

# Top 10 Benefits Of Eating Breakfast

The literal meaning of the word "breakfast," is to break the fast between dinner and the meal eaten after a person wakes up the next morning. If you think about the amount of time between dinner and breakfast, the meaning of the word fits. For most people, it can be up to 12 hours since their last meal, and yet they are quick to skip it as they rush out the door. Here are 10 benefits of eating breakfast and why it should be considered the most important meal of the day:

## ***1. Energy Boost to Start the Day***

Everyone should start their day off right by eating as many vitamins and other nutrients as possible. The great thing about breakfast is there are so many common breakfast foods that can be considered super-foods because of their nutrition value.

## ***2. Sharper Focus***

Whether you are in class or on the job, the last thing you want on your mind is food, because once the thought of a hearty bowl of cereal with fruit and yogurt enters your brain, there is no use trying to focus on anything else. By eating breakfast every morning, you are able to be more focused and productive until it's time to refuel at lunch. When you skip out on breakfast, it's hard not to think about anything except food, especially with a noisy stomach that needs to be fed.

## ***3. Breakfast Helps Reduce Morning Crankiness***

Feeling cranky during the morning is understandable - you probably wanted to stay in bed or you don't feel like going to work, and what most people forget, you're starving! Imagine going without food for 8 to 12 hours during the day; you probably won't be the most approachable person in the office or classroom. Do yourself, and others a favor by eating breakfast to help you deal with any morning moodiness and stress.

## ***4. Metabolism Boost***

When you sleep, your metabolism tends to slow down. The only way to jump start your metabolism for the day is to start off right with a healthy breakfast. This will allow your body to start burning through calories from the very beginning of the day, rather than in the middle of it after you've eaten lunch.

## ***5. Prevents Starvation***

When you're asleep, your body isn't burning as many calories. If you delay your first meal of the day till lunch, your body goes into survival mode and starts storing calories, creating fat. Do yourself a favor and take the time to have breakfast so your body doesn't think you're starving and needlessly store calories.

### ***6. Keeps You From Overeating***

If you prolong the amount of time between dinner and your next meal of the day, it's only natural that you end up eating more than you should. The hunger pangs and the thought of food all morning will only cause you to gorge at lunch, eating extra calories that can lead to obesity and other health complications.

### ***7. Allows You to Properly Portion Your Meals***

You may not feel very hungry when you initially wake up, but eating a healthy, balanced breakfast can help you plan and portion out your meals for the rest of the day. That way, you won't be tempted to binge eat or snack unnecessarily, both of which are unhealthy habits that can lead you to ignore your nutrition by satisfying hunger cravings with fatty foods anytime you like.

### ***8. Helps Lower the "Bad" Cholesterol***

Eating breakfast every morning can help lower LDL cholesterol, known as the "bad" cholesterol. By skipping breakfast, you are creating a chain reaction within your body:

**First**, you slow down your metabolism.

**Second**, fat is stored longer in your body.

**Third**, you have a higher tendency to overeat at your next meal.

**Fourth**, you gain weight and your LDL cholesterol goes up.

### ***9. Breakfast Can Be Nutritious and Delicious***

Don't let a shortage of time keep you from enjoying a bite to eat upon waking up. Start the day off with a healthy and delicious meal. Make sure to have something with a high nutritional value and it does not need to be what we all consider "breakfast foods".

### ***10. Eat Breakfast to Lose Weight***

One of the greatest benefits of eating breakfast every morning is you can lose weight by doing so. Just from reading the previous health benefits, you can see how you're helping your body stay lean. Numerous studies have also shown that an increase in weight is commonly associated with skipping breakfast. The best part is, even if you eat too much or have something a little unhealthy, you still have the entire day to make up for it. Eating breakfast every morning is one of the easiest ways to lose weight and eat healthier.