

Breakfast for the Brain

Dips in blood sugar level are directly associated with poor attention, poor memory, and aggressive behavior. Check out these breakfast ideas that will maximize your mental performance.



As the saying goes...Breakfast is the MOST important meal of the day! Make the best of your breakfast with these helpful tips!

1. Increase the fiber
 - Fiber slows the release of carbohydrates by delaying its interaction with digestive enzymes thereby slowing its passage into the small intestine, where it is absorbed into the bloodstream.
2. Up the protein
 - Protein slows down the speed at which the stomach empties its contents into the intestines.
3. Stick with whole, unprocessed foods

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- Generally whole, unprocessed foods release their sugars into the body slower than processed foods.

Here are some Health Breakfast Options to help you Kickstart your morning:

Yogurt Parfait: Plain Greek yogurt with fruit, chia seeds, and wheat germ.

Toast: Whole grain toast with nut butter and banana slices OR mash up a ½ avocado and sprinkle with pepper, lemon juice.

Oatmeal: Try making these with either whole-grain or steel-cut oats. *Try our overnight oat recipe and take this meal-to-go in the morning.

Smoothie: With fruit, chai and/or flax seeds. Try adding kale or spinach to your morning smoothie to increase its nutritional profile!

Search Magnawellness.ca for some recipes of these healthy breakfast options!