Misconceptions about Breakfast

Traditionally, in many cultures, breakfast is considered the most important meal of the day. Contrary to this popular belief, by the original design of evolution, humans do not need to break their fast first thing in the morning. Before the agricultural revolution 10,000 years ago, humans could not break their fast in the morning. They had to find their food by hunting and gathering, which could take hours. Nature designed the human body in such a way that there is enough reserve of instant glucose fuel stored as glycogen in the liver and muscles like the ready cash in the purse. Despite a long cycle of nighttime fasting, there is sufficient glucose in the blood in the morning because of a mechanism called ***"Dawn Phenomenon."***

Dawn Phenomenon. Upon awakening in the morning, the whole body, especially the brain function, goes in high gear. Several hormones and chemicals such as glucagon, cortisol, and adrenaline get released in the body. These work together to mobilize glucose from the glycogen stores in the liver and muscles. It is because of the release of glucose via the dawn phenomenon that most people do not feel starved in the morning. The school children get force-fed with breakfast before going to school, frequently against their will. The conventional thinking is that they will perform better at school after eating. The real truth is that humans cannot perform at their best intellectually when they have a belly full of food. Food digestion requires that blood gets diverted away from the brain and other organs to the digestive tract. Intellectuals and philosophers use fasting as a tool to enhance memory, reasoning, and intellectual capacity.

Therefore, one should ignore prevailing untrue statements about breakfast, such as:

FALSE	TRUE
Eat breakfast like a king.	Eat only if hungry.
Substantial breakfast is vital to good health.	By natural design, human appetite is the lowest in the morning/breakfast time.
If you skip breakfast, you will overeat the rest of the day.	Not true; you can test it out.