

I rarely have time for breakfast but am always really hungry by mid-morning. Do you have any tips for a quick and healthy breakfast?

Siobhan says... breakfast really is the most important meal of the day!

We have heard for a long time that breakfast is the most important meal of the day. But why is that? It has been proven that children and adults who eat breakfast cereal regularly have a lower Body Mass Index (BMI), are less likely to be overweight and tend to put on less weight over time. Having a healthier breakfast can have other benefits too such as boosting memory and attention.

Cereal with milk, soy milk or yoghurt and some fruit is a really quick and easy breakfast to prepare. To keep breakfast interesting and varied, try adding chopped fresh fruit or tinned fruit in natural juice or a sprinkle of dried fruit on top. Ideal breakfast cereals are those naturally high in fibre without added sugar. Muesli style cereals, oats and porridge, bran flakes, wheat biscuits are all good and have the benefit of tasting great with added fruit.

When choosing a cereal it is important to check the ingredients label. Look for cereals marked as 'high fibre' or 'contains whole grains'. These types of cereals are more slowly digested and will help you to feel full for longer.