

Breakfast Matters



Remember the saying, "Breakfast is the most important meal of the day"? It's true. Breakfast fuels the body with energy for the day. Additionally, eating a nutritious breakfast helps prevent binge eating, maintains blood sugar levels and sets the tone for healthy eating through the day.

Make Your Breakfast a Priority

So how do you get on the right track to eat breakfast every day? Begin by setting an earlier bedtime, which will help you get up in time to eat. Stock your kitchen with quick and easy healthy breakfast options so you are less tempted to grab something at a drive through on the way to work or skip breakfast altogether.

Breakfast Benefits

According to the Centers for Disease Control and Prevention (CDC), regularly eating a healthy breakfast can help control weight. Here are some ways a healthy breakfast may help you lose excess weight and maintain a healthy weight:

Reduces hunger – Eating breakfast may reduce your hunger later in the day, which may make it easier to avoid overeating.

Helps to make better choices – Eating breakfast may get you on track to make healthy choices all day. When you eat breakfast, you tend to eat a healthier overall diet.

Provides energy – Eating breakfast gives you the energy to help increase your physical activity and productivity during the day.

Breakfast Recommendations

While eating breakfast is better than skipping it altogether, some choices are better than others. The CDC recommends including whole grains, lean protein, low-fat dairy, fruit, and vegetables as the core for a healthy breakfast. If you never eat breakfast, try starting on the weekend when you have more time, then expand your routine to weekdays. You may be surprised by how much easier your morning goes, and how much more healthfully you eat throughout the day!

Breakfast on the Go Ideas

- nonfat or low-fat yogurt parfait
- fresh fruit smoothie
- whole-wheat toast with peanut butter
- instant or quick-cook oatmeal with berries or nuts
- bran or nut muffins with fruit



Eat a bran or nut muffin with fruit for breakfast on the go.