



Breakfast Battle

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People always say that breakfast is the most important meal of the day, but is that really true?

Eating breakfast reduces your hunger later in the day, making it easier to avoid overeating. Skipping breakfast may cause you to feel “over hungry” and more vulnerable to go for the quick fix and less likely to make a nutritious decision. Waiting for lunchtime to get in those much needed calories can trigger an increase in your body’s insulin response, which in turn increases fat storage and weight gain. Eating breakfast gives you energy, increasing your physical activity during the day; it refuels and replenishes your body. Studies have shown that people who consume breakfast are more likely to make healthy choices throughout the day. Excluding that first meal is associated with decreased physical activity and can lead to obesity.

Here are some helpful hints to squeeze in a healthy breakfast:

- Get up 10 minutes earlier in the morning.
- Quit late night snacking.
- Plan ahead and prepare the night before. (Even grab the leftovers, just because its breakfast doesn’t mean it has to be pancakes, cereal, eggs, etc.....)
- Incorporate foods you can eat on your commute: such as peanut butter or turkey sandwich or an apple with a cheese stick.

It may take more thought than simply grabbing a doughnut from the gas station or heading to McDonald’s, but just a few minutes of planning at the start of each week can help make breakfast stress free and nutritious.