

[IMAGE]

Protein for Breakfast

By Editorial Staff

Accustomed to skipping breakfast? Not only is that a mistake, but not including protein with breakfast is a mistake, too. Let's see why a protein-focused breakfast is a wonderful way to start your day – every day. And yes, it's a big deal even if you're interested in the health benefits of intermittent fasting.

Feel fuller and concentrate better by including protein in your first meal of the day; that's the conclusion researchers drew after studying obese women ages 18-30. Over a three-day period, women consumed no breakfast, a carbohydrate-rich breakfast or a protein-rich breakfast. At lunchtime on each day, researchers measured satiety (sense of fullness), hormone levels, energy intake and cognition (via a cognitive concentration test).

Now, let's talk about intermittent fasting, which involves abstaining from eating for a large window every day (12 hours is common for people starting out). If you think about it, 12 hours doesn't require you to skip breakfast; it's more about eating your last meal of the day before it's too late. For example, eat dinner at 7:00 p.m. and breakfast at 7:00 a.m. the next morning; 12 hours fasting, while still reaping the benefits of a meal to start your morning. Make sure to include a healthy protein source and you're on your way. Talk to your doctor for more information.

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