

# Causes of high blood pressure in the morning

Breakfast can have a big impact on your blood pressure. Here are some reasons why your blood pressure may spike in the morning.

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Maybe you're juggling email, kids, or just trying to get out the door on time. But amid the morning chaos, there's one heart-healthy habit worth sticking to every day: breakfast.

Skipping breakfast may seem like a harmless way to save time, or even cut calories, but it can do more harm than good when it comes to your blood pressure. Here's how this common habit can secretly raise your numbers—and what you can do to keep your heart healthier.

## **How can skipping breakfast cause high blood pressure?**

While skipping breakfast occasionally isn't cause for alarm, some research suggests that regularly skipping breakfast can contribute to high blood pressure over time. Here's what might happen:

### **Skipping breakfast may contribute to inflammation and heart stress**

Skipping breakfast may modestly increase blood pressure in adults. Although the exact mechanism is not well understood, regularly skipping breakfast is associated with higher levels of inflammatory markers such as C-reactive protein and acetyl glycoprotein—both of which are associated with a higher risk of cardiovascular

disease. Chronic inflammation can damage blood vessels and contribute to high blood pressure (hypertension).

The effects of skipping breakfast can also appear early in life. A recent study found that children who skip breakfast have a higher risk of high blood pressure, diabetes, high cholesterol, and heart disease. Children who eat breakfast regularly show healthier cognitive function, social interactions, and overall metabolism.

### **Set the stage for unhealthy food choices**

Skipping breakfast can set the stage for increased hunger and overeating later in the day. When you skip breakfast, you start the day feeling ravenous. Your hunger hormones spike, your blood sugar drops, and by the afternoon, your body is reaching for less nutritious, fast food. In fact, recent research suggests that skipping breakfast can disrupt the hormones that regulate hunger and increase your risk of obesity. Over time, these habits can contribute to high blood pressure and other metabolic problems.

### **Missing the opportunity to supplement nutrients that support blood pressure**

A balanced breakfast is one of the best opportunities to consume important nutrients like potassium, magnesium, and calcium—all of which help regulate blood pressure. Nutritionists recommend the DASH diet, which emphasizes fruits, vegetables, whole grains, lean protein, and low-fat dairy to support heart health.



### **Things to do to prevent blood pressure spikes instead of skipping breakfast**

You don't need a fancy breakfast to support heart health, just a balanced one. Focus on combining protein, healthy fats, fiber, and potassium-rich foods to support stable blood pressure and blood sugar levels throughout the day. Here are a few ideas to try:

1. A bowl of oatmeal topped with fruit
2. Stir-fried tofu with spinach
3. Whole wheat toast with avocado and poached egg

4. Smoothie made with spinach, banana, berries and flaxseeds
5. Spinach and Egg Omelette



Skipping breakfast isn't the only thing that can affect your morning blood pressure. Here are some common culprits:

1. High sodium breakfast
2. Poor sleep
3. Waking up suddenly

In short, breakfast is very important for your health, so it's best not to eat breakfast before going to work or school so that you can do everything in the best condition!

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