

Clinical Insights



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Research

fatloss



Mom Was Right: Breakfast is Most Important Meal

Many people trying to lose weight skip breakfast so they can save some calories. This is a big mistake. Blood sugar is the body's most powerful hunger signal. During sleep, your body uses much of the carbohydrate stores in the liver that help maintain healthy levels of blood sugar. If you skip breakfast, low blood sugar triggers the hunger center in your brain. The hunger signals can be so powerful that you overcompensate and eat too much at lunch, or snack for the rest of the day. University of Colorado researchers headed by Dr. Holly Wyatt found that people who eat breakfast maintain weight loss better than those who don't. Breakfast eaters burned up more calories during the day— probably because they had more energy. Eating breakfast— particularly if it contains some protein— can hold off the hunger monster for hours. Your body converts the amino acids from proteins into blood sugar. Aminos act as tiny blood sugar time-release capsules that can keep you from overeating. (*Obesity Res.* 10: 78-92, 2002)

Long-Term Weight Loss and Breakfast in Subjects in the National Weight Control

Introduction:

- As the awareness of the negative health effects of obesity mounts, there is increasing focus on how to produce and maintain weight loss.
- Many overweight and obese individuals are able to lose weight, but the majority regain this weight over a period of 2 to 3 years or less.
- Because the improvements in health with weight loss are lost on weight regain, it becomes important to learn how to help people maintain weight loss over the long-term.

Facts:

- The incidence of skipping breakfast has increased. More Americans are routinely skipping breakfast perhaps because of a belief that reducing total calories may help with weight loss.

Objective:

- Our objective was to see whether breakfast eating was a common characteristic among a large group of long-term obese-reduced individuals, and to evaluate whether breakfast eating may be a candidate behavior for successful weight-loss maintenance.

Research Group:

- 3000 people who lost 90 pounds and kept it off for 6 years

Findings:

- 78% of the group were found to eat breakfast 7 days a week.

Conclusion:

- Eating breakfast is a characteristic common to successful weight loss maintenance.

Benefits:

- Eating breakfast reduces hunger that may lead to overeating later in the day.
- Breakfast eaters are less likely to choose “high calorie junk food” during the remainder of the day.
- Nutrients consumed at breakfast may leave subject with a better ability to perform physical activity.
- Breakfast eaters engage in more physical exercise than non eaters.
- Eating breakfast regularly may stimulate a low calorie, low fat eating style.