

WV Wellness

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Mind, Body and Spirit

Vol. 2.5

Don't Skip Breakfast to Cut Calories

When it comes to cutting calories, breakfast is often the first thing to go. But new research suggests that people who are successful at losing weight – and, more importantly, keeping it off – eat breakfast every day.

Researchers from the Center for Human Nutrition at the University of Colorado Health Sciences Center in Denver analyzed data on nearly 3,000 people who had lost, on average, 70 pounds and kept it off for a year or more.

Study subjects were enrolled in the National Weight Control Registry, which is an ongoing study of adults who have successfully lost 30 pounds or more. Only four percent said they never eat breakfast every day.

It is not known what subjects ate for breakfast (although the study was funded by cereal giant General Mills), but most followed a high-carbohydrate, low-fat diet.

Researchers speculate that eating breakfast helps people manage both their hunger and food intake throughout the day.



Willamette View

Balance Classes

Better Balance

Level I

Tue-Fri @ 11am

Level II

Tue/Thu @ 8:30am
& 1:30pm

Level II

Wed/Fri @ 9am

Level III

Wed @ 11am

Phrase Puzzles



**GROUND
LONDON**

Answers

1. No one there
2. London underground

Willamette View Wellness Program 503-652-6700