

IMPACT OF A BALANCED BREAKFAST ON OVERALL BODY ACTIVITY**Simran**

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ARTICLE INFO**Article's History****Received:** 22th August, 2022**Accepted:** 7th September, 2022**Corresponding Author:****Simran,**Department of Clinical Research,
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122051, India, 9671012388,**e-mail ID:**simranjaswal008@gmail.com**How to cite the article?****ABSTRACT**

Breakfast has been contemplated as the most vital meal of the day, and contemporary studies has proven its nutritional benefits as well as other advantageous effects, such as instantaneous feelings of well-being and long-term advancement in overall diet quality. Especially In case of children and young adults, having breakfast regularly can boost overall body performance in terms of behavior, positive energy, learning abilities and physical and emotional well-being. The purpose of this paper is to demonstrate, the perks of incorporating balanced proportion of breakfast in your diet plan. To procure the results, a survey was conducted among sample comprising of all age groups which helps you to attain a bright outlook on the overall health and zestful behavior of encompassing balanced diet in your breakfast. This paper further discusses the notion that 8 out of 10 people who participated in the survey agree to the fact that balanced breakfast is essential for a better start to their day. They also agree that having a balanced breakfast helps in boosting overall energy levels of the body in performing various daily activities. Hence it can be concluded that bringing balanced morning breakfast into practice can lead to overall health benefits and further opens a scope of research so as to evaluate the optimum proportions of a classic balanced breakfast.

Keywords: Breakfast, balanced diet, behavior, energy, health.© www.albertscience.com, All Right Reserved.**Simran, Impact of a balanced breakfast on overall body activity, ASIO Journal of Medical & Health Sciences Research (ASIO-JMHSR), 2022, 6(1): 01-04.****INTRODUCTION**

The survey is conducted for measuring the Impact of doing a healthy breakfast and its relation with the overall body activity of the individual throughout the day.

Breakfast:

The primary meal of the day; is considered as the most important meal of the day as it breaks the fasting period of overnight (as the name suggests) and helps you to boost your overall body performance by recharging your blood glucose supply which is essential for overall health performance of your body. It's also important to include balanced proportion of nutrients in your breakfast.

The health experts provide the general consensus to eat breakfast that is well-balanced essentially; such that the supply of energy at a slow pace over the course of the

morning. As a matter of fact, not eating (a well-balanced) breakfast has been showing signs to possess a negative influence on cognitive function, with much of the research in this area focusing on the academic performance of school-aged children. Most people are likely to feel less energetic by not having breakfast at all.

It is frequently stated that breakfast is a very important meal and that it deserves special attention, especially among children and this is often borne out by published opinions of international agencies, national governments and non-governmental organisations. One among the most wide-reaching reports is that of the European branch of the World Health Organisation, that conducted a health behaviour survey of over 200,000 male and feminine schoolchildren, 11-13 and 15 years old in 39 European states in 2009/2010. [1]

1. BALANCED BREAKFAST AS AN ESSENTIAL REQUIREMENT:

The definition of a balanced breakfast is that your breakfast must include foods from out of all the five principal food groups. Foods like breads, cereals, low-fat dairy products, fruits, proteins are most likely to be constituted in the breakfast. As many researchers in their studies have also proved that eating a well-balanced breakfast can improve your cognitive skills; most likely for the children and boosts your overall body potential to perform several activities. Many studies have also showed that including a balanced breakfast in your diet can help you in weight control by maintaining blood glucose levels and also prevents from chronic diseases like diabetes mellitus type II. In support of our research article, we have conducted a survey among all age groups and most of them prefer to have balanced breakfast because they feel more energetic and fresher after having it. Assuredly, nutritionists many a times have endorsed various foods for breakfast particularly to help ameliorate people's state of mind [2]. Even so, on this point, it is possibly worth considering that eating a large or heavy breakfast has been claimed to be linked with a lower mood later in morning [3].

2. COMPOSITION OF A BALANCED BREAKFAST:

2.1 Proteins:

Proteins are complex biomolecules that comprises of one or more long chains of bundle of aminoalkanoic acid residues. Proteins perform an enormous array of functions within organisms, including catalysing metabolic reactions, DNA replication, responding to stimuli, providing structure to cells and organisms, and transporting molecules from one location to a different one. Proteins differ from each other primarily in their sequence of amino acids, which is dictated by the nucleotide sequence of their genes, and which usually leads to protein folding into a specific 3D structure that determines its mechanism of action^[4].

Proteins are the building blocks of life. Every cell within the human body contains protein. The essential structure of protein is a chain of amino acids. You would like protein in your diet to help your body repair cells

and make new ones. Protein is additionally important for growth and development in children, teens, and pregnant women.

2.2 Food Sources:

Protein foods are weakened into parts called amino acids during digestion. The physical body needs a number of amino acids in large enough amounts to maintain good health. Amino acids are found in animal sources like meats, milk, fish, and eggs. They're also found in plant sources such as soy, beans, legumes, nut butters, and a few grains (such as wheat germ and quinoa). You are not going to need to eat animal products to get all the protein you need in your diet.

2.3 Amino acids are classified into three groups:

- i) Essential;
- ii) Nonessential;
- iii) Conditional.

Essential amino acids can't be made by the body, and must be supplied by food. They are not needed to be eaten at every meal. The balance over the full day is more important.

Nonessential amino acids are made within the body from essential amino acids or by the normal breakdown of proteins. ^[5] Conditional amino acids are needed in times of illness and stress. ^[6]

2.4 Carbohydrates:

Carbohydrates are a kind of macronutrient found in many foods and beverages. Most carbs occur naturally in plant-based foods, like grains. Food manufacturers also add carbs to processed foods within the form of starch or added sugar.

Common sources of present carbohydrates include: - Fruits, vegetables, milk, nuts, grains, seeds, beans, peas and lentils.

Types of carbohydrates- There are three main sorts of carbohydrates:

Sugar:

Sugar is the simplest form of carbohydrate. It presents in some foods, including fruits, vegetables, milk and milk products. Types of sugar include fruit sugar (fructose),

table sugar (sucrose) and lactose (lactose). Added sugars are often found in many foods, like cookies, sugary drinks and candies.

Starch:

Starch may be a complex carbohydrate. This suggests that it is made up of many sugar units bonded together. Vegetables, grains, cooked dry beans, and peas all naturally contain starch.

2.5 Fibre:

Fibre is also a complex carbohydrate. It occurs naturally in fruits, vegetables, whole grains, and cooked dry beans and pea. [7, 8, 9]

2.6 Vitamins and minerals:

Vitamins are divided into two categories: water soluble—which means the body expels what it doesn't absorb—and fat soluble where leftover amounts are stored in the liver and fat tissues as reserves. The water-soluble vitamins are the eight B vitamins (B-1, B-2, B-3, B-5, B-6, B-7, B-9, and B-12) and vitamin C whereas A, D, E, and K are fat-soluble vitamins.

There are many minerals, but a certain few are necessary for optimal health. Minerals are diversified into two groups-major and trace. Major ones aren't necessarily more important than trace, but it means there are greater amounts of the same in your body.

Federal guidelines recommend daily minimums for vitamins and important minerals. However, unless you would like to increase your intake for specific ones because of a deficiency or other medical reason, following numerous numbers can be confusing.

The best approach to ensure you get a variety of vitamins and minerals, and within the proper amounts, is to adopt a broad healthy diet. This involves a stress on fruits and vegetables, whole grains, beans and legumes, low-fat protein, and dairy products. The great news is that many common foods contain multiple mineral and vitamin sources, so it's easy to meet your daily needs from everyday meals. [10,11]

MATERIAL & METHODS

To support our hypothesis, we prepared a questionnaire of 12 questions comprising of both open and close ended

types, related to breakfast/ balanced breakfast on a day-to-day basis and collected responses from the general population. We also deduced the preferred composition of breakfast of this population and the response in energy levels after consumption of balanced breakfast.

RESULTS & DISCUSSION

We have collected 144 responses in total as shown in "Figure 1" out of which 81.3 % of the respondents agree to the notion that they feel energetic after a balanced breakfast. Although as in "Figure 2", 86.1% of the respondents agree that having balanced breakfast regularly is necessary for the better start of the day, 6.9% agree to the same but skip their breakfast. 79.9% of the total individuals said yes to have breakfast regularly.

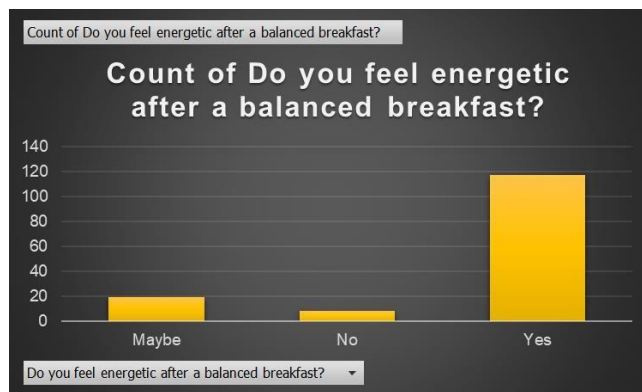


Figure 1: It shows the count of people who feel energetic after having a balanced breakfast

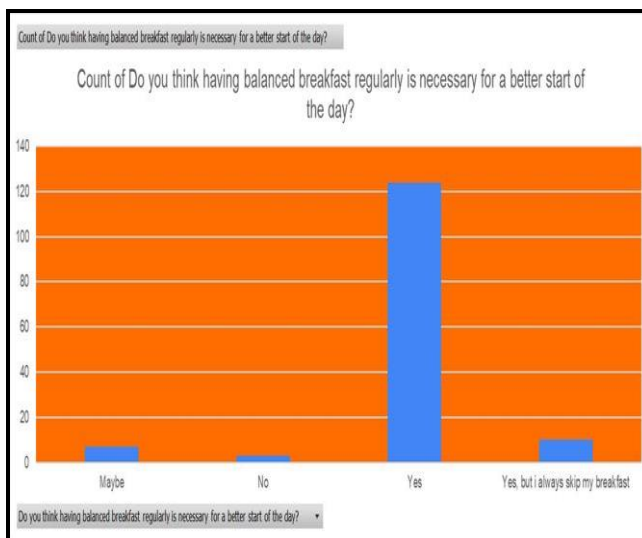


Figure 2: It shows the count of people who think having balanced breakfast regularly is necessary for a better start of the day

The two major subgroups of the breakfast types that the target group prefers that can be seen in "Figure: 3" are:

1. Mixed breakfast (68.1%)
2. Protein-rich (25%)

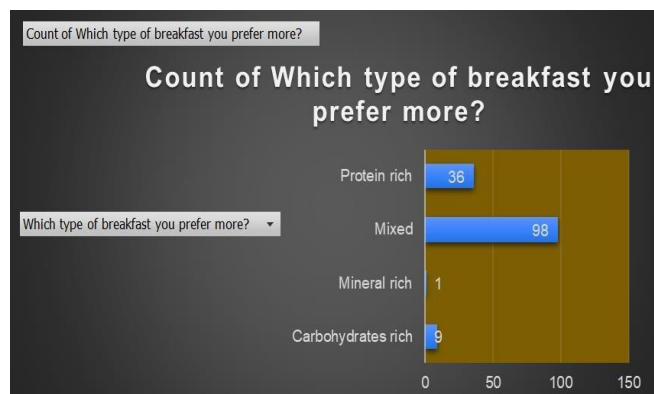


Figure 3: It shows the count of type of breakfast people prefer

77.1% of the respondents believe that having a balanced breakfast boosts our overall body performance. The results of the indication that approximately 80% of the target population agree that balanced breakfast leaves them to feel more energetic than when they have no breakfast.

CONCLUSION

Walking down the course of this entire paper, it boils down to a viewpoint that incorporating a healthy habit of including breakfast as a part of your day-to-day routine and with the appropriate and optimum nutrients can prevent life from going haywire. Several evidences over the time have suggested that balanced breakfast can improve the overall health of a human body by enhancing their physical, mental and social well-being. The contents of this paper comprise the evaluated results of the questions provided to the respondents that are indicative of the concepts that approve of breakfast being the prime and most important meal of the day that adds up to the energy levels of the body and enhances the quality of life.

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