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## Do You Eat Breakfast?

By Cheryl Haining

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#### Do You Eat Breakfast?

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-energizing 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.

## Do You Eat Breakfast?

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, (email me for a recipe). 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.

If your excuse is that you don't have time for breakfast, here is your answer. Herbalife has a product called Formula 1. It is a scientifically formulated dietary food that contains an exclusive blend of select proteins, vitamins and minerals. It is low in fat, cholesterol free and an excellent source of dietary fibre and essential amino acids. A Herbalife breakfast is made in a minute and fuels your body right through the morning. It is the ultimate fast food and so good for you. Find more information on this product at [www.ulooseweight.net/shoponline](http://www.ulooseweight.net/shoponline)

**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.

Haining is a skin care, body shape and nutrition coach. She has her own successful business. Her mission statement is to ensure everyone reaches his or her optimum body shape, size and condition. Contact Cheryl at [www.ulooseweight.net](http://www.ulooseweight.net) or email her at [cherhaining@yahoo.com.au](mailto:cherhaining@yahoo.com.au) To learn how to create an income stream from home visit [www.keybusinesstips.info](http://www.keybusinesstips.info)

**Easy, Frugal Breakfasts!**

**By Cyndi Roberts**

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We all know breakfast is the most important meal of the day. And that children that eat breakfast do better in school than those who don't.

However, we also all know that it isn't always easy to find time to prepare that all-important meal or to convince our children to eat it!

One way to create a positive attitude toward breakfast in your children is by showing them that you enjoy breakfast!

Eating breakfast as a family is a great opportunity to spend some quality time together. Spending time together, making breakfast can turn out to be a child's favorite part of the day!

By being creative and maybe just a little bit organized, you can make a variety of tasty and healthy

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breakfasts. Try these ideas:

for a quick and easy breakfast try a toasted bagel spread with low-fat cream cheese.

or peanut butter spread on whole-wheat toast.

how about a fruit smoothie? Toss whatever fruit you have in the blender with milk.

when you have a little time, prepare a large batch of pancakes or waffles. Freeze in a single layer, then stack in a zip-top bag. In the mornings, pop one into the toaster, then top with fruit and yogurt.

or spread peanut butter and jelly between 2 pancakes.

try some non-traditional foods, like leftover pizza—kids nearly always go for it!

kids don't want to drink their juice? Try this easy recipe for Orange Juice Smoothies. 1/2 cup orange juice 1/4 cup sugar 1/2 cup milk 1/2 cup water 1/2 teaspoon vanilla 5 or 6 ice cubes

Mix all ingredients in blender till smooth.

Breakfast doesn't have to be ham and eggs anymore! Nor does it have to be cold cereal. By using a little creativity you can have a healthy breakfast every morning!

Cyndi Roberts is the editor of the bi-weekly newsletter "1 Frugal Friend 2 Another", bringing you practical, money-saving tips, recipes and ideas. Visit her online at

to

subscribe and receive the Free e-course, "Taming the Monster Grocery Bill".

Easy, Frugal Breakfasts!

Eating Outside Your Box

Healthy Breakfast Foods

Vitamins The Ultimate Substitute For A Commuter

2 Ways to Start Burning fat Quickly

Obesity and Weight Loss

Beat that Fat

Vegetarian Recipe Book

1000 Atkins Diet Recipes

Bread And Biscuit Baker's And Sugar-Boiler's Assistant

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