

FAQ: The Importance of Breakfast

Q: Are meal replacement drinks and protein shakes healthy breakfast options?

A: Store bought meal replacements, smoothies and protein shakes typically tend to be very high in sugar and calories and low in fibre. In addition, studies have shown that consumption of food in its liquid form produces less satiety (feeling of fullness) than eating food in its solid form. If you're looking for a convenient on-the-go option, try making your own smoothies at home with whole food sources of protein and some added fibre to keep you fuller, longer.

Q: Is it hard to eat vegetables at breakfast?

A: A fast and easy way to get your veggies in at breakfast is to add vegetables to your smoothie. One way to hide the green colour from adding greens to your smoothie is to add highly pigmented fruits such as cherries and blueberries. If you are just starting to add vegetables into your smoothies, start with milder tasting vegetables such as cucumbers, avocados, or spinach. Also try adding veggies to an omelet, frittata or even breakfast burritos.

Q: Is juice a good way to get a serving of fruit in at breakfast?

A: Even if you're drinking 100% fruit juice, it can have the equivalent of 5.5 teaspoons of sugar per serving. In some cases, juice can contain more sugar than sports drinks! Fruit juice also lacks the fibre of whole fruit, which means that it is digested much more quickly, leaving you hungry for more sooner than is ideal. Choosing whole fruit instead of juice will give you all the health benefits with a fraction of the sugar found in juice, with the added benefits of fibre to help keep you satisfied.

Q: Should you avoid eating eggs because they are high in cholesterol?

A: Did you know your body adjusts how much cholesterol it makes based on how much you consume to help you maintain healthy levels? A healthy person can eat one whole egg a day as part of a balanced diet, but someone with high blood cholesterol levels should limit their consumption to two whole eggs or less per week. Eggs contain many other essential nutrients like vitamin A, D, E, and B12, riboflavin, selenium, and folate.

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