

Title:

Healthy Breakfast Foods

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368

Summary:

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Why such a hullabaloo about this early morning meal? Well, for starters, this meal comes after

Keywords:

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Article Body:

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Breakfast benefits both, young and old. It is the key to jump start your muscles and your day.

- Consume more vitamins, minerals and less of fat and cholesterol.
- Increased strength and endurance.
- Better concentration and productivity all day long.
- Control over weight
- Low cholesterol = no risk or little risk of heart disease

Children who eat breakfast are likely to have better concentration, problem-solving skills and

If you think skipping this meal, will help you lose weight, think again. By passing over this

Try to choose healthy foods from at least two food groups each morning

- Fruits & Vegetables
- Grains
- Dairy
- Proteins

A glass of pure fruit juice, bananas, yoghurt, low-calorie muesli with semi skimmed or skimmed

If you look forward to eating different kinds of healthy foods for breakfast, you are less lik

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