

## Skipping Breakfast: A Big Fat No-No

Skipping breakfast is one American's biggest dietary faux pas. We're often apt to rush through the early morning hours, guzzle several cups of coffee, and not give food a second thought until lunch. It's a slippery slope from there. Because we ignored our body's hunger signals early on, we become famished and eat anything and everything in sight. Not good.



Many people think skipping breakfast will help them shed a few extra pounds. Think again. Studies consistently confirm that eating breakfast is vital to weight loss and weight management. Elisabetta Politi, RD, MPH, nutrition manager for the Duke Diet & Fitness Center at Duke University Medical School explains: "When you don't eat breakfast, you're actually fasting for 15 to 20 hours, so you're not producing the enzymes needed to metabolize fat to lose weight."

### Top Reasons to Eat Breakfast Everyday

- Controls hunger and fuels metabolism
- Improves concentration, focus, and creativity
- Helps maintain a healthy body weight
- Helps lower your cholesterol and risk of heart disease
- Improves work production
- Helps satisfy your daily intake of vitamins, minerals, and antioxidants
- Reduces the dreaded mid-day slump

### 10 Quick Breakfasts Idea

We're all busy. Work, kids, community obligations, and social engagements: we all have things vying for our time. But with a little commitment and planning, you *can* make eating breakfast a new habit.

- Toast with natural peanut butter and a banana
- An apple and few almonds
- A healthy meal replacement bar
- Quick oats, fruit, and walnuts
- Healthy cold cereal with milk
- Scrambled eggs and veggies wrapped in a tortilla
- Smoothie with bananas, yogurt, and berries
- Healthy bran muffins (made early in week)
- Whole grain waffles with peanut butter and sugar-free syrup
- Homemade breakfast snack mix: cheerios, Wheaties, raisins, sunflower seeds, etc.

#### *Tip:*

For a complete, filling breakfast on the go, try choosing two or three simple foods from the following categories:

- grain (i.e., cereal, toast, muffin)
- dairy product (i.e., low-fat yogurt, low-fat milk)
- fruit or vegetable (i.e., bananas, apples, carrots)