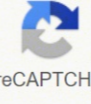
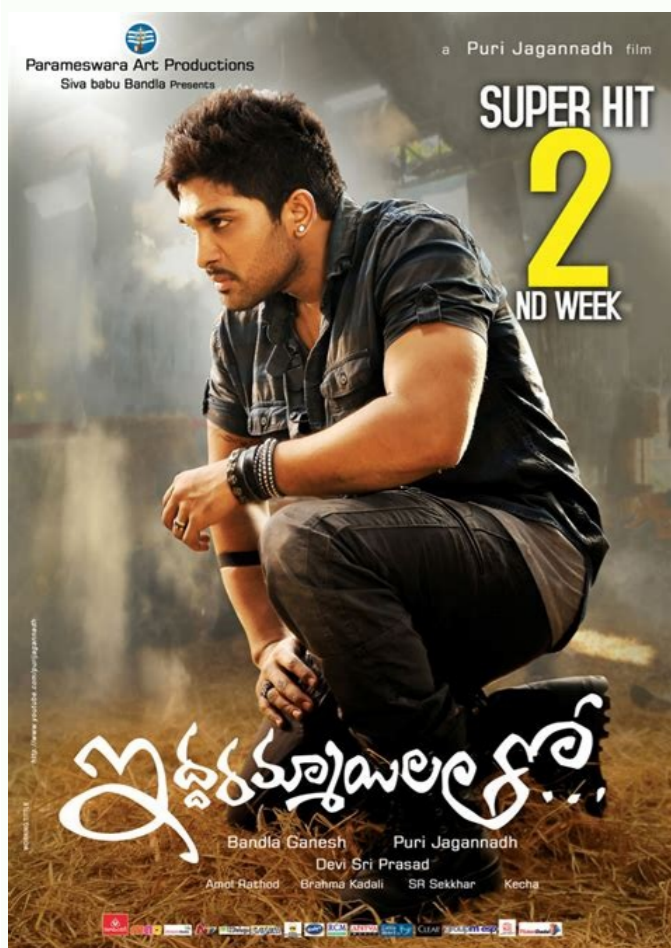
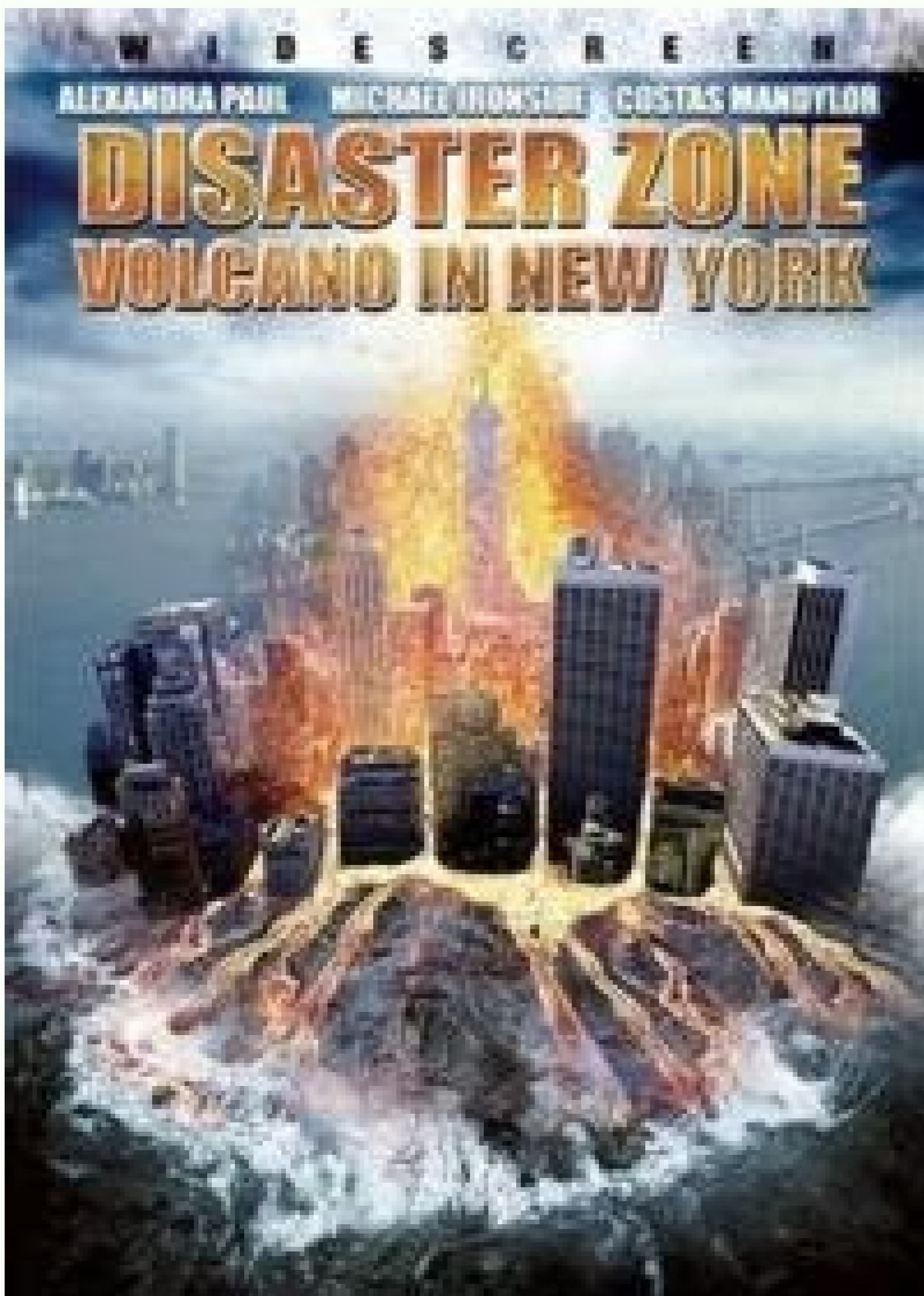


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Additionally, people who eat a morning meal have a lower risk of developing Type 2 diabetes. For some of us, the length of time between this meal may be 12 hours or longer. These items, supplemented with a side of fresh fruit, are an excellent way to ensure a healthy start to your day. Photo Courtesy: Cavan Images/Getty Images It Reduces the Risk of Illness Research has shown that, among the many benefits of eating breakfast, you may also reduce your risk of certain illnesses by regularly enjoying a morning meal. Vitamins C and D: Foods rich in vitamin D can help maintain your body's calcium levels, which is crucial for building strong bones and teeth and for maintaining bone mass over time. Eating a healthy breakfast is an opportunity to provide your body with the nutrients it needs to function its best. Oranges, grapefruits and apples are excellent sources of vitamin C and can increase your body's ability to absorb iron, help with immune system function and aid in the formation of collagen, which provides structure to many of the systems in your body. Photo Courtesy: Image Source/Getty Images Some people find that longer periods of fasting between meals contributes to the desire to binge eat, or consume more food than is nutritionally necessary in a single sitting. Try setting aside time each weekend to prepare food that you can refrigerate or freeze and eat throughout the week, such as breakfast burritos or waffles made with whole wheat flour. While many people opt for a quick breakfast — or even no breakfast at all — there's a multitude of proven health benefits to eating a regular, nutritious breakfast. If you're ready to re-energize your mornings and boost your overall wellness, learn more about some of the most important potential health advantages of eating breakfast to get started. Whole grains: Whole grains are a source of complex carbohydrates, fiber and vitamins such as niacin, folate and thiamine. You may not feel very hungry when you initially wake up, but eating a healthy, balanced breakfast can help you plan and portion out your meals for the rest of the day. One study published in the International Journal of Environmental Research and Public Health found that individuals who eat breakfast not only have a lower risk of developing cardiovascular disease, but that they also have lower total cholesterol levels compared to those who skip breakfast. Additionally, people who eat breakfast may find it easier to focus once they arrive at work or school. You can find whole grains in certain breads and granolas. It Positively Affects Your Mood Many people are familiar with the irrationally negative feelings associated with skipping meals — "hangry" was added to the Oxford English Dictionary in 2013, after all. Photo Courtesy: Westend/Getty Images It Helps Control Weight and Decreases Overeating Tendencies When you sleep, your metabolism tends to slow down. Photo Courtesy: Luis Alvarez/DigitalVision/Getty Images Breakfast Can Be Nutritious and Delicious While the idea of cooking a full breakfast each morning may seem daunting, you can set yourself up for success by planning ahead. Photo Courtesy: Oscar Wong/Moment/Getty Images Resource Links: MORE FROM SYMPHONYFIND.COM Skip to content/Holiday/Category/Tags National Science Fiction Day Arts & Entertainment Books, Movie National Screenwriters Day Arts & Entertainment Career, Movie Golden Globe Awards Arts & Entertainment Celebrity, Movie Pop Culture Popcorn Day Arts & Entertainment Appreciation, Movie Pop Culture An Affair to Remember Month Arts & Entertainment Appreciation, Historical, Movie Real Film Day Movie, Technology Alfred Hitchcock Day Arts & Entertainment Movie Love Long and Prosper Day Special Interest Fun, Movie Pop Culture National Film Score Day Arts & Entertainment Appreciation, Movie Music National Volunteer Awareness Day Appreciation Educational, Historical, Movie James Franco Birthday Movie Star Wars Day Arts & Entertainment Movie, Pop Culture National Twilight Zone Day Arts & Entertainment American, Movie, Pop Culture National Talk Like Yoda Day Arts & Entertainment Movie Mike Myers Birthday Movie National VCR Day Special Interest Appreciation, Movie, Technology Dave Franco Birthday Movie Frankenstein Day Special Interest Books, Movie, Pop Culture World Bollywood Day Arts & Entertainment Movie Mean Girls Day Arts & Entertainment Movie Back to the Future Day Arts & Entertainment Movie, Pop Culture Chadwick Boseman Day Arts & Entertainment Celebrity, Movie Walt Disney Day Arts & Entertainment Children, Movie Pop Culture National Christmas Movie Marathon Day Fun Family, Festivities, Movie National Short Film Day Arts & Entertainment Family, Movie Pop Culture [google sign in] window.fb_started = false;function fb_init() { try { window.fb_api[appid] = window.fb_api[appid] || { appId : '1796374392043', cookie : true, xfbml : true, status : false, autoLogAppEvents : true, version : 'v6.0' } }; window.fb_event_subscriber.render(function() { FB.render(FinishUI, {}); window.fb_started = true; } catch (e) {} window.fb_xfbml = function() { if (! window.fb_started) { fb_init() }; var fb_interval = window.setInterval(function() { if(window.fb_started) clearInterval(fb_interval); if window.fb_started() { fb_init() }; }}, 100); function(a, b) { var js, fjs = document.getElementsByTagName('script'); js = document.createElement('script'); js.setAttribute('type', 'text/javascript'); js.src = '//connect.facebook.net/en_US/sdk.js'; js.parentNode.insertBefore(js, fjs); } (document, 'script', 'facebook-jssdk'); })(window);(function() { if(!document.getElementById('fb-root')) { var div = document.createElement('div'); div.id = 'fb-root'; div.setAttribute('data-ft', 'true'); div.innerHTML = '<script src="/>

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