

[IMAGE]

## Start Right, Stay Light

By Editorial Staff

Breakfast really is the most important meal of the day, particularly if you want to keep your weight down. A study of almost 7,000 adults from Cambridge University in England found that although both breakfast eaters and non-breakfast eaters gained weight, those who did eat breakfast gained less weight. And a study from the University of Minnesota that investigated eating patterns among about 2,000 adolescents found that while approximately 25 percent of teens - mostly girls - skipped breakfast, those who ate breakfast regularly took in more fiber and less saturated fat as part of their regular daily diet.

Research suggests eating breakfast increases energy and concentration throughout the day. It's also a good way to avoid those feelings of "starvation" that overwhelm you when you're deprived of food for too long, which usually increases the chance you'll pig out on junk food. Here are some healthy breakfast suggestions from the U.S. Department of Agriculture and About.com:

- A healthy bowl of corn flakes and strawberries. - Copyright © Stock Photo / Register Mark A bowl of whole grain cereal with one-half cup nonfat milk (add some fresh berries for a sweet treat), one hard-boiled egg and a glass of water.
- A slice of whole-grain toast with 2 tablespoons peanut butter and a 10-ounce glass of nonfat milk.
- An omelet ( two eggs, mushrooms, tomatoes, green onions, peppers and 1 ounce of low-fat shredded cheese) with an apple and a glass of water.
- A cup of low-fat yogurt (mix in some fresh berries or low-fat granola for variety).

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