

## Tips to Boost Your Metabolism

Breakfast is the most vital meal of the day. It is easy to skip breakfast, so read on to find out why you should make eating in the morning a priority.

Breakfast should provide you with around 25 percent of your daily energy and nutrients. Eating a breakfast high in fiber, with a good protein source that is low in fat provides a lasting release of fuel to your brain and body. This will help improve concentration and physical and mental energy levels all day long. Breakfast also helps manage your hunger and cravings and will promote better food choices during the day.

If you delay your first meal until later, your metabolism remains sluggish through the morning and your energy levels will dip.

When you skip breakfast, you are more likely to graze throughout the day. It will also cause you to crave foods and drinks that give you a quick lift (soda, coffee drinks, candy, and processed carbohydrates). These food choices will not provide the necessary energy and nourishment that keep you at your best.

Skipping breakfast and other meals throughout the day make it more likely that you'll eat a larger meal for supper. Unfortunately, the body doesn't use those calories very well and as a result people tend to gain weight. Skipping meals during the day can also lead to snacking after dinner, and night eating.

### **How can I make a wholesome breakfast?**

Include a variety of food groups into your breakfast. Your breakfast should include a carbohydrate and a lean protein with some

healthy fat. Use the lists below to create a balanced breakfast from foods you enjoy.

If you do not like eating in the morning or need something quick, consider making a protein shake or protein fruit smoothie (protein powder or Greek yogurt, ½ cup of fruit, with milk, milk alternative, or water) or choosing something light, such as avocado toast.

You can do it...**plan ahead** and allow a little extra time in the morning to help you feel great the rest of the day! Otherwise, prepare as much as you can the night before, so you can grab it and go!

### **Carbohydrate**

#### **(Choose 1)**

- Whole grains (toast, bagel, English muffin, waffle, tortilla)
- Fresh fruit
- High fiber cereal
- Unsweetened oatmeal
- Regular or sweet potato

### **Protein/Healthy Fat**

#### **(Choose 1)**

- Lean meat (turkey, lean pork, beef ham)
- Veggie burgers, tofu, meat alternatives
- Cottage cheese, ricotta cheese
- Low-fat cheese (string, mozzarella, farmers)
- Low- sugar Greek yogurt
- Low fat or skim or soy milk
- Whole fresh eggs
- Hummus
- Natural peanut butter or nut butter
- Unsalted nut (any type)

- Soy nuts, sunflower or sesame seeds, chia seeds
- Avocado
- Olive or canola oil

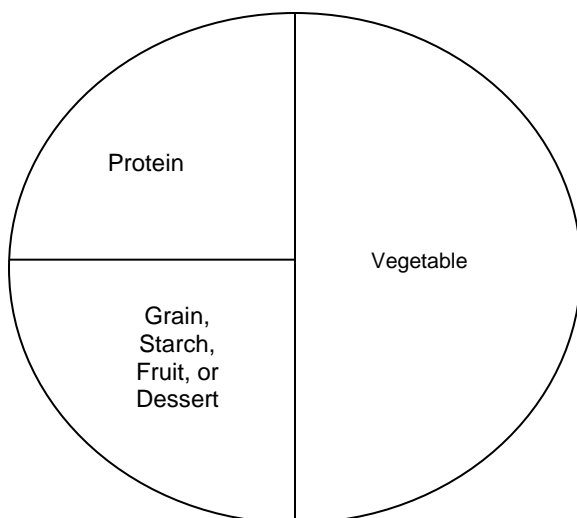
### Mid-Day Snacks

People who eat breakfast may notice that they feel hungry by mid-morning. This is a **good** thing! Hunger is a sign of health. This is caused by the boost in metabolism that comes with eating breakfast. It is important to eat before your energy level dips. You may find that you need a mid-morning snack to hold you over until lunch. The same applies between lunch and supper.

If your meals are more than 4 hours apart, try adding a healthy balanced snack (1 carbohydrate choice and 1 protein choice). Eating smaller, more frequent meals and snacks will give you the energy you need to feel good and help you carry out your daily activities. It will also help you to eat less at your main meals without feeling deprived and unsatisfied. If you are diabetic, this meal pattern will also help manage your blood sugar levels.

### How can I make a balanced lunch and supper?

Plan your lunch and supper around a variety of whole grains, proteins, vegetables, and fruits. Follow the plate diagram below. It makes meal planning easier and helps to make sure that you are eating a balanced meal.



Start with a salad to fill ½ your plate with veggies or plan to have raw or steamed veggies with each meal. Add your choice of meat, fish, beans or tofu for protein. Then, choose 1 carbohydrate to help you keep your blood sugars in check.

When eating out, look at the menu options to see how you can follow the plate diagram by making simple changes. Examples: Choose half portions or share an entree. Choose a side salad instead of fries. Enjoy smaller portions of dessert.

Drink water (or calorie-free flavored water) with your meals since you are likely already having a carbohydrate with your meal.

Put away the supper leftovers right away so you are less tempted to go back for seconds. Use the leftovers for lunch the next day. Evaluate the need for bedtime snack.

### Carbohydrate (Choose 1)

- Whole grains (bread, pasta, brown rice, quinoa, tortilla)
- Fresh fruit
- Regular or sweet potato
- Corn or peas
- Beans or lentils

### Protein/Healthy Fat (Choose 1)

- Lean meat (turkey, lean pork, beef ham)
- Fish or shellfish
- Veggie burgers, tofu, meat alternatives
- Cottage cheese, ricotta cheese
- Low-fat cheese (string, mozzarella, farmers)
- Low sugar Greek yogurt
- Low fat or skim milk or soy milk
- Whole fresh eggs
- Hummus

- Natural peanut butter or nut butter
- Unsalted nut (any type)
- Soy nuts, sunflower or sesame seeds, chia seeds
- Avocado
- Olive or canola oil

## **Vegetables**

**(Enough to fill half your plate)**

- Asparagus
- Beans (green, wax, Italian)
- Bean sprouts
- Beets
- Broccoli
- Brussel sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Greens (mustard, kale, turnip, Swiss chard)
- Kohlrabi
- Mushrooms
- Okra
- Onions
- Pea pods
- Peppers
- Radishes
- Salad greens (lettuce)
- Spinach
- Summer
- Squash
- Tomato
- Turnips
- Water chestnuts
- Zucchini

## **Tips**

Remember to eat early to energize your brain and body for the day. Food is fuel and you need fuel to get you through the day.

If you haven't been eating breakfast, lunch, or mid-day snacks start adding these into your day. Give your body up to 2 weeks to adjust to this change. Then you can judge if these changes make you feel better and give you more energy.

You should also be able to tell if you are able to manage cravings and hunger at night better than before. We tend to be less active at night so this is when we should be starting to eat less.

Eating well balanced meals and snacks throughout the day will make this easier. You will start to notice a change in your mood, energy levels, and likely your weight as well.

**It can take time to change habits.**

## **Who to Call**

If you are a UW Health patient and have more questions, please contact UW Health at one of the phone numbers listed below. You can also visit our website at [www.uwhealth.org/nutrition](http://www.uwhealth.org/nutrition).

Nutrition clinics for UW Hospital and Clinics (UWHC) and American Family Children's Hospital (AFCH) can be reached at: **(608) 890-5500**.

Nutrition clinics for UW Medical Foundation (UWMF) can be reached at: **(608) 287-2770**.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright 4/2022 University of Wisconsin Hospital and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#404.