and enthusiasm to your workout. In a research study, athletes who ate breakfast could exercise for 137 minutes compared to only 109 minutes when they skipped this pre-exercise meal.

Fluids, for example, are a simple post-exercise breakfast. Liquid breakfasts take little time to prepare and drink, yet can supply the calories, water, carbohydrates, protein, vitamins and minerals you need--all in a travel mug.

### Breakfast for the Noon, Afternoon and Evening Exerciser

A hearty breakfast is also important for people who exercise later in the day. It not only tames hunger, but also provides the fuel needed for strenuous workouts. Research shows that athletes who ate breakfast and an energy bar five minutes before a noontime workout were able to exercise 20 percent harder at the end of an hour-long exercise test than when they didn't have breakfast and a pre-exercise snack. In fact, they worked 10 percent harder with only the snack. Breakfast works! Breakfast and a pre-exercise snack works even better!

## BRUNCH

Brunch or bruncheon is a combination of breakfast and lunch. The term is a portmanteau of breakfast and lunch(eon). Brunch is often served after a morning event or prior to an afternoon one, such as a wedding or sporting event. A common misconception is that after midday, the meal is a luncheon. This however is not true so long as a breakfast has not been eaten.

Some restaurants and hotels serve brunch, especially on Sundays and holidays. Such brunches are often serve-yourself buffets, but menu-ordered meals may be available instead of, or with, the buffet. The meal usually involves standard breakfast foods such as eggs, sausages, bacon, ham, fruits, pastries, pancakes, and the like. However, it can include almost any other type of food served throughout the day. Buffets may have quiche, large roasts of meat or poultry, cold seafood like shrimp and smoked fish, salads, soups, vegetable dishes, many types of breadstuffs, and desserts of all sorts.

The dim sum brunch is a popular meal in Chinese restaurants worldwide. It consists of a wide variety of stuffed bao (buns), dumplings, and other savory or sweet food items which have been steamed, deep-fried, or baked. Customers select small portions from passing carts, as the kitchen continuously produces and sends out more freshly-prepared dishes. Dim sum is usually eaten as a mid-morning, midday, or mid-afternoon teatime.

## TYPES OF BREAKFAST

Breakfast varies from country to country, state to state, regions to regions. But considering breakfast served in hotels, motels or in restaurants it is classified into three category

1. Continental Breakfast
2. American Breakfast
3. English Breakfast

### CONTINENTAL BREAKFAST

A continental breakfast is simple, not fancy. Don't expect an elaborate buffet. Depending on the hotel or motel you might receive coffee, tea, assorted juices, rolls, bagels, pastries and perhaps individual sized cereal boxes. It is so named because it is the breakfast of choice on The Continent, or Europe.

While the menu doesn't include mimosas and Eggs Benedict, most agree that a continental breakfast is convenient and appreciated. Originally this simple morning meal was only offered by a few elite chains, but now it is more commonplace. In fact, many busy people won't even stay at a particular hotel unless a continental breakfast is part of the amenity package. Because it's included in the cost of the hotel stay, it makes the idea of running to the lobby for a scone and cup of coffee that much more appealing.

If it's going to be a while before your next meal however, a continental breakfast isn't recommended. Because pastries and croissants add up to empty calories, count on being hungry again a couple of hours later. If you're going to spending the day sight-seeing or doing physical activity, or you know it will be a while before your next meal, you might want to seek out a more substantial breakfast. Hotels and motels like serving continental breakfasts because they are inexpensive and simple to prepare. Many will even spend a little extra for gourmet quality food. Patrons enjoy a continental breakfast because of its convenience and because it also offers the ability to bring breakfast back to the room and relax instead of rushing out to look for something to eat before check-out time.

Here is an example of a continental breakfast menu of Radisson Hotel, New York

**CONTINENTAL BREAKFAST**  
**\$9.95**

Chilled Orange Juice  
Assorted Freshly Baked Muffins  
New York Bagels with Philadelphia Cream Cheese  
Creamy Butter, Jams & Jelly  
Coffee, Tea, Brewed Decaffeinated Coffee

**OPTIONAL ITEMS**  
(The options listed below are priced at an additional \$2.00 each per person)

Croissants  
Assorted Danish  
Individual Boxes of Cold Cereal with Milk  
Whole Fresh Seasonal Fruit

Prices do not include 19% gratuity & 8.375% NYS Sales Tax  
Radisson Hotel New Rochelle  
One Radisson Plaza, New Rochelle, NY 10801 (914) 576-3700

### AMERICAN BREAKFAST

In our presentation on American breakfast we talked about different breakfast foods that we eat as Americans. For example, we talked about pancakes, waffles, coffee, eggs, sausage, french toast, and cereal. Along with each of these different foods we gave a brief background of each. We talked about how the Chinese Spring Onion Hotcake is a lot like our pancakes and how our oatmeal is a lot like the Chinese Congee that they eat for breakfast. We also made some similarities between the two breakfasts. Some of them consisted of, the use of rice and meats, European Influences, pancakes, use of eggs, porridge type foods, and how the meals are on the go most of the time.

**Pancakes:** First adapted by the French from China and Nepal in the 12 century by Crusaders. Americans then took this recipe and used it themselves.

**Waffles:** Invented by the Greeks who would put dough between two cooking plates. Then in the 1200's a craftsman invented the distinguished honeycomb pattern cooking plates. In 1620 the Pilgrims brought over the Dutch waffle after spending time in Holland themselves.

**French Toast:** The origin of French Toast is unknown but some believe it was invented by French speaking Cajun Chefs in Louisiana. Others believe it was invented by Joseph French near Albany, New York.

**Eggs:** Easily found every where, eggs have been in the diet of humans for ever.

**Sausage:** Invented by the Greeks where it was first recorded in the 9th century. It then spread through out Europe where the Germans adapted it. That is where we got the breakfast sausage we have today.

**Coffee:** Grown naturally in Ethiopia but not used as a drink until the Turkish adapted it. They would add spices to the drink to give it different tastes. Originally coffee wasn't allowed to be exported from Arabian countries but now is grown world wide.

**Cereal:** First modern cereal was invented by vegetarians in the 1860's in Michigan to improve the diet of hospital patients. After this invention it was spread across the U.S. The first cereal trademark was created in 1877 and it was the Quaker Oats man.

## ENGLISH BREAKFAST

The normal ingredients of a traditional full English breakfast are: bacon, eggs, fried or grilled tomatoes, fried mushrooms, fried bread or toast, and sausages, usually served with a cup of tea. Black pudding is added in some regions as well as fried leftover mashed potatoes (called Potato cakes). Originally a way to use up leftover vegetables from the main of the day before, bubble and squeak, shallow-fried leftover vegetables with potato, has become a breakfast feature in its own right. Baked beans and hash browns are modern additions that have crept into many recipes.

When an English breakfast is ordered to contain everything available, it is often referred to as a "Full Monty", and often attributed to Field Marshal Montgomery, the prominent British military officer of World War II. However the OED states that "Perhaps the most plausible (explanation) is that it is from a colloquial shortening of the name of Montague Maurice Burton (1885-1952), men's tailor, and referred originally to the purchase of a complete three-piece suit".

An Irish breakfast consisting of sausages, black and white pudding, bacon and fried eggs.

In Ireland, as elsewhere, the exact constituents of a full breakfast are matters of debate, depending on geographical area, personal taste and cultural affiliation. The most common ingredients are bacon (rashers), sausages, fried eggs, white pudding, black pudding and toast, normally accompanied with black tea and milk. Potato cakes are sometimes served as well. Baked beans, fried tomatoes and/or mushrooms may sometimes be found served with a full Irish breakfast. The full Irish Breakfast is also known simply as a "fry" or a 'fry-up'. The Irish have also adopted the breakfast roll, which consists of a selection of full Irish breakfast foods usually served in a foot long French stick, often with ketchup or brown sauce. The breakfast roll is viewed as a staple of the working class, and has even inspired songs.

An Ulster Fry is a dish of fried food that is popular throughout Northern Ireland and the three counties of Ulster which lie in the Republic of Ireland (Cavan, Monaghan and Donegal). The Ulster fry is similar to the Irish fry.

A traditional Ulster fry consists of bacon, eggs, sausages (either pork or beef), the farl form of soda bread (the farl split in half crossways to expose the inner bread and then fried with the exposed side down), potato bread and tomatoes. Other common components include mushrooms, wheaten bread or pancakes. All this is traditionally fried in lard.

The Ulster Fry is not considered solely a breakfast dish as it is often served for lunch and dinner in households and cafés around the province. Emigrants have also popularised the serving of an Ulster Fry outside Northern Ireland.

Other than these three most considerable breakfast, there are endless popular breakfast items available today. Out of which Indian breakfast items are as popular as any other.

## INDIAN BREAKFAST

In Indian Bengal and Bangladesh the breakfast items may include Luchi/ Kochuri(stuffed luchis), puffed rice crisps with milk, jaggery and fruits. The luchi/kochuri are served with a vegetable curry or something shallow fried. Semi-fermented rice having a mild pungent flavour (panta bhaath) is also eaten sometimes with dal and chillies.

In South India, the most popular breakfast is an assortment with several possible main dishes, such as idlis, vadas, dosas, salty pongal, and chapatis. These are most often served with hot sambar and at least one kind of chutney are the common items in Tamilnadu.

Kerala's traditional breakfast includes Puttu (black chana) curry or ripe bananas , Porotta / Pathiri/ Orotti (eaten with Chicken / Beef / Mutton / Veg Curry), Appam (Paalappam, Vellayappam, Kallappam) or Idiyappam with Egg Curry or Meat/Veg stew, Kappa(Tapioca) and MeenCurry / MeenVaruttathu (Tapioca and Fish) and other popular breakfast items like Idli and Dosa / Masala Dosa. Other common dishes include Ada ,Ariyappam, Uppumaavu etc.

The usual North Indian breakfast consists of stuffed paratha breads or unstuffed parathas (they resemble oily milee crepes) with fresh butter, cooked spicy vegetables -- especially aloo sabzi. Puri and chholey is also a popular north-Indian breakfast, along with rajma-chawal. Popular accompaniments include sweets like jalebi, halwa, and sweetened milk. Samosas, and combination of jalebi with yogurt (dahi-jalebi) comprise stand-alone breakfast items in U.P. and its surrounding parts. In Maharashtra, Poha, Upma, or Shira (similar to Kesaribath) is frequently eaten for breakfast.

Gujarati breakfast items include haandvo, dhokla, sev-khamni, theplas (a form of paratha), bhaakhri and assorted hard

and crispy masala puris with pickles. Tea is a staple item in breakfast. Children are encouraged to drink milk instead of tea.

## DRINKS

As the preceding regional descriptions show, beverage choices at breakfast are fairly uniform worldwide, comprising

- \* Fruit juices (orange juice is the most popular),
- \* Milk (hot, cold, possibly cultured), milk analogue or hot soya bean milk in Vietnam and China,
- \* Hot caffeinated and non-caffeinated beverages (tea, coffee, and chocolate). (Caffeine is a stimulant.)

Cultures around the world commonly shun or restrict alcoholic beverages at breakfast. (Alcohol is a depressant and a psychoactive drug, and so its effects might not be desired during working hours.) Notable exceptions would be the Mimosa cocktail: champagne and orange juice (known as buck's fizz in the UK); Bloody Mary cocktail: vodka and spiced tomato juice; and Liqueur coffee: a coffee brew with a 25ml shot of liqueur, which generally has a lower alcohol content than spirits (15 - 30%). Still, a Mimosa is normally served at brunch, and rarely consumed before 10:00 in the morning at breakfast proper.