

BREAKFAST: THE MOST IMPORTANT MEAL

Why do so many people skip it?



Through the years, most of us have heard over and over that breakfast is the most important meal of the day. When did this saying get started? People have not always treated breakfast as more important; they just ate what was put in front of them at mealtimes. The saying began in the 19th century when a doctor named John Harvey Kellogg used the line to promote a flaked cereal he had created.

Today, the majority (93%) of Americans will agree that breakfast is the most important meal, yet many just shrug their shoulders and continue to skip breakfast. According to a survey of 10,000 people done by Instantly, Inc., more than 53% of Americans skip breakfast at least once a week and 12% never eat breakfast.

The four main reasons given for skipping breakfast are below, but it seems more likely that they are excuses, and that they can be overcome with a little planning and preparation:

● NOT ENOUGH TIME

Getting ready to go to work, getting children ready for school, or doing other early morning tasks before leaving the house.

● INTERFERES WITH MORNING WORKOUT

Eating breakfast makes them feel sick or they experience cramping during their workout.

● DIETING

Using intermittent fasting (an eating pattern where you cycle between periods of eating and fasting) and extending the fasting that you did while sleeping by skipping breakfast. (But studies have shown that eating breakfast actually helps with weight loss because it keeps your metabolism going and helps prevent cravings and overeating later in the day.)

● NOT HUNGRY

Those people who eat their last meal late have not had the same sleep/fasting period as those who eat earlier, and this can affect whether they feel hungry in the morning or not.

More recent studies are challenging some of the ideas about breakfast that have become ingrained in our collective thinking. Some research is being done to study the connection between our circadian rhythm (the body's internal clock that governs sleep-wake cycles) and tells our bodies when to sleep, rise, and eat—regulating many physiological processes—and how disruption of that cycle affects our eating patterns, and is associated with obesity, depression, and cardiovascular events.

But, a growing scientific body of evidence supports the claim that breakfast really is a very important meal—especially for children. Registered dietician Leslie Bonci says that for kids “studies have shown that eating a meal first thing in the morning has a positive influence on cognitive performance in school, especially on task-oriented behaviors—and particularly in students younger than 18. But for us older folks, the exact time that we chow down on our first meal of the day is really about personal preference.”

Many studies over the years have found that consistently skipping breakfast does not cause but is linked to an increased risk of developing metabolic syndrome, Type 2 diabetes, obesity, elevated cholesterol, high blood pressure, heart disease, and stroke. Although there are other factors such as unhealthy lifestyle habits which may contribute more to developing these conditions than skipping breakfast, until further research is conducted, it would be wise to avoid skipping breakfast.

by B. Kay Sugg



Sources:
National Center for Biotechnology Information,
Harvard Medical School Blavatnik Institute for Neurobiology

Nordic Breakfast Porridge

This tasty Nordic-inspired bowl of porridge is a delicious way to begin your day. The arrangement of the toppings is not just to make things more appetizing; it allows you to personalize every bite for a great start to your day, your way!

Ingredients

- 2 1/2 cups whole milk
- 1 cup barley flakes
- 2 tablespoons light brown sugar
- 1 tablespoon unsalted butter
- Kosher salt

Toppings

- 1 pint raspberries
- 1 tablespoon light brown sugar
- 1/2 Granny Smith apple, chopped
- 2 tablespoons pistachios, chopped
- 4 teaspoons chia seeds
- 1/4 cup whole milk
- Ground cinnamon, for sprinkling

Instructions

For the barley porridge: Gently bring the milk and barley flakes to a boil over medium heat in a medium saucepan. Reduce the heat to a simmer, then cover and cook until the milk is almost absorbed and the barley is super soft and still a bit creamy, about 15 minutes. Stir in the sugar, butter and 1/2 teaspoon salt.

For the toppings: Meanwhile, roughly smash the raspberries with the sugar in a small bowl with a fork.

Divide the porridge among 4 bowls. Working around the edges of the bowls, make neat piles of the toppings, placing a quarter of the crushed raspberries, apple sticks, pistachios and chia seeds in each bowl. Drizzle each with 1 tablespoon milk and sprinkle with some cinnamon to finish.



Source: <https://www.foodnetwork.com/recipes/food-network-kitchen/nordic-breakfast-porridge-3796533>



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