

# Breakfast

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By Dan Young

## NEVER SKIP BREAKFAST

Why? Eating breakfast within 30 minutes of waking stops your body from cannibalizing its own muscle tissue while you fast during sleep. After several hours without food, the body suppresses its ability to burn calories in order to conserve energy. It goes directly after the muscle tissue instead, converting muscle to glucose for energy. The brain is sending hormonal responses to use the hepatic glycogen found in the liver to nourish the body. Since the liver can only hold about 15% of your total body's glycogen, these reserves are used up quickly, so your body begins cannibalizing its own protein to create glucose to feed the brain. Protein in your

body is also known as muscle. Slowly, over time, the more muscle that is used for energy, the less of it you have. This, ultimately, decreases your metabolic rate making it harder to burn calories. Since muscle tissue burns calories and not fat, it becomes more and more difficult to lose the fat and the weight.

## WORK OUT IN THE MORNING?

No worries. Eat half of a banana, apple or any fruit; just enough to bring your body's catabolic state to a screechin' halt without over lading your digestive system. Then, consume a high glycemic Recovery Shake immediately following your workout. Within one hour of your shake, sit down and enjoy a real breakfast with all three macronutrients.

## EAT A BALANCED BREAKFAST

- Your body constantly needs a mix of carbohydrates, protein and fat. In fact, the daily diet comes directly from a mix of these macronutrients. On average the experts recommend a ratio of 60/25/15, respectively.
- Balance slows digestion. We now know that when we combine our macronutrients, digestion is slowed. This is important because slow digestion allows there to be fewer swings in blood glucose levels, which minimizes insulin production and fat storage.
- When you eat breakfast your energy levels are kept steady and you are less likely to binge later.



- Any time you eat, you'll get a slight bump in your calorie-burning rate. Research shows that breakfast skippers have a lower than average rate.

Oh yes, the first most important meal is always the post-workout meal – your Recovery Shake.



## Eat well and remember, you are what your food eats!

Dan Young is President and CEO of Performance Food Centers, Corp. He is certified in personal training, sports nutrition and is a triathlete. He has competed in Body Building as well as Endurance Sports Activities. Accomplished in juice bar concept and design, he applies this knowledge to whole-foods nutrition and the efficiency to serving them.