

TURBO CHARGE YOUR MORNINGS

FOUR SOUND REASONS WHY YOU NEED PROTEIN FOR BREAKFAST

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WE HAVE ALL HEARD THAT BREAKFAST IS THE MOST IMPORTANT MEAL OF THE DAY, BUT FOR SOME HAVING BREAKFAST AT ALL IS A CHALLENGE. WHEN TRYING TO ENCOURAGE YOUR CLIENTS TO EAT BREAKFAST (EVEN IF IT'S A SMALL MEAL), MAKE SURE IT'S RICH IN PROTEIN. PROTEIN AT BREAKFAST CAN NOT ONLY STAVE OFF CRAVINGS, BUT ALSO INFLUENCE YOUR PHYSICAL FITNESS.

Here are four reasons why you need to incorporate protein into your breakfast meals:

1) Protein promotes satiety

Time and time again, research links satiety (also known as a feeling of fullness) to protein consumption at meals. Protein seems to influence our hunger-controlling hormones. For example, studies have found that ghrelin, a 'hunger hormone' that stimulates appetite and promotes fat storage, is lower in those who consume high-protein breakfasts. In addition, protein contains nitrogen which requires more energy to break down, digest and absorb, therefore slowing digestion and kick-starting your metabolism for the day.

Bottom line: Protein at breakfast is linked to a better-controlled appetite throughout the day and promotes fullness post-meal.

2) Blood sugar control

When it comes to blood sugar control, our bodies do best with consistency or what I like to call 'balanced meals'. Having a breakfast that's rich in carbohydrates will spike your blood

sugar and quickly lead to a crash, which can also lead to fatigue and cravings for sugar-containing foods. Protein, along with healthy fats, helps to not only promote satiety, but slow digestion. This slowed digestion allows for less of a spike in your blood sugar and more stable energy levels throughout the day. In fact, research studies have found lower blood sugar levels in those who consume high-protein breakfasts.

Bottom line: Protein at breakfast will help regulate your blood sugar levels, leaving you feeling energized and satisfied throughout the day. Satiety that is associated with protein consumption at breakfast can also help reduce cravings.

3) Reduced cravings and snacking

I think snacking is a great thing, as long as we are snacking because we are hungry, however that's not always the case. Sometimes we are snacking mindlessly, out of boredom, stress eating, or simply snacking to satisfy a craving. Research has associated protein at breakfast with reduced cravings and snacking throughout the day. For example, one study found that those who had protein at breakfast had lower-calorie lunch meals compared to those who skipped breakfast or had a low-protein breakfast. In addition, research has found reduced snacking pre-dinner in those who consumed protein at breakfast compared to those who had little protein or skipped the meal entirely.

“PROTEIN DISTRIBUTION AMONGST ALL YOUR DAILY MEALS IS KEY FOR MUSCLE STRENGTH, ESPECIALLY IN THE AGING POPULATION.”

Bottom line: Having protein at breakfast allows for better control of your food choices throughout the day.

4) Muscle strength

Having protein at breakfast, and each meal throughout your day, will not only ensure you are getting enough protein each day, but also support muscle strength as you age. Recent

Canadian research found that an even distribution of daily protein intake across all meals is associated with greater muscle strength in older adults. This difference was seen regardless of the amount of protein consumed, which suggests that having protein evenly distributed throughout your day is potentially more important than having a large amount of protein in your day or at one meal (which is often our dinner meals).

“PROTEIN, ALONG WITH HEALTHY FATS, HELPS TO NOT ONLY PROMOTE SATIETY, BUT SLOW DIGESTION.”

Bottom line: Protein distribution amongst all your daily meals is key for muscle strength, especially in the aging population.

Some protein breakfast ideas for you and your clients:

- Egg muffins
- Tofu scramble
- Greek yogurt parfait with oats, berries, and nuts or seeds
- Avocado toast with a hard-boiled egg on top
- Protein smoothie

You can always top your usual breakfast with some added protein. For example, top your toast with nut butter and oatmeal or cereal with hemp and chia seeds for some added protein and nutrition!

Cheers to happy and healthy eating!



Angela Wallace is a registered dietitian, nutritionist, family food expert, and canfitpro personal trainer. She specializes in women's

health, with a focus on weight loss and digestive conditions. She uses a 'non-dieting approach' with her ultimate goals being to help people find a balanced lifestyle and healthy relationship with food. Find out more at eatrightfeelright.ca or @[eatright_rd](https://www.instagram.com/eatright_rd)