

BREAKFAST GUIDE

As your first meal of the day, breakfast should give you adequate fuel to perform at work or in the gym until your next meal. The massive advantage of eating breakfast is you can tailor it to suit your needs, eggs or cheese provide a good source of fats for example whereas oats, fruit or low sugar cereals provide carbohydrates.

The first step in any diet is to find something we can stick to and building on it from there.

Below are a few breakfast ideas, some high in carbohydrate, some high in fat that you can try. Feel free to try as many or as few of them as you like! If you are feeling hungry in the following couple of hours after eating breakfast then it may be that you need to change the portion size slightly.

TOAST!

Despite popular opinion, bread is not the enemy! It is fairly calorific but wholemeal or brown bread with seeds etc can provide some good fibre (the only thing that white bread lacks) so feel free to try some toast as it is a quick and easy option.

In terms of spreads try and stick with one thing e.g. just jam instead of butter and jam.

The most calorific spreads include peanut butter and chocolate based spreads which are essentially all fat. This doesn't mean you should avoid them altogether but be mindful of how much fat you eat throughout the day if you are going to.

EGGS ON TOAST

(scrambled, poached but not fried!)

A higher calorie option than some but potentially a good option if you are training after eating or struggle with hunger in the mornings. Butter is fine to have on toast but is very calorie dense so apply sparingly.

CEREAL

A great option if you are pushed for time, just make sure its a low sugar cereal such as bran (without the dried fruit) weetabix or shredded wheat.

Try starting out with 2-3 biscuits of weetabix or a medium sized bowl of other cereal.

Fresh fruit can be a brilliant topping for cereal and give you some good micronutrients to help keep colds away during the winter months, aim for berries instead of more calorie dense bananas. Semi or skimmed milk is a better option than full fat.

YOGHURT

Low fat plain yoghurts are excellent because they are so low in calories you can add a variety of toppings and essentially eat something different every time. Try sprinkling some oats, berries, nuts and seeds on for different combinations.

FISH

A fairly popular option is tinned fish such as mackerel which some ready to eat in various sauces, the tomato based ones are lower in fats than oil based sauces and are fairly easy to tell apart. If morning fish appeals to you it could be an option to explore.

SMOOTHIES

Another quick and easy option with lots of variety. I base my smoothies around a banana, 20-30g of oats and some frozen berries along with things like peanut butter if I haven't had many fats that day or potentially extra fruit or some neutral tasting greens like courgette.

Things like berries and fruit high in juice content tend to be fairly low calories for the flavour they add so feel free to experiment.

A FEW EXTRAS

If you are in a rush then grabbing something to go after a small, quick breakfast such as a banana, fruit, yoghurt pot etc is a simple low calorie way of adding a bit more satiety.

HYDRATION

Try and start the day with 500ml-1l of water. Drinking water before any caffeine can serve as an excellent energy booster and will aid concentration and function throughout the day. As a starting point aim to be drinking 2-2.5l minimum throughout the day.

THINGS TO AVOID

In moderation there is little if anything that will do much damage to your progress, one thing that adds a lot of hidden calories are our drinks. Milky takeaway coffee especially are laden with calories. Teas and coffees are low kcal but may begin to dehydrate you a little if drunk in excess (8+ cups a day, easily countered by drinking more water.)

The aim of this exercise is to establish a few options and portion sizes you can have for breakfast and be confident they will keep you full and provide adequate energy without being overly high in calories.

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