

## Always Begin Your Day with Breakfast in the Morning

The Hong Kong working lifestyle is fast paced and stressful, and many of us would skip breakfast in order to rush to work. Some believe that skipping a meal or two is not a problem, while some even think that it could help them lose weight.

In fact, breakfast is essential to everyone by replenishing our energy stores after a long period of fasting during sleep. This is especially important to the brain, which depends on a stable supply of blood sugar to maintain normal functioning. When we skip breakfast, our level of concentration declines, and this in turn affects our work performance and efficiency. Moreover, skipping breakfast makes us feel excessively hungry by lunchtime, and often unconsciously, we would over-eat, leading to excessive energy consumption and weight gain.

Many scientific studies have proven a higher rate of obesity amongst those who skip breakfast compared to those who eat breakfast regularly. For the sake of our health, we should make breakfast a part of our daily routine. Below are some healthy and convenient breakfast ideas.

Some suggestions:

Chinese-style	Western-style
<ul style="list-style-type: none"> <li>◇ Lean meat congee, fresh fish congee</li> <li>◇ Steamed rice-rolls (less sauce)</li> <li>◇ Rice vermicelli in soup with beef</li> <li>◇ Low-sugar soy milk</li> <li>◇ Low-fat/skimmed milk</li> <li>◇ Water</li> </ul>	<ul style="list-style-type: none"> <li>◇ Oatmeal with low-fat milk</li> <li>◇ Low-fat cheese sandwich, tomato and egg sandwich</li> <li>◇ Sultana and walnut bread, bread with tuna</li> <li>◇ Macaroni in soup with chicken (skinless)</li> </ul>

To know more about ...

- ◇ healthy eating, please visit 'Health Zone' website at <http://www.cheu.gov.hk>
- ◇ 'Health@work.hk Project', please visit <http://www.healthatwork.gov.hk>