

BENEFITS OF BREAKFAST

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Making time to eat a healthy breakfast can often be put on the backburner. Work is important, but breakfast is just as important- in fact, it's arguably the most important meal of the day!

What are the [benefits](#) of eating a healthy breakfast?

- Breakfast gives you your first boost of energy that you will carry throughout the day and help overcome feelings of groggy-ness upon first waking up.
- Breakfast can give you increased concentration and helps you retain and recall information more efficiently
- Breakfast helps you maintain a healthy body weight
- Breakfast is your first chance at providing your body with essential nutrients during the day, which can often not be accomplished in those who skip breakfast

Be sure to incorporate at least 2-3 of these [healthy breakfast essentials](#) to get the most out of your breakfast by eating foods that give you sufficient nutrients and guard against feelings of hunger during the day!

- **Whole grains:** Cereals and oatmeal that are low in sugar and high in fiber, whole-wheat toast or ½ of a wheat bagel
- **Lean Protein:** Peanut butter, hard-boiled eggs or lean meats
- **Low-fat dairy:** skim or low-fat milk, cottage cheese and yogurt with low amounts of sugar
- **Fruits and vegetables:** Fresh or frozen fruit, 100% fruit juices with no added sugar, or a smoothie packed with fruits and vegetables to get in your vegetables in the morning but still get that delicious fruity taste

Breakfast does not have to be complicated, extravagant or time consuming! Whether you have time to cook breakfast in the morning, or have to eat your breakfast on the go, there's a healthy breakfast for everyone!