Well, I used to always have toast for breakfast, but a couple of years ago I was diagnosed as being, er, gluten, or wheat? No wheat intolerant. That’s right. So [sighs] now I just have cereal, and maybe some fruit. I did try the gluten free bread, but it was always so soggy, and not cheap either, so I gave up on that pretty quickly. Anyway, I guess it’s healthier this way, and I don’t get the fatigue I used to. Still, I still need my two cups of tea in the morning, I’m not a big fan of juice or anything.

But to be honest, I used to have a much bigger breakfast, and these days I find myself snacking about 11, way before lunch. So maybe I should have more to eat in the morning. But at the weekends I am partial to a proper cooked breakfast, sausages, bacon, fried egg, the whole nine yards. I know it’s a bitty fatty and so on, but as a once a week treat, I don’t think it does me too much damage.