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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Healthy Breakfast Foods

By Sharon Hopkins

It is always surrounded by silly excuse of lack of time. And still no one denies that fact that "breakfast" is the most important meal of the day.

Why such a hullabaloo about this early morning meal? Well, for starters, this meal comes after a break of 8 – 10 hours; hence your blood sugar level will be low. Since your body has gone with out food for such a long time, it needs nourishment to kick-start its day. Therefore "breakfast" is considered to be an important and essential meal of the day.

Breakfast benefits both, young and old. It is the key to jump start your muscles and your day. People who eat breakfast (healthy) daily are more likely to

– Consume more vitamins, minerals and less of fat and cholesterol. – Increased strength and endurance. – Better concentration and productivity all day long. – Control over weight – Low cholesterol = no risk or little risk of heart disease

Children who eat breakfast are likely to have better concentration, problem-solving skills and eye-hand coordination. They will be alert, creative, and less likely to miss days of school.

If you think skipping this meal, will help you lose weight, think again. By passing over this meal, your body will go in the starvation mode and make you crave for snacks especially sweets. Impulsive snacking on unhealthy foods can lead to weight gain. So you motive of losing weight by skipping breakfast stays unachieved.

Try to choose healthy foods from at least two food groups each morning

– Fruits & Vegetables – Grains – Dairy – Proteins

A glass of pure fruit juice, bananas, yoghurt, low-calorie muesli with semi skimmed or skimmed milk, fresh fruit salad with few spoonfuls of low fat yoghurt, fresh and raw veggies mixed with flavoured yoghurt, a slice of toast or plain bread with eggs, boiled or poached are some of the options for

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breakfast. Kids can enjoy a Smoothie with their favourite fruits; add dash of yoghurt or honey to make it more delicious.

If you look forward to eating different kinds of healthy foods for breakfast, you are less like to skip this meal. If time is your hurdle, think about packing your breakfast or eating on the 'run', its better than skipping it altogether.

Sharon Hopkins has been managing a number of websites on diet, nutrition and health such as

<http://www.diethealthclub.com>

, that promote good health and unhealthy food habits leading to a

diseased body. Healthy Food contains vital nutrients that aid our body's metabolic function.

Child Nutrition: Help Your Child Be Healthy

By Carrie Myers

The food your child eats is important not only now but also for the rest of his or her life. A small child is going to need various types of foods for energy to play, grow, and to build a healthy body. Muscles and bones are forming over the first fifteen years of life, and when eating the right types of foods and including smart nutrition your child is more likely to avoid sickness and to ward off some types of disease. Your child's nutrition Your child's nutrition is going to start with you. You child is going to see what foods you eat, and when you are more likely to eat them, and your child is going to build their own habits from those habits he or she sees you following. If you eat breakfast on the go, all the time, your child will feel this is normal and ok, but you should be sitting down to a breakfast every morning for good nutrition basics. Even if you are eating a bowl of cereal or you are enjoying a glass of juice, taking five minutes will encourage better eating habits. Nutrition for your child's health Healthy beginnings start with fruits, vegetables and good portions of meats. The food pyramid is going to be important in the early stages of life so that your child will learn to eat many types of foods, and not only the foods they like the taste and looks of. Giving your child many options in life will help them pick foods that are better for them in the long run. Healthy children are not going to eat burgers and fries for every meal, but they will have a well-rounded life with nutrition builders such as fruits, vegetables, meat, and variations of these builders. Teaching good habits for your child's nutrition awareness will start with reading labels. Learn about what preservatives and additives are in some of the foods you are eating, and then talk about these with your child as they grow. Include foods that are all natural, or that contain very little preservatives for a solid start in their understanding of nutrition.

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