

# Is breakfast really the most important meal of the day?

The answer is very simple if you're overweight. No!! Breakfast is not the most important meal of the day and here's why...

If you're overweight and you eat breakfast what happens next goes a little like this:

Imagine driving home from work one evening and during the journey home you stop off at the petrol station, which is next to your workplace. You fill your tank to the top with fuel and you proceed to drive home.

You know that your journey home uses up £5 worth of fuel to get you to your door.

So, what would happen if, on the way to work the following morning, you stopped off at a petrol station 500 yards from your house and tried to put £10 worth of fuel into your car? Remember: you only used £5 of fuel the previous night, so you'll only end up spilling £5 worth of fuel onto the forecourt!

Okay now: let's imagine something together. Let's say that the trauma of spilling all the fuel needlessly onto the forecourt was too much for you to take, so you decided to call in sick and mope around at home all day instead (and plenty of us ARE "throwing sickies" as we are genuinely ill – for reasons which I will explain throughout this book).

Anyway. Lunchtime comes around and hey presto – you've got yourself together and you're feeling a little better. So, you arrange to have lunch with a fellow friend who also took the day off work, as they're feeling under the weather due to complications with type 2 diabetes, something they've suffered with for a while.

You're really excited to see them, as you've not crossed paths for a little while. You're dying to tell them about this new book that you've bought, entitled "Had Enough Yet?" (You may have heard of it...!)

Your friend lives quite a distance away, so you jump into your car and head for the petrol station, which as we already know is situated only 500 yards from your house. You're rushing, you put fuel into the car and then suddenly it hits you – it was already full from this morning.

Oh dear. Yep. You've just emptied another load of fuel unnecessarily over the forecourt. Once more, you find yourself feeling a little more than simply embarrassed, and in a sulk you cancel your lunch date and head home feeling fed up.

Out of the blue, your mobile rings. It's your other half, and they've booked dinner for you both at a beautiful restaurant you've had your eye on for some time. As you hang up, you feel like things are looking up again! You shoot upstairs and get yourself looking your best – the best you've looked all day! Like a shot you're into your car, all excited to see your

dearest and explain to them about the crazy day you've had. You're thinking about the conversation you'll both have when, suddenly, you realise you're stood at the forecourt once again, on autopilot, filling your car up with petrol to get you to the restaurant... the car that was, of course, already full of fuel...

Well okay. We all make mistakes, right?

And yes, I agree. This *is* a daft story and no, no-one in their right mind would ever be scatter-brained enough to do this.

I'm just trying to put an image in your head – an analogy for the fact that we are constantly putting unnecessary and bad fuel into our bodies at breakfast, lunch and dinner – oh, and that's not to mention all the rubbish we snack on in-between.

All of this fuel is unnecessary if you've already filled up on the amount of fuel your body genuinely needs. If you're overweight, you're already fuelled up with accumulated fat cells.

Are you seeing the bigger picture yet? Our bodies are like our motor vehicles: we put fuel in to get miles out. In the case of our bodies, if we're overweight, just like the fuel in this scenario, and we're putting fuel into our body every meal time but not burning it off, it can only be stored as fat.

With every single carbohydrate-laden meal we eat, these carbohydrates have to be used up by the movement of our bodies. If not, foods such as cereals, white pasta, white rice and bread will not get burnt off.

No ifs. No buts. It *will* be stored as fat!

So they tell us breakfast is the most important meal of the day, yet it's turning into fat? How come we're not all aware of this?

Thanks to poor standards of nutritional education in this country, breakfast remains big business, and if overweight people stopped eating their morning cereal, what would happen to the profits of the cereal companies?

They would drop quicker than the weight you will lose after reading this book!