

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

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