

7 Reasons to Eat Breakfast

“Eat breakfast like a king, eat lunch like a prince and eat dinner like a pauper” is a popular saying. You might have heard it from your grand-mother when she wanted to impart some wisdom to the younger generation. I personally adhere to the breakfast like a king part, especially if this breakfast is composed of meat and nuts meat and nuts. All my clients and students who have tried it swear by it for the energy, drive and focus it provides.

Science is proving this theory right as well: eating breakfast has a number of advantages for the health, performance and physique-conscious crowd. While composition varies the world over, there are some commonalities that can't be ignored. This is such an important point to me that one of the first things I do when I teach is ask where the best breakfast places are located near my hotel. I even hired someone to bring me the appropriate foods while teaching in Spain as what is considered breakfast there is a far cry from my standards. No wonder a siesta is the norm in the afternoon.

Benefit # 1 – Eating something in the morning will help regulate glycemia and improve appetite control.

Proper regulation of blood sugar is of utmost importance to long-term health, with dysglycemia being linked to obesity, metabolic syndrome and diabetes, amongst others. Studies have shown that any type of breakfast, no matter the composition will help. An emphasis on low-glycemic carbs and richness in fibers improved both appetite control, voluntary energy intake during the day and the post-prandial blood glucose.

Of course, the more gradual the rise of blood sugar, the better the response. So avoid using this to eat sugary cereals or repackaged cake; aka muffins. Here is why you'd be better off eating the cardboard box than the insulin-coma inducing content insulin-coma inducing content

Benefit #2 – A protein-rich breakfast sets you up for success

Having breakfast helps regulate blood sugar and appetite regulation throughout the day. Protein in and of itself also has this benefit. Combine the two, and you have a powerful combo that will help you prevent blood sugar crashes that can wreak havoc on your energy levels, your productivity at work and in the gym, and makes your thinking fuzzy. You'll save time, energy and be more focused by having a stable blood sugar level.

As in the meat and nuts breakfast, meat is a food that has not only proteins but a lot of nutrients that will help you be more focused, driven and energized.

It's easy to see that point 1 and 2 mean that you'll be leaner and have better control over your eating pattern, thus making it even easier to improve your physique composition goals. Don't skip breakfast! Plus, studies have demonstrated that breakfast skippers have a higher BMI, and are more likely to be overweight. They also tend to make poorer food choices throughout the

day, thus creating the vicious circle of bad food choices and eating more because of poor appetite control. Avoid this by consuming the Meat and Nut Breakfast™ daily.

Benefit #3 – You'll make a wider variety of food choices

Different types of foods have different nutrients in them. The wider your palette, the better your health and the least your chances of nutrient deficiencies. Those who eat breakfast have less chances of suffering from a lack of vitamins, particularly B-complex, zinc, calcium and iron. They will also have more fibers in their diet, and a greater variety in the types of fiber they eat, an important point I make to help excrete toxins out of the body. Fibers and proteins together is one of the reasons those who eat breakfast have a better body composition and a more stable blood sugar level.

Benefit #4 – You'll have more mental acuity

As mentioned previously, not having dysregulation of your glycemia (i.e. blood sugar crashes), means you'll be able to think better and more clearly during the day, you'll be more focused on the task at hand. Eating breakfast has also been shown in studies to improve performance in free recall of information and memory recognition

This is another reason why I'm a fan of organic meat and nuts for breakfast as those foods tend to be rich sources of brain-friendly nutrient such as choline, carnitine and tyrosine, all important building blocks for neurotransmitters such as acetyl-choline and dopamine. I consider eating a meat and nuts breakfast a way of caring for your brain

Benefit #5 – You'll make better lifestyle choices

Yes, eating right and exercising is important, but if you have a poor lifestyle, this is not going to help. The good news is, studies have found that eating breakfast makes you less likely to have poor health habits such as smoking and drinking and not exercising. There is a positive association between eating breakfast and having other healthier habits. This is shown in studies where a decrease in cardio-vascular diseases, diabetes, cancer and overall mortality was found in those who eat breakfast.

Eating a good breakfast is part of a healthy lifestyle, but it also appears to be a good gateway to establishing the other healthy habits that form this lifestyle.

Benefit # 6 – You will be in a better mood

There is a positive association between the fact that you eat breakfast and a better mood, reflected in decreased depression and performing better in a social environment. This seems to be particularly important for children as eating breakfast also lessens the chance of attention deficit spectrum disorders, and for women, where skipping breakfast has been correlated with an increased chance for dysmenorrhea, an important risk factor for gynecological diseases and psychological disorders.

Benefit # 7 – You will also set up your kids for success

Healthy and fit parents tend to have healthy and fit kids; smarter kids too, as explained in point # 6 where children who eat breakfast tend to decrease their chances of having attention deficit. By setting the right example and eating breakfast, parents show children that they too should eat it, and what is a good vs. bad food choice. Kids who ate breakfast with their parents had better body composition and decreased chances of being overweight.

Having breakfast is also a mark of higher academic success, as this behavior has been associated with better grades, and increased chances of staying in school past the age of 16. Those kids also tend to suffer less from behavior problems.

Whether your goals relate body composition, business or health, you can't go without breakfast as a pillar of the healthy lifestyle that will get you there. Commit to have a healthy breakfast, and reap the success in all the other spheres of your life.

Stay healthy,

Coach Charles R. Poliquin

References

Pereira MA et al., *Breakfast frequency and quality may affect glycemia and appetite in adults and children*, J Nutr. 2011 Jan;141(1):163-8. doi: 10.3945/jn.109.114405. Epub 2010 Dec 1.

Rosén LA, Ostman EM, Björck IM, *Effects of cereal breakfasts on postprandial glucose, appetite regulation and voluntary energy intake at a subsequent standardized lunch; focusing on rye products*, Nutr J. 2011 Jan 19;10:7. doi: 10.1186/1475-2891-10-7.

Nilsson AC, Ostman EM, Granfeldt Y, Björck IM, *Effect of cereal test breakfasts differing in glycemic index and content of indigestible carbohydrates on daylong glucose tolerance in healthy subjects*, Am J Clin Nutr. 2008 Mar;87(3):645-54.

Leidy HJ, Ortinau LC, Douglas SM, Hoertel HA, *Beneficial effects of a higher-protein breakfast on the appetitive, hormonal, and neural signals controlling energy intake regulation in overweight/obese, "breakfast-skipping," late-adolescent girls*, Am J Clin Nutr. 2013 Apr;97(4):677-88. doi: 10.3945/ajcn.112.053116. Epub 2013 Feb 27.

Wang S, Yang L, Lu J, Mu Y, *High-protein breakfast promotes weight loss by suppressing subsequent food intake and regulating appetite hormones in obese Chinese adolescents*, *Horm Res Paediatr*. 2015;83(1):19-25. doi: 10.1159/000362168. Epub 2014 Jun 11

Flint A, Gregersen NT, Gluud LL, Møller BK, Raben A, Tetens I, Verdich C, Astrup A., *Associations between postprandial insulin and blood glucose responses, appetite sensations and energy intake in normal weight and overweight individuals: a meta-analysis of test meal studies*, *Br J Nutr*. 2007 Jul;98(1):17-25. Epub 2007 May 25.

Song WO1, Chun OK, Obayashi S, Cho S, Chung CE, *Is consumption of breakfast associated with body mass index in US adults?*, *J Am Diet Assoc*. 2005 Sep;105(9):1373-82.

Ma Y et al., *Association between eating patterns and obesity in a free-living US adult population*, *Am J Epidemiol*. 2003 Jul 1;158(1):85-92.

Videon TM, Manning CK, *Influences on adolescent eating patterns: the importance of family meals*, *J Adolesc Health*. 2003 May;32(5):365-73.

Fujiwara T, *Skipping breakfast is associated with dysmenorrhea in young women in Japan*, *Int J Food Sci Nutr*. 2003 Nov;54(6):505-9.

Morgan KJ, Zabik ME, *The role of breakfast in diet adequacy of the U.S. adult population*, *Stampley GL.*, *J Am Coll Nutr*. 1986;5(6):551-63.

Timlin MT, Pereira MA, *Breakfast frequency and quality in the etiology of adult obesity and chronic diseases*, *Nutr Rev*. 2007 Jun;65(6 Pt 1):268-81.