

Q. What are the benefits of eating breakfast?

A. When you wake up in the morning, it's likely been 8 to 12 hours since your last meal. And you're probably hungry. Choose the right foods, and a healthy breakfast benefits you in more ways than one. A healthy breakfast can:

Improve Memory and Focus

Research shows that breakfast can give you a mental edge. By keeping your blood sugar levels steady, it helps improve focus and attention span. It's also proven to boost short-term memory and creativity. Studies have found that those who eat a healthy breakfast each day are more productive throughout the day. Eating breakfast can also help you perform better at work or in school.

Help You Feel Happier

Eating breakfast can boost your mood as well. People with a full stomach in the morning tend to be happier and less cranky than those distracted by hunger pangs. Skipping breakfast can leave you feeling tired, restless, and grumpy. Start the day with a healthy breakfast, and you'll enjoy a more positive, upbeat mood.



Aid in Weight Management

There's evidence that eating breakfast can help keep your weight down. If you're trying to manage your weight, eating the right foods is important. However, a lot of people think skipping breakfast is a good way to cut calories. It's not. Skipping breakfast can backfire. You'll be tempted to graze on high-calorie mid-morning snacks to stave off hunger. Studies show that people who skip breakfast tend to overeat at other meals.

Ways to Make Time for Breakfast

One of the most common reasons people skip breakfast, or opt for munching down a box of donuts is a lack of time. But you can fit breakfast into your schedule, even when you're busy. Here's how:

- **Wake up 15 minutes earlier** so you have time to make breakfast.
- **Prepare ahead of time** and make it a part of your morning routine. Or get everything together for breakfast before you go to bed.
- **Keep your kitchen stocked** with healthy breakfast foods like fresh fruit, oatmeal, whole-grain bread, cereal, yogurt, and low-fat milk or soymilk.
- **Cooking breakfast doesn't have to be difficult.** A fruit smoothie, bowl of oatmeal, or toast with peanut butter can be tasty and nutritious.

If you want to start your day out right, think better, feel happier, and tip the scale in the right direction, make eating a healthy breakfast a daily habit.

Sources:

*American Heart Association.
Harvard School of Public Health.
American Journal of Clinical Nutrition.
Academy of Nutrition and Dietetics.*

