

Breakfast is for Champions!

You may think you are too rushed to take time for breakfast. Maybe you want to lose weight by skipping a meal. Or perhaps you “just aren’t a breakfast person.”

Skipping meal, especially breakfast, does not help with weight loss. Missing a meal forces your body and brain to run on empty and leads to overeating at your next meal.

The American Dietetic Association reports that adults who eat breakfast have an easier time losing weight, which lowers your risk for obesity, diabetes and even having a heart attack. So take time for breakfast to make sure your body get the fuel it needs for the day.

Quick and healthy breakfast ideas

- Glass of 100% fruit or vegetable juice
- Whole wheat toast with fruit spread
- Oatmeal with dried cranberries, blueberries or strawberries stirred in
- Whole grain cereal with low-fat milk
- Fresh fruit: bananas, apples, oranges
- Fat-free yogurt