THE MOST IMPORTANT MEAL OF THE DAY

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Breakfast can sometimes be taken for granted especially by students and teachers alike. With the 8 am call time or even earlier in some schools, it is really easy to forget and just pass up eating before going to school. Some just can’t be bothered while some just doesn’t have the time to do so. Skipping breakfast, is a big fat “NO” when it comes to nutrients and health. Eating 30 minutes after waking up is essential to kick start your metabolism and it also gives the fuel needed to get through the morning activities. Having a healthy and nutrition filled breakfast also helps with focus and concentration.

Although not really everybody can just seat down and gulp down a good portion of food in the morning, with some people having no apatite and just physically can’t intake solid food so early in the morning, there are still ways to ensure that one receives the right amount of nutrients and minerals to start the day.

For people who can stomach heavy meals in the morning, a portion of rice for carbohydrates, meat for protein, and vegetable for vitamins is best. For Filipinos fried rice is a staple for breakfast paired with eggs and some sort of meat. That is perfectly fine, just be sure to avoid processed meats like hotdog. If ‘daing’ is available much better since fish can be a good source of protein with lesser trans-fat as compared pork and other meat. Eggs are also rich protein source be it is best to limit egg intake for about three times a week since too much of it can also contribute to cholesterol accumulation.

On the other hand, for those who can’t eat heavy meals in the mornings, sandwiches are great solution. It can also be a good source of carbohydrates due to the bread, and if the bead is a whole-wheat variety, it can also be a source of dietary fibers.
which is good for digestion. Lead meat for filling and some greens and tomatoes can bring some protein and vitamins. It is a lighter meal as well as a ready to go snack for the busier individuals, they can just grab it and go eat their breakfast on the way to work or school.

For a much lighter alternatives, cereals and milk can be an option, oats with some nuts and dried fruit is also great. These kinds of foods albeit lower in carbohydrates are rich in fiber and protein depending on the type of milk used in the preparation. For those who are lactose intolerance, fear not, because there are non-dairy milk alternatives like soymilk and almond milk.

There is really no excuse to not eat breakfast. Even a bite of cracker and mug of coffee will do, just make sure that it is in moderation since caffeine can also be harmful if over consumed. It is very important for students to have something in their stomachs to start the day correctly and to help them perform better in school, it is not a factor to overlook. Teachers and parents should put more initiative in making sure that this information is spread out and that students will have an almost instinctive need for the most important meal of the day.

References:

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