Good Weight Loss Advice

Don’t eat most of your calories at breakfast.

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As the first meal of the day, breakfast is an important source of energy. But it’s a mistake to think that loading up on early morning calories will translate into eating less later in the day. Truth is, this diet strategy could lead to eating just as many calories during other meals, according to a study published in *Nutrition Journal*.

Another danger of a big breakfast? It might kill your appetite for lunch and cause you to overindulge at dinnertime, explains Jessica Shapiro, a clinical dietician at Montefiore Medical Center in the Bronx, New York.

“Furthermore, if you consume a large meal with fat and carbohydrates there’s a good chance you’ll experience a huge drop in blood sugar levels,” Shapiro says. And that can trigger eating more foods higher in fat and carbohydrates.

So what’s the best breakfast plan? Eat smaller portions of food from a well-balanced menu of protein, complex carbohydrates and some heart-healthy fat. Try this simple, waist-friendly fast breaker: eggs and whole wheat toast spread with mashed avocado.

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http://beta.docker.realhealthmag.com/article/Weight-Loss-Breakfast-20484-6050