

Misconception about breakfast

In many cultures, breakfast is considered the most important meal of the day. The common misconceptions related to breakfast are:

- * Eat breakfast like a king, lunch like a lord and dinner like a poor man.
- * Hearty breakfast is vital for good health.
- * If you skip breakfast, you will end up overeating the rest of the day.

Among the Europeans, French people, usually skip breakfast except for coffee. French population, interestingly, have the lowest incidence of obesity amongst the European nations.

Contrary to popular belief, humans do not have to break their fast first thing in the morning to sustain themselves. Our pre-agrarian ancestors (just 10,000 years ago), who had to hunt and gather the food, could not afford to break their fast first thing in the morning. The healthy body has enough glucose reserve in the morning to function perfectly well, despite a long cycle of nighttime fasting. The sufficient glucose in the blood in the morning is the result of a phenomenon called “Dawn Phenomenon.”

Dawn Phenomenon – When the brain wakes up in the morning, the wholebody functions go up in high gear. The humans have a biologic 24-hour brain clock which controls the sleep/wake cycle. This biologic clock controls many hormonal activities in the body. If there is not enough glucose in the blood, several hormones such as glucagon, cortisol, and adrenalin get secreted.

These hormones work together to mobilize glucose from glycogen stores in the liver and muscle. It is because of glucose produced by the dawn phenomenon that most people do not feel starved in the morning. The school is going children, typically, are forced fed the breakfast against their will. The conventional thinking is that they will perform better at school on a full stomach. The truth, however, is that humans do not perform well intellectually when they have a belly full of food. Fasting has been used by philosophers and intellectuals to sharpen their intellect and improve their memory. Modern Silicon Valley technocrats are quickly catching on to this wisdom.

Healthy Rules about Breakfast

* Eat breakfast only if hungry – If you wish to pursue TRE 14:10 or TRE 16:8 fasting/feeding program for weight loss, combining breakfast and lunch as one meal-brunch, works the best.

* Eat as much as you need. Most humans can eat only 10-20% of their total daily caloric need in the morning because appetite at breakfast time is the lowest.

* Eat only healthy low glycemic foods with healthy fats for breakfast. What one eats in the morning, defines the remainder of the day concerning feeling of hunger. A healthy fat diet at breakfast keep stomach full for a long time. That was the prevailing wisdom in our cultural traditions of breakfast foods. Healthy fats include – seeds, nuts, ghee, and nonhydrogenated, cold compressed vegetable oils.