

## Video: What is a 'complete breakfast'?

August 31 2015

---



Credit: The American Chemical Society

It's the most important meal of the day. Or is it? Breakfast has been the topic of much debate.

For years, we were told to eat a complete breakfast.

But what does that even mean? Should a complete breakfast include [eggs](#), or should you avoid them altogether? Does any of this apply to brunch?

We settle all of your [breakfast](#) concerns in our latest Reactions video.

Fire up the toaster, and watch it here:

Provided by American Chemical Society

Citation: Video: What is a 'complete breakfast'? (2015, August 31) retrieved 27 April 2024 from <https://medicalxpress.com/news/2015-08-video-breakfast.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.