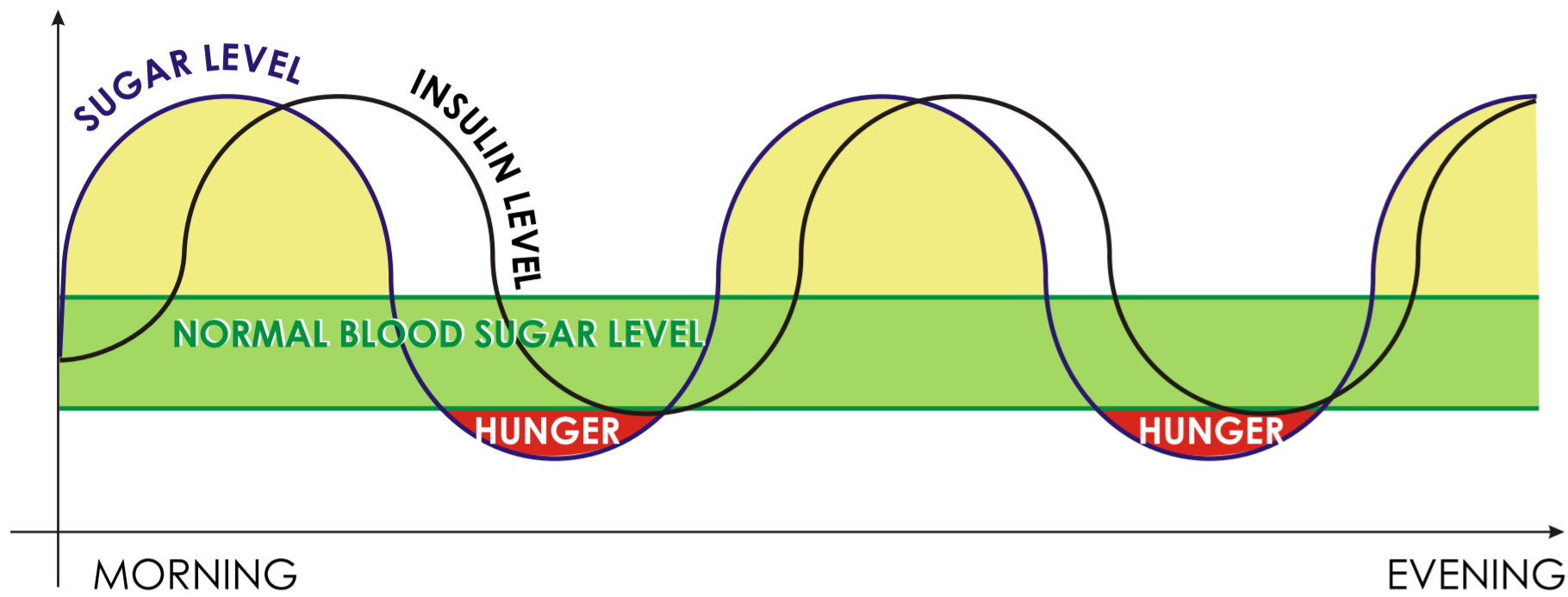


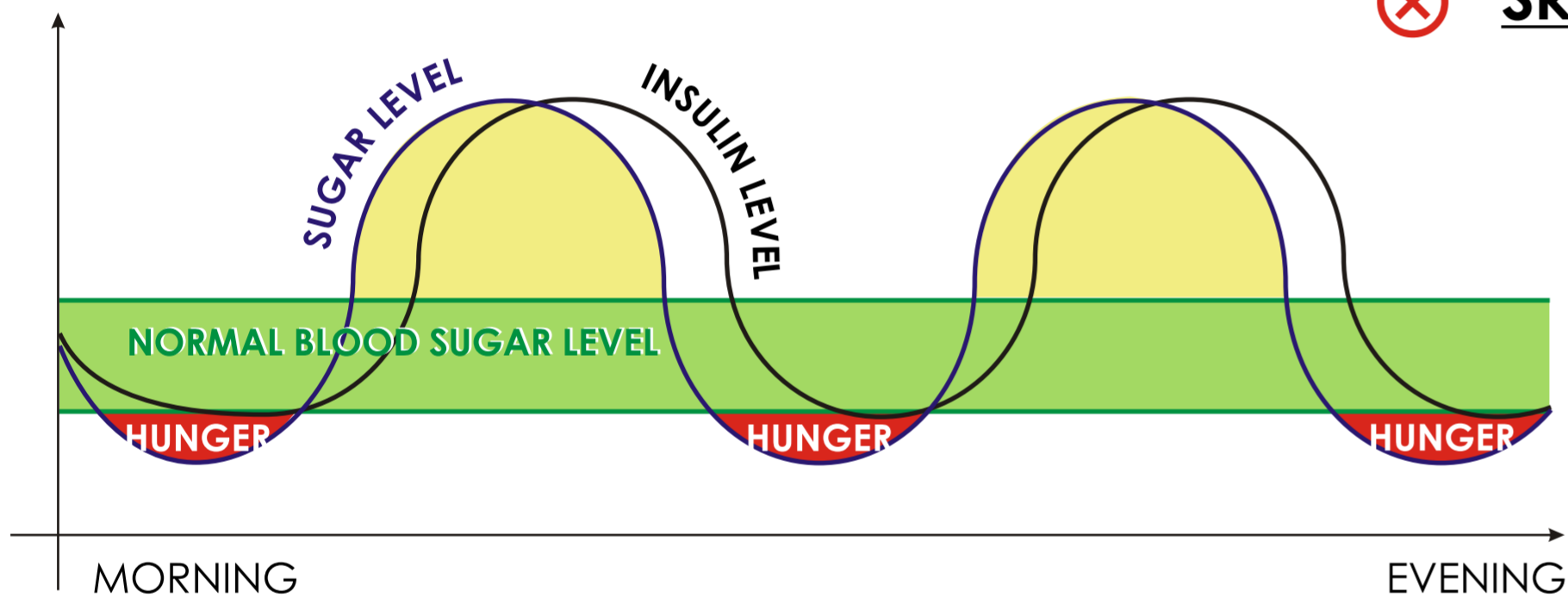
HEALTHY BREAKFAST: FEEL GOOD AND CONTROL YOUR WEIGHT

⊗ Carbs-based breakfast



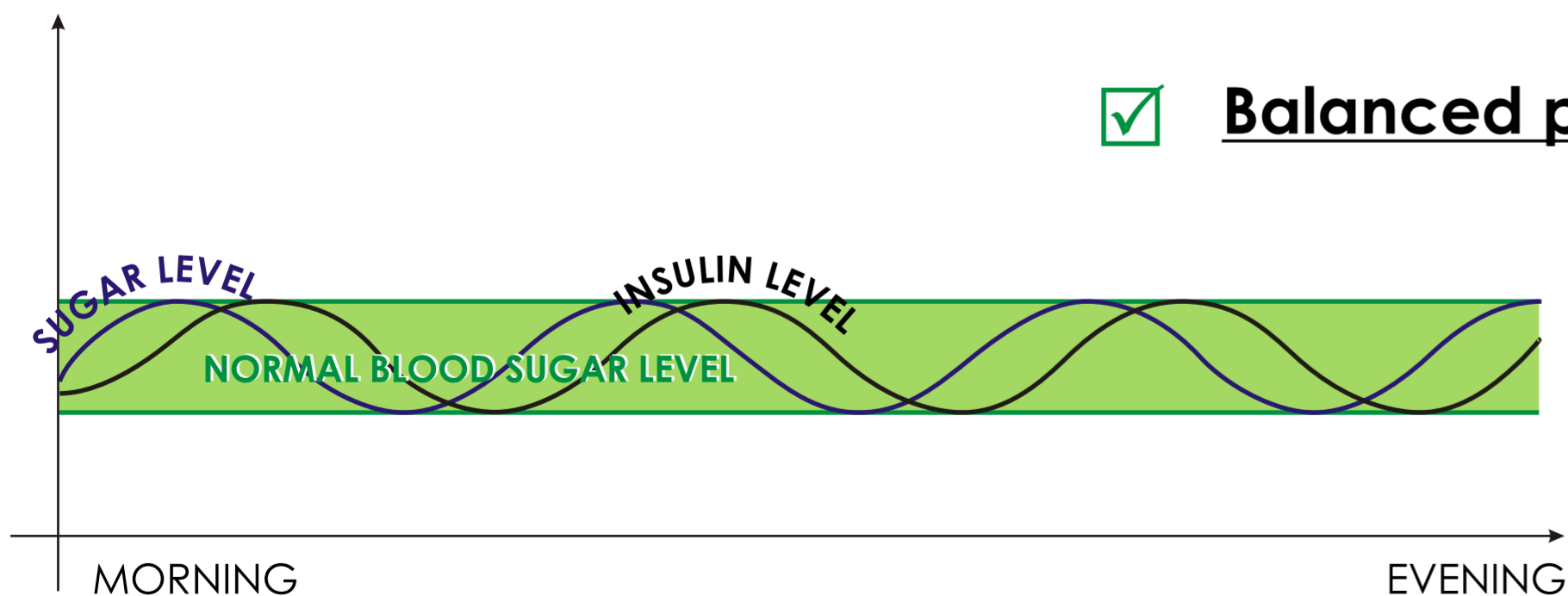
In the morning simple carbohydrates (*sugary refined cereals, white breads, toasts, etc*) cause an immediate surge of blood sugar level which results in a substantial emission of insulin. The insulin removes sugar from blood turning its excess into fat. The result is a decreased level of blood sugar, and thirst for more carbs. This cycle repeats itself 2-3 more times during the day. This vicious circle constitutes one of the major reasons for diabetes, high blood pressure and extra weight.

⊗ Skipping breakfast



When you skip breakfast, blood sugar drops below the normal level, you experience cravings and a drop of energy. You again revert to simple carbohydrates to achieve a quick surge of blood sugar and to overcome hunger and a drop of energy. Simple carbohydrates will cause an immediate surge of blood sugar level and a substantial insulin emission. The insulin removes sugar from blood turning its excess into fat. Then this cycle repeats itself 2-3 more times during the day. This vicious circle constitutes one of the major reasons for diabetes, high blood pressure and extra weight.

☑ Balanced protein-based breakfast



Such a breakfast supplies our body with all vital nutrients and energy without increasing blood sugar and insulin levels. It helps to avoid dependence on carbs during the day. In this way, appetite stays under control, cravings for carbs (*snacks, chocolate, pastry, junk, soft drinks, etc*) diminish and the body uses its own stored fats to get more energy.