

The two reasons above, to help us feel more focused and to control our appetite are only some of many reasons out there on why having breakfast is important. There are indeed many other benefits of having breakfast.

Having breakfast helps us feel more focused for the coming day. When we study at school and didn't have breakfast before, we will more likely to not focus during the lesson. There's nothing worse than being constantly aware that you are hungry and counting the minutes until lunchtime. Having breakfast in the morning not only fuels us until lunchtime but actually gives our brains the essential energy to function and focus better on tasks, so we can concentrate more.

In a busy morning, people tend to skip their breakfast. Actually, there are many benefits of having breakfast. Here are two reasons why it is important.

Having breakfast will also control our appetite. If we don't eat breakfast, we are much more likely to end up snacking throughout the morning, which could pile up the unhealthy calories! Stay away from overly-refined snacks with added sugar, so if you do feel like snacking, have some slices of fruits.