



Breakfast and Weight Loss

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.

Other research backs this up. A 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.”

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 tget 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 Greek yogurt 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. For a convenient, on-the-go breakfast, keep hard-boiled eggs on hand, and pair with a banana and a few whole grain crackers.

Although it’s preferable to take a few minutes to sit down and eat mindfully, even the most rushed schedule can fit in a healthy breakfast to start the day right!