I believe that eating breakfast is a major part of having a healthy lifestyle. Breakfast is a meal that is often overlooked by people across many age groups. Common excuses for skipping this important meal include “I don’t have time in the morning” or “I’m not hungry when I first get up.” In my opinion, these are weak reasons for missing out on the meal that sets the stage for your whole day. First of all, a healthy breakfast takes hardly any time at all. There are endless options for your morning selection. Pour a whole-grain cereal into a bowl and add a little low-fat milk and then you have created a quick solution that only takes minutes to eat. Also, fruit has the advantage of being both portable and nutritious. Grab a banana and you have a potassium-packed boost that comes in its own disposable, compostable wrapper. Next, although normally you may not be hungry when you first get up, if you start adding breakfast to your normal morning routine then you will find your body quickly adjusts to the change. Once you start expecting to eat soon after you get up, your body will physically respond to these mental cues.

Now, the next logical question is “why is breakfast so important in the first place?” We must have heard that it is the most important meal of the day for a reason. Actually, there are several. Breakfast serves as a kick start to the day and to the body. Eating soon after you get up wakes up your body and gives your metabolism a push. Eating smaller meals more frequently throughout the day, starting with breakfast, actually keeps up your metabolism and helps the body use calories more efficiently. Also, skipping breakfast leads you to be starving by lunch and you end up overeating to compensate for that. Eating a breakfast full of fiber and protein will curb cravings and keep you full until lunch. Finally, breakfast will give you the energy you need to get through your day. An early morning that is started with a nutritious beginning is guaranteed to be more productive and more enjoyable. Overall, breakfast has many benefits and is an easy and quick way improve a healthy lifestyle. This I truly believe.

By Megan Gourley