

# *The Importance of Breakfast*



## **Eating breakfast reduces hunger later in the day, making it easier to avoid overeating.**

- Skipping breakfast may make you feel ravenous later and tempt you to reach for a quick fix, such as candy from the vending machine.
- Prolonged fasting, which occurs when you skip breakfast, can increase your body's insulin response, increasing fat storage and weight gain, and decreasing your metabolism.
- Skipping breakfast has been correlated with an increased risk of obesity.

## **Eating breakfast gets you on track to make healthy choices all day.**

- People who eat breakfast regularly tend to eat a healthier diet, one that is more nutritious and lower in fat.
- Studies show that when you skip breakfast, you're more likely to skip fruits and vegetables the rest of the day too.

## **Eating breakfast gives you energy, promoting increased physical activity during the day.**

- A healthy breakfast refuels your body and replenishes the glycogen stores that supply blood sugar (glucose).
- Studies show that skipping breakfast is associated with decreased physical activity.

Source: MAYO Clinic