



LEARN

Thinking of Skipping Breakfast? Think Again.

If we listen to what we learned in kindergarten, then we know that breakfast is the most important meal of the day. But many of us don't eat a good breakfast, if we have any breakfast at all.

Having breakfast is the right thing to do. We all know that. But we find so many excuses to skip this important day-breaking meal: I'm late. I don't have time. Or, I "do just fine" without a morning meal.

Well, those excuses don't hold water against the facts. Your body needs nutrients in order to function. Say the last time you ate was 8 p.m. last night. If you don't eat something in the morning, you are literally forcing yourself to run on empty. If you didn't eat lunch until noon today, that's sixteen hours of no refueling! Your body is screaming out, "Give me some help here!"

Your brain and your nervous system need food-fuel to work; walking, speaking, stretching, typing- any activity requires this fuel. If you don't supply it, your system stresses out, trying to find the nutrients it needs.

Why put your body through all this? Why not just... eat your breakfast!



There are some surprising & inviting reasons to start the day with a healthy breakfast:

- Breakfast, especially one that is high in fiber, fills you up, so you're less likely to overeat at lunch. Cereal is also a lot lower in fat than many other breakfast choices.
- Regular breakfast eaters are more likely to maintain a healthy body mass index than those who skip breakfast.
- We need energy at the beginning of the day and the consumption of a healthy breakfast makes us far less likely to indulge in high-calorie snacks or overeating during lunchtime.
- Skipping meals almost always leads to overeating.
- The American Heart Association reports that people who eat breakfast are significantly less likely to be obese and diabetic than those who usually don't. Researchers found that obesity and insulin resistance syndrome rates were 35-50% lower among people who ate breakfast every day compared to those who frequently skip it.
- The same researchers found that breakfast may play an important role in reducing the risk of Type 2 Diabetes and cardiovascular disease.

live healthy. eat healthy. be healthy.

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