

The best food to eat at breakfast

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People who regularly eat breakfast have better health than those who skip breakfast, breakfast often consumes many vitamins, fiber and other important nutrients. A Harvard School of Public Health study found that men who don't eat breakfast often have a high risk of heart disease, accounting for 27%.

Here are the best foods that experts recommend eating in the morning.



Cereals

Many people are anxious to eat cereal afraid of weight gain, but in fact cereal is a protein-rich, low-sugar food that provides a lot of energy needed for the body to make you feel full. Long time and help you limit eating much during the main meal. With many great effects like preventing breast cancer, cardiovascular diseases, prolonging life expectancy, reducing obesity . So a healthy and safe breakfast if you choose a bowl Low sugar

cereals or can be mixed with milk to eat in the morning is extremely beneficial for health.

Milk



Milk is an indispensable drink for breakfast, milk contains many nutrients, vitamins and minerals that are good for the body. Experts encourage, to drink milk in the morning to prevent some diseases such as cholecystitis, pancreatitis, and people with gastrointestinal diseases. Besides eating food, you should increase 1 cup of milk in the morning to provide energy in your body, and drinking milk in the evening also enhances the skin's nutrients to help beautify the skin, sleep well, enhance calcium absorption .

Egg

Eggs are a healthy food source, eggs provide the body with a healthy source of energy such as protein, nutrients such as vitamin D. Research shows that eating eggs in the morning will make you feel full. and reduce calories for the next meal. In addition, egg yolk contains lutein and zeaxanthin, antioxidants that help prevent eye disorders. Therefore, you should be close to breakfast, this dish is also very flexible and convenient, you can boil and use for your breakfast quickly but still provide enough nutrients.

Yogurt



In yogurt ingredients, contains many proteins to help reduce hunger. Caxi, the proteins and fats available in yogurt help you feel full throughout the morning. Besides, lactose has been fermented, so it is easily absorbed, reducing the amount of residual sugar in the digestive system, avoiding diarrhea, and helping to control weight effectively. In order not to be bored when eating yogurt, add some fruit to yogurt to **provide essential vitamins, minerals and fiber to the body** .

Oatmeal

In addition to the above foods, you can also choose a bowl of oatmeal, oatmeal containing beta-glucan, a fiber that has been shown to help reduce cholesterol, besides oats are also rich in omega. -3, fatty acids, folic acid, and potassium are good for health. Most oats are good, **but limit the use of flavored, or sugary foods** . If you want to increase the flavor of the oatmeal bowl, you can mix milk and honey, or fruits and nuts. If you are an athlete, oatmeal breakfast will be a great choice.

Berries



Fruit is an **abundant source of energy in the morning** for you. In particular, fruits such as apples, oranges, bananas, blueberry berries, raspberries, strawberries, . Among these berries, sugar content is much lower than fruits. Other very good for health. Moreover, in a cup of fruit only contains 50-85 calories, depending on the type. Besides these fruits also contain antioxidants called anthocyanins, which help protect your heart. Also when you eat fruits in the morning it is very beneficial for the digestive system, improves mood and replenishes the body's water. Therefore, fruit is considered a healthy choice for breakfast.

Nuts or nut butter

Starting a nutritious breakfast can be difficult when you have a busy day. If you are a person who is in a hurry in the morning, walnuts or toast is a great choice for breakfast of busy people. If you do not have time to prepare a perfect breakfast, you can eat almond butter and a thin piece of sandwich, to increase the appeal you should add a few slices of bananas to enhance fiber. body.

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