

# Breakfast

## The Most Important Meal of the Day

Dietitians say skipping meals is one of the worst things you can do for your body. Here are 4 reasons why breakfast really is the most important meal of the day!

**1** The American Heart Association found men who regularly skipped breakfast had a 27% higher risk of a heart attack than those who made breakfast a daily habit.

**2** Skip breakfast and your blood sugar levels plummet, leaving you irritable and more prone to overeating at your next meal.

**3** When you wake up, and your energy levels are at their lowest, starting the day on empty is a surefire way to tax your system even further.

**4** According to the researchers, forgoing breakfast may lead to obesity, high blood pressure, high cholesterol and diabetes, which increase your risk of a heart attack over time.

Start your day right with one of these 5 easy, nutritious meals!



Fruit & Cottage Cheese



Oatmeal and Berries



Scrambled Eggs



Whole-Grain Cereal  
With Milk



Toast With Peanut  
Butter

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