

Breakfast

All the experts say do not skip breakfast. Why? It is one of the most important meals of the day. If you were told not to eat 16-17 hours then we would consider them cranks. But many people do this. The evening meal is consumed around 7pm and then the next time food is consumed is around 11am. At this time most people grab a quick snack, the body requires glucose and this is why we go for the fat and sweet snacks.

Studies have shown people who eat Breakfast are more likely to maintain a steady weight. This is down to their blood glucose levels being elevated, therefore feeling more satisfied.

The ideal breakfast foods are carbs with a low GI as they will dampen hunger and keep glucose levels higher.

Low GI Cereals

Bran Flakes
Fruit & Fibre
Scottish Porridge Oats
Hi Fibre Bran

Low / Moderate GI Fruits

Oranges
Grapefruits
Mandarins
Satsumas
Clementines
Pink Grapefruit

Train before or after breakfast?

The answer here is both.

Food here should be high GI if it's food so that the glucose can enter the bloodstream fast ready for a training session.

If you feel you cannot tolerate food before training then have some fruit juice, with a breakfast after exercise session ends. If you still feel you cannot do this then a sports drink before training and another during.

Remember the word means break the fast so make sure you do it.