LifeWise
EVERYDAY WELLNESS

Breakfast

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Your body starts demanding a supply of energy as soon as you wake up. Not eating, especially in the morning, can hamper mental alertness and put a strain on both your body and brain. Here are some tips for eating a healthy breakfast that will set you up for an energized day:

Avoid refined carbohydrates.

These include white breads, bagels, and pastries. Refined carbohydrates give you a very short-lived energy boost. Whole grain breads and cereals release energy slowly, allowing you to have a constant supply of energy until your next meal.

Include protein.

This can be from meat, eggs, nuts, or dairy. Protein helps keep you fuller longer. Try putting leftover steak or chicken in a breakfast sandwich or eating a slice of whole grain toast with peanut butter.

Eat fruits and vegetables.

You'll get a good dose of important vitamins, minerals, and fiber. Try adding sliced fruit to cereal or yogurt or simply eat it whole. Toss spinach and red peppers into an omelet.

Be creative.

If you're bored of cereal, try another cereal or something different all together. You could try out exotic fruit smoothies or fancy omelets. Even better: eat dinner for breakfast!

Get it fast.

Not having time shouldn't be an excuse to not eat breakfast. Give ready made liquid breakfasts a go (just be wary of added sugar. Cafes usually serve healthy food with fresh ingredients. Try grabbing a sandwich on your way to work.

Prepare ahead.

Homemade breakfast is possible even for the time-crunched. You can make a variety of foods ahead of time, like sandwiches, parfaits, and burrito fillings. Try making a large batch of whole grain pancakes or waffles to freeze and reheat in the toaster oven for a quick bite.