



## Breakfast around the world

What we eat for breakfast varies hugely depending on who we are and where we are from. Around the world, typical breakfasts can be very different. Here we take a snapshot of breakfasts across the globe.



## Breakfast in Africa

### Ghana

Porridge is sometimes eaten at home, but many buy their breakfast from street vendors. Omelettes and a very sweet and dense bread known as sugar bread are also popular.

## Nigeria

Porridge made from corn, made with evaporated milk is common amongst the south Western Yoruba people. For those in the south west, a popular breakfast food is 'garri', which is made from the root of cassava and soaked overnight then sweetened with sugar and eaten like a cereal.

## Uganda

Breakfast varies across the country. A usual breakfast is a cup of tea with a variety of warm or cold foods. In central Uganda, a typical breakfast would be a tea (made with milk and ginger), served with a combination of green cooking bananas in a stew with beef or in a vegetable sauce.

# Breakfast in The Americas

## Argentina

In Argentina and Uruguay, breakfast consists mainly of espresso coffee, café con leche, or yerba mate. There are also croissants, brioches, or facturas with dulce de leche, filled churros, French bread with jam and butter, grilled sandwiches of ham and cheese known as tostados, and sweet cookies or crackers.

## Brazil

Brazilians refer to breakfast as either café-da-manhã (morning coffee) or desjejum. Breakfasts vary in the different regions of Brazil with black coffee, milk, yoghurt and white cheese proving widely popular. Coffee or juice often accompanies croissants, other kinds of pastry, French bread with jam or butter, grilled sandwiches of ham, cheese and tomatoes called misto-quente, slices of cake such as corn cake, orange cake and carrot cake. In the Southern States a steaming yerba

mate infusion in a traditional gourd called chimarrão is often drunk. The cold version is called tereré.

## Chile

In Chile, breakfast is a light meal of coffee or tea and two types of bread – marraqueta and hallulla – which are accompanied with jam, butter, cheese or jelly.

## Colombia

In Colombia there are various staple breakfast foods. In the Cundinamarca region people eat changua: a soup of milk, scallions and cheese. In the Tolima region, a tamal tolimense is eaten with hot chocolate and arepas (corn bread). Tamales tolimenses are made with rice, dry legumes, beef, chicken and pork, egg and potato, covered with maize dough and cooked in a banana leaf.

## Cuba

Cuban breakfast has evolved since the Communist Revolution. Before this time breakfast consisted of café con leche that was sweetened and then included a pinch of salt. Toasted and buttered Cuban bread was then dunked in the coffee. Since the revolution the lack of availability of coffee amongst other things has changed breakfast in Cuba, which now consist of sopa de chicharo (salted green pea soup), coffee when available, and saltine crackers.

## Ecuador

Breakfast in Ecuador varies greatly between regions. On the Pacific Coast most breakfasts will consist of strong black coffee brewed in a traditional aluminium pot (café de olla), fried plantain and a local hard white cheese. In the highlands a typical breakfast will include black coffee or herbal tea (infusiones) with fresh bread rolls, scrambled eggs and a type of corn called mote.

## Mexico

In Mexico, breakfast is called 'el desayuno'. Roughly translated, those words mean "super-hardy meals filled with colour, spice and flavour that match the character of the people who live in Mexico".

Throughout the Republic of Mexico, breakfasts vary by region due to the produce available, ethnic diversity and proximity to neighbouring countries. Similarities in regional cuisine stem from Native American traditions (primarily Aztec and Mayan) and the influence of three centuries of Spanish rule. Tortillas are a core part of many breakfasts and these may be eaten with spicy egg or sausage. Breakfast cereals are now very popular in Mexico and a wide range of fruit is often eaten.

## United States of America and Canada

Typical items on the breakfast menu in America and Canada include porridge, grits (maize porridge), eggs, bacon, hash browns, toast, pancakes, waffles, bagels and pastries. Cereal has become very popular in recent decades and most will have coffee, tea and juices.

# Breakfast in Asia

## Afghanistan

In Afghanistan breakfast is typically omelette, boiled eggs, cake or biscuits, toast, rice with koft'a (meat) or sabzi (spinach). This will be washed down with khuemok chai – black tea with milk and rose essence.

## Burma

In Burma, the traditional breakfast is fried rice with boiled peas and green tea. Rice vermicelli in fish broth is also very common.

## China

Chinese breakfasts vary greatly between different regions. With the exception of Hong Kong and Taiwan, Western types of breakfasts are rarely eaten. In Northern China breakfast fare typically includes steamed breads, unleavened pocket bread with sesame, steamed buns with meat or vegetable stuffing, soy milk or tea. In Central and Eastern China, breakfast foods include soups with fried tofu and noodles, plain rice porridge, salted duck eggs and pickled vegetables.

## India

There are so many different breakfasts in India, but here we name a few. In Bengal and Bangladesh, typical breakfast foods include puffed rice crisps with milk, deep-fried flatbread (luchi) with vegetable curry or semi-fermented rice with dal and chillies. In South India, the most popular breakfast choice is an assortment of main dishes including chapatis. Curries and breads are popular in Kerala. In North India, stuffed paratha breads and spicy vegetables is frequently eaten.

## Israel

Israeli breakfast consists of coffee, orange juice, fresh vegetables, cream cheese, fresh bread or toast, olives, fried eggs and cookies or cake. Another traditional breakfast dish is malawach (fried bread) served with fruit.

## Japan

A traditional Japanese breakfast is based on rice, seafood and fermented foods. It is common in Japanese households to include left-over foods from the last night's dinner in the next day's breakfast.

## Pakistan

Breakfast in Pakistan is typically a heavy meal. There are several dishes including hlava (a sweet made from semolina), a spicy chickpea

and potato curry eaten with deep-fried flat bread, siri paya (a stew made of cow, goat or lamb's skull and feet) served with naan bread, nihari (a curried stew made from beef or lamb) and lassi (a drink made from milk and yoghurt, usually served sweet). Otherwise, parathas are widely eaten for breakfast, they may be stuffed with vegetables, chicken, beef or mutton mince or unstuffed eaten alongside fried or scrambled eggs).

## Singapore

A typical breakfast in Singapore might include fried noodles with egg, vegetables, ham, fishcake or tofu. Some people prefer a more Western approach with toast, cereals or an American breakfast from a fast-food chain. It is common, especially among older students and working adults, to skip breakfast.

# Breakfast in Europe

## Austria

The typical Austrian breakfast is very similar to that eaten in Germany. Cereals have become popular and are often accompanied by yoghurt, coffee and fruit.

## Belgium

A typical Belgian breakfast is like that of its northern neighbour, the Netherlands. Belgians do not eat their most famous food, Belgian waffles, which are traditionally sold in tourist areas of large cities, and are eaten as a snack. The breakfast in Belgium consists of breads, toasted or untoasted, with several marmalades, jams, and chocolate & nut spread or just with a bar of chocolate. Other common toppings include sliced meats and cheeses. Pastries and croissants may be served on Sundays, but are mostly not eaten on weekdays. Belgians often enjoy coffee, tea, hot chocolate, water, or fresh juice with breakfast.

## Bulgaria

Breakfast usually consists of white bread with cheese or salami and egg. Open sandwiches are common, spread with margarine and topped with prosciutto and yellow cheese.

## Cyprus

Breakfast in Cyprus usually consists of wholemeal bread, fruit, Greek yoghurt with honey and coffee. A more traditional Cypriot breakfast includes Haloumi cheese, tomato, eggs, cucumber, olives and fruit juice.

## Czech Republic

A typical snídane (breakfast) in a Czech home is hearty—bread with butter, cheese, eggs, ham or sausage, jam or yogurt, and coffee or tea. Muesli, yoghurt and fruit also feature heavily.

## Denmark

A typical breakfast in Denmark consists of breakfast cereals or bread, accompanied by tea or coffee. Weekends or festive occasions may call for bread rolls (rundstykker) and possibly Danish pastries.

## Egypt

Traditional Egyptian breakfast is ful medames – slow cooked fava beans dressed in olive oil, lemon juice and garlic.

## Estonia

Estonians are likely to tuck into two slices of rye bread, spread with butter and topped with ham for breakfast and may have some fruit and a cup of tea on the side.

## Finland

Breakfast usually consists of open sandwiches. The sandwich is often buttered (with margarine) and topped with hard cheese or cold cuts of meat. Sour milk products such as yogurt or viili are also common breakfast foods, usually served in a bowl with cereals such as corn flakes, muesli, and sometimes with sugar, fruit or jam. A third food that is commonly eaten at breakfast is porridge (puuro), often made of rolled oats, and eaten with a pat of butter (voisilmä, lit. "butter eye") and/or with milk, or fruit or jam, especially the sort made of raspberries or strawberries (sometimes lingonberries). Common drinks are milk, juice, tea, or coffee.

## France

In France, a typical breakfast will consist of cups of coffee, often café au lait, or hot chocolate, usually served in big bowls, accompanied by a glass of orange or grapefruit juice. The main food consists of sweet products such as tartines (slices of baguette or other breads spread with butter, jam or chocolate paste), sometimes dunked in the hot drink. Brioches and other pastries such as croissants, pains au chocolat and pains aux raisins are also traditional. Other products such as breakfast cereals, fruit compote, fromage blanc, and yogurt are becoming increasingly common as part of the meal.

## Germany

The typical German breakfast consists of bread rolls, butter, jam, ham, sausages, soft-boiled eggs and coffee. Cereals are now popular, and regional variation is significant — cheeses, cold cuts, meat spreads, yogurt, granola and fruit (fresh or stewed) may appear, as well as eggs.

## Greece

Various kinds of pastry constitute the traditional Greek breakfast. Tyropita, spanakopita and bougatsa (particularly in Northern Greece)

are eaten, usually accompanied with Greek coffee. Nowadays, wholemeal bread spread with honey and Greek yoghurt and fruit are common. Children typically drink chocolate or plain milk.

## Hungary

In Hungary people usually have a large breakfast. It consists of bread, bread rolls or crescent-shaped bread (kifli), toast, pastries with different fillings, butter, jam or honey, eggs in different forms (fried eggs/scrambled eggs/omelette, etc), salami, cold cuts of meat, cheeses, hot dogs with mustard, tea, coffee or milk. Hungarians sometimes have rice pudding called (tejberizs) or cream of wheat (tejbegriz), usually eaten with cocoa powder or cinnamon sugar. "Lecsó" made from tomatoes and green pepper can sometimes be a breakfast meal as well, mainly in the summer.

## Ireland

Breakfast cereal is at the centre of many Irish breakfasts and is usually accompanied by tea with milk or orange juice. For weekends and special occasions, a full fry-up (or grill) is sometimes eaten and this may include bacon, sausages, eggs, fried bread, black pudding, white pudding, tomatoes and baked beans.

## Italy

The traditional breakfast in Italy is simply Caffé e latte (hot coffee with milk) with bread or rolls, butter, and jam — known as prima colazione or just colazione. Fette biscottate (a cookie-like hard bread often eaten with chocolate & nut spread) and biscotti (cookies) are commonly eaten. Children drink hot chocolate, plain milk, or hot milk with very little coffee.

## Latvia

On an average day Latvians usually eat a moderate breakfast before going to work. People drink a morning coffee or tea and eat sandwiches with cheese, ham, sausage, tomatoes or cucumber. For

many Latvians the day is not imaginable without a drink of milk, which is usually drunk at breakfast. A boiled egg or omelette is also a popular breakfast dish for many.

## Lithuania

Breakfast in Lithuania typically consists of two slices of rye bread, spread with butter and topped with ham. Some fruit and a cup of tea on the side complete the morning meal.

## Luxembourg

White bread, spread with chocolate spread is the usual start to the day in Luxembourg and may be accompanied by a glass of mil or orange juice.

## Netherlands

The Dutch typically eat sliced bread with three choices of toppings: dairy products (numerous variations of cheese), a variety of cured and sliced meats, or sweet /semi-sweet products such as jam, peanut butter or chocolate toppings. Some typical, but less common products are applesyrup, honey, stroop (lesser known as bebogeen, a very sweet caramel topping made from sugar beets) and kokosbrood (a coconut product that is served thinly sliced like sliced cheese; also known as Cocosbread). Breakfast cereals are also popular, served with milk or yoghurt. Tea, coffee, milk, and juice are the most popular breakfast beverages. Breakfast may also include (for instance on Sundays) boiled eggs, raisin bread, pumpernickel, ontbijtkoek or croissants.

## Poland

Modern breakfast consists of a meat or jam sandwich, with coffee, tea, yogurt or juice as a beverage. Weekend breakfast can be supplemented with a salad, cooked egg, cereal, muesli, an apple, or

the like. A second breakfast, which replaces lunch at work, is similar or identical to the actual breakfast.

## Portugal

A Portuguese pequeno-almoço comes in two varieties: one eaten running to work and another, more time-consuming one, more common on the weekends. When rushed in the morning, a cup of yogurt, milk, coffee or both and some bread with butter, cheese or jam suffices. When they have more time, they may add orange juice, croissants, different kinds of pastry and breakfast cereal.

## Romania

The traditional Romanian breakfast consists of bread, cold plates such as mortadella and cheese, feta cheese, cucumber, tomatoes and eggs prepared as an omelette or sunny side up. Also, black coffee or tea usually are often drunk.

## Slovakia

A traditional Slovak breakfast consists of eggs, tomatoes, ham, kielbasa (sausage), honey and bread. For a lighter start to the day, locals may opt for some coffee with white bread, cheese or salami, egg and cucumber or tomato.

## Spain

In Central Spain the traditional breakfast is chocolate con churros - hot chocolate with Spanish-style fritters, which are extruded sticks of doughnut-like dough with a star-shaped profile. The chocolate drink is made very thick and sweet. In Madrid, churros are somewhat smaller and shaped like a charity ribbon. This meal is normally served in cafeterias. In the South and West it is more common to have a cup of coffee (usually with milk) and a toast with a choice of olive oil and salt, tomato and olive oil, butter, jam, pâté, jamón serrano (cured ham), and other options like sobrasada (a raw cured spiced sausage that is

easy to spread), and in Andalucia, *pringá*. Freshly squeezed orange juice is widely available in most places as an alternative for coffee. The breakfast is not often larger than these two items, because usually in late morning there is a break known as *almuerzo* when there is a snack. Sometimes, toast is replaced with *galletas* (a type of cookies made with flour, sugar, oil and vanilla flavour), *magdalenas* (a Spanish version of the French *madeleine* made with oil instead of butter) or buns.

## Sweden

Breakfast in Sweden is generally a sandwich made of a large amount of different types of soft bread or crisp bread, cold cuts, caviar, cheese, cottage cheese, cream cheese, goats cheese, eggs, scrambled or boiled, tomatoes or cucumber, or a toast with marmalade or maybe honey, juices, coffee, hot chocolate or tea. Breakfast cereals with milk, yoghurt or *filmjöl*k, currants and fruits are popular or warm wholegrain porridge with milk and jam, (for example *lingonberry jam*). Pickled herring or shrimp, *pâté* (*leverpastej*) with pickled cucumber, blueberry-soup (*blåbärssoppa*) and rose hip soup are also enjoyed sometimes for breakfast.

## Turkey

Turkish breakfast consists of fresh white sourdough bread, feta cheese, *kaşar* cheese, fresh tomatoes, cucumbers, olives, *soujouk salami*, *pastirma* (cured meat) and boiled eggs. This is accompanied by hot back tea served in small glasses.

## United Kingdom

Britons buy more breakfast cereals than anyone else in Europe and breakfast cereal with milk is core to many British breakfasts. This may be accompanied by tea, coffee or orange juice. For special occasions and weekends, a 'full English' may be eaten which may include eggs, bacon or sausages, baked beans, tomatoes, mushrooms and toast with butter or margarine.

# Breakfast in Oceania

## Australia and New Zealand

Owing to the warm weather, the typical breakfast in Australia and New Zealand is generally light. The light breakfast consists of cereals, toast (often with Vegemite spread) and fruit juices. In the winter many New Zealanders opt for a warm breakfast of porridge or Weet-Bix with hot milk.