



Member Article - June 2015

Reduce Food Cravings and Prevent Overeating by Eating This in the Mornings

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How many times have we all been told to eat breakfast in the morning to start the day off right? Probably countless times before. Maybe you listened or maybe you still don't eat breakfast because you don't like it or don't have time. Well if you have trouble with snacking throughout the day or staying full for longer periods, not eating breakfast may be the cause.

New research done by the University of Missouri shows that eating a healthy breakfast, specifically one high in protein, reduces hunger throughout the day and increases satiety. Additionally, through the use of MRI's, researchers discovered that eating a protein-rich breakfast reduces the brain signals controlling reward-driven eating and food motivation.

"Everyone knows that eating breakfast is important, but many people don't make it a priority," said Heather Leidy, assistant professor in the MU Department of Nutrition and Exercise Physiology.

"This research provides additional evidence that breakfast is a valuable strategy to control appetite and regulate food intake."

During the study, physiological hunger and satiety were assessed by measuring perceived appetite sensations and hormonal markers, combined with the psychological desire to eat as a reward.

Skipping breakfast has a strong correlation to unhealthy snacking, overeating (especially at night), weight gain, and obesity. Additionally, 60 percent of teens skip breakfast on a daily basis so teenagers were the main participants studied.

Three groups were studied, those that skipped breakfast, those that ate a normal protein meal of cereal and milk, and those that ate a high protein meal of Belgium waffles, syrup, and yogurt. The brain scans were performed just before lunch to identify brain activation responses.

Overwhelmingly, participants who ate breakfast led to increased fullness and reduced hunger throughout the morning.

Those that ate the higher protein breakfast of waffles and yogurt had an even increased change in appetite, were full for longer, and had less reward-driven desire to snack.

"Incorporating a healthy breakfast containing protein-rich foods can be a simple strategy for people to stay satisfied for longer, and therefore be less prone to snacking. People reach for convenient snack foods to satisfy their hunger between meals but these foods are almost always high in sugar and add a substantial amount of calories to the diet.

"These findings suggest that a protein-rich breakfast might be an effective strategy to improve appetite control and prevent overeating in young people."

If you are having problems with frequent snacking throughout the day and currently do not eat breakfast, consider making the change for at least a few weeks to see if you notice the benefits.