

# EAT 2 COMPETE



## The Benefits of Breakfast

When you are fast asleep at night, your liver provides energy (glucose or sugar) for your brain and other essential organs to keep working. By morning time, your energy reserves in your liver will be running low, so eating breakfast is important to re-fuel these stores. If you skip breakfast and train, you will get tired quickly and the quality of your session will suffer.



### A breakfast high in carbohydrates and protein will:

- ☺ Re-fuel your glycogen stores (your storage form of energy in liver and muscles)
- ☺ Kick-start the brain into action making you feel more alert
- ☺ Help you to meet your daily calorie and carbohydrate needs
- ☺ Stop you from snacking on unhealthy foods in later in the morning

Check out these suggestions for breakfast. Easily digested options are good choices if you have early morning training. If you have more time in the morning, choose from the larger breakfast section to get your day off to a great start.



### Easily digested breakfast options

- ✓ 1 2 slices white bread or toast with spread and honey or jam. Glass of water /fruit juice
- ✓ Small bottle of drinking yogurt and a cereal bar
- ✓ 2 pancakes, banana and glass of fruit juice
- ✓ Cereal bar, glass of fruit juice and handful of dried fruit
- ✓ Pot of yogurt or rice pudding with banana. Glass of water/fruit juice
- ✓ Bowl of cereal eg Cornflakes, Special K, Rice Krispies with low fat milk

### Larger breakfast options

- ✓ 2 - 3 slices wholegrain bread or toast with spread and honey or jam or peanut butter
- ✓ Smoothie made with 300mls low fat milk, banana and pot of low fat yogurt
- ✓ Large bowl of cereal eg Weetabix, Muesli, BranFlakes with low fat milk and blueberries
- ✓ 2 slices of wholegrain bread or toast with 2 slices of ham, 1 glass of milk
- ✓ Large bowl of Porridge made with low fat milk, chopped banana and honey
- ✓ Omelette or scrambled egg made with 4 eggs, chopped onion, tomato and ham, 2 slices of bread or toast
- ✓ 3 slices of bread or toast, small tin of baked beans, 2 slices of lean bacon



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