

# **Breakfast Is The Most Important Meal: Here's How To Get It Right**

You have probably heard countless people say that breakfast is the most important meal of the day. This is certainly the case and that's particularly true when you are younger. The right breakfast will ensure that your brain is firing on all cylinders and helping you get through the day. That's why you need to think carefully about what you eat for breakfast each morning. Here are some of the key possibilities that you should keep in mind.



## The Common Choices

One of the classic choices for a breakfast dish is always going to be cereal. It's quick, it's easy and it can be quite filling. However, you do need to make sure that you are choosing the right cereal. There are quite a few on the market

and they don't all provide the same benefits. You need to look at the packet and find out exactly what's in your favorite cereal. This is particularly important for parents. A lot of the cereals that kids devour are packed with junk.

Arguably, oatmeal is the best choice for those who do like cereal. Since it's made from ground oats, it does contain a rather unique fiber which is known as beta-glucan. This fiber provides a lot of benefits to the body. It can even reduce levels of cholesterol. Another benefit of eating oats is that they have plenty of antioxidants. These help fight against the impact of oxidation on the body and stop fatty acids in the body from becoming rancid. They can also provide numerous benefits to the heart and may even decrease your blood pressure if it is too high.

## **The Healthiest Choices**

There are plenty of food options that will be fantastic if you're looking for a healthy and hearty way to start the day. For instance, you should consider having eggs for breakfast at least once a week. Scramble them and add them to toast or fry them with beans – the choice is yours. If you're feeling brave, you can even blend them. Studies have shown that eggs provide various benefits and help ensure that you feel full while boosting calorie intake. It also keeps your blood sugar at the right level.

You might assume that coffee isn't a great option in terms of healthy choices but this isn't the case. Coffee is obviously high in caffeine and this has been shown to ensure that people remain more alert while boosting mood and improving mental performance. Even smaller levels of caffeine can trigger the desired impact here. Coffee provides other benefits too. For instance, studies have shown that by drinking coffee, it's possible to boost the metabolic rate considerably. You might find that drinking coffee does help you burn more fat. You might think that coffee doesn't match your taste preferences,

but perhaps you simply haven't found the right choice for you. There are lots of different types of coffee including Costa Rican coffee, one of my favorites! Rich and smooth.

You could also think about adding berries to your list of breakfast snacks. Eat these separately or add them to other breakfast choices such as hot or cold cereal for additional levels of flavor. Blueberries, raspberries, and strawberries are all great choices. They include low levels of sugar but have a high level of fiber. Blackberries provide 8 grams of fiber in each cup. And just one cup of berries is less than 90 calories. Berries have even been shown to reduce issues with inflammation so they are a great choice for your breakfast routine as you continue to age.



## **Unique Choices**

Finally, you might be looking for ways to make your breakfast more interesting and appealing. If so, then there are lots of choices worth considering. For instance, you can think about making some fruit ring pancakes. These are easy to create



yourself and if you want to keep them healthy just use whole grain batter. You can find some great recipes for these treats online.

Alternatively, you might want to think about making some quiches for breakfast. Yes, these can be a great breakfast snack and they are easy to make yourself. In fact, you can even make them from toast by being a little creative with some muffin tins.

We hope this helps you understand some of the key choices that you should keep in mind for your breakfast each day of the week. By exploring all the options here, you can guarantee that you do have something that tastes delicious each day and provides all the health benefits.

