



Solving Breakfast For Those On The Go

(NAPSA)—While most agree on the importance of eating breakfast, it's important to keep in mind that not all breakfasts offer the same nutritional benefit.

For example, hot breakfasts tend to be higher in protein than cold breakfasts. Think eggs, meat and grains. According to a study conducted by the University of Missouri, eating these types of protein-rich breakfasts is associated with increased feelings of fullness, a reduced desire to eat, and lower levels of ghrelin (a hunger-stimulating hormone) throughout the morning. Participants who had a lot of protein in the morning also had reductions in their “cravings-related” brain activity throughout the day.

According to the experts at Prevention magazine, there are a number of quick snacks that consumers can turn to when they need grab-and-go protein.

These include jerky, which has 10 grams of protein and about 100 calories per ounce, roasted soy nuts—with six grams of protein and 120 calories per cup—and string cheese, with one “string” providing as much as nine grams of protein.

While these and other options, such as peanut butter, do provide protein, some people might find them less than satisfying as a breakfast alternative. The good news is that for those who find they are too busy in the mornings to prepare a hot breakfast, there are a number of quick and easy alternatives that can provide the same nutritional benefits.



Breakfast helps to kick-start the metabolism, especially after the body has been resting through the night.

For example, there are popular restaurant chains that specialize in hot breakfast offerings that are delicious, affordable and portable. The trick is to find a restaurant that offers convenience without sacrificing nutrition.

Krystal, for instance, is a chain of restaurants known to many for its wide variety of burgers and Southern specialties. For those on the go, it also has a number of nutritious and tasty breakfast options.

One, called The Pancake Scrambler, contains scrambled eggs, a Jimmy Dean sausage patty, and a layer of buttermilk pancakes topped with maple syrup in a cup.

Another item is the Sunriser—an egg, sausage and cheese sandwich—that's served on the restaurant's signature steamy square bun.

Krystal also offers three-egg breakfasts you can customize your way with sausage or bacon, grits or hash brown potatoes, and toast or biscuit.

To learn more, visit the website at www.Krystal.com.