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## **The Importance of Breakfast**

How many times have we heard that eating breakfast everyday is essential for good health? If Hippocrates, the father of modern medicine, was correct when he advised “eat when hungry and drink when thirsty”, why then aren’t we hungry in the morning? Why is breakfast so important?

Breakfast provides nutrients for the *majority* of our daily tasks. We need food to start the day so that the gastrointestinal system (G-I) can provide energy *before* the body starts working. This is important because if nutrients are not available immediately for absorption, our bodies become stressed.

The G-I is the primary energy supply organ for the body. If there is food to process, the digestive system gives vital nutrients to the muscles, bones, and other organs, *instantaneously*. If there is no food in the G-I, alternative sources are employed which process nutrients from storage more slowly and inefficiently. This often results in mood swings and late afternoon fatigue.

Many complain that preparing breakfast takes too much time from their morning routines. Breakfast connoisseurs report that their morning ritual takes only 7-12 minutes to prepare and enjoy.

We may not feel hungry in the morning because our liver and kidneys are forced to provide energy for the body before the G-I system gets started. Studies have shown that eating breakfast will help us resist late night snacking through improved appetite control. This, in turn, allows us to attain a sounder sleep; therefore, we can afford to get up a little earlier for breakfast!

In Health,

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