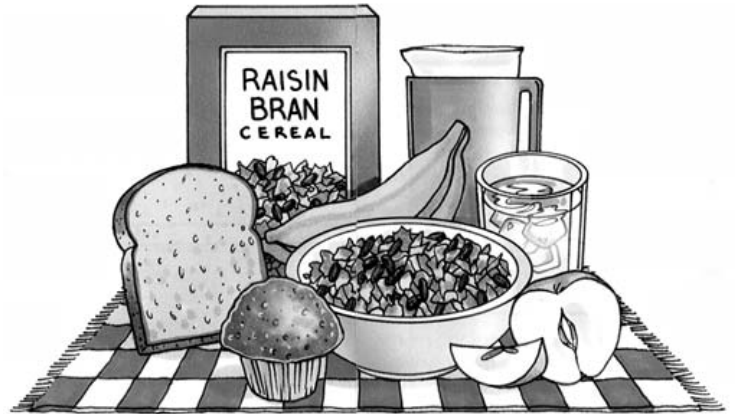


# THE IMPORTANCE OF BREAKFAST

## Believe it...

Most people believe that skipping breakfast will help with weight loss, but this is not true! The first meal of the day is a shield against later cravings. By not eating breakfast, you will eat more at lunch and supper. You will also eat foods that are higher in sugar and calories. Research tells us that eating breakfast can give your metabolism a boost start so that your body can burn off calories, more efficiently. It is easier to maintain a healthy weight when you eat a good breakfast!



## ***Not hungry in the morning? Try these few tips to help:***

- Don't overeat at dinner
- Eat dinner early (no later than 7:00 p.m. if possible), if you eat dinner too late at night, then you are less likely to eat breakfast
- Start with toast or fruit and add other choices over the next few weeks
- Wait a while after waking up before you try to eat, for example, on the way to work or on your first break at work

## ***Some breakfast ideas:***

- Whole-grain bagel with cream cheese and/or lox
- Toast with peanut butter
- Milk, banana, and a bran muffin
- Yogurt with chopped nuts or granola
- Cereal, milk, and raisins
- Hard boiled egg, English muffin, and fresh fruit

## ***Breakfast does not have to be "traditional" type foods, for example:***

- Cold vegetarian pizza
- Leftovers from dinner
- Cold meat/tuna in a pita
- Whole grain bread with melted cheese
- Chicken soup