

# All Things Breakfast

We hear it all the time, breakfast is the most important meal of the day. But why is breakfast so important? What does a healthy breakfast include? What are some examples of a healthy breakfast? Eating breakfast has numerous benefits and putting together a balanced breakfast can be a lot easier than you may think.

## Why is Breakfast Important?

Through the night, our bodies work hard to repair, restore, and replenish from the busy day we had the day before. These processes can take a lot of energy we do not even realize while we are sleeping. Upon waking, our bodies are short on fuel assuming the last meal we ate was dinner, or possibly, a night snack. Eating breakfast refuels our bodies and gives us the energy we need to get through the day. In addition, consuming breakfast can help to restore blood sugar that may have fallen through the night. Having this adequate energy and a stable blood sugar can increase our alertness, mood, and brain function.

Our bodies need a great amount of energy just to function at the bare minimum, not to mention the addition of our busy lives. To meet these energy needs consuming three meals a day plus snacks is necessary for most. The addition of a breakfast that includes all food groups can help to meet the nutritional needs for your body to function at its best.

In addition, eating meals at regular intervals can help improve our hunger cues. It is not uncommon for people to say they do not feel hungry enough to ever eat breakfast, so they may opt for a cup of coffee instead. However, the caffeine in coffee can suppress your appetite and disrupt the signals your body is telling you. Getting in the routine of consuming a balanced meal can restore these signals and allow you to be able to listen to your body's hunger cues more effectively.

## What Does a Healthy Breakfast Include?

A healthy breakfast includes components from each of the three macronutrient food groups (carbohydrate, protein, and fat). Adding fruits and vegetables would also incorporate a variety of vitamins and minerals. Examples of carbohydrates in a healthy breakfast could be pancakes, waffles, toast, oats, a bagel, muffin, or cereal. Protein in a healthy breakfast could include eggs, bacon, sausage, yogurt, milk, cheese, or nut butters. Items like bacon, sausage, cheese, and nut butters could also incorporate fats into the breakfast. In addition, cooking with oil or adding butter or avocado to toast are easy ways to add fat to the meal. Adding in a piece of fruit, or frozen vegetables into your omelet are easy ways to add color, vitamins, and minerals to your breakfast. When thinking about what to include in your breakfasts, start with the foods you enjoy and think about what you can add to meet all the food groups. Breakfasts can be sweet, savory, traditional, or non-traditional. If you are not someone who enjoys typical breakfast foods, it is okay to eat more savory options, as they still nourish your body.



## Breakfast Ideas

Overnight oats: Oatmeal, milk, sweetener of choice, peanut butter, fruit

Yogurt parfait: Yogurt, granola, berries

Avocado toast: Toast, avocado, fried eggs, tomato slices

Bagel with cream cheese, bacon, fruit

Breakfast sandwich: English muffin, egg, cheese, Canadian bacon, fruit

Breakfast burrito: Tortilla, scrambled eggs, cheese, avocado, veggies

Smoothies: Milk, yogurt, frozen fruit, spinach

Omelet: Eggs, veggies, cheese, side of toast

Traditional American: pancakes, sausage, fruit

Toaster waffles, peanut butter, banana, side of yogurt