



BLOG

Breakfast and Weight Loss

Bathing suit season is approaching, and one good way to lose weight is by skipping breakfast, right? Not so fast. It may seem counter-intuitive, but research shows that eating a good breakfast helps you maintain a healthy weight.

The [National Weight Control Registry](#) tracks the history of people who have lost at least 30 pounds, and kept the weight off for at least a year. Although these are the minimum requirements to be included in the Registry, on average its members have lost 66 pounds each, and kept that weight off for more than five years. One characteristic most of these “big losers”—78% of them—share is that they eat breakfast every day. Only 4%, in fact, say they never eat breakfast.

Other research backs this up. One study found that adult breakfast skippers have a **4.5 times higher risk of obesity**, while others have shown that people who skip the morning meal have a **higher BMI** (body mass index). An intriguing new study from Spain shows that people who eat the bulk of their calories earlier in the day are **more successful with weight loss** than “late eaters.”

At this point you’re probably saying to yourself, “I want what they’re having.” So what makes a good breakfast? Look for three basic building blocks: whole grains, fruits or vegetables, and a source of protein. Mix and match, to avoid getting in a rut. The possibilities are endless; here are just a few to get you started:

Whole Grains	Fruit or Vegetable	Healthy Protein
Toast, bagel	Berries	Yogurt, cheese
Pita, English muffins	Apples, peaches, pears	Milk, soy or nut milk
Ready-to-eat cereal	Orange, pineapple	Nuts, nut butter, seeds
Oatmeal	Tomatoes, cucumbers	Eggs
Leftover dinner grains	Avocados	Hummus

Keep plain yogurt (regular or Greek) in your fridge, and toss in berries and rolled oats. Warm up last night’s brown rice, and add dried fruit, cinnamon and milk. Mash an avocado, spread it on a whole-grain bagel, and add a slice of cheese. Slather a pita pocket with hummus, and stuff with tomatoes and cucumbers. Snatch a hard-boiled egg, a banana and a few whole grain crackers as you head out the door. While it’s even better if you can plan a few minutes to eat mindfully, breakfast can fit into even the most rushed schedule.

And who knows? Once you get into the habit of fitting breakfast into your routine, pretty soon you may fit into that bathing suit once again.

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