

5 Reasons to Start Your Day with Breakfast

<http://www.mayoclinic.com/health/food-and-nutrition/AN01119>

According to Katherine Zeratsky, RD, a Mayo Clinic dietitian, a growing body of evidence indicates that breakfast is good for both your physical and mental health. Studies show that people who eat breakfast — especially a healthy breakfast — are more likely to:

1. **Consume more vitamins and minerals and less fat and cholesterol during the day.** One study claims that increasing daily eating frequency is associated with consuming more favorable nutrients and fewer less favorable nutrients, such as dietary cholesterol.
2. **Have better concentration and be more productive throughout the morning.** Researchers believe this is due to replenishing glucose, the brain's main energy source.
3. **Control their weight.** Researchers speculate that eating breakfast may reduce hunger later in the day, or that it may cause eaters to choose less-dense foods at later meals.
4. **Have more strength and endurance.** People who eat breakfast — and thus have higher energy levels — may engage in more physical activity than may people who don't eat breakfast.
5. **Have lower cholesterol, which reduces the risk of heart disease.** Research has shown that people who eat breakfast consume less dietary cholesterol than do people who don't eat breakfast. One study, supported by the American Heart Association, found that obesity and insulin resistance syndrome rates were 35 percent to 50 percent lower among people who ate breakfast every day compared to those who frequently skipped it (<http://www.americanheart.org/presenter.jhtml?identifier=3009715>).



A healthy breakfast should consist of a variety of foods. To make a healthy breakfast each day, try to choose one item from at least three of the following four food groups:

- **Fruits and vegetables.** Consider fresh, whole fruits and vegetables, fruit or vegetable smoothies, or 100 percent juice without added sugar.
- **Grains.** Choose whole-grain bread, rolls, bagels, waffles, or tortillas; hot or cold whole-grain cereals, or low-fat bran muffins.
- **Dairy.** Consider skim milk, low-fat yogurt cups or low-fat cheeses, such as cottage and natural cheeses.
- **Protein.** Choose 1 egg (any style), 1 tablespoon peanut butter, a handful of nuts, lean slices of meat and poultry, fish, or meatless options such as tofu.

Beware of Breakfast Blowouts		
A bakery-style bagel with 2oz cream cheese	Has as many calories and almost as much fat as	Chicken McNuggets and a small order of fries
A café mocha and coffee shop muffin	Has as many calories and almost as much fat as	A personal pan supreme pizza