

Mark explains breakfast nutrition: caffeine, sugar, grease and starch

The Missing Pieces

by Mark Owens

The other night I was sitting in front of the TV eating a bowl of Lucky Charms when this profound thought struck me (it hurt too) -- it is time we got back to basics.

I am, of course, referring to breakfast.

There is an alarming trend afoot to make breakfast a wholesome, nutritional part of your day. This goes against the very meaning of breakfast, which stems from the Latin *break* ("too damn early to be doing anything sensible except sleep) and *fast* (cold sugary goop from hell). Breakfast, if you follow the conservative fundamentalist definition, should be the first nutritionally incorrect meal of the day. You'll notice, of course, time is never mentioned in the definition.

Be honest here. Let's say you get up at 2:30 p.m. After you crawl out of bed, struggle into your bathrobe, wade through the sea of clothes and your unconscious roommate on the floor and stagger (like some prehistoric 12-foot tall hunch-backed steroid-taking badger from hell) into the kitchen, what would seem more natural to eat: a bowl of Lucky Charms or spaghetti?

Therefore with great care, deliberation and approximately 28 gallons of milk, I -- with the other three Most Evil Milk Suckers in Apt. 901 -- have prepared The Incomplete and Totally Unauthorized Guide to Breakfast and Gastrointestinal Disorders.

Oat Swill

This applies to most of the oat bran, rice bran, corn bran and eggplant bran cereals out on the market today. Generally, the swill-- I mean cereal, has either a lumpy, clay-like consistency or is thin enough to be anorexic. Our three testers (I wasn't that stupid) recommended oat meal be reserved for caulking windows or sealing cracks in driveways.

Bacon, Egg, Ham and All That Other Good Stuff You See on TV but No One Ever Makes Anymore

People used to make hot, good-tasting breakfasts -- until doctors, in 1979, discovered cholesterol, heart disease and saturated fat. Until then people were able to eat tasty breakfast-type things without fear of heart disease, leprosy or bursting into spontaneous combustion.

With the advent of the PUG

(Putrid Ugly Goop) theory, doctors and nutritionists advocated that "if it tastes bad and looks worse, it must be good for you." This, of course, explains why moms everywhere try to foist broccoli on small children.

Bagels, English muffins, Pop Tarts and



Other Fun Things You Can Burn in the Toaster
Our testers concluded that bagels, which oddly resemble life preservers, are the worst things to

eat:

Tester 1: They're too dry -- usually I don't have enough milk around to wash them down.

Tester 2: I boke fee teef on dem. Dae reawy, reawy hard.

Tester 3: Ack.

Pop Tarts topped the list of our testers, due to their taste, consistency and the fact they have no redeeming nutritional value at all.

Count Chocula, Frankenberry and Boo-Berry

Remember this stuff -- All sugar, preservatives and chemicals and not a single shred of useful nutrition?

Great, wasn't it? I ate it to spite my mother, who used to make me wear velour sweaters (you remember velour, don't you? I was always nervous when I war the stuff for fear that I'd melt if I stood to close to something warm). My only complaint is they didn't have enough marshmallows in them. After all, kids need approximately 12 pounds of sugar just to effectively watch cartoons. Playing outside would require, say, an entire bowl of count Chocula.

Lucky Charms

Clearly the favorite of our testers, Lucky Charms has a good balance of sugar and preservatives. Over the years the

folks at General Mills have added more colors, shapes, sizes and flavors (industry rumor has it GM will be introducing a "pink, pineapple-flavored badger marshmallow" next fall) to the original recipe -- sort of like psychedelic corn nibblets, if you will.

Pizza

This is the traditional post-mayhem breakfast served at colleges across the country -- much like pancakes. You can get it hot, cold or moldering in it's original box (which has slid upside down underneath the refrigerator, gathering floor lint along the way). Down south, it's served with grits (which we didn't review -- namely because it's generally not considered food, but more of a toxic waste-like substance).

Twinkies and Jolt Cola

This is the breakfast of champions, as it contains an ample supply of the four basic food groups -- sugar, caffeine, grease and starch. The Surgeon General strongly recommends that people with heart disease, kidney trouble, back problems, pregnant women, small children and anyone with a pulse, for that matter, avoid this combination of highly toxic materials. Personally I think it's a great breakfast, as long as you strap yourself down to a chair for an hour or so after eating.

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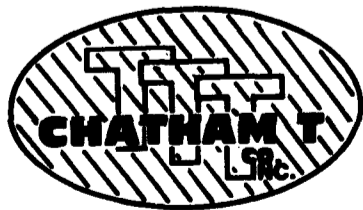
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