The Benefits of Eating Breakfast

For years, nutrition experts have said that a healthy breakfast is a key start to the day. Not only do we think and perform better on the job, they tell us, it supports our well-being in many other ways.



Among these experts is Jessica Crandall, a registered dietitian and a spokeswoman for the Academy of Nutrition and Dietetics. "A lot of times, people think they know about nutrition because they eat," she says, "but you need large bodies of science and research to know what our bodies actually need."

And the research shows that there are good reasons to eat breakfast.



The basic formula for breakfast: Pair carbs with proteins. The carbs give your body energy to get started and your brain the fuel it needs to take on the day. Protein gives you staying power and helps you feel full until your next meal.

Eating breakfast helps keep your blood sugar steadier throughout the day, whether you have diabetes or not. For people with normal glucose test results, this might help you avoid insulin resistance, which can lead to diabetes. Drops and spikes in your blood sugar can also affect your mood, making you more nervous, grumpy, or angry.



Recent studies show a link between breakfast and heart health. In 2017, the Journal of the American College of Cardiology reported that people who skip breakfast are more likely to have atherosclerosis. That's when your arteries narrow and harden because of the buildup of plaque. It can lead to heart attack and stroke. These people were also more likely to have bigger waistlines, weigh more, and have higher blood pressure and cholesterol levels.

