

## HEALTHY LIFESTYLE

# Breakfast plays big role in being in great shape

## VARY YOUR INTAKE TO SEE WHAT WORKS BEST

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AUSTRALIAN AND WORLD  
FIGURE CHAMPION

WHAT did you have for breakfast this morning?

Was it toast with jam, bowl of fibre rich cereal with milk, muesli, yoghurt, protein shake, bacon and eggs, muffin, coffee, cigarette and a Coke or nothing.

I do not need to reiterate the benefits of breakfast.

Health gurus, nutritionists and doctors all tell us that breakfast is the most important meal of the day.

Most people are educated enough to know not to skip breakfast.

The issue lies in determining whether your choice of breakfast is healthy and the correct one for you.

A client told me, "I eat cereal every morning because supposedly it is good for me, but I really don't enjoy it."

"I am scared to have a piece of fruit or a slice of toast as I have heard they are bad for me."

Rather than I or a nutritionist tell you what to eat, why not try a seven-day experiment.

For seven days, eat a different breakfast every morning as suggested below.

■ Monday: Toast and juice;

■ Tuesday: Eggs and toast;

■ Wednesday: Muffin or sweet roll;

■ Thursday: Protein shake made with skim milk, yoghurt and berries;

■ Friday: Cereal (hi-fibre or muesli) and skim milk;

■ Saturday: Chicken, steamed vegetables with quinoa;

■ Sunday: Energy or muesli bar.

Keep a diary of how you feel after each breakfast, how much energy you have, when you are next hungry, and how it affects your choices of food for the rest of the day.

After the experiment, you may find yourself eating a totally different breakfast than you originally thought as it sets you up on a better

course for the rest of the day.

Try to incorporate a source of protein in your breakfast (yoghurt, eggs, milk, protein powder or lean meat). Protein will help you feel satisfied for longer.

If you like cereal, opt for the high fibre, low sugar varieties.

If you like a sweet breakfast, add sweetness by adding fresh fruit.

Think about your portion sizes. Having a bowl of muesli does not mean three cups of cereal.

Do not base your breakfast on one macronutrient alone — only carbohydrates (huge sweet muffin), only protein (eggs with no toast). Include a little of every component for a balanced meal.

A cigarette and Coke is not breakfast.

Eat healthy, keep moving and believe in yourself

■ Read more columns at [lorettamostofi.com](http://lorettamostofi.com) and [northshoretimes.com.au](http://northshoretimes.com.au)



Australian and World Figure Champion Loretta Mostofi, of St Ives.

## CRICKET



Hannah Trollip batting at Chatswood Oval.

Picture: DANIELLE BUTTERS

## Trollip's ton leads Gordon to easy victory

**Torin Chen**

GORDON could move into the top four with a win in Sunday's women's first grade one-day match against Sydney.

Fifth-placed Gordon (on 44 points) are two points adrift of fourth-placed St George-Sutherland and three points behind Campbelltown-Camden.

Gordon head into the match at ELS Hall Park, North Ryde, full of confidence after a dominant performance against Campbelltown-Camden at Chatswood Oval last Sunday.

The home side won on a superior run rate after scoring 8-287 from 50 overs before restricting the visitors to 7-63 from 21 overs.

Captain and opener Hannah Trollip led the way, stroking a match-winning 119 from 126 balls while Mathilda Carmichael blasted 56 off 54.

Australian Southern Stars representative Lisa Sthalekar chipped in with a handy 36 from 43.

Trollip notched up her second ton of the season after scoring 141 against

Universities in October last year.

Gordon's bowlers shared the wickets with Emma Doutreband (2-12), Emily Leys (2-12) and Kristy Williams (2-20) and Sthalekar snaring 1-12.

Sunday's game starts at 11am.

Northern District play Bankstown Sports at Jensen Oval, Sefton.