

Eat More?? In the morning at least!

Learn why eating most of your calories early in the day could be a healthy approach, and help with weight maintenance.

There's a new twist on breakfast: Eating most of your calories earlier in the day could actually help you lose weight. Ever heard the old saying about eating breakfast like a king, lunch like a prince and dinner like a pauper? There is some truth to this.



Sure, the calories in a cookie are still the same whether it is 10am or 10pm, but eating heavy meals later in the day may get your circadian rhythm-your body's natural clock-out of sync. And this gets your healthy eating habits off track as well.

Breakfast has many benefits. While you may think you're just cutting calories, not eating breakfast can be risky business. According to recent research, skipping breakfast has been linked to obesity, high blood pressure, high cholesterol and diabetes. It could also boost your risk of a heart attack in the long run. Skipping breakfast also means that you're more likely to overeat later in the day.

And on a positive note: Eating breakfast gives your body the energy needed to help fuel you for the day. Who doesn't want more energy?

Make the most of your meal. Of course, the most important thing in the end is still what (and how much) you eat - at breakfast, lunch, dinner and beyond. Here are a few tips for getting your day off to a healthy start with a hearty breakfast.

- Make sure the carbohydrates you eat include fiber. Think whole-wheat toast, oatmeal or fruits and vegetables.
- Your protein should be lean. Trade regular bacon for leaner Canadian bacon.
- Pay attention to what's in your morning latte. If it's mostly fat and sugar, switch to skim milk or try regular coffee with a little cream.
- Say yes to egg. An egg a day is a smart choice for most of us, as egg whites are a good source of protein without the cholesterol.
- Blend up a healthy smoothie to start your day off on the right foot.

For those of you that work different shifts or keep odd hours, try to eat your largest meal closer to when you wake up for the day as opposed to prior to going to bed.

Heart Healthy Recipe OF THE MONTH

Parmesan Artichoke Stuffed Chicken Breasts

INGREDIENTS

- 1 (6.5 oz) jar artichoke hearts, chopped and drained
 - 2 tablespoons parmesan cheese, shredded
 - 1 tablespoon thyme leaves
 - 4 boneless skinless chicken breasts
 - 1 teaspoon extra virgin olive oil
 - ¾ teaspoon salt
 - ¼ teaspoon pepper
1. Mix the artichokes, Parmesan, and thyme in a small bowl.
 2. Cut a 2-inch pocket in the thickest part of each breast.
 3. Stuff a quarter of the artichoke mixture into each pocket.
 4. Cover the chicken breasts with extra virgin olive oil and season with salt and pepper.
 5. Heat a grill or grill pan to medium. Grill the chicken, turning once, until cooked through, 6 to 7 minutes per side.

