

Meal to make your day

After a night's sleep, a healthy breakfast refuels the body and starts your day with energy, writes **Sushma Veera**

IT'S the most important meal of the day, yet it's the one that is most frequently skipped due to morning rush. Breakfast is crucial because a healthy breakfast refuels your body and jump-starts your day.

Skipping breakfast not only causes a variety of nutritional problems but it can also affect one's ability to focus and this can ultimately affect performance, whether at school or at work.

Recently, Nestle Products' dairy business unit executive director, Ho Hau Chieh, announced Malaysia Breakfast Day as part of Milo's on going campaign — The Milo Breakfast Movement.

The Milo Breakfast Movement was first launched June last year, with the objective of educating Malaysian parents on the right balance of nutrition and energy in their children's diet. "It is our responsibility to not only inform Malaysians about the right nutrition to start their day but also to encourage action towards the cause," says Ho.

He adds that Milo provides the right energy for Malaysians to start their day.

"It takes just a few minutes in ensuring that your kids have a healthy and nutritious breakfast."

BREAKFAST BENEFITS

Nestle nutritionist Nurul Iliani Ahmad says a healthy breakfast has a host of benefits.

"A study conducted by Universiti Kebangsaan Malaysia on primary school children in 2007/2008 revealed that out of 11,371 respondents, only two-thirds of them ate breakfast every day," she says.

Of the 32.1 per cent who missed breakfast, 7.5 per cent claimed that they never ate breakfast, citing reasons such as "no time", "not hungry" and "no appetite".

The National Health and Morbidity Survey 2011 states that only



Breakfast is important for optimum physical and mental performance, says Nurul Iliani.

79.1 per cent of Malaysian adults eat breakfast.

"The morning meal is not only important for optimal physical performance but also for mental performance. A good breakfast boosts your child's energy and enables him to concentrate better in school, work efficiently throughout the day and perform better on physical activities," says Nurul Iliani.

Chef Sabri Hassan joins the bandwagon in helping Malaysians

realise the importance of breakfast and shows how Milo plays a role in this. He also shares three simple and healthy breakfast recipes that can be prepared within minutes.

"Even if you're short on time, quick-and-flexible options you can grab at home give you plenty of healthy ways to put breakfast back on your daily menu."

The Malaysia Breakfast Day will be held on May 5 at Universiti Putra Malaysia and is open to public.

Besides giving away 20,000 free breakfast packs that Sunday morning, Milo has also lined up various interesting activities, including health checks.

"Milo has also reached out to its audience through the company's new breakfast page, www.milo.com.my/breakfast, providing users with all the information on the campaign, and enlightening them with facts and tips to a healthy lifestyle," says Ho.

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MILO FRENCH TOAST

Serves 4

Ingredients:

1 egg, well beaten
2 slices of bread
50ml evaporated milk
1 tbsp cooking oil
4 tbsp vanilla essence
½ tbsp Milo powder
Caster sugar (optional)

Method:

1. Heat milk and whisk in Milo powder. Remove from heat and whisk in beaten egg.
2. Trim crust of bread slices, then cut each slice into triangles.
3. Dip bread into Milo mixture and shallow fry in hot oil until cooked.
4. Remove from heat and sprinkle caster sugar, if desired.
5. Serve hot.



MILO YOGURT LASSI

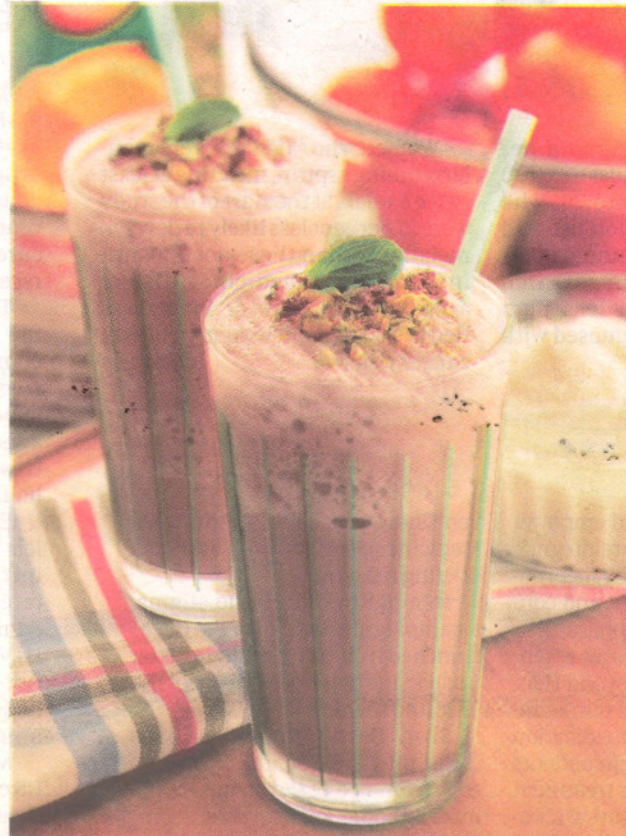
Serves 4

Ingredients:

1 cup Nestle fat free mango yogurt
150ml Nestle low fat milk
6 tbsp Milo powder
2 tbsp sugar (optional)
1½ cup Milo powder, for sprinkling

Method:

1. Blend all ingredients together until smooth.
2. Pour lassi into chilled glasses and sprinkle with Milo powder.
3. Serve at once.



POTATO AND EGG SALAD

Serves 4

Ingredients:

A
500g potatoes, boiled and cut into cubes
4 hard boiled eggs, shelled and cut into wedges
250g lettuce, washed, drained and tear

B
3 tbsp ginger paste
1½ tbsp canola oil

3 tbsp Maggi chilli sauce
2 tbsp Maggi tomato sauce
150ml water

Method:

1. Heat oil, stir-fry ginger paste till fragrant. Add chilli sauce, tomato sauce and water, stir until sauce thickens.
2. Line lettuce, potatoes and eggs in a large serving tray. Pour dressing over before serving.



PICTURES BY CHE RANI CHE DIN