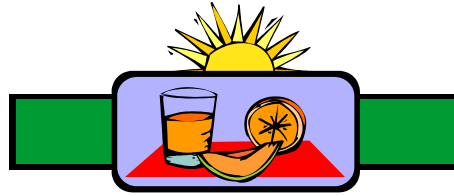




Break the Fast, Eat Your Breakfast!



With breakfast being the first meal of the day, many people who are not morning people or have a hectic morning schedule often choose not to participate. This turns out to be their first mistake of the day. No matter what the excuse, the benefits of breakfast outweigh any reason for not partaking in this very important meal.

☀️ Trying to lose weight?

Breakfast can help. During the night your body's metabolism slows down to conserve energy while you are in a fasting state. Breakfast breaks your overnight fast and boosts your metabolism, which helps you burn more calories throughout the day. Most people end up eating more calories on the days they skip breakfast because they overeat the rest of the day.

☀️ Not enough time?

Why not set your alarm a few minutes earlier to ensure enough time in the morning for breakfast? You could also plan ahead and lay out everything you need for the next day. Another option is packing your breakfast to take with you on the run. Fresh fruit, bagels, or granola bars are easy options.

☀️ Don't like breakfast food?

Who said you had to eat cereal and eggs for breakfast? Try toast with peanut butter and a piece of fruit. There is no reason leftovers from dinner couldn't be used to fuel your morning.

☀️ Not hungry in the morning?

Try decreasing the amount of food you have before bed or take something with you to eat at the office.

☀️ You get hungrier sooner when you eat breakfast?

Try getting more whole grains in the morning. Whole grains provide fiber which keeps you full much longer than refined grains. Whole grain cereals, oatmeal, and whole wheat bread are excellent choices to start your day.

Still not convinced? Here are the facts: A healthy breakfast has been shown to improve memory, energy, and over-all health. So go ahead and start your day out right with a healthy breakfast!

