

BREAKFAST

Why Is It So Important?

IS BREAKFAST REALLY THE MOST IMPORTANT MEAL OF THE DAY?

According to most, the answer is an emphatic “Yes!”

Though, with any meal, you must make sure that what you’re eating is a nutritious choice. The name of a meal or the time of a meal doesn’t necessarily make it healthy, it ultimately depends on *what* you’re eating!

Breakfast literally means to break your fast, so it’s a good idea to eat within two hours of first waking up to promote an energized start to your day.

By starting your day with a healthful breakfast, you promote weight maintenance (and perhaps weight loss as well!) and keep your blood glucose levels and metabolism stable.



THE BODY AND BRAIN BOOST OF BREAKFAST.

Breakfast does indeed provide a boost for most of us; in fact, people who eat breakfast have been shown to be more physically active throughout their mornings than those who skipped breakfast.

Not only does breakfast give your body an energy boost, it also gives your brain an advantage through the stabilization of your blood sugar: This stabilization helps you to process information more efficiently, reason well with others, and to be more focused.

According to the *Food Research and Action Center*; kids who eat breakfast can increase math and reading scores and improve memory and speed on cognitive tests compared to when they skip breakfast.



A HEARTY BREAKFAST.

Eating breakfast does more than just give your brain and body a boost, it also helps keep your heart healthy.

By eating a nutritious breakfast (think along the lines of: whole grains, protein, healthy fat, fruits and vegetables) you can proactively keep your body from succumbing to diabetes, and lower your blood pressure in the mean time.

Also, people who skip breakfast tend to have higher cholesterol levels, which can potentially lead to heart disease.



BREAKFAST FOR LIFE.

Breakfast plays a key role in helping you to up your quality of life – and perhaps even increase the length of your life.

Studies have shown that most centenarians (-people who have lived 100 or more years) have been consistent breakfast eaters.

By eating breakfast, we automatically take the edge off of the temptation to indulge in less healthy foods throughout our day. This is true because our bodies will not be reacting out of intense hunger – by craving quick-fix high sugar and high carb foods. Instead, we'll be able to make an informed choice on what's truly healthy, because we've started out healthfully.



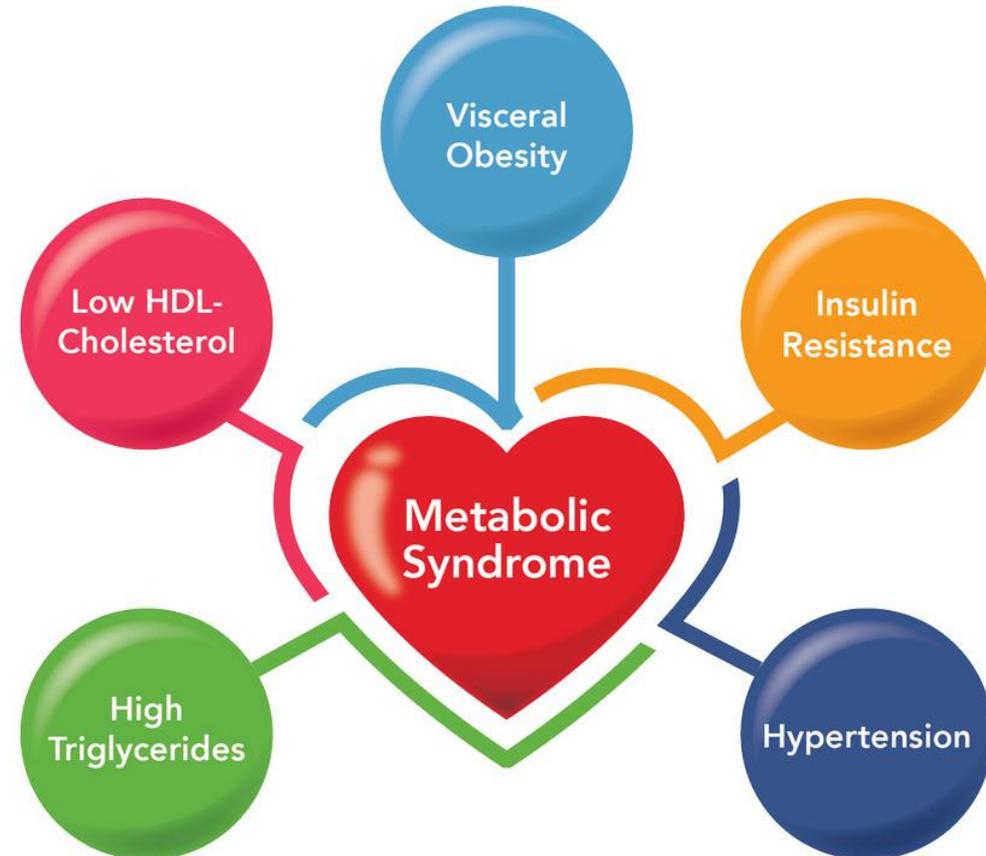
THE BREAKFAST VICTORY.

By starting your day with a healthy, nutrient dense breakfast, you are most likely setting your body up to fight off or prevent metabolic syndrome disorders like obesity and insulin resistance.

In the *International Journal of Obesity*, a study was done on mice to see how different foods, and the timing of eating them, played into metabolic syndrome disorders. They found that mice fed a meal higher in fat after waking had normal metabolic profiles, while mice that ate more carbohydrates in the morning and consumed a high-fat meal at the end of the day showed increased weight gain and other markers of metabolic syndrome.

The research found that timing (and the type of food we eat!) is everything, and that it's better for our bodies to eat a higher fat meal earlier in the day, rather than later, to ensure our metabolism is working at peak performance.

What is Metabolic Syndrome?



STARTING WELL. FINISHING WELL.

For most people breakfast is a key component to a healthy and active life. So let's embrace starting our days well so that we can finish them well!

You don't have to start out perfectly, give yourself grace for the mistakes, but don't give up trying to hone in on your breakfast niche.

Center your meal around nutrient dense ingredients. Meals that contain protein, fiber, healthy fat, vegetables, fruit, etc... Think: eggs with whole grain toast, spread with organic butter or coconut oil (or fresh avocado!); or a stuffed sweet potato; a nutrient packed breakfast smoothie; or a steaming bowl of oatmeal sprinkled with nuts and fresh fruit – the ideas are nearly endless! Try being adventurous and see how you feel!

Here's to your good health!

