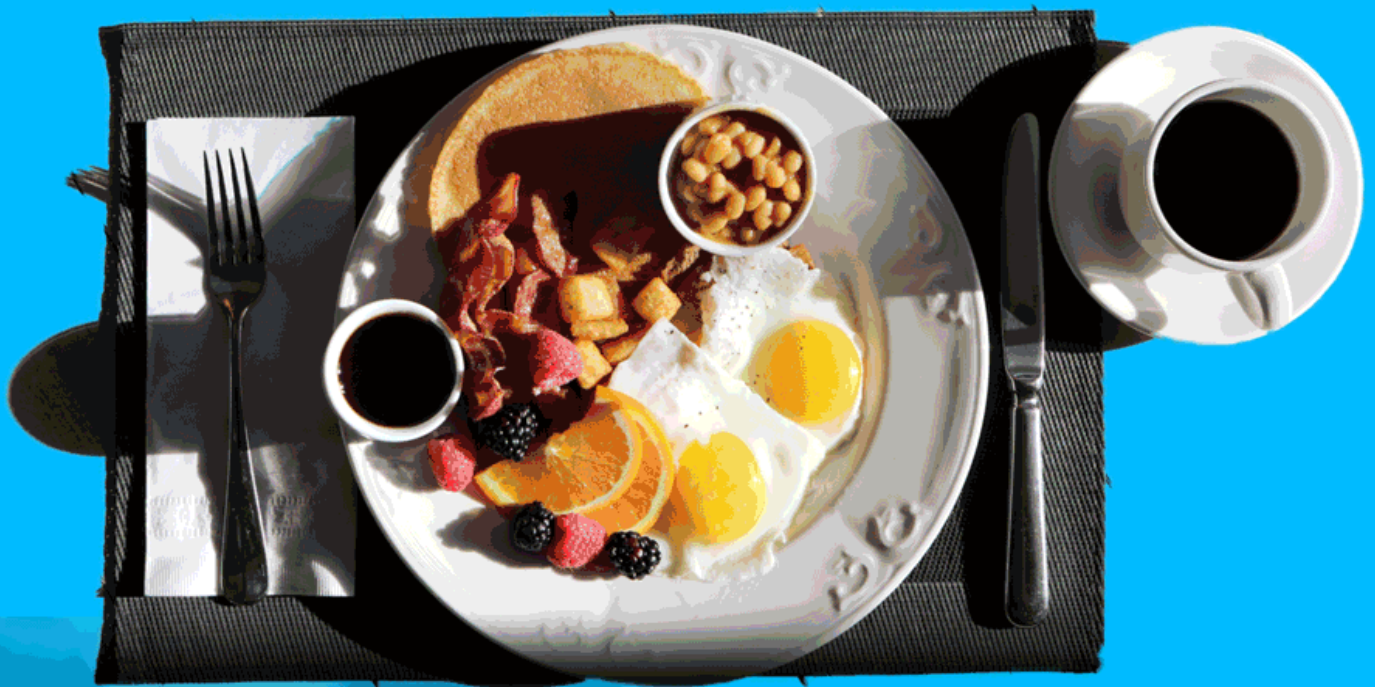


The Worst

Breakfast Foods To Eat
(cause fat gain, diabetes and heart attacks)



The 9 WORST Breakfast Foods To Eat (cause fat gain, diabetes, and heart attacks)

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Table of Contents

Chapter 1: Introduction

Chapter 2: Why Breakfast is Important

Chapter 3: The 9 WORST Foods to Eat

Chapter 4: Take Home Message

Chapter 1: Introduction

If there is one question I get a lot, it would be:

"What did you eat for breakfast this morning?"

Why would someone ask me this? Simple: I am a dietitian. So finding out what I had for breakfast could be a good way to get someone to start the day off right.

Think about it...

Breakfast is the #1 meal of the day. Choose the right foods and all will be okay in your life.

But choose the wrong foods...

...and you'll be tired...frustrated...depressed....and HUNGRY all the time!

Now, even though you are led to believe that breakfast is the most important meal of the day, there's a good chance you don't really THINK about what you're eating.

You probably sit down to a big bowl of cereal...stop at the local doughnut shop...or even skip breakfast entirely.

(Trust me, it happens frequently and it's one of the BIGGEST problem areas my clients are faced with.)

So, being the expert that I am, I am going to give you a word of advice: Choosing the WRONG breakfast foods (or not eating at all) is one way to set yourself up for failure.

But:

If you eat a healthy breakfast (I will explain later what constitutes a healthy breakfast), then you may find yourself ready to tackle the day, with excess energy...a renewed vigor...and a belly full of the right nutrients to fight off some of the most prevalent diseases on the planet!

Oh, and did I mention that you can lose some weight?

It's true! Eating a healthy breakfast-every day-may boost your metabolism and kick start your weight loss!

(What you do AFTER breakfast, however, may make or break your weight loss)

But alas...

Even though you are equipped and understand the importance of breakfast, many of you either skip eating breakfast altogether...

...or you stuff yourself with sugary junk or grab-and-go meals from the local five-and-dime store!

(All of which defeats the purpose, accelerates your weight gain, increases your hard-to-ignore cravings, and could land you in the hot seat for diabetes, cancer, or even heart disease!)

Sure, it may sound like a luxury to eat at home, due to your busy and hectic schedule.

But I can guarantee that waking up 20 minutes earlier and making yourself a healthy, wholesome breakfast is worth more in the long run for your health than scarfing down a pre-made, pre-packaged roll of doughnuts or breakfast sandwich.

So, the question I have for you is:

What did YOU have for breakfast this morning?

Chapter 2: Why Breakfast is Important

It seems that people, just like you, are starting to make some big changes to how they start their day.

For one, you may be getting up a tad bit earlier in order to start your day.

Or you may be exercising in the morning in order to get it out of the way so you can enjoy your evening.

Whatever the reason, you're starting to make some positive changes to your day that will add plenty of wonderful benefits to your health.

That's why I am slightly confused...

With all these positive changes you're making, why aren't you making the one change that could ADD YEARS to your life and accelerate your fat loss?

What I am talking about is having a sound, wholesome breakfast in the morning to start your day off on the right foot.

Multiple studies have shown that eating breakfast may hold a number of different benefits to your health.

In fact, one such study out of Korea showed that Korean adults who skip out on breakfast had higher blood pressure numbers when compared to those who ate breakfast.

In another study, those who ate breakfast were more likely to lose weight-and keep it off--compared to those who didn't eat breakfast.

Now, if you're one who has stopped eating breakfast in order to lose weight, you're probably not doing your body any favors.

Studies show that skipping breakfast, as a way to lose weight, was less effective and had no effects on overall weight loss.

SO, as you can see from above, eating breakfast is pretty darn important!

But here's the thing:

You can't just eat any type of food for breakfast! Making the right food choices could go a long way to boosting your weight loss, accelerating your metabolism, and protecting you from a lifetime of disease and illness.

Although there are a lot of different breakfast foods you can choose from...

...choosing the right ones-and AVOIDING the wrong ones-will have a positive benefit, not only for your health, but also on how well your day will go.

You see, eating breakfast may:

- Fuel your activities (working out or even sitting at the office) for a good majority of the day
- Help you to make better food choices at lunch, dinner, and for your snacks
- Boost your metabolism enabling you to lose or maintain your current weight
- Prevent unnecessary cravings from railroading your food choices
- Prevent many of the chronic diseases (diabetes, cancer, heart disease, arthritis, etc.) that plague our current society
- Keep you from becoming overweight or obese

As you can see, the benefits of eating breakfast are pretty significant. And if you currently skip out on breakfast...or you don't eat the RIGHT foods for breakfast...

...you may find it harder to lose weight, prevent diseases, and have the energy to make it through your day.

Now that you understand just how important it is to eat breakfast, what foods should you include to make your breakfast 100% healthy and beneficial?

Well, that is pretty simple...

A well-rounded breakfast includes:

- A lean protein source (think eggs)
- A serving of fruit or a veggie
- Whole grain source (steel-cut oats, sprouted grain breads)
- A dose of healthy fats

So why these choices?

Well, for starters, each one has been shown to act on your metabolism or your appetite.

The whole grains have been shown to slow the rate of digestion, therefore, you get a slow trickle of nutrients over a longer period of time.

The inclusion of whole grains (mostly the fiber) could go a long way to preventing or curbing the intense cravings that usually hit about 10am or mid-morning.

The protein and fat are also vitally important to controlling your appetite.

Both fat and protein have been shown to increase the satiety hormones in your brain, therefore telling your body when you are full and satisfied.

And of course, the fruits and vegetables contain vitamins, minerals, antioxidants, and polyphenols, which could lower inflammation and reduce your risk for different diseases.

Now that you know what you **SHOULD** be eating, what are some foods you **SHOULD NOT** eat?

Well, here's a pretty solid list of the **WORST** breakfast foods for your health and fat loss...



**Why Do The Food
Companies Have The
Blood Of More Than
35 Million Lives
On Their Hands
Each Year?**
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Chapter 3: The 9 WORST Breakfast Foods to Eat

Although there are a lot of foods that could be considered "bad" for your health, these are some of the WORST breakfast food offenders that you could eat.

Take a close look and try to AVOID them at all costs (if you can):

1. Doughnuts

These sugar bombs should be considered the WORST breakfast food ever!

Not only are they loaded with calories (350 to 550 per doughnut), they are filled to the brim with sugar and unhealthy fats.

Sure, they may taste great...

And you may binge on them when you're sitting alone on your couch...

But they are truly the WORST food you can eat to start your day off! Not only do they contain an obscene amount of fat...

...they also contain enough sugar to sink a battle ship! And all that sugar could lead to some pretty serious spikes in your blood sugar.

And when there are spikes in your blood sugar, your pancreas goes into overdrive to clear that sugar.

So, while there may be a sudden rush of very jittery energy, there will also be a HUGE crash a couple hours later.

And that crash could easily lead you to crawl under your desk and take a nap!

Now, besides a tank in your energy, excess sugar also leads to insulin resistance due to your pancreas working overtime to clear that sugar.

And insulin resistance may destroy your health, lead to diabetes, and could cause long-term illness if you're not careful.

2. Pre-made Sausage Breakfast Sandwiches

Have you seen the commercials with the guy dressed as the sun, touting the benefits of having a sausage sandwich first thing in the morning?

In the commercial he explains how they are only 300 calories and provides your body with all the appetite-suppressing benefits of your normal, standard daily breakfast.

What he fails to tell you is:

Each sausage biscuit is nothing more than a way to load your body with saturated fats (from the processed meat patties), trans fats, sugar, and highly processed (and super refined) carbohydrates.

These biscuits are seriously not good for your health-or for your weight loss!

Besides being loaded with unhealthy fats, most of the processed meat contains a chemical-sodium chloride-which could easily take your blood pressure from healthy numbers to UNHEALTHY numbers very quickly.

This spike in your blood pressure-also called hypertension- may eventually lead to heart disease (including heart attacks), strokes, and other chronic diseases.

Plus..

Most processed and ready-to-eat foods like this may have unhealthy levels of nitrates and nitrites. Not only are they bad for your health, some studies have shown nitrates and nitrites may lead to the development of certain cancers.

3. Kids' Cereal

Do you remember eating Fruit Loops or Fruity Pebbles as a kid?

These cereals seemed so fun and innocent, but they were nothing of the sort!

Kids' cereals are loaded with sugar-some, of which, contain half a day's worth of sugar in a single serving.

But that's not the only drawback to kids' cereals...

There are certain additives and dyes that are found in breakfast cereals that may be linked to hyperactivity.

Think that's bad? There is more...

Most of the dyes found in kids' cereals are actually BANNED in Europe and other countries overseas!

Next time you're shopping for breakfast foods, take a look at the label. If there are words that you can't pronounce, then it shouldn't make its way into your shopping cart.

4. Fruit Juices

Do you regularly drink a cup or two of fruit juice in the morning (could be orange, apple, or even grape)?

If so, you could be putting your health at serious risk!

Sure, fruit juice looks like a great way to start your day, since most contain added vitamins and antioxidants.

However, there is more than meets the eye when it comes to a tall glass of juice in the morning.

Most fruit juices contain way too much added sugar-sometimes MORE than a soda does!

And:

You're missing out on the fiber that is normally found in whole fruit options.

This fiber (found in the skin of apples, grapes, and inside most citrus fruit) may improve digestion, slow the rise in blood sugar,

and could even prevent some chronic diseases from occurring, like heart disease or even type 2 diabetes.

Don't believe it? According to a study in the journal BMJ, those who drank more fruit juice may have an elevated risk for developing type 2 diabetes.

5. Low-Fat Yogurt

There's a pretty good chance that you've been duped by the lowfat claim.

Although these foods may be lower in fat...

...they are high in additives and SUGAR that could make you fat and destroy your health.

Take a closer look at the label, and what you find may SURPRISE you! Most low-fat products contain the SAME AMOUNT of calories compared to the high-fat product.

Why is this a problem? Most of the products contain way too much added sugar!

And that added sugar could lead to weight gain, and increase your risk for insulin resistance, and diabetes.

Plus, in order to maintain the creamy texture that you would find in a high-fat product, food manufacturers add other additives to the mix.

This makes for a creamier texture and one that you're more likely to eat.

However, these additives (just like sugar) could lead to the development of chronic diseases and could spike your weight gain.

6. Bran Muffins

I know what you're thinking-bran muffins are BAD for you?

Just like the doughnut, bran muffins may add a boatload of calories to your day in the form of sugar, trans-fats, and saturated fats.

And even though it may have bran in the mix...

...the beneficial effects of this muffin may be diminished due to the excessive amounts of sugar and unhealthy fats.

But that's not the only problem with your commercial bran muffin...

Most of these muffins top 400 (or more) calories, which could be a third of your daily intake!

This could easily put you over the top (in calories), which could lead to increases in your weight.

7. Non-Dairy Creamer

I can almost bet you like to have a cup of coffee in the morning- or at some point during the day.

And although coffee may not be all that bad for you...

...what you put in your coffee could destroy your health!

One of the worst things you can add to your coffee would be nondairy creamer.

So why is non-dairy creamer so bad for your health?

Well, for starters, manufacturers remove the saturated fats from the product. Now, before you think this is a good thing, think again.

Typically the manufacturers replace the lost saturated fats with trans-fats of hydrogenated oils.

And these hydrogenated oils and trans-fats may increase your risk for heart attacks, heart disease, strokes, and increases in your "bad" cholesterol.

And it gets worse...

Many food manufacturers replace the sugar with artificial sweeteners in order to keep the sweetness but reduce the amount of sugar found in the product.

However, artificial sweeteners may be just as bad! You see, artificial sweeteners have been shown to increase your risk for diabetes and may also spike your food cravings.

8. "Healthy" Cereals

We talked about just how bad kid's cereals are for your health.

Well, adult "health" cereals are just as bad! Not only are they loaded with sugar (just like kid's cereals), they may also not live up to their health claims.

One reason why people are trying to change the labeling industry is to get rid of these false and misleading claims.

Sure, these cereals may contain whole grains, but they also are masked by refined and added sugar, nasty additives, and empty calories.

As a rule of thumb, you should be consuming a breakfast cereal that contains a good portion of protein and fiber (at least 40 grams combined).

If your cereal is not meeting these basic nutritional needs, then you should AVOID eating it any longer.

Trust me, your health (and weight loss) will be better off!

9. White Toast

It's hard to believe, but white toast is a very popular breakfast item for most people.

So why is it so bad?

Well, to put it simply, white toast contains WHITE FLOUR-one of the WORST things you can have for your health.

White flour lacks essential nutrients (like protein and fiber) that could benefit your health.

Plus, studies show that white flour may spike your blood sugar, which could increase your risk for metabolic syndrome, insulin resistance, and diabetes.



The 10-Second Heart Health Makeover

**Your Guide To Avoiding
A Fatal Heart Attack**

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Chapter 4: Take Home Message

Breakfast is by far the most important meal of the day.

It helps start your day off right...provides the necessary energy to keep you going all morning long...and it may be able to help keep your weight in check.

However, when it comes to breakfast foods, not everyone makes the right-or the smartest--choices when it comes to picking out the right breakfast foods.

Most people choose foods that are high in calories, low in helpful nutrients, and are guaranteed to increase your fat gain.

Take the NINE foods on this list...

Each one contains way too much sugar, trans-fats, saturated fats, and empty calories, which could dangerously spike your blood sugar and cause may different health issues to occur.

Now you may be wondering what the best foods to eat are-since this list is pretty extensive.

Research shows that a breakfast filled with protein and high-fiber foods could actually help you burn fat, provide the necessary nutrients to keep you healthy, and prevent long-term health issues from arising.

I know it sounds pretty strange doesn't it?

Breakfast foods DO NOT have to cause fat gain...

...in fact, the right breakfast foods could be included as part of a metabolism-boosting, fat-busting diet plan!

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Best For Your Body Type!**

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