



Advantages of a Healthful Breakfast

1. Helps you reach and maintain healthful weight

A high-fiber breakfast is more satisfying but less calorie-dense. Eating more fiber but fewer calories helps curb cravings for refined sweet and fatty foods. Getting better nutrition at breakfast means less of an urge to snack on empty calories.

2. Powers your brain

A breakfast rich in fiber, whole grains, nuts, plant protein, and fresh fruit keeps blood sugar more stable and gives your brain the energy it needs for maximum performance and productivity. Better nutrition in the morning means more strength, physically and mentally, to improve performance and productivity. Starting the day with a breakfast packed with nutrition means your brain gets what it needs to improve mood and mental function, and optimize memory.

3. Energizes

Enjoying nutritious breakfast choices instead of caffeine and sugar alternatives yield more real strength instead of nervous energy. Building strength every day through good nutrition lessens cravings for quick fixes such as caffeinated beverages, cigarettes, drugs, or other artificial stimulants.

4. Shields and combats stress

A good breakfast charges your system with antioxidants and nutrients that protect against stress, both physical and mental. Starting the day with a satisfied feeling instead of nervous energy and hunger gives you the mental and physical edge you need to make the best choices when challenges come your way.