

## Breakfast

Eating breakfast is one of the secrets to good health!

The last time you ate was probably 10-12 hours ago and the body is in need of refueling to boost your metabolism and set you onto a good eating pattern for the day.

Breakfast is the meal that break(s the) fast!

If you skip breakfast you will:

- put a strain on ALL body systems
- irregulate blood sugar levels which may cause you to feel shaky, irritable, low in energy and generally unwell
- likely binge on nutritionally “empty” foods such as lollies, biscuits and chocolate (72% + dark chocolate is medicinal in moderation however!)
- likely find it difficult to maintain a healthy body weight in the long term
- increase your potential to suffer from obesity, diabetes, cardiovascular disease (based on research from the American Heart Foundation)

When you eat a nutrient rich breakfast, with a good balance of protein, carbohydrates, fat and fibre you will:

- be nurturing your body
- satisfy your appetite until your next planned meal or healthy snack
- regulating blood sugar levels which will give you good mental and physical energy for your day
- find it easier to reach/maintain your ideal body weight
- decrease the risk of suffering from chronic illness such as obesity, diabetes and cardiovascular disease.

Healthy breakfast suggestions:

Please note:

The “good” fats that are found in cold pressed oils, animal products, and in avocados, nuts and seeds are a nutritionally important part of your meal and essential for the full digestion of grains and cereal.

Also these suggestions do not take into account allergies and intolerances which may be present. Call if you have any concerns regarding this point.

OPTION 1.

1/3 cup whole grain rolled oats (can mix with oat bran, buckwheat groats, millet, Quinoa cereal) soaked overnight in enough water to cover with either 1 teaspoon of apple cider vinegar, a squeeze of lemon juice, or a dessertspoon of natural yoghurt. Cook for a few minutes with extra water and a pinch of salt. Serve with ½ cup natural unsweetened yoghurt, 1 serving of fruit and a dessertspoon of LSA sprinkled on top.

OPTION 2.

1 poached egg (choose organic free range eggs for full nutrient value, whenever possible) ½ cup cooked spinach (adds extra nutrients and fibre and takes care of your first serving of vegetables for the day!) on whole grain toast drizzled with 2 teaspoons flaxseed oil

OPTION 3.

2 slices of wholegrain toast drizzled with flax seed oil and topped with: Cottage cheese + tomato + sprouts Sardines and finely chopped red onion, with a squeeze of lemon juice and salt and pepper to taste Tempeh (lightly sautéed in coconut oil), Avocado and fresh tomato slices Peanut butter or almond butter

OPTION 4.

2-3 tablespoons Muesli or Yummy Ginger Crunch Cereal (see our website link to “Recipes”), with ½ cup whole raw cows milk, rice milk or nut milk, 1 serve of fresh fruit (I love ½ an orange chopped up, ½ cup natural unsweetened yoghurt.

*If you have any questions or would like to set up an appointment to discuss your health issues, receive nutritional guidance for you and your family, look into possible food allergies and intolerances, or any other aspect of your health, please contact us (details below).*

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