

Simple Healthy Breakfast Ideas

Many of us skip breakfast every now and then. Some of us may think that breakfast is pointless, but those of us that think that are wrong. Eating breakfast speeds up the metabolism. With your metabolism working more efficiently, the body is able to burn more fat, which is beneficial to the people trying to lose weight. Some people may drink a cup of coffee for breakfast. It may be there breakfast, but it is not a healthy breakfast.

Below we list samples of healthy breakfast:

Brown Rice: Eat brown rice. It contains Vitamin B, the source of energy; and it contains a source of fiber. You can eat brown rice with low cholesterol foods such as vegetables, fat-free meat, and fish.



Strawberry: One cup of strawberries 3 times a week is good for you. It has vitamin C and antioxidants which is beneficial to your health. You can also eat the strawberries with other berries.

Chamomile Tea: Drink a cup of chamomile tea. This tea can help you reduce your stress and make you feel calm.

Fruit smoothie: Add a cup of strawberries and banana and a glass of ice to your juicer. This will make a healthy breakfast. If you add plain yogurt, you will be adding calcium

to the healthy fruit smoothie.



Orange juice: You can get more vitamin c and lower your cholesterol level by drinking one to three glasses of orange juice. According to research three glasses of orange juice a day for about a month can enhance your good cholesterol (HDL) up to 21 percent.

As you can see from the ideas mentioned above there are a lot of great and healthy options out there when choosing something for a healthy breakfast. Choose whatever dishes you know you will love and that's healthy at the same time.

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