



BREAKFAST

Many of my patients make good changes to their food choices and improve their nutritional intake, but struggle with breakfast.

To those of you who are already eating a large, high-protein breakfast, congratulations! Well done! However, it seems that, for many, the single most difficult meal to change or improve is breakfast.

There are many reasons given for this challenge:

1. "I start work really early, so don't have time to make a big breakfast".
2. "I can't face food first thing in the morning".
3. "I have to make breakfast for the kids, so I eat what they eat".
4. "I'd rather stay in bed for an extra half hour than get up earlier to prepare breakfast".

Breakfast is the most important meal of the day, and the meal most often neglected. What and how we eat in the morning tells our body how we want it to respond during the day. So if we provide poor quality food, our body will give us poor quality energy. If we provide really good energy food, our body will respond accordingly.

Let's look at why breakfast is vital:

- Most of us are involved in most of our activity (energy expenditure) during the day. We go to work, look after the home, have appointments, see our therapists, visit friends, garden, exercise, and many other daily duties.
- During evening hours, we tend to be more sedentary; watch television, read, talk to family, sit and think, go to bed and sleep.
- Surely it makes sense that we need to provide the best and most energy-dense nutrition in the morning before we set off on our hectic day.
- Our evening meal can be much smaller and lighter as we are going to do less during the hours following.

In answer to the objections above:

1. Go to bed a bit earlier, then get up a bit earlier and prepare breakfast. Or prepare boiled eggs and quinoa the night before and take it to your work, with an avocado separately, in sealed containers so you can eat as soon as you get there.
2. Start with small, high-protein breakfasts and train your body to accept food first thing. It is possible. Drink warm water with lemon juice a few minutes before breakfast to assist your digestion.
3. Your kids should be eating what is good for you because it is good for them too.
4. Laziness will keep you sick. Determination and dedication will make you well.

So here are some ideas for wholesome, energy-producing breakfasts. Yes, some of you will have read this in your Guidebook, but it is worth repeating:

- Eggs (1 to 3) boiled, poached or fried, with left-over vegetables from the night before, mushrooms, organic baked beans (or refried beans), and avocado. This group can be modified or varied. I usually have 3 eggs, beans, mushrooms and avocado, but may leave out one item occasionally. Or add spinach, tomato, or other vegetables.
- Eggs (1 to 3) with avocado on gluten-free toast. Or scrambled eggs with or without toast, plus avocado.
- Omelette (2-3 whole eggs) with diced vegetables and mushrooms.
- Quinoa porridge with ground nuts and seeds sprinkled on top or mixed in, fresh or stewed fruit, plus almond milk. Drizzle on some raw organic honey for sweetening if desired.
- Fish and vegetables.
- Steak and eggs, mushrooms and vegetables.

Be creative with your breakfast. It is worth getting up ½ hour earlier to eat well, as this will increase your energy levels during the day, help you work (or play) better, and get your body “in the mood” for healing.

Getting well when we have been diagnosed with Parkinson’s disease means changing almost everything. Breakfast is a great place to start.

