



Eat Breakfast to Lose Weight

Why it's the most important meal of the day

-- By Elizabeth Evans Fryer, Health & Fitness Writer

The first – and easiest – step you should take towards becoming more healthy is so, so simple; it's **eating breakfast**. Breakfast eaters get myriad benefits including:

- a revved up metabolism started early so that it burns the maximum number of calories to fuel your activities
- fewer total calories consumed throughout the day
- an increased leptin output

What's leptin, you ask? Leptin is a hormone that suppresses appetite. Eating a significant meal early in the day ensures our body's leptin production, says Meg Jordan, Ph.D., R.N. – as reported to *First*, September 2003. The book "Fit Not Fat at 40-Plus: The Shape-Up Plan That Balances Your Hormones, Boosts Your Metabolism, and Fights Female Fat in Your Forties-And Beyond", published by *Prevention* Health Books for Women, has more of Dr. Jordan's thoughts on leptin's influence on appetite.

Since leptin suppresses appetite, it follows that those of us who eat breakfast would take in fewer calories throughout the day. In fact, researchers at the University of Texas, El Paso, studied the [diaries](#) of 586 men and women and determined that the more food people ate in the morning, the fewer calories they consumed in an entire day. So eat up early – though what we eat for breakfast may affect what we eat later on.

That's right. Your first step to losing weight – eating breakfast – is not as simple as just popping any convenience food into your mouth. Eating refined carbohydrates such as sugary cereals, toasted white bread, waffles, or bagels will likely begin an overeating cycle. Instead, opt for complex carbs, proteins and fats. Whole wheat toast with peanut butter and a banana, or a bowl of high-fiber cereal with low-fat milk and blueberries are good examples. Both options are quick to get you out the door and on your way to starting your day.

Feeding yourself a healthy breakfast of complex carbs, proteins and fats should prevent your feeding the vending machine any money before lunch, making you thinner and your change purse fatter.