

## The Importance Of A Healthy Breakfast

Many people underestimate the value of breakfast. Some people only have a cup of juice or a bag of chips for breakfast. Research shows that this type of routine is not the healthiest choice. Eating a well balanced breakfast a few hours after waking up is much healthier for you and your child.

For children, a good breakfast is even more important. Children who do not eat a good breakfast may become tired in school and certainly have a shorter attention span. Eating breakfast “jump starts” your body’s metabolism and gets it working at a peak level earlier in the day. In a study, test scores of children who did not eat breakfast were generally lower than those who had eaten a well-balanced breakfast.

Some teenagers choose to skip breakfast as a mean to lose weight. Skipping breakfast actually makes teens more likely to snack throughout the day and eat a larger meal at lunch and dinner. Their metabolism is slower in the mornings and the body is not burning calories at a high level. Eating a high-fiber and carbohydrate-rich breakfast helps kids stay full longer throughout the day, so they will not be tempted to snack before regular meals.

These guidelines are not only for children, but apply to adults as well. Eating three well balanced meals promotes positive behaviors and optimum performance in life.