



BENEFITS OF PROTEIN AT BREAKFAST

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BENEFITS OF PROTEIN

The benefits of breakfast have been well documented. The guidelines of what constitutes a healthy, high - quality breakfast differs from person to person. A study by Giovannini et al. who drew up guidelines for what a high-quality breakfast should include stated that grains (namely whole grain), fruit and a good quality protein should be consumed¹. Protein is often not given enough attention at breakfast and it has many benefits.

Satiety

Eating protein at breakfast helps keep you fuller for longer. Protein releases ghrelin, a hormone that increases the feeling of fullness. Researcher Leidy studied hunger sensations in people who ate a protein containing breakfast. She found that those who ate a protein at breakfast reported feeling less hungry later in the day than those who did not^{2, 3}.

Better food choices

If you feel fuller as a result of eating breakfast, you are more likely to make healthier food choices throughout the day. When you consume quality protein sources, you also take in other nutrients like iron, vitamin C, calcium and fibre⁴.

Reducing risk of chronic disease

Having protein at breakfast can help with weight maintenance as well as weight loss. The body uses more energy to break down protein, compared to fats or carbohydrates. Protein is also broken down much slower than carbohydrates. Being overweight can increase the risk diseases of lifestyle such as diabetes and hypertension^{3,4,5}.

Increased alertness

Having protein in the morning increases alertness. To function at an optimal level, the brain needs certain amino acids found in protein. Protein, unlike carbohydrates, increases the chemicals in the brain called neurotransmitters, which not only give you energy but make you awake and alert⁵.

PROTEIN CHOICE IS IMPORTANT

It is important to choose protein options that do not contain excess fat. Lean protein food selections such as grains offer the benefits of a protein rich breakfast, without harmful effects like weight gain or increased cholesterol levels⁵. To stay



away from high fat foods such as bacon, a good cereal that contains proteins is a great breakfast option especially on colder mornings.

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