

Muesli - for a truly awesome breakfast

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You may have noticed that muesli has been getting a bit of bad rap in the media lately and I feel I need to defend this awesome food. To me, muesli and yoghurt with fruit is the best breakfast option for busy people. Unlike toast, which will go cold if left half eaten, muesli can be interrupted with normal morning capers and is still just as tasty 5 minutes later. Even better, if your morning goes really pear shaped it can then be transported to work and, again, be just as scrumptious an hour later. Unlike cereal which would be pretty soggy and unappetising in comparison. Now don't get me wrong, a high fibre cereal is FANTASTIC for increasing your iron intake. It's just sometimes our mornings don't allow for a conventional, sit down breakfast and throwing some raw muesli into a container with yoghurt and some strawberries (aren't they just YUM at the moment?!) takes 1 minute and is SO much better than skipping breakfast and much quicker than picking up something on the way (and let's face it, MUCH healthier than the local drive thru, yes?). So why the bad rap? Well there's been mention of the high kilojoule content. So let's get the facts straight. Muesli usually contains dried fruit, which, not surprisingly, contains some sugar. Dried fruit is also great for increasing fibre content. Muesli contains oats, which naturally contain fat. Oats contain beta glucan though, which is great for reducing cholesterol. Lastly, most muesli also contains raw nuts, which provide good fats and are great for our heart and general wellbeing. The higher fat and sugar content contribute to an overall kilojoule content. But rather than focusing on the negative people, focus on the benefits, what this food is PROVIDING. Like everything, it's the portion size that matters. Most people usually need **1/3** the portion of cereal to meet their requirements. For example, if Bob requires 1 cup cereal, or 2 Weetbix, for breakfast, the equivalent is 1/3 cup raw muesli. So, choose a raw muesli, not toasted, and watch the portion size. But do enjoy the awesomeness that is muesli.

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