

BREAKFAST

AROUND THE WORLD

We have all heard that breakfast is the most important meal of the day. Teachers, parents, doctors, and spouses often remind us that we need to eat something to help us start our day.

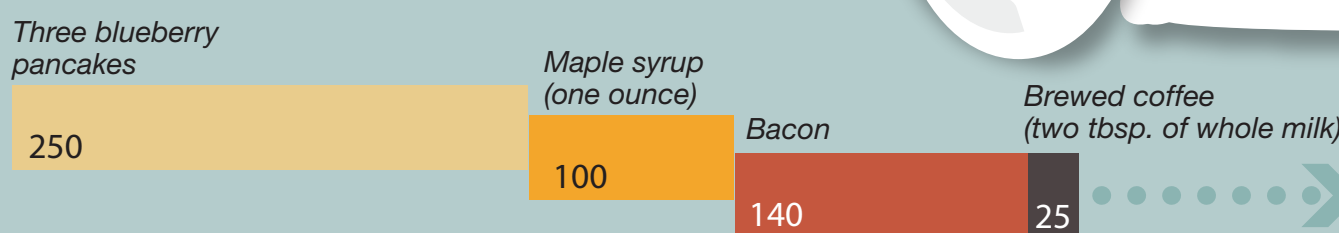
While many Americans think of breakfast foods as bacon, eggs, and pancakes, other countries eat different foods in the morning. Some countries eat foods that many Americans may not even consider as "breakfast" foods. So take a look at how people eat breakfast around the world.



UNITED STATES

As mentioned above, a typical American breakfast would include blueberry pancakes and syrup alongside a few pieces of bacon. This would be served with a cup of coffee. Generally, this meal would take about 25 minutes to make and result in 515 calories.

CALORIE COUNTER

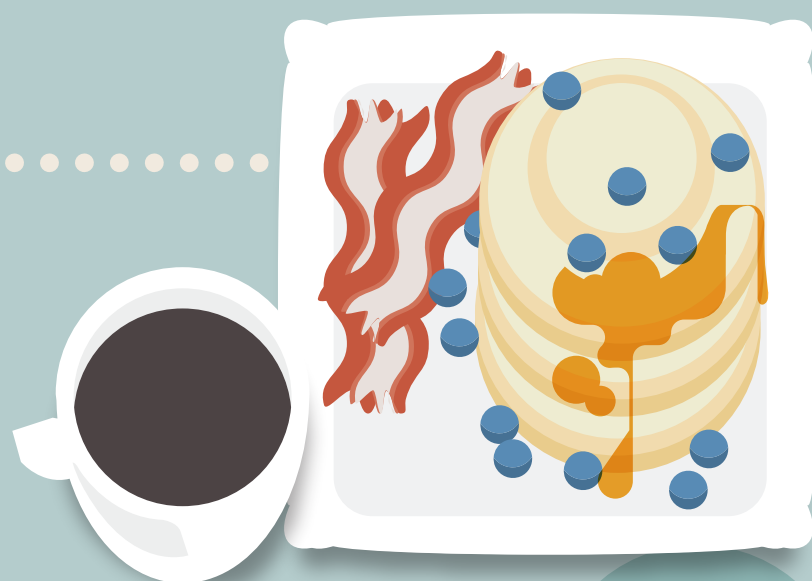


515 calories



Preparation Time

25 minutes



FRANCE

The French like to call their typical breakfast "Le petit déjeuner," or small breakfast. It consists of a toast with butter or jam, sometimes a croissant, and coffee or tea.

CALORIE COUNTER



414 calories

Preparation Time

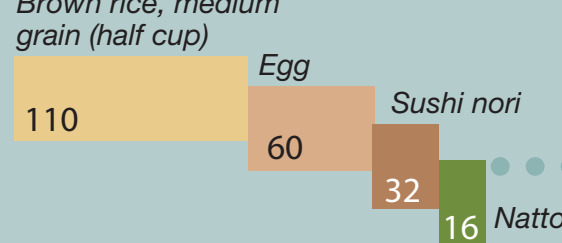
20 minutes



JAPAN

This breakfast might surprise you if you are not familiar with typical Japanese diets. In Japan, they start their mornings with traditional steamed rice, miso soup, raw eggs, natto and nori. Nori is an edible seaweed that is commonly used as a wrap for sushi. This filling meal may seem high-calorie but the calorie count is only 218.

CALORIE COUNTER

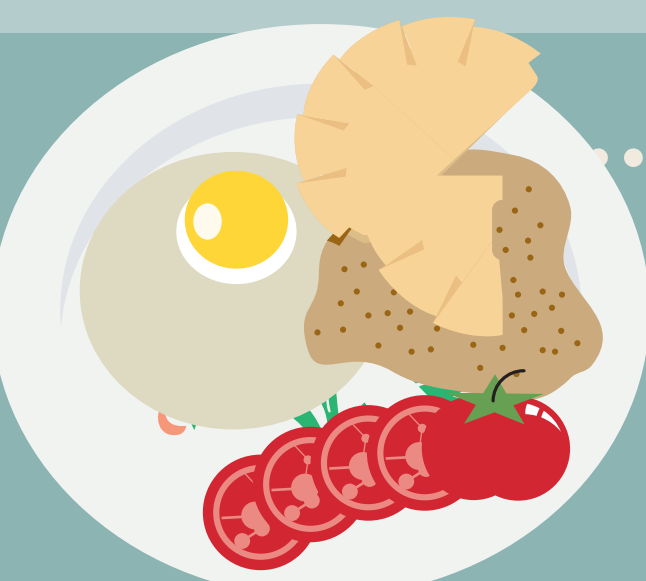


218 calories



Preparation Time

20 minutes



MEXICO

Huevos rancheros, or fried eggs with salsa, is a popular dish in Mexico and across the border in the United States. Tortillas are also commonly served with a traditional Mexican breakfast, stuffed with beans, eggs, salsa and sour cream.

CALORIE COUNTER



500 calories

Preparation Time

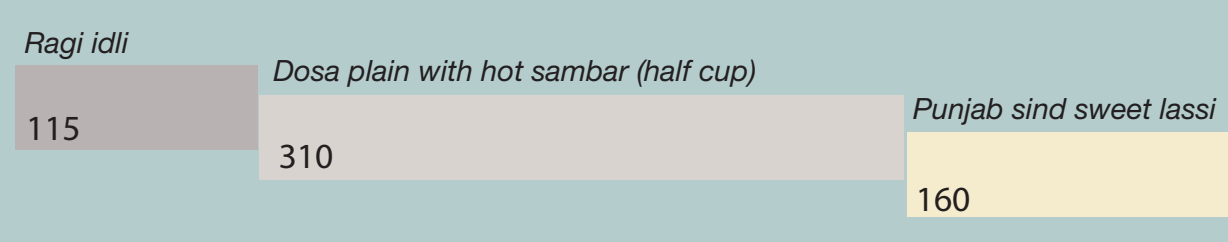
30 minutes



INDIA

Ragi Idli and Dosa (a large crepe) are made out of ragi flour and fermented overnight. They are often coupled with Lassi, a sweet yogurt drink blended with water and Indian spices such as cumin.

CALORIE COUNTER



585 calories



Preparation Time

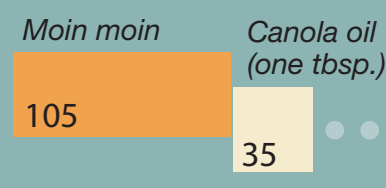
35 minutes



NIGERIA

A common Nigerian breakfast is Moin Moin, a steamed bean pudding made from a combination of peeled black-eyed-beans, onions, and washed ground peppers. This meal is one of the lowest calorie meals with only 140 calories.

CALORIE COUNTER



140 calories

Preparation Time

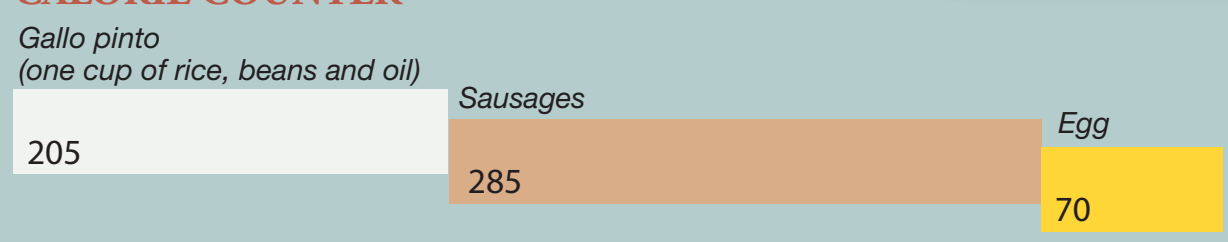
45 minutes



COSTA RICA

Gallo pinto is the national dish and a typical breakfast in Costa Rica. Spiced rice and beans are served with eggs, sour cream, and sausages to create a filling 560 calorie meal.

CALORIE COUNTER

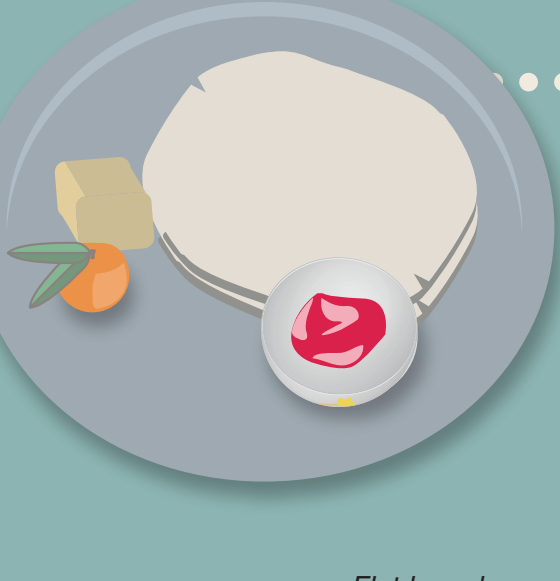


560 calories



Preparation Time

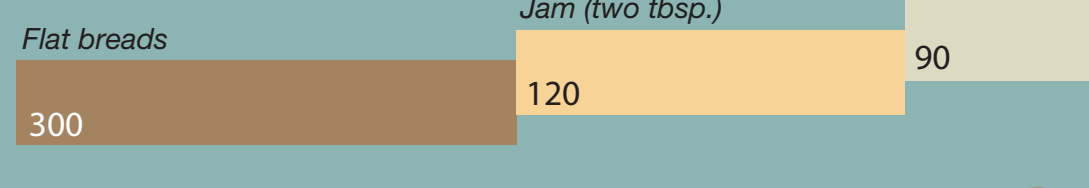
45 minutes



IRAN

The basic traditional Iranian breakfast consists of a variety of flat breads, butter, Tabrizi white cheese, feta cheese, whipped heavy cream or a variety of fruit jams and spreads.

CALORIE COUNTER



510 calories

Preparation Time

30 minutes



SOURCES
 • blog.hostelbookers.com
 • care2.com
 • channel4.com
 • fitsugar.com
 • recipes.sparkpeople.com
 • freedieting.com
 • wikipedia.com

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