

1. Importance of Breakfast for Women- Ms. Nadiya Merchant, Associate Director – Nutrition, Kellogg, India

She delivered a talk on how a healthy breakfast can contribute to the women's health. Here are some highlights from her presentation-

- Breakfast is the first meal of the day that we consume after a longer period of fasting and within 2-3 hours after waking up. Human brain lacks fuel store and hence require a continuous supply of glucose. So, the habit of skipping breakfast often can lead to several metabolic disorders in the long run.
- Eating breakfast provides several health benefits like improved nutrient intake, healthier body weight and BMI, enhanced cognitive performance and overall improved metabolic health.
- Breakfast can give a head start on our body's daily vitamins and mineral needs.
- Skipping breakfast over a long period of time can be detrimental to cardiometabolic health and also increases the risk of type 2 diabetes.

She concluded her presentation by stating that balanced diet is the key to address these health problems and breakfast is the important meal of the day.