**Persuasive Speech outline**

**Title: Why people should eat healthy breakfast?**

**General Purpose:** To persuade the audience to eat breakfast to start their day and be more energetic

**Specific Purpose:** To persuade my audience that eating breakfast is important for good health by first telling you about the harms of skipping breakfast, second, by explaining the benefits of eating it, and third, by introducing how to choose a healthy breakfast.

**I Introduction**

1. **Attention grabber: the fact of skipping breakfast**

When you are a little child, your mother must tell you over and over that breakfast is the most important meal of the day. However, nowadays, how many people believe it and how many people obey it? The fact is breakfast is the meal that many people often skip. The November 2003 issue of AORN Journal lists a national survey of American workers’ eating habits. It writes that, according to an Aug 26, 2003, news release from the American Association of Working People and the Institute for Health and Productivity Management, “nearly one-third of workers skip breakfast, lunch, or both nearly every weekday.” And I find another data from Diabetes Forecast. Shauna S. Roberts, the author of “Breakfast: the forgotten meal: to maintain a healthy weight, get a bright and early start on good nutrition. (Shedding Pounds For Life)”, shows that “an estimated 25 percent of American adults skip breakfast.”

1. **Relate the issue to your audience: you maybe skip breakfast**

“There’s no time for breakfast!”“Breakfast is a waste of time…”“I can save money by eating one less meal!” These are the common reasons why people don’t eat their breakfast. Maybe when you skip your breakfast, you have the same excuse like them. But little do you know doing that is not a very smart thing to do, such as me.

1. **My credibility and authority: my lesson of skipping breakfast**

For example, after I came to America, I got a stomach trouble more often than before and also gained almost 10 pounds. I tried to solve these two problems. And later I figured out the solution. I just needed to eat breakfast. Because when I came here, I didn’t know where I can find any Chinese traditional breakfast. Then, I skipped it and the problems followed up.

1. **The goal of the topic: why breakfast is the most important meal of the day**

Actually, breakfast may be the lightest meal you have, but it’s the most important meal of the day because it breaks the overnight fasting period, replenishes your supply of glucose and provides other essential nutrients to keep your energy levels up throughout the day.

1. **Preview main points: to persuade you to eat breakfast**

So, tonight, I’m going to persuade you that eating breakfast is important for good health by first telling you about the harms of skipping breakfast, second, by explaining the benefits of eating it, and third, by introducing how to choose a healthy breakfast.

**Transition sentence:**

Firstly, I will show you what can happen if you skip breakfast.

**II Body**

1. **The harms of skipping breakfast**
2. **Psychological effects**

Skipping breakfast may lead to lack of intake of vitamins and nutrients. And not getting enough nutrition can lead to a lowered metabolism and serious health issues. “BetterHealth Channel” web site states that “extensive research in Australia and overseas has found” skipping breakfast may let you feel more depressed, more stressed, more emotional distress, lower energy levels and concentrate less.

1. **Physiological effects**

Maybe someone still think it is a piece of cake. Ok, next, I will tell you some serious results. If you often skip breakfast, you end up getting sick. The 2012 June issue of Central European Journal of Medicine gives us a fact. The Author of Skipping breakfast is correlated with impaired fasting glucose in apparently healthy subjects, Alexander P. Chistiakov states that the adults who like to skip breakfast have the high-risk to get diabetes and cardiovascular disease. The chance will reach 16.3%. And as we already known, the people skipping breakfast is easy to have stomach trouble and gallstones, this kind of digestive diseases.

**Transition sentence:**

Are you being scared? It doesn’t matter. Let us begin to eat breakfast now. However, if you know more the benefits, you will have more power to do it.

1. **The benefits of eating breakfast**
2. **It can keep your blood sugar levels more constant**

The first benefit is eating a good breakfast can keep your blood sugar levels more constant. “BetterHealth Channel” web site states that “glucose is the body’s energy source.” It comes from what you eat. If glucose is enough, your blood sugar levels will keep stable. And the normal blood sugar level will let you have enough energy to do anything. Consider this –if you skip breakfast, which means more than 12 hours from your last night’s dinner to your today’s lunch, your starved body is unable to provide your body with a constant supply of glucose, and your body is impaired. Don’t you think the energy you had gotten from dinner would have been exhausted by then? And if you eating breakfast, you will supply enough energy. Then, you will get a better memory, think faster and clearer, concentrate better, learn better and your mental abilities will be better than most people around you.

1. **It can stave off hunger and overeating**

The second benefit is eating breakfast can help you lose weight. According to Runner’s World: Eat More, Weigh Less in June 2002, the study of National weight Control Registry investigated that 78 % of people who lost more than 30 pounds and kept the lost answered they ate breakfast 7 days a week. Please image another picture-if you skip breakfast, your body will enter into a prolonged fasting state. It starts to believe that you won’t be eating any time soon. When you finally eat lunch, your body stores it as fat because it thinks, “I’d better save this for late. I don’t know when the next meal will come.” That, of course, leads to weight gain. Hence, you eat less each meal and that prevents you from eating too much in the later meals. You tend to eat less later on.

1. **It can boost nutrient and fiber intake**

The third benefit is eating breakfast can boost nutrient and fiber intake. As we know, we get the energy what we need from food. If we eat breakfast, we will have one more chance to supply what we need than these people who skip breakfast. Nutrition Evidence Library of U.S. Department of Agriculture reviews 15 studies published between 2004 and 2009. It states that if these people eating breakfast everyday have higher intakes of dietary fiber, thiamin, niacin, riboflavin, vitamins B6 and B12, dietary folate, vitamins A and C, calcium, iron, magnesium, phosphorus, potassium and zinc.

**Transition sentence:**

However, even though you know the importance of eating in the morning, you might be doing more harm than good if you pick the wrong foods. Only healthy breakfast choices can give you a jump start on getting the fiber, calcium, protein, and vitamins your body needs each day. So, which foods to choose?

1. **How to choose a healthy breakfast**
2. **Snacks is a wrong choice**

Some people who skip breakfast tend to eat snacks during the mid-morning or some people directly use snacks as breakfast. I have to say it is a wrong choice. “BetterHealth Channel” web site states most snacks are low in fiber, vitamins and minerals, but high in fat and salt. That means eating snacks just let you become fatter and can’t supply the necessary energy for your body.

1. **Big breakfast is another wrong choice**

Another wrong choice is eating a big breakfast. According to “Most important, least respected: everything you need to know about breakfast.” in September 2011,by Tracey Neithercott, in our society, breakfast foods are not healthy. Favorites like pancakes, waffles, and French toast are high in carbohydrates and topped with fat and sugar. Other common picks, like sausage, bacon, and eggs loaded with cheese, are high in fat and sodium. A typical diner breakfast has upwards of 1,000 calories. Tracey suggests we should choose around 400 or 500 calories.

1. **Healthy choices**

The best breakfasts are low in carbs and fat, and high in protein and fiber. For example, you can select a toast, breakfast cereal with milk and fresh orange juice as your breakfast.

**Transition sentence:**

Breakfast is the first meal of the day that people usually take but many people has misunderstanding to it. Some skip it, some eat wrong food.

Ⅲ Conclusion

In conclusion, tonight, I have persuaded you eating breakfast is important for good health by first telling you about the harms of skipping breakfast, second, by explaining the benefits of eating breakfast, and third, by introducing how to choose a healthy breakfast. Will you still keep skipping breakfast? Do you still think sleeping 10-15 minutes longer is more important than eating breakfast? I hope you don’t, and you will start to eat breakfast regularly. If you want to become healthy, remember breakfast!

**Work cited**

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