



We all know that breakfast is the most important meal of the day, so why run on empty when you can fill-up on a delicious **3A Café** breakfast prepared – fresh - from scratch - by the friendly, husband-wife team of **Ricardo and Jackie**.

Breakfast is considered the most important meal of the day, and for good reason. There are a few reasons people don't eat breakfast in the morning such as not feeling hungry or to try and limit calories. However, skipping breakfast can lead to a number of problems when it comes to trying to lose weight and keep it off. If you are trying to achieve or maintain a healthy weight, consider the following reasons to eat breakfast each and every morning.

It Revs up Your Metabolism Eating breakfast is a great way to get your metabolism working well for the day. When your body receives food in the morning, it tells your brain that you're going to need to start working to digest it. This wakes up the system and warms up the metabolism so it's ready to work throughout the day. When you don't eat breakfast in the morning, your body thinks that it needs to conserve the energy it has because it isn't getting any more through nutrition. This actually slows your metabolism down, which results in a decrease in the amount of calories you burn all day long.

It Keeps You from Binging Not eating breakfast in the morning may save you calories for the time being, but it sets you up for failure throughout the rest of the day. This is because after not feeding your body for several hours overnight, a lack of food in the morning will leave you grumpy and hungry very early in the day. When lunch time rolls around, you're more likely to choose something high in fat and calories to satisfy your food cravings, because you feel so ravenous. If you can hold off through dinner, chances are you will feel an overwhelming urge to snack all night long, which can really pack on the calories.

It Keeps You in a Good Mood Feeding yourself in the morning will keep your spirits up throughout the day for a number of reasons. First and foremost, since your body won't think that it's starving after a nutritious meal in the morning, it's easier to get in a good mood and stay that way. It also provides plenty of needed energy to help you get through the regular tasks of your day, which can help keep your mood bright and optimistic. A healthy meal in the morning can also help to regulate your blood sugar levels through lunch time, which plays a vital role in your mood. Overall, eating something for breakfast is better than eating nothing at all. The more balanced your meal is, the better off you will be. Instead of a breakfast of bacon, eggs and toast that will leave you feeling heavy and sluggish within just a few minutes, consider having a fruit smoothie and a bowl of oatmeal topped with fresh berries, which will invigorate your body and give you the energy needed to get through the day.