

Importance of eating breakfast

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Each person has a different ritual to start the day. Some might think that their day hasn't started without having a cold shower, others demand watching the news, and there might be others paying attention to shallower things like wearing perfume before going out. That is perfectly fine. But, do these people include breakfast in their rituals? What number of people says that they can't get out of the house without having breakfast first? Is the breakfast something essential to start a good day? Yes. The body can be compared with a car. It needs fuel to run. It must be fuelled several times each day to function efficiently. In the morning, after many hours without food, it is primordial to refuel it to provide the necessary energy to go through the first part of the day successfully. Eating the first meal of the day is one of the most important things a person should do in the morning. Families should inculcate the knowledge about the importance of it. Media marketing should be more devoted to teach people how to begin a morning. People in general should be more responsible about their health. Nowadays, it is a concern to see how many people make the mistake of getting high-sugar and high-fat foods for breakfast, or even worst, skip it, without considering the consequences. People show the level of importance they give to breakfast in their morning habits. There are three kinds of thoughts regarding breakfast. The first one can be shown by a person who is aware of his/her health. This type of person knows that the breakfast gives a rewarding feeling to the body, and that's the correct way to start a day. In their kitchens, they might have a slice of wheat bread with eggs, joined by fresh fruit and a cup of natural orange juice waiting to be eaten. According to Cindy Maynard, dietician and a health medical writer, in her article " Start Your Day with a Breakfast Boost." She says that eating breakfast improves <https://assignbuster.com/importance-of-eating-breakfast/>

the ability to concentrate and weight control, reduces the risk of heart disease, and increases strength and energy. This will be likely to occur if the body receives the correct food. Generally, health professionals recommend eating a breakfast consisting of protein, whole grains, and fruits. It makes sense to ingest these things after spending the entire previous night without food. If the body and the brain don't obtain the correct food, they are not going to function as good as they could because they have no energy or strength to perform right. Healthy food is what the body and the brain need to function in the most optimal way, and it will keep the stomach satiated until the next meal. Other kinds of persons claim eating breakfast, but do they specify what kind of food are getting? Here is where the second thought about breakfast is demonstrated. They usually get the foods that should be avoided because they are high in sugar, sodium, and saturated fats. They have the mistaken belief that a sweet cup of coffee, a muffin or bacon and sausage can be considered a good breakfast. In their minds, they may think that because they have eaten something, they are starting the day well. However, they may also wonder why they are hungry at mid-morning, and why their energy boost doesn't last very long even after having consumed breakfast. Making a poor choice of breakfast will give an extremely short energy boost that will make the body feel tired and hungry again after a short period of time. This is pancreas' fault, which responded to the huge amount of sugar introduced in the bloodstream producing insulin in order to bring the levels of glucose back down to a reasonable amount. Also, the long term effect on health for these people can be guessed. Finally, the third thought about breakfast is from people that don't take breakfast as a serious business, and they choose the worst decision: skipping breakfast. These

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people neglect the first meal of the day saying silly excuses like they lack of time. They prefer to spend extra time sleeping or finding the perfect outfit, maybe they are following the latest diet trend, or they are just feeling no hunger. They don't know the harm they are making to themselves. When the body doesn't have energy, there are more probabilities of feeling tired, dizzy, and irritable, or having poor concentration. These people are likely to find themselves craving for something later because the body is asking for an energy boost. It is possible that they become so hungry that they will be eating more at one or two meals than other people eat in three or four. Busy lifestyles, wearing a good outfit or sleeping more should not impede health. The problem can be solved if the breakfast is planned. For those who don't feel hungry after waking up, they should try eating small bits of food and then slowly increase their intake as their system grows accustomed to it. Also, they have to stop eating meals late in the evening. This leaves food in the stomach the next morning and prevents them from being hungry when they first wake up. Breakfast skippers haven't learned how to start a good day. Their excuses for skipping breakfast are trivialities. Jim Rohn once said, " If you really want to do something, you'll find a way. If you don't, you'll find an excuse. " It seems like that quote was written for them. It is time to form healthier habits that will benefit the body and improve its well-being. The time to break bad habits has come. Eating breakfast is the way that happiest days start. There are a lot of breakfast options that fit to people's lifestyles. It is better to wake up earlier and have a nutritious breakfast than going out without eating anything. The body and the brain will appreciate it. Finally, for those who are not yet convinced of the importance of breakfast, they should try an experiment. They must eat a good and healthy breakfast for an entire

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week, and then try another week skipping it. Thereafter, they should analyze and make a comparison about how they felt each week including aspects like mood, energy and strength. There's a great probability of feeling a difference believe it or not. The body will notice the difference and the brain will say that mothers and nutritionist were right about breakfast.