



Rachel Naar
Nutrition



Rachel's Tips for

MAKING BREAKFAST LAST

Hunger is a familiar experience for all of us when we get up in the morning. Sometimes we have time for a filling breakfast, while other times we're in a rush and might just grab a few slices of toast and a cup of coffee to silence the hunger. Unfortunately, if we don't give our bodies the fuel it needs to get our day started, we might find ourselves experiencing mid-morning hunger pangs. So, how can we make sure that we give our body the fuel it needs to start the day without experiencing a mid-morning crash?

Focus on including these two things in your breakfast!

FIBER

Fiber-containing foods give our bodies the energy it needs to tackle the day, while taking more time to digest when compared to fiber-poor foods (e.g. sugary breakfast cereals), causing us to feel fuller for longer. Eating fiber-rich foods also has other benefits, such as reducing cholesterol levels and preventing spikes and crashes in our blood glucose levels.

PROTEIN

Meals higher in protein take longer to leave the stomach and for our bodies to digest, making us feel fuller for longer. Meals rich in protein may also affect the hormones that help regulate our hunger signals by promoting a sustained release of a hunger-suppressing hormone called PYY.

Fiber-Rich Breakfast Foods



Avocados



Whole-Wheat Bread



Berries



Apples



Oats

Protein-Rich Breakfast Foods



Eggs + Egg whites



Greek Yogurt



Cheese



Smoked Salmon



Tofu

Need some breakfast inspiration? Check out some easy and oh-so-filling recipes [here!](#)



rachel@rachelnaarnutrition.com



@naartrition



rachelnaarnutrition.com

Meet Rachel

Rachel Naar, MS RD CDN, is a Registered Dietitian Nutritionist and the founder of her private practice, Rachel Naar Nutrition (developed in 2018) where she helps clients redefine their relationship between food and mood. Food is social, cultural, emotional, spiritual, and creative. Her approach is to debunk and demystify food, draw connections to overall well-being, and make life palatable.

Services

Rachel takes an individualized approach working 1:1, with families, and couples incorporating background and lifestyle to establish goals to achieve mental and physical well-being.

Overall well-being

Food and Mental Health

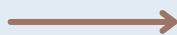
Eating disorders/disordered eating

Meal/snack ideas, grocery shopping

GI distress/ Allergies + Sensitivities



Work with
Rachel



Curious to learn more about working with Rachel?

[Click here to schedule a FREE 15 minute consultation.](#)