

BREAKFAST FACTS

BREAKFAST CAN PLAY A MAJOR ROLE ON HOW YOUR DAY TURNS OUT and how and what you may end up eating and feeling during the day.

DID YOU KNOW that...

If you **begin your day with carbs**, you get yourself into a vicious circle of wanting to have more carbs during the day with “no easy way out”... [\(read more below\)](#)

If you are in the habit of **skipping breakfast** your eating regime during the day is disrupted, and you get yourself into a vicious cycle with “no easy way out” as a result, your blood sugar level drops and you feel hungry, which makes you seek simple carbohydrates during the day... [\(read more below\)](#)

A strong connection has recently been discovered between a **bad breakfast** and many health-related problems. As you might know, our body consists of 100 trillion cells which need 114 various nutrients during the day. What you eat consists of two major groups of elements. The first group supplies energy (**proteins, fats, carbohydrates**). The second group supplies building materials (**amino acids, vitamins, minerals, microelements, etc**). Yesterday you spent energy when you were awake, and your body used the building materials at night to regenerate itself. Besides that, your body has spent 1 litre of water during the night through breathing, sweating and morning visit to the bathroom. So your body wakes up “empty” in the morning and, on behalf of 100 trillion cells, begs you, “Hey, give me back all the nutrients, energy and water I spent in the last 24 hours”. You may not feel hungry or thirsty in the morning, but it’s just a matter of time.

And now let’s see what you may be giving your body in the morning: **Toast with jam and coffee** with sugar. These are simple carbohydrates which when digested immediately turn into sugar. Your body wakes up in the morning and asks for vital nutrients and water, and you give it sugar instead. By raising the blood sugar level, you force your pancreas to overproduce insulin. Insulin removes extra sugar from the blood and turns it into fat. As a result, blood sugar level drops, often below the level you woke up with. Now you are feeling hungry and weak as your brain lacks sugar. It’s a reason behind cravings. To overcome hunger, you again seek simple carbohydrates (chocolate, sweet coffee, sandwiches, sweets, cookies, doughnuts, soft drinks and juices, etc.) which again raise your blood sugar level and free you of hunger and weakness. Each sugar “injection” is followed by the insulin surge. This cycle repeats itself several times a day and you develop dependence on carbs. The excess of carbs makes the pancreas work at constant overload. It’s one of the most frequent reasons for developing diabetes. Besides, excess blood sugar damages your blood vessels. Excessive sugar will be again and again turned into extra fat.

If you are in the habit of **skipping breakfast**, now let’s see what you are feeding it with... The answer is: **nothing!** As a result, your blood sugar level drops and you feel hungry, which makes you seek simple carbohydrates (chocolate, sweet coffee, sandwiches, sweets, cookies, doughnuts, soft drinks, juices, etc.) to satisfy your hunger and to raise your blood sugar level... By raising the blood sugar level, you force your pancreas to overproduce insulin. Insulin removes extra sugar from the blood and turns it into fat, as a result, your blood sugar level drops and you feel hungry, which makes you seek simple carbohydrates (chocolate, sweet coffee, sandwiches, sweets, cookies, doughnuts, soft drinks, juices, etc.) to satisfy your hunger ... The vicious cycle carries on!

The above are the most common causes of gaining extra weight; possibly leading to high blood pressure and diabetes. And... it all begins with a **bad breakfast**. MAKE THE CHANGE TODAY!

Start your day with the right Breakfast for you and your family.