A Good Breakfast

How many times have you heard people say, “I never eat breakfast. I’m just not hungry in the morning.” Or perhaps you’ve heard, “I don’t have time to sit down for breakfast. I usually grab either a granola bar or a bagel.”

Breakfast is the most important meal of the day. Studies have shown that children who eat a good breakfast do better at school. It shouldn’t be a surprise that adults who eat a good breakfast do better at work, too!

What do you think happens when you skip breakfast? Some people believe that they will become thinner by skipping meals, but the opposite is true. Your body expects to be fed on a regular basis. When you don’t give it the fuel it needs when it needs it, it goes into starvation mode. Your body starts to store up fat that it can use for energy in the future.

What is a healthful breakfast made up of? Protein and fiber. We get protein from foods like meat, eggs, milk, and nuts. We get fiber from foods like fruit, vegetables, and whole grains. Breakfast foods such as pastries, sugary cereals, and white bread may give you quick energy, but they will leave you feeling tired and hungry after just a couple hours. (White bread and sugary cereals are lacking in whole grains and fiber.)

Here is an example of a well-rounded breakfast: one or two pieces of whole grain toast with peanut butter and a glass of low-fat milk. How simple is that?!

So the next morning that you leave the house in a hurry, reach for a hard-boiled egg instead of a donut for your most important meal of the day!