

Cereal Breakfast Foods.

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Description: -

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The grains are usually processed into fine flour and cooked. Breakfast cereals are highly processed, often packed with added sugar and refined carbs. Read the food label to find out the product contains.

Cereal & Breakfast Foods

SUMMARY Breakfast cereals often have misleading health claims printed on the box — yet are filled with sugar and refined grains.

Breakfast Cereals: Healthy or Unhealthy?

One study in teenage girls found that a high-protein breakfast of eggs and lean beef increased fullness. This is likely because protein changes the levels of several hormones, such as the hunger hormone and a fullness hormone called peptide YY , , ,.

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High sugar consumption is harmful and may increase your risk of several diseases. Other studies note that replacing a grain-based breakfast with eggs can help you feel fuller for the next 36 hours — and lose up to 65% more weight ,. It contributes to several chronic diseases, and most people are eating way too much of it , ,.

Breakfast Cereals: Healthy or Unhealthy?

Many breakfast cereals are produced via extrusion, a high-temperature process that uses a machine to shape the cereal. Whole, single-ingredient foods — such as oat porridge or eggs — are a great choice.

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