



Eat breakfast and keep out fad diet

It is not a myth. Eating breakfast is an important part of attaining and maintaining a healthy lifestyle. The morning meal enables your body to refuel itself after enduring a nightlong fast or 10 hours or more. It assists in re-energising your body's metabolism and providing sufficient amounts of energy and nutrients for you to survive the earliest part of the day. Remember breakfast is the first opportunity for you to replenish your body's exhausted energy reserves. Whatever you do don't waste this opportunity. While breaking the nocturnal fast is important, eating appropriately is just as essential. Eating a good breakfast, low in fat, and rich in dietary fibre and micronutrients will mentally and physically set you up for anything the day may throw at you.

Why Breakfast is Important.

By choosing not to eat a well-balanced breakfast you may be putting your health in danger. Studies have shown that people who regularly skip breakfast are more likely to be overweight and have less energy than those who always eat breakfast.

The consumption of a healthy breakfast has been shown to improve short-term memory. People who regularly eat breakfast have less fatigue and lower cholesterol level than those who skip breakfast. Research has demonstrated that children who eat correctly at breakfast perform better in class and produce higher marks than those who do not. If you want to have an improved, healthy body then it is vital to eat a nourishing breakfast. Research has shown that skipping breakfast causes a lowered metabolic rate, which means fewer calories burned throughout the day. Over time this has the potential to lead to an unhealthy Body Mass Index.

What is a healthy breakfast?

Choose foods that are natural and unprocessed. Eat whole fruit rather than fruit juice. Whole fruits provide extra fibre. Vary the colour of the fruits you eat. Different coloured fruits and vegetables contain different nutrients.

Yogurt, wholegrain dark bread, high fibre cereal with soy or low fat milk, are excellent choices. Try making your own delicious museli. Three to six servings of protein a day is recommended. Protein sources include eggs, tofu, fish, lean meat and nuts. Mix and match from the above items or add your own healthy favorites.





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Start The Day Right

Don't fool yourself "Fuel" yourself. Build breakfast into your basic routine every morning. You will soon notice a great improvement in your energy and well-being. A great morning leads to a great day.

Unfortunately most weight loss diets are actually fad diets. All too often diets that describe themselves as being new or revolutionary are actually diets that are twenty or thirty years old come back for a second or third wave of popularity. The best way to identify a fad diet is to determine if it is based on any of the following principles:

The truth behind weight gain in this society is that people are eating more total calories and getting less physical activity. Your body simply doesn't distinguish between types of calories when it comes to weight gain or loss only the number of them.

Crash diets dehydrate you, low calorie diets put your body into starvation mode so you plateau so you can't lose one more kilo and high protein diets stress your kidneys and clog your arteries.

The truth is that you do need protein and fat in the diet, both serve important metabolic and physiological roles in the body. Fad and crash diets are not only unhealthy but they are also cause rebound weight gain. Also most diets, even though diet gurus write them cause an initial weight loss but the ultimate result is that you gain all of the weight back the minute you go off the plan. If you don't gain it back within a couple of diets, you are likely to gain it all back plus a bit more within a year.

Everything in moderation...



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