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 Gallagher Benefit Services, Inc.



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# WELLNESS WEEKLY

## Eat a Better Breakfast!

By now most of us probably already know that breakfast is the most important meal of the day. But some may not always know exactly WHY it is considered the most essential meal. The fact is that there are many reasons why eating breakfast is a big factor in maintaining a healthy lifestyle.

The typical person will spend about eight hours sleeping a night. Your body is not taking in any food or water during that time, which means that your blood sugar is low, you are waking up dehydrated, and your body has very little energy to get your day started off right. This is why a little nourishment is exactly what your body needs in the morning.

Eating breakfast helps jump-start your metabolism, and can actually help you lose weight. Skipping a morning meal will cause you to over-eat at your next meal, and also makes it more likely for you to eat more calorie-laden snacks to keep your hunger at bay in between meals. So skipping breakfast really only makes weight control more difficult.

Indulging in a nutritious morning meal will ultimately make you much more productive throughout the day. Morning food helps recharge your brain and body by providing nutrition when your body first starts to demand additional nutrients.

Providing yourself with a wholesome, healthy breakfast doesn't have to be difficult. The best breakfasts consist of protein, complex whole-grain carbohydrates, and a little heart-healthy fat. Here are a few quick and easy meals to help you start your day with these essential nutrients:



- Whole grain cereal with sliced strawberries or bananas, and low-fat milk
- Peanut butter toast on whole grain bread with a poached egg
- Oatmeal with fruit mixed in, or on the side
- Yogurt with fruit and a granola bar, or you can even make a delicious fruit and yogurt smoothie
- Bagel with peanut butter and a banana
- A glass of low-fat milk or orange juice is always a great drink to compliment any breakfast

Making the simple choice to eat a healthy breakfast in the morning can be one of the best choices you make all day, and can keep you on track for a healthy lifestyle.