Breakfast is the most important meal of the day! Eating breakfast is a vital ingredient to our body and mind because after 8–12 hours without food, the brain and muscles are in need of caloric energy to function. (Peñuela, 2010.) This meal kicks off our day both mentally and physically. Breakfast is meant to break the fasting period between dinner the night before and lunch the following day; Break. The. Fast.

Why Do People Skip Breakfast?:

- **Lack of Time**: Everyone has a busy life, however eating breakfast is an important healthy lifestyle habit that everyone should make time for.
  - Try preparing foods the night before
  - Buy easy to carry foods; bananas, yogurt, 100% fruit juices, breakfast bars, nuts, dried fruits, or dried cereal
- **Lack of Appetite**: Although you may not feel hungry in the morning, it is important to at least bring something small with you to get your metabolism going.
- **Same Old Breakfast**: Practice your freedom of choice. There is no reason for you to get bored with your diet. Try using your leftovers and create a brand new meal.
- **Belief that skipping breakfast helps you lose weight**: Check out MyPryamid.gov for the recommendations of a healthy nutrient intake.
  - (Peñuela, 2010.)

Mental Benefits of Eating Breakfast:

- Be more productive at work
- Have better problem-solving skills
- Increased mental clarity
  - (Neithercott, 2011.)
- Improve memory, mood, and concentration
- Increased attention and creativity
  - (Peñuela, 2010.)

**Physical Benefits of Eating Breakfast:**

- **Diabetes Prevention:** Jump starts your metabolism! By eating a small breakfast it is known to help protect you from diabetes. (Neithercott, 2011.)
- **Prolonged Fasting State:** When your body repeatedly goes through a timeframe where it doesn’t receive calories, it will go into a prolonged fasting state. Then when lunch time finally roles around your body is going to store as many calories as it can to use when the body is deprived of calories. (Neithercott, 2011.)
- **Keeps Blood Sugar Levels Consistent:** In the morning the body goes through a hypoglycemic state, also known as low blood sugar. By eating breakfast it allows the body to regulate the sugars in the blood at a more efficient rate. (Neithercott, 2011.)

**Some Quick and Simple Breakfast Ideas:**

- Smoothies – fresh fruits, fresh vegetables, yogurt, milk
- Cereal/Granola – oats, quinoa, amaranth, dry cereals, cream of wheat
- Fresh/Dried fruit – bananas, apples, oranges, peaches, nectarines, berries, papaya, cranberries, raisins
- Nuts and seeds
- Protein Shakes
- Bagels/Muffins/English Muffins
- Yogurt or a fruit/granola parfait
- Energy Bars/Granola Bars
- Couple slices of toast or homemade bread
- Breakfast burrito

References:
