

# What's for Breakfast?

## Practical advice about the best way to start your day

It's been said that breakfast is the most important meal of the day, and with good reason.

When you sleep, your body uses a sugar called glycogen as a primary fuel source; and as a result, when you wake up these stores are depleted. Because glycogen is used in athletic performance, it's important to replenish these stores as soon as possible.

In addition to its effects on athletic performance, having a poor breakfast can create an eating pattern that will encourage fat gain. If you consume a breakfast that contains a high amount of refined sugar, it will cause a rapid rise in blood sugar, followed by a sudden and prolonged drop that will create a cycle of sugar cravings throughout the day. Satisfying these cravings, especially with foods containing refined sugar, is one reason childhood obesity has become such an increasing problem in America.

Before looking into what would be considered a good breakfast for an athlete, let's look at the typical breakfast that many athletes would consider healthy: eggs, bacon, toast, and orange juice

What's wrong with this picture? Well, just about everything. Let's examine each of these foods in turn.

**EGGS.** As a general guideline, you shouldn't eat more than six eggs a week as they are relatively high in fat (64 percent) and is a food many individuals are most commonly allergic to.

**BACON.** Although bacon

(and sausage) appears to be a good source of protein, it's high in fat and sodium, and it's relatively low in protein when compared to lean meats and fish.

**TOAST.** Virtually all grains, whether whole or refined, contain anti-nutrients, which are chemicals that can prevent your body from absorbing nutrients and have adverse effects that can damage the gastrointestinal and immune systems. Grain products should be used sparingly; a better alternative is to spelt bread.

**ORANGE JUICE.** Most of the orange juice drinks available contain high amounts of refined sugar, so you have to read the label to know what you're actually drinking.

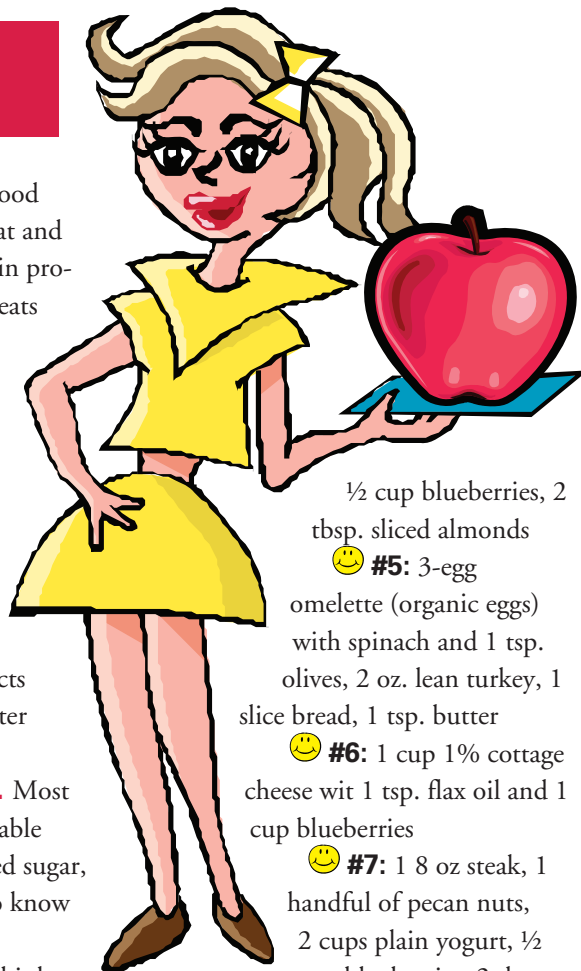
At this point you may be thinking that everything is bad to eat. Not quite. In fact, meal planning can be rather simple, and there can be little cooking involved because it's better to eat non-meat foods mostly raw. Focus on five categories of foods: lean meats, fish, vegetables, nuts and fruits. Here are eight sample breakfasts using these foods that were designed by Charles Poliquin's nutritionists at his Poliquin Performance Centers:

**#1:** 3-egg omelette (organic eggs) with spinach

**#2:** 3 oz. smoked salmon, sliced cucumbers and tomatoes

**#3:** 3 eggs, ¾ cup oatmeal, 1 tsp. slivered almonds, 1 tsp. butter

**#4:** 1 cup low-fat plain yogurt,



½ cup blueberries, 2  
tbsp. sliced almonds

**#5:** 3-egg omelette (organic eggs) with spinach and 1 tsp. olives, 2 oz. lean turkey, 1 slice bread, 1 tsp. butter

**#6:** 1 cup 1% cottage cheese wit 1 tsp. flax oil and 1 cup blueberries

**#7:** 1 8 oz steak, 1 handful of pecan nuts, 2 cups plain yogurt, ½ cup blueberries, 2 tbsp. almonds, 1 tbsp. flax oil

**#8:** 4-egg omelette with onions, pepper, tomato, mushrooms, ½ pink grapefruit, 1 tbsp. almond butter on spelt bread

For more information about Poliquin's nutrition program, check out *The German Body Comp Program* available through BFS. Another great resource that contains many diets designed for athletes is *The Paleo Diet for Athletes* by Loren Cordain, Ph.D.

In future issues of *BFS* we will discuss more specific aspects of menu planning, including what to eat before and after workouts. Until then, these ideas should help you get an athlete's day started off right! **BFS**

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