

“The world's most expensive coffee is probably Kopi Luak coffee, made from beans that have been eaten and excreted by the luak, or palm civet cat, of Indonesia.”

Start the day right

Didn't you absolutely hate it when your mom would chase after you early morning with a health drink, cereal or even worse a glass of milk. And how many times did she tell you 'Breakfast is the most important meal of the day'? Now moms are usually right about these things, **FRIDAY** tells you why...

AAKANKSHA DESAI

Just as a team chasing a huge total in cricket requires a good start, you require a good breakfast to finish the day on a high note. Eating a proper breakfast sets the tone for the rest of the play.

Have the Aussie Mix...

According to nutritionists, any combination of low carbohydrates and proteins, like oats with milk is a good breakfast. Fibre is also important. The protein can come from meat, eggs, beans or soya products. Fibre can be found in whole grain cereals, grains or in fruits.

Calories should be sufficient to maintain appropriate body weight for a given height.



Keep your fat intake up to 20 per cent of the total calories. Salt intake should be between 5-7 gms.

Biscuits, pancakes or pastries do not make a healthy breakfast. They are digested quickly and leave you hungry and tired in a couple of hours. Canned products should also be avoided.

Do it the Sehwag way...

"Milk is a very important part of the breakfast. Vegetarians require 400-500 ml milk per day, whereas non-vegetarians must have around 300-400ml milk daily," says clinical nutritionist Nupur Krishnan.

Anything nutritious like sprouts, cereals, eggs and fruits, can be taken with milk. There is nothing called a 'right breakfast food'. It differs from person to person.

"The energy drinks that are available in the market are a complete no-no. They are just preservatives that don't help your body," she says. "After a sleep of 6-7 hours at night when we are almost fasting, fruit juices like orange and sweet lime helps you regain energy. Fresh fruits like watermelon and grapes are also good option to start your day", says Ruchika Ghai, 38, dietician.

Be consistent like the Wall...

Lots of people skip breakfast as they are short of time. Something's got to give, skipping breakfast or showing up late for work? One should learn how to manage time rather than avoiding breakfast.

"I get up very late and need time to dress up, my college is very far and it takes me



at least an hour to reach so I don't get time to eat breakfast," says Ruchita Parikh, 21, media student.

There are few who don't like eating in the morning for other reasons. "I skip breakfast because I am too lazy to make something in the morning and the food at my college canteen sucks," says Avafri Mistry, 25, another media student. Tanay Desai, 23, an advertising student, echoes the feeling, "I don't feel like having anything in the morning. I can't even have milk, it upsets my digestive system."

If you can't eat much in the morning, begin with just a glass of pure, unsweetened

fruit juice, a banana or a slice into the habit of trying different breakfast. You can split your breakfast into two smaller meals. Eat a boiled egg an hour or two later, snack on an apple. A glass of fresh lime juice will also help. A glass of fresh lime juice will also help for a tasty and healthy breakfast. It will not be able to refuse.

Well as the saying goes eat like a king, lunch like a prince and dinner like a pauper. Follow this and you will definitely lead a happier and healthier life. Rise and shine, and dig into that