

## Does Eating Breakfast Really Make a Difference?



*"I don't want to be late." "I don't like breakfast foods."  
"I'm not hungry." "I'm trying to lose weight."*

Ask around and you'll more than likely hear people give these common reasons for skipping breakfast. To some people, it may not seem like a big deal. However, skipping breakfast can have significant effects on your overall health.

### Consider your heart health

Eating breakfast can help you reduce your risk of having a heart attack, stroke or diabetes. [A recent study](#) concluded that regularly skipping breakfast is associated with an increased death from heart disease. Those who never consumed breakfast were at two to three times higher risk of death from heart disease and 75 percent higher risk of death from any cause. Similarly, a [2013 study](#) from the Harvard School of Public Health found that those who regularly skipped breakfast had a 27 percent higher risk of heart attack than those who ate a morning meal.

### Consider weight management

It's easy to think that by skipping breakfast, you'll eat fewer calories and this will help you lose weight. Actually, the opposite is true — skipping breakfast actually hinders weight loss. That's because breakfast skippers often replace the calories they saved (and more) with mindless nibbling between meals, overeating at lunch, eating a large dinner and snacking throughout the evening. Studies show making breakfast a daily habit can help you lose weight — and keep it off.

Now that you know why it's so important to eat breakfast, check out some solutions at right for the other reasons you may have for skipping it!



**[Start the day with healthy oats](https://tinyurl.com/MHIFhealthyoats)**  
<https://tinyurl.com/MHIFhealthyoats>



### Don't want to be late?

Here are some grab-and-go options:

- Start the day with low-fat yogurt, a sprinkle of whole-grain cereal and fresh fruit.
- Make several fruit and yogurt smoothies and store them in the freezer. Take one out to thaw in the evening. It will be ready to take with you as you head out the door the next morning.
- Prepackage snack bags with almonds, dried fruit and whole-grain cereal that you can keep in your desk or workstation. A high-fiber cereal with 3 to 5 grams of fiber per serving is ideal.
- Try instant oatmeal cups with fresh or dried fruit. You can make them quickly at home or work.

### Don't like breakfast foods?

Think outside the "breakfast" box and try these:

- Stuff a whole-wheat pita with a sliced, hard-cooked egg and low-fat cheese.
- Spread a whole-grain tortilla with peanut butter. Add a whole banana and roll it up.
- Try a whole-grain tortilla spread with hummus, add leftover lean meat or a scrambled egg and top with sliced avocado.
- Even leftovers like whole-grain pasta salad or tuna sandwich made with low-fat mayo can hit the spot in the morning.

### Not hungry?

If you're still not convinced to eat breakfast, here's one last question for you: Do you ever feel sluggish in the morning? If so, consider that you probably haven't eaten for the past eight to 10 hours and by ignoring your hunger cues for so long, you may no longer feel hungry in the morning. Once you start eating breakfast regularly, you'll wake up with an appetite and breakfast will give you the energy you need to start your day!