

ULTRA ACCESS

Scaffolders Breakfasts - Brain and Bodyfood

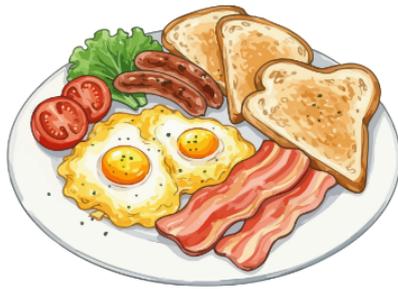
Best things to eat in the morning to stay energised - strong and alert

Scaffolders have one of the most physically demanding jobs out there - climbing, lifting heavy of various components, like; Tubes, Boards and bags of Fittings, balancing at heights, and doing it all day long in all weather conditions, etc.

Staying strong, and alert is a safety critical imperative.

To stay energised from a good hearty and fulfilling breakfast, one would need plenty of calories, transformed into energy that stays with you until long past lunchtime - with a diverse mix complex carbs (for steady fuel), protein (for muscle repair and staying power), and healthy fats (to keep you going longer).

ENERGY DRINKS give short term sugar boosts, but can be damaging to ones body in other ways if consumed long term, so sustainable alternatives would be advised to source and use.



Typically, and historically a **Full English Breakfast** (also called a "Fry-Up") is a hearty, traditional and cultural British meal that's packed with flavour and energy - perfect for a day grafting on the tools... it typically includes Fried Eggs, Bacon, Sausages, Baked Beans and/or Grilled Tomatoes along with Toast (often Buttered), with all kinds of extras available depending on local preferences.

Nutritional values vary a lot depending on portion sizes, cooking methods (fried vs. grilled/poached), etc, but they generally have good protein, fats and fibre, but watch out for the high sodium.

Alternatively, there are healthier options available if one doesn't have the time, or the desire to eat a lot of fried food before work. One being... **Porridge** (oat-based oatmeal) - which is one of the absolute best breakfasts for scaffolders and anyone doing heavy manual work.

It's cheap, quick to prep, portable (especially overnight versions), and delivers sustained energy without the crashes you get from sugary cereals or the aforementioned "Fry-Ups".

Adding some Fruit, Honey, or even Salt (for some of our Scottish friends) adds extra flavour and nutrition to the meal.



If going for a "cold start" fruits like **Bananas** - high in potassium (fights muscle cramps), quick carbs, and easy to eat one-handed, **Apples** - crunchy, filling, and portable, offering good fibre keeps you satisfied longer and **Oranges** - which are hydrating and packed with vitamin C - great for Winter working.

Breakfast is the most important meal of the day for many reasons, the main one being its very namesake as it literally "breaks the overnight fast", replenishing your body's glucose stores after 8-12 hours without food.

This kickstarts your energy, boosts alertness, and provides essential nutrients to fuel your brain, muscles, and metabolism right from the start - as well as improves mood, and mental drive.