

BENEFITS OF A HEALTHY BREAKFAST

Making time to eat a healthy breakfast can be challenging but has a number of valuable benefits. One of the most appealing benefits is that breakfast jumpstarts your metabolism and, thus, helps you burn more calories throughout the day.

Starting your day with a healthy breakfast is associated with:

- Having a lower Body-Mass-Index (BMI)
- Consuming less fat through the day
- Meeting recommendations for fruit and vegetable consumption
- Having higher daily calcium intake
- Having higher daily fiber intake
- Having better memory and focus

Get the most out of your breakfast by eating foods that supply sufficient nutrients and fiber to keep you feeling satisfied throughout the morning. Try incorporating 2-3 of these food groups in your breakfast meal.

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 milk: low-fat cow or plant-based milk, cottage cheese or yogurt with low amounts of sugar

Fruits and vegetables: Fresh or frozen fruit, a smoothie packed with fruits and greens

Try some of these simple breakfast ideas:

- Overnight oats or chia seed pudding topped with fruit and nuts
- Whole-grain pancakes with chia seeds, sliced almonds, and fresh fruit
- Plain Greek yogurt topped with fruit and nuts
- Hard or soft-boiled egg, whole-grain toast, fruit
- High fiber, low sugar cereal with low fat milk and fresh fruit
- Whole-grain toast topped with mashed avocado or nut butter

Check out these tasty recipes from the UCLA Teaching Kitchen:

<https://ucla.app.box.com/s/c4b8dj3dgog7o64u9efd91hvco7rmff6/file/666557262619>

<https://ucla.app.box.com/s/c4b8dj3dgog7o64u9efd91hvco7rmff6/file/666560236693>

<https://ucla.app.box.com/s/c4b8dj3dgog7o64u9efd91hvco7rmff6/file/666558110278>

References:

<https://www.rush.edu/health-wellness/discover-health/why-you-should-eat-breakfast>