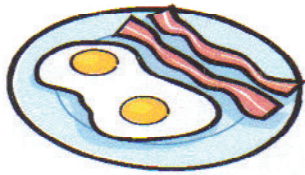


HEALTHY HIBBEN CHALLENGE



The Benefits of Eating a Healthy Breakfast:

- It boosts your metabolism.
- Weight control.
- It improves your concentration and performance during the day.
- It gives you more strength and endurance to engage in physical activity.
- It lowers cholesterol levels.
- Studies indicate those persons who eat breakfast weigh less than those who tend to skip breakfast.

Make Lean Protein Part of Your Breakfast:

- Add protein to your breakfast might boost you to keep you feeling full until lunch time.
- Protein reduces your hunger the most and is the most satiating. (Web MD)

- Eggs are a good source of protein and contain some of the highest-quality of protein.
- Compared to the bagel eaters, overweight women who ate two eggs for breakfast 5 times a week for eight weeks as part of a low-fat, reduced-calorie diet, lost 65% more weight, reduced waist circumference by 8%, reported higher energy levels, and had no significant difference in their blood cholesterol or triglyceride levels. (Researcher Nikhil V. Dhurandhar PhD.)
- But what about the cholesterol in eggs? A large egg contains 75 calories, 6 grams of protein, and 212 mg cholesterol. According to the American Heart Association, healthy people can eat an egg a day.

Choosing the Right Breakfast

Foods: A healthy breakfast should contain a variety of foods, including fruits, vegetables.

- A veggie and a piece of whole wheat toast
- A whole wheat English muffin with low-fat cheese, a scrambled egg, and slice tomato or lean ham.
- Smoothie made with fruit and low