We’ve all heard that we shouldn’t skip breakfast, and here are some reasons for why we should always eat a healthy, well-balanced breakfast:

- Controls blood sugar (whether you have diabetes or not)
  - Prevents grumpiness, anger, and nervousness that result from drops and spikes in blood sugar.
- Starts your day off right
  - Studies have found those who skip breakfast regularly exercise less, drink more alcohol, and are at an increased risk of plaque buildup in arteries.
  - When you wake up and make a healthy choice, you are more likely to continue to make better choices throughout the day.
- Increases productivity
  - When we don’t eat breakfast, our body goes into conservation mode and our brain slows down to save energy.
  - When we eat breakfast, we kick-start our metabolism to wake our bodies and brains up.

The ideal breakfast has a combination of carbohydrates and proteins. Carbohydrates give your body energy and your brain fuel while protein will keep you feeling fuller longer.

- Examples of healthy carbs:
  - Whole grains (cereals, breads, etc.)
  - Fruits and vegetables (berries, bananas, spinach, apples, etc.)
- Examples of healthy proteins:
  - Dairy products (eggs, milk, low-sugar yogurt, cheese, etc.)
  - Legumes and nuts (beans, cashews, peas, lentils, etc.)
  - Lean proteins (turkey, tofu, fish, etc.)

Here are some quick and easy healthy breakfast ideas:

- Oatmeal topped with almonds and berries
- Hard boiled eggs and sautéed vegetables (peppers, spinach, onions)
- Smoothie of frozen berries, kale, handful of cashews and low-sugar plain yogurt

- Watch out for sugar content in yogurt, cereal, and packaged breakfast meals!
- Planning ahead is a surefire way to make sure you won’t miss breakfast.