



Breakfast Tips: Foods to Include in Your Diet for Weight Loss

Guduru Swathi*

Department of Pharmaceutical Analysis, University College of Technology, Osmania University, India

Keywords: Weight loss; Diet; Breakfast

Introduction

It's always a good idea to start the day off well with a nutritious meal. A healthy breakfast is one of the finest ways to get a hearty start to your day without worrying about calories. The most important meal of the day is breakfast. Starting your day with a healthy breakfast will help you stay energised, fend off hunger pangs, and lose weight in the process.

“Skipping breakfast may result in you not getting enough fiber and nutrients. Increased acidity can also be caused by skipping breakfast. Lack of food, such as glucose, will move to the brain and cause a reduction in the functioning of brain cells, which is why you might get headaches and dizziness if you haven't eaten in a while.”

However, many people skip breakfast or do not eat it properly for fear of gaining weight. However, you may always include some weight-loss-friendly items in your breakfast [1].

Nut butter

Nut butter is a creamy, tasty, and nutritious spread produced from nuts such as almonds, peanuts, or walnuts. Tree nuts, which are high in heart-healthy saturated fats and protein, have been related to weight loss and lowering the risk of chronic diseases. It's an excellent method to get more protein into your diet.

Egg

Six grammes of protein and 70 calories make up an egg. Eggs are a good source of protein and iron. They can also be coupled with sweet potatoes or ground turkey for a nutritious breakfast [2].

Unsweetened plain Greek yogurt

Yogurt is a terrific way to start the day. It's a good idea to include yoghurt in your breakfast, especially if you're trying to drop a few pounds. The nutritional content, which is high in calcium and probiotics, will keep you energised throughout the day while also supporting digestive health.

Chia seeds

Chia seeds are one of the world's healthiest seeds. Chia seeds are a good source of omega-3 fatty acids and help maintain healthy blood pressure and blood sugar levels in the body. They also decrease cholesterol and promote improved cardiovascular health endurance. Chia seeds are high in antioxidants, fiber, calcium, protein, and a variety of other nutrients. Antioxidants, fiber, calcium, and a slew of other essential nutrients shield your body from pollutants. Although chia seeds are high in fiber, their ability to absorb water can lead to constipation in some people [3].

Adding some to a bowl of yoghurt with fruit or salad will add the correct amount of nutritious value while also adding a wonderful crunch to your meal.

Banana

The banana is the undisputed potassium superstar. It's high in satisfying fibre and other essential elements. Adding chopped bananas to your fruit bowl/smoothie will brighten your mood and help you feel more energised. Including them in your breakfast also implies decreased blood pressure, which is healthy for your heart.

Berries- Berries take the prize for being one of the world's healthiest morning meals. Strawberry, raspberry, blueberry, and other fruits are not only high in heart-healthy antioxidants, but they also provide you energy boost [4].

References

1. Kumar K (2021) What Is the Best Thing to Eat for Breakfast to Lose Weight? MedicineNet.
2. Link R (2018) 14 Healthy Breakfast Foods That Help You Lose Weight. Healthline.
3. Villines Z (2019) What are the best breakfasts for losing weight? Medical News Today
4. The Indian Express (2021) Breakfast tips: Weight loss-foods to include in your diet.

*Corresponding author: Guduru Swathi, Department of Pharmaceutical Analysis, University College of Technology, Osmania University; E-mail: swathiguduru@gmail.com

Received July 30, 2021; Accepted August 19, 2021; Published August 26, 2021

Citation: Swathi G (2021) Breakfast Tips: Foods to Include in Your Diet for Weight Loss. J Obes Weight Loss Ther 11: 456.

Copyright: © 2021 Swathi G. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.