



QuickBites Tip

How can skipping breakfast lead to weight gain and other health problems?

Are you one of the millions of Americans skipping breakfast, or do you have family members who routinely start their day with an empty tank? If so, it is time to reconsider that decision and encourage your family to fuel up in the morning.

Breakfast skippers generally do so either because they are in a hurry or because they believe it will help them lose weight. **The truth is, skipping breakfast is likely sabotaging their efforts to control their weight.** Studies have shown that those who skip breakfast are more likely to eat excessive calories later, resulting in a higher overall calorie intake for the day.

Studies have also suggested a correlation between breakfast skipping and increased risk for developing Type II Diabetes, heart attacks and high blood pressure. Individuals who skip meals early in the day and eat large meals later may be causing their bodies to secrete more insulin. This can contribute to developing insulin resistance, more fat accumulation around the middle, high triglycerides, high LDLs (bad cholesterol), and low HDLs (good cholesterol). **In other words, skipping meals can affect our hormone levels and lead to changes that increase our risk for chronic diseases.**

Here are suggestions for getting your day started with a full tank.

If you have some time.....

*Veggie Scramble

Cut up and store some favorite vegetables in your refrigerator to enjoy during busy mornings (peppers, onions, celery, tomatoes, spinach, mushrooms). Heat 1 teaspoon of olive oil or butter in a small, non-stick pan. Add ½ -1 cup chopped vegetables and cook until tender. In a small bowl, combine 1-2 eggs, 1-2 tablespoons milk, salt and pepper and beat with fork until blended. Add the eggs to the pan and cook until firm, folding to prevent sticking. Serve with your favorite fruit and whole wheat toast.

*Whole Grain Waffles or Pancakes spread with plain or vanilla yogurt and topped with a drizzle of honey and berries. If you have time, make your own using a whole grain mix, or if you are in a hurry use one of the whole grain frozen varieties. Try chopping or pureeing your favorite berries in a food processor with a drizzle of honey to use as a fruity substitute for traditional syrup.

If you hit the snooze button.....

*Harvest Oatmeal

Prepare your favorite oatmeal and top with a handful of your favorite mixed nuts (walnuts, pecans, almonds, hazelnuts) and dried fruits (blueberries, cranberries, raisins, dates, figs, apricots, apples).

*Toast a whole grain bagel or English muffin and top with 1-2 tablespoons of peanut butter and a sliced banana. Or, try topping it with cream cheese and sliced strawberries.

*Make a quick yogurt bowl with a cup of yogurt topped with low fat granola and your favorite fruit. Try different kinds of fruits such as mandarin oranges, kiwi, pears or peaches.

(over)

On the run, grab and go.....

*Fill a zip lock sandwich bag with your favorite whole grain cereal (such as mini-wheats or wheat Chex) and your favorite nuts and dried fruits. If you have time, also grab 1-2 ounces of cheese or a container of yogurt.

Next week the QuickBites tip will provide more advantages of eating breakfast, and will decode breakfast cereal labels to help you make wise choices.

Want to learn more?

Sign up for Personal Nutrition Training with Curwin Gett, MA RDN LDN

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