



Start your day on a healthy note

Breakfast is the most important meal of the day because it helps to kick start your metabolism. Don't skip it! Here are some tips to make every day a good one:



Choose bread wisely. First, check the ingredient list. Look for bread products (including English muffins, wraps, pita pockets, etc.) that list whole wheat or whole grain as the first ingredient. Always avoid refined, white bread products, like bagels. They have little nutritional value. Stay away from bread products with a long ingredient list, which most likely means lots of preservatives.



Reduce the juice. Fruit juices are loaded with sugar and calories. Eat the fruit, don't drink the juice. Fruit contains fiber and other nutrients that keep you feeling full longer. If you can't give up juice, water it down with either flat or sparkling water.



Pick the peanut butter. Peanut butter is an excellent source of protein for the energy you need to take on the day. Look for all-natural kinds. Skip the jelly. It's packed with sugar and empty calories. Instead spread peanut butter on sliced apples, bananas or pears.



Eat an egg yolk a day. Eggs are low in calories and an excellent source of protein, Vitamin A and other nutrients. As long as you don't over-do it, eating eggs won't affect your cholesterol negatively. Boil six eggs and keep them in your fridge to grab on the go. Instead of salt, use pepper on them.



Fill up with oats. Steel-cut oatmeal is chock full of good stuff, like fiber, omega-3 fatty acids, folate and potassium. It will leave you full and satisfied. Prep it the night before so it's ready to go in the morning. Put in some fresh berries and nuts for extra flavor.



Spice up your fruit. Add herbs or spices like tarragon or basil to fruit like watermelon, pineapple, cantaloupe and just about every other fruit.



Mind the milk. Are you a milk drinker? If so, you may want to switch to organic low-fat milk for a healthier option. If you're lactose-intolerant or don't like milk, try organic soy milk, which is rich in protein.



Stir in some flavor. Make plain yogurt more interesting by adding in fresh fruit and chopped raw nuts. If you have a sweet tooth, use agave syrup, honey or stevia. Stay away from flavored, low-fat yogurts because they're full of sugar.



Stick to good-for-you fiber. It's true bran muffins are high in fiber, but they're also very high in calories and sugar. Avoid them, and choose an apple, fiber-rich cereal or oatmeal for breakfast instead.

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