



TE HEALTH TODAY

The Importance of Eating Breakfast

Breakfast may be the most important meal of your day. I challenge you to eat breakfast EVERY day! If you eat a nutritious breakfast every day, you will be better prepared to face the day's tasks and challenges. You will also be taking one of the most important steps toward managing your weight.

Do you know that studies have shown that skipping breakfast is associated with being overweight? Eating breakfast literally results in "breaking the fast." Eating breakfast help you manage your weight and helps to prevent binge eating later in the day. When you do not eat for long periods of time, your metabolism slows and your body goes into a fat-storage mode. To make matters worse, when you wait too long between snacks or meals, you then become overly hungry so that when you DO eat, you not only eat too much, but you also make poorer food choices; you will eat too much of the wrong types of foods.

Eating breakfast not only refuels your body and helps you maintain a good body weight; it also provides fuel for your brain so that you can think clearly and make good decisions. Moms and Dads, it is necessary for your children to eat a healthful breakfast every day so that they are able to pay attention to their studies and perform well in their tests. It is the same for you, too. How can you expect to have a productive, satisfying day during which you feel alert and in control, if you do not provide your body with the energy and nutrients it needs?

Eating breakfast is important, but eating a healthful breakfast is the true goal. If you have been eating sweet cereals or bakery items for breakfast, try to transition to whole grains. Make a commitment to eat at least two different types of good-for-you foods, such as whole grains, lean protein, low fat dairy and fresh fruit.

Here are a few suggestions for great breakfast choices:

2 eggs with whole wheat toast and an orange

Whole grain, high-fiber, cereal with 1-percent milk

Natural peanut butter on a whole wheat bagel with strawberries

A whole wheat tortilla with rice, beans, avocado and salsa

A smoothie made by blending our Protein Shake with water and frozen fruit

Stone-cut oatmeal with sliced fruit, chopped nuts, dried cranberries and/or raisins

2-egg omelet with mushrooms, spinach, red onion and feta with whole grain toast

French Toast made with whole grain bread, eggs and buttermilk with fresh fruit