



Start Your Day Right: Breakfast Foods That Boost Your Mood

September often brings a return to routine, making it the perfect time to refocus on healthy habits, starting with breakfast. What you eat in the morning can set the tone for your mood and productivity throughout the day. Choosing the right foods helps stabilize your energy levels and supports a more balanced, positive mindset. Here are some tips to help you build a better breakfast:

Add protein and healthy fats

- Eggs, plain Greek yogurt, or a small handful of nuts or seeds can help you start your day on the right foot. A vegetarian hash with fried eggs or a high-protein smoothie bowl sprinkled with nuts and seeds are both great options.

Fill up on fibre

- The carbs you choose in the morning should contain plenty of fibre to help get your digestive system moving while keeping you satisfied. Whole grains like sprouted bread, and fruits like berries and avocados are good choices.

Vitamins are vital

- Many people choose to take supplements in the morning, which can be a helpful addition to their diet. However, the majority of your vitamins should ideally come from whole foods. Nutrient-rich options like leafy greens, avocados, mushrooms, bananas, poultry, eggs, and whole grains are excellent sources of B vitamins, which play a crucial role in supporting mood and mental well-being. Consider incorporating these foods with a hearty skillet or a whole-wheat breakfast wrap. And, as always, it's a good idea to consult with a healthcare professional before adding supplements to your routine.

Be open to Omega-3

- Omega-3 fatty acids are known to improve brain function and development, which can help improve mood. Omega-3s can be found in fatty fish, like salmon or tuna, nuts and flaxseed, chia seeds and walnuts, and plant oils. Certain eggs, yogurts, juices, and milk brands are even fortified with Omega-3. Cooking eggs in a bit of olive oil or adding a dash of chia seeds to yogurt can help improve overall brain health.

Choosing the right foods for your first meal of the day can have a significant impact on both your productivity and how you feel. When your mood and energy levels are elevated, staying motivated and on track with your health and fitness goals becomes much more achievable.

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