

The best time to eat breakfast for people with high cholesterol.

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You may not see or feel it, but high cholesterol increases your risk of heart disease and stroke. Starting your day with a heart-healthy breakfast can help keep your heart healthy. In fact, research has shown that people who eat breakfast at least three times a week have a significantly lower risk of heart disease.

The benefits of breakfast

Adding a healthy breakfast to your morning routine offers numerous benefits. Not only does it help you start your day energized with nutrients, but regularly eating a nutritious breakfast can also reduce your risk of diabetes, high blood pressure, obesity, cardiovascular disease, stroke, and many other illnesses.²

To enhance the ability to lower cholesterol, nutritionists suggest eating more plant-based foods in the morning. Fruits, vegetables, nuts, and whole grains provide nutrients such as soluble fiber, unsaturated fats, plant sterols, and plant protein, which are especially beneficial for people with high cholesterol. These foods are also often lower in saturated fat, which is linked to higher LDL cholesterol.

At the same time, you should avoid sugary foods like donuts, cakes, and similar items. While it's unclear whether the sugar content actually raises cholesterol, they often contain high levels of saturated fat, which contributes to cholesterol increase.

So, does breakfast timing matter? Is it better to eat right after waking up, or could you have a cup or two of coffee beforehand?

When it comes to the best time to eat breakfast to improve cholesterol levels, the majority opinion is that the earlier the better. ' *A balanced breakfast helps you maintain cardiovascular health throughout the day* ,' says Veronica Rouse, a cardiovascular nutritionist. ' *I recommend eating breakfast within two hours of waking up to help control cholesterol.* '

While there might be a bit of flexibility in the two-hour timeframe, it's a good rule of thumb to follow. The earlier you eat breakfast, the less likely you are to skip it while rushing out the door. **Why is that important? Starting the day with a nutritious meal helps curb hunger, reducing the likelihood of snacking on unhealthy foods later.**

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