

## June: The Benefits of Breakfast

Your parents weren't lying, breakfast really is the most important meal of the day. Although we are now grown we should still consider our parents advice everyday. Breakfast does wonders for our bodies, but if we don't eat in the mornings our bodies rebel against us while we go about our day. Before you walk out the door on an empty stomach consider this:

- The body needs food to produce the glucose that keeps you going and provides nutrients that start the day off right.
- Breakfast has been proven to help with weight management and weight loss.
- Breakfast provides diets with more daily nutrients.

When waking in the morning our bodies have already gone without food for 8-12 hours, if not longer. Bodies are in a period of early fasting. According to WebMD, when fasting the body will lower metabolism to conserve energy. Fueling bodies with a nutritious breakfast will increase your metabolism and help burn more calories throughout the day. Skipping breakfast can also cause an increase in calories throughout the rest of the day. According to WebMD, once fasting has stopped the appetite hormones kick back into gear causing more hunger throughout the day, increasing the chances of unknowingly binging the rest of the day. Although fasting may result in a small weight loss it does not provide results that are manageable over time.

Not hungry in the morning? Try these tips:

- Don't overeat at supper.
- Eat dinner early and do not snack before bedtime
- Start by having a glass of milk or a small piece of fruit and add other choices over the next few weeks.
- Wait a while after waking before eating, make it the last thing you do before heading out the door.

Key components of breakfast:

A breakfast that provides whole grains, fiber, and lean protein aid memory and attention span and ward off hunger. Foods that provide these three components are digested slowly and supply the brain with a steady stream of energy.

Try some of these breakfast combos to get the nutrients you need:

- Egg whites with vegetables: Lean protein & fiber
- Fruit smoothies with milk or yogurt: Lean protein & fiber
- Oatmeal: Whole grain & fiber
- Whole wheat bread: Whole grain & fiber
- Peanut butter: Protein
- Hummus with vegetables: Lean protein & fiber
- Whole grain cereal (watch the sugar!): Whole grain & fiber

Click on the link for more information on the benefits of breakfast

<http://www.webmd.com/diet/fasting>

