

## Benefits of Eating Breakfast

Breakfast is the most important meal of the day. Breakfast refuels the body after a night's sleep. When sleeping, the body needs fuel to allow the function of the body to continue working. Most of that fuel comes from stores of glucose in the blood, liver and muscles.

By morning, the body is essentially in fasting mode. Breakfast is literally, "breaking the fast".



If you don't eat breakfast the result is low blood sugar, decreased energy, fatigue, poor concentration, irritability and lack of attention. If you are an athlete or participating in intense or long-duration exercise, your muscles need the fast-burning energy that comes from carbohydrates. Without it, your performance will be less than optimal because of low blood sugars and depleted energy stores.

Eating breakfast will help you to get in all the servings of nutrient-dense foods you need in a day.

Source:  
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