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Six Morning Habits to Pack on the Pounds

 AUGUST 22, 2013 BY [CARRIE ANTON](#)  [LEAVE A COMMENT](#)



Start with a sugary breakfast when you want to be hungry minutes later.

We get it... you're exhausted, you've hit snooze more times than you can count, and you're now late for wherever it is that's making you leave the comfort of your soft, warm bed. The morning is already off to a shaky start, so there's no reason to make it worse by messing with what you put in your gut. However, if you do any of the following, you might as well just call in and crawl back under the covers. Why? Because with this list of six, you could pack on the pounds without so much as a stack of loaded french toast or box of glazed donuts to thank. When it comes to

your mornings, make your calories count.

1. **Skipping breakfast:** Less food means less calories, right? Wrong... well sort of. You won't be taking any calories in, but you also won't be giving your body the energy it needs to get through the day. You've already been fasting for an entire night. By not eating, you prolong



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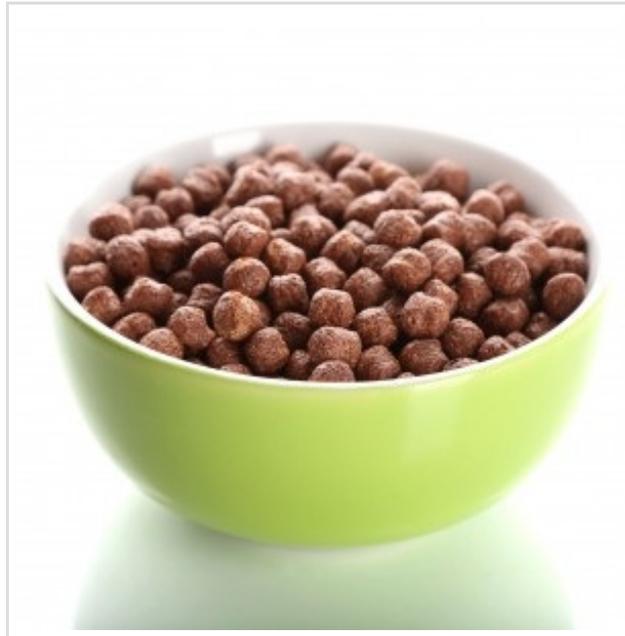
through the day. You've already been fasting for an entire night by not eating, so prolonging that period of time, and thus your blood sugar and insulin balance can get out of whack, making you hungry and cranky. A hungry, cranky body is not a happy body, which can lead to bad food choices. (Note: [A recent study](#) showed there could be benefits to missing the most important meal of the day. However, we're sticking with the age-old advice mom gave us until more proof is put forth.)

2. **Eating cereal:** A bowl of Cookie Crisp seems an obvious no-no way to start your day. After all, it's essentially just a bowl of sugar. But even cereals that seem healthy—they might even say "healthy" right on the box—typically aren't. Protein from whole food (versus food that's been processed to contain protein) is what you need to start the day. Skip the cereal and try some eggs instead. If you really need a grain, try a slow-digesting, non-sugary oatmeal that will keep your hunger at bay for longer.

3. **Choosing white bread toast:** Blame it on restaurants, but toast just gives a nice complete presentation to a plate of an eggs or next to an omelet. Could a side of grapes or greens be a better carb choice than bread? Probably. However, when you go for the grain—choose one of a non-white variety. You'll get more energy from a whole grain bread versus a chemically processed white bread (even if it says "enriched" on the label).

4. **Overdoing it on fruit juice:** A sure way to take your blood sugar for a ride is to drink too much juice in the morning. A little bit—say four ounces—OK. But a giant tumbler of apple or OJ—not. It may taste satisfying, but it can cause your hunger to spike shortly thereafter.

5. **Not drinking any water:** If you think of sleep as being a desert you've been stuck in for



Nothing like a big bowl of empty calories to leave you wasted by mid-morning.

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eight hours, it probably seems silly that you're not drinking a tall glass of H2O as soon as you get out of bed. Dry mouth, sticky teeth, and bad breath are all caused by dehydration. So wake up and get some water. You'll feel better, and it too will help keep your hunger in check.

6. **Eating a small breakfast:** There's a quote by American author and nutritionist, Adelle Davis that goes, "Eat breakfast like a king, lunch like a prince, and dinner like a pauper." This helpful saying is a reminder to how your metabolism can work better for you when you give it the most energy in the morning and taper as the day goes on.

All those sayings about breakfast being the most important meal of the day are true. So stick to making good choices, and you'll be off to a great start.

What is your go-to breakfast?



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