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Terence Kealey, 64, believes breakfast is a “dangerous meal” and hopes that in 10 years time it will become as socially unacceptable as smoking cigarettes. He says that skipping breakfast has...

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Breakfast may be the most important meal of the day, but only if we skip it. We have long been told to breakfast like kings and dine like paupers. In the wake of his own type 2 diabetes diagnosis, Professor Terence Kealey was given the same advice. He soon noticed that his glucose levels were unusually high after eating in

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the morning, but if he fasted until lunchtime they fell.

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dangerous. Having sugary breakfast cereal after a high glucose reading is just plain stupid!

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Kealey says the main effects can be broken into three: 1) 'Eating breakfast is



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itself a source of glucose spikes, which are dangerous' 2) 'Eating breakfast increases your calorie load, which in a world of Type 2 diabetes and obesity is also dangerous.' 3) 'Eating breakfast stimulates you to feel ...

*Skipping Breakfast: Should you give up*

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Professor Terence Kealey's book *Breakfast is a Dangerous Meal* casts doubt that a carb-heavy first meal of the day may be beneficial for everyone. After a diabetes type 2 diagnosis, he was advised to...

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*Why eating breakfast is bad for your*

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Breakfast Is a Dangerous Meal will provide authoritative, welcome advice for anyone who is diabetic or prediabetic and indeed anyone who has considered skipping 'the most important meal of the day'. Read more Read less

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Breakfast Is a Dangerous Meal will provide authoritative, welcome advice for

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