

# Breakfast

**1. Eat early, eat often.** Starting your day with a healthy breakfast can jumpstart your metabolism, & eating the majority of your daily caloric allotment early in the day gives your body time to work those calories off. Also, eating small, healthy meals throughout the day, rather than the standard three large meals, can help keep your metabolism going & ward off snack attacks.

**2. Start your day with breakfast!** Eat within an hour of waking in order to jumpstart your metabolism for the day. Skipping breakfast was associated with an increased risk of obesity & a consumption of larger meals during the day. Eating breakfast may reduce fat intake, limit snacking throughout the day & decrease the risk of diabetes & heart disease. Choose healthy breakfasts to help you achieve a healthy weight.

**3. Select high fiber breads & cereals, colorful fruit, & protein to fill you with energy for the day.** Try yogurt with muesli & berries, a veggie-packed omelet, peanut-butter on whole grain toast with a citrus salad, or old-fashioned oatmeal made with dried cherries, walnuts, & honey.

