

Eat Breakfast & Lose Weight

By: Esther Reynoso

EAT BREAKFAST

Many studies have found a positive correlation between eating breakfast and losing weight. According to an article published by the Obesity Society, it has been found that having breakfast is positively correlated to decreased risks of obesity and metabolic syndrome.

Having breakfast gives your body the energy required to start your day and get through it successfully. Also, having breakfast can make you less hungry at lunchtime, which consequently can make you eat less and cut down some of your calories. In addition, people who have breakfast have better concentration levels.



HEALTHY OPTIONS

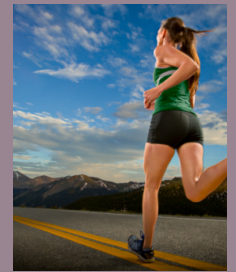
To have breakfast is very important, but also its nutritional content can make a significant difference in terms of weight loss.

Some healthy options for your breakfast are:

- Banana, peanut butter, and chia toast
- Tomato, avocado and ricotta toast
- Berry and yogurt smoothie
- Avocado and egg toast
- Peanut butter overnight oatmeal

ADDITIONAL TIP

While eating a healthy breakfast can definitely help you to lose weight and nourish your



body, it is also important to consider physical activity as an additional ingredient to your weight loss recipe. Keeping yourself active can help your body burn extra calories, gives you more energy, decreases your stress levels and strengthens your bones.

BANANA, PEANUT BUTTER AND CHIA TOAST

ingredients:

1 slice 100% whole wheat bread

1/2- banana (sliced)

1 tbsp. peanut butter

1/2 tbsp. chia seeds

Directions:

First, toast the bread until it gets golden brown. Spread the peanut butter on the toasted bread, then place banana slices over the peanut butter, and top it off with Chia seeds.

Enjoy!

(Fitness Holistic, 2017)

HOW BREAKFAST CAN HELP TO LOSE WEIGHT?

In a study performed on men from different ages by the Obesity Society, it was found that men who usually had breakfast had a lower BMI, and lower risks of becoming overweight. They state that "breakfast consumers had a lower risk of developing overweight as compared with breakfast non-consumers". Eating breakfast can bring multiple benefits to your health status since you may have a lower BMI and some risks that are associated with high BMI can also decrease. Breakfast consumption has been linked to lower fast food intake, because it may prevent overconsumption of foods later in the day that excessive hunger can cause. Also, regular breakfast eaters were found to be more successful in maintaining a healthy weight. In addition, students are particularly advised to have breakfast every day to improve memory and concentration levels.

Become a breakfast eater, and lose weight at the same time, by adding healthy options, and also use the hashtag #healthybreakfasteating to share and motivate others to make this part of their daily routine.



BALANCE IS THE KEY



Your breakfast should be balanced in a way that it can provide the nutrients and energy your body needs. The ideal combination for a healthy breakfast is to have healthy protein sources (e.g. eggs, peanut butter, etc.), complex carbohydrates (e.g. whole wheat bread, oatmeal, etc.), some fruit, low-fat dairy products, and vegetables to start your day full of vitamins, energy, and nutrients.

Having a healthy breakfast along with some exercise can be a good foundation to not only lose weight, but to start to feel more concentrated, and develop a healthier lifestyle as well.

Including social media in this journey of creating a healthy habit can certainly be a good motivational tool not only for you but for other people as well. Remember to use the hashtag #healthybreakfasteating

REFERENCES

- 1-Raynor, H. A., Jeffery, R. W., Ruggiero, A. M., Clark, J. M., Delahanty, L. M., & for the Look AHEAD (Action for Health in Diabetes) Research Group. (2008). Weight Loss Strategies Associated With BMI in Overweight Adults With Type 2 Diabetes at Entry Into the Look AHEAD (Action for Health in Diabetes) Trial. *Diabetes Care*, 31(7), 1299-1304. <http://doi.org/10.2337/dc07-2295>
- 2- Cho, S., Dietrich, M., Brown, C. J., Clark, C. A., & Block, G. (2003). The Effect of Breakfast Type on Total Daily Energy Intake and Body Mass Index: Results from the

Third National Health and Nutrition Examination Survey (NHANES III). *Journal of the American College of Nutrition*, 22(4), 296-302. doi:10.1080/07315724.2003.10719307

- 3- Kennedy, D., Wightman, E., Forster, J., Khan, J., Haskell-Ramsay, C., & Jackson, P. (2017). Cognitive and Mood Effects of a Nutrient Enriched Breakfast Bar in Healthy Adults: A Randomised, Double-Blind, Placebo-Controlled, Parallel Groups Study. *Nutrients*, 9(12), 1332. doi:10.3390/nu9121332