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HealthyLife

Living well in body, mind and spirit
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Fit Tip Tuesday!

June 22, 2010 at 9:24 am by [Carin Lane](#)



2 eggs, sausage, toast and a side of hash browns...

please don't.

Breakfast is the most important meal of the day, over doing it with a fatty breakfast like that could hurt your heart. A University of Buffalo study found that high-fat breakfasts trigger the release of inflammatory chemical associated with clogged arteries. They suggest swapping the fried foods (sausage, bacon, hash browns) and baked goods (donuts, muffins, pastries) for fruits, veggies, whole grains and lean proteins. — dole.com

I love starting my day with a bowl of my power oatmeal, green smoothie, bowl of Kashi Go-Lean cereal with blueberries and on the weekends I sometimes make Egg sandwiches with Ezekiel bread, Organic brown eggs, spinach, tomato and onions or I drop the bread and put it in a bowl filled with black bean and corn salsa. Yum!

Do you have a yummy healthy breakfast staple? What "fatty" breakfast foods do you splurge on or can't live without?



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1. Denny's allows you to choose four selections for \$5.99, if going out for breakfast. I think they allow fresh fruit cup, possibly for a bit more. I don't know anyone who eats potatoes with breakfast anymore.

Comment by LM — June 22nd, 2010 @ [12:10 pm](#)

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Carin Lane

tiredorinspired

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