

Pinecrest

ONE OF MIAMI'S COMMUNITY NEWSPAPERS

DECEMBER 7-20, 2009

Rise and Shine, for Breakfast

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Rise and Dine

After a long night's sleep, your body is dehydrated, your muscles are tired, and your brain is sluggish. Like throwing a log on a smoldering fire, breakfast stokes the brain after a night without fuel. Grab a nutritious breakfast and you not only jumpstart your gray matter, you'll boost your metabolism, fight fat, and build lean muscle. No other meal is as important to your overall health and well-being as breakfast.

Kick-start Your Metabolism

Your metabolism is in low gear while you sleep. Eating breakfast within the first hour of waking triggers an immediate increase in calorie burning, which you can sustain all day long. Choose a meal that combines nutrient-dense carbs with lean protein and a dash of monounsaturated fat and it will rev up your metabolism for hours.

Try this balanced breakfast booster:

Nutrient-Dense Carbs: 3/4 cup of blueberries or pineapple.

Lean Protein: 1 cup of low-fat cottage cheese.

Monounsaturated Fat: 3 teaspoons of raw, slivered almonds.

Fight Fat

Breakfast is the single greatest factor in maintaining portion control and stable hormones throughout the day. Studies have shown that eating breakfast on a regular basis significantly lowers your body mass index. Skipping breakfast can only result in a midmorning, low-sugar slump. So, start off the day healthy to avoid the crash and the ensuing coffee and donut dash.

Build Lean Muscle

The energy used throughout the day and when you exercise is called glycogen, and this is stored in your liver and muscles. While you're sleeping, your body feeds on liver glycogen, which is depleted by morning. Breakfast reverses this deficit. Should you skip the morning meal, your body is forced to break down muscle for energy.

Breakfast — the New Cold Buster

Chronically missing meals will eventually break down your immune system; breakfast is a great time to augment your defenses. The beta-carotene in papaya, cantaloupe, mangoes, and eggs boosts immunity and berries are a wonderful source for antioxidants.

Breakfast Boosters on the Go

There's no meal like breakfast, however, 30 percent of Americans eat breakfast outside of the home. The "grab and go" approach has made it even tougher to find a healthy breakfast. From cinnamon rolls to sausage biscuits, most take-out breakfasts are nutritional nightmares. Set the day's tone by choosing a breakfast booster:

- Sprouted wheat toast with 1/2 teaspoons of peanut or almond butter.
- One cup of cottage cheese topped with fruit and almonds.
- Six egg whites with your favorite vegetables and an oat bran muffin.
- One Zone nutritional bar and a bottle of water.
- Fruit smoothie blended with whey protein and wheat germ.
- Broiled soy sausage and melted soy cheese on an oat bran muffin.
- Slow cooked oatmeal with whey protein, soy milk, and slivered almonds.
- McDonald's Egg Muffin.

Keeping Your Mental Edge Sharp

Studies have found that people perform better on memory and attention tests after eating breakfast. A balanced nutritional breakfast is perfect for staying alert and sharp.

Do you have a wellness related issue you would like to resolve? Send your questions to Dr. Patrece Frisbee at drfrisbee@sobewell.com.

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