

5 Best Foods For A Healthy Breakfast!



Breakfast is a kick-starter to the rest of your day. Many experts and nutritionists advise people to have a healthy breakfast, even getting most of their calories in that one meal. The calories are then utilized throughout the day, resulting in less weight gain and more energy.

However, if breakfast is done wrong, such as eating unhealthy foods, the result can be a lagging in energy and a harmful increase in body hormones, chemicals, and body fat. Commonly touted breakfast foods such as flavored and sugary cereals, doughnuts, or other sugar and fat loaded items are dangerous when consumed in any meal, let alone breakfast.

In order to guide you about the most healthy breakfast foods, a list of such items is given below:

1. Eggs

These perfectly shaped punches of energy and protein are delicious when eaten in any form. When taken in breakfast, as they usually are, they can provide much of the energy one needs to get through the day. In addition to satisfying hunger and curbing one's cravings for the rest of the day, eggs also serve to control blood sugar and insulin. Additionally, eggs contain important antioxidants and nutrients.

Just make sure not to use too much oil when frying eggs or making an omelet. Flourless muffins and yummy sandwiches are other creative and delicious uses for eggs!

2. Plain Yogurt

Plain regular or Greek yogurt is easy to prepare at home. It's a creamy, protein-rich substitute for mayonnaise in your salad, and is also delicious when enjoyed on its own, especially with a drizzle of honey.

The protein here can curb hunger and contributes to an increased metabolic rate. Thus, it is very helpful if a person is trying to lose weight. If topped with fruit, yogurt can comprise of a full meal with vitamins, fiber, and minerals.

3. Oatmeal

Ditch the colorful, fruity, and sugary cereal, and opt for a yummy oatmeal breakfast instead. Oatmeal contains several health benefits as it includes fiber, protein, and antioxidants that have a filling effect on the consumers. These lead to fewer heart problems and lowered cholesterol levels.

Oatmeal is almost as easy to prepare and as versatile as eggs. Simply search for overnight oats recipes. Alternatively, you can cook up a batch with milk, or serve with eggs, cheese, or fruit. Alternatively, oatmeal can be processed at home into a flour that can then be used to make healthy breakfast muffins.

4. Nuts

Nuts are sometimes given a bad reputation, as some tend to think they lead to weight gain and are oily substances. However, if eaten in the right amounts, and especially for breakfast, nuts are delicious, filling, and totally healthy. In fact, since they decrease future levels of hunger, they can actually help with weight loss. Potassium, magnesium and other fats which are healthy are present in nuts such as almonds.

A delicious way to consume nuts in breakfast is to chop them up (by hand or in a grinder) and sprinkle them on your yogurt, cheese, or oatmeal. While they are high in calories, not all their fat is absorbed by the body, according to those in the know.

5. Fruits

Many people prefer fruit as a satisfying dessert to lunch or dinner. However, experts have argued that fruit is best when consumed for breakfast. It doesn't contain too many calories, and all fruits contain healthy vitamins, fiber, and potassium.

Due to the fiber and water content, fruits are also generally filling. Thus, consuming them for breakfast not only enhances the immune system but also helps in weight control.

Wrapping Up...

While skipping breakfast will not always be unavoidable, the foods listed above are mostly quick as well as healthy. So be sure to grab an oatmeal muffin, a boiled egg, or a piece of fruit on your way out the door, so that you can stay energized and at the top of your game all day!

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