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# Skipping breakfast?



Breakfast provides a perfect opportunity to fuel your body for your busy day. And it's probably best to eat a healthy meal soon after you wake up. However, don't feel guilty if you just can't eat breakfast. If you feel *absolutely* no hunger when you wake up in the morning, respect what your body is telling you.

When it comes to linking weight loss with eating breakfast, studies haven't been consistent. A few studies indicate breakfast skippers have an increased risk for heart disease, diabetes and other blood sugar problems compared to breakfast eaters. However, many nutrition specialists believe breakfast eaters tend to follow healthier habits, therefore it may be a healthy lifestyle and not the act of eating breakfast that's

responsible for their good health. But again, there really isn't enough evidence to prove or disprove this. Two larger studies showed there was no difference regarding weight loss between breakfast eaters and breakfast skippers.

There may be a link between breakfast-skipping and poor health concerning negative effects on glucose metabolism. Two recent studies found those who began eating earlier in the day had lower blood sugar levels and insulin resistance than those who ate later. The results were presented at the 2021 Endocrine Society's annual meeting, and it revealed a potential metabolic benefit of eating breakfast. However, this study was a survey, and it isn't known what the participants actually ate or their medical histories.

A big concern with regular breakfast-skipping is it *may* stimulate appetite and overeating as the day progresses.

If you are a breakfast skipper who ends up overeating later in the day – especially if you tend to overeat late at night – experiment with eating something shortly after you awake. And don't let lack of time be your excuse. There are many quick, easy and healthy choices for breakfast: hard boiled eggs (prepare several of them ahead of time), fresh fruit and vegetables, nuts and seeds, yogurt or leftover chicken breast from dinner last night. Perhaps crunch on raw veggies or an apple with almonds on your way to work or when you get there. You may develop a habit of eating breakfast, which may help curb your hunger later in the day.

Breakfast-skippers are often people who eat their last meal very late in the evening. Therefore, this may be why they aren't hungry when they wake up the next morning. Experiment with eating your last meal of the day earlier if you want to stop the cycle of feeling no hunger in the morning and overeating later in the day.

Otherwise, if you are a breakfast-skipper, but overeating later isn't a problem, at least make sure your first official meal of the day is a healthy one. Your good health likely depends not on *when* you eat your first meal, but rather, *what* you eat (no matter what time of day it is).

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