

Is breakfast really the most important meal?

‘breakfast’ = break a fast

The word says it all. After a long night’s sleep, once our body wakes up, it needs food. Our blood glucose is low, our cells are starving, and our brains need immediate energy.

But, what happens if we do not eat breakfast?

Our blood sugar continues to drop, triggering an alert system in the body that tells it that it is in starvation. When we are in starvation, our body makes glucose from non-carbohydrate sources as stored fats and protein. Therefore, the body breaks down its own fat stores and muscles to make glucose, making us feel more fatigued.

Okay, so we need breakfast... but, how big should my meal be?

In a study published on the journal *Obesity*, 93 overweight and obese women consumed 1400 calories per day, but one group made breakfast their largest meal, while the other consumed the largest meal at dinner. The results showed that all participants lost weight, but those that ate the largest meal at breakfast lost two and a half times more weight than those who consumed the largest meal dinner! (WHAT?!)

Other than benefits in weight loss, many studies have demonstrated that having a large breakfast can control hunger levels, leading to less overeating throughout the day. Also, breakfast eaters can resist fatty foods and high-calories foods much better and have controlled fasting blood glucose levels.



What if I am not hungry in the morning?

Start eating a small meal to make it a habit. Then, as you get used to it, you will notice an increase in appetite in the morning.

References: <https://www.psychologytoday.com/blog/evidence-based-living/201708/is-breakfast-the-most-important-meal>

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