Want to start the day with momentum? Nourish your body with foods that will power you up. It’s true that no meal is superior to the other, but eating a nutrient-dense breakfast can do wonders especially for your mind and body.

Whether you already eat it every day or rarely make time for breakfast, transforming the first meal of your day into one that is filled with key vitamins and minerals will help you break through potential brain-fog that's typically brought on by low blood sugar. One study suggests that individuals who have irregular breakfast consumption habits are more likely to develop metabolism problems. Not only that, breakfast eaters are more likely to have lower serum cholesterol levels, keeping their heart in good shape. If you’re a part of the “I’m not hungry in the morning” category, and you want to get into the habit of eating a healthy breakfast, start small and use the trial-and-error method to find foods that you can tolerate that make you feel your absolute best.

What exactly does a balanced breakfast meal look like, you might ask? Primarily, you're gunning for a trio of protein, fiber-packed carbohydrates and better-for-you fats — but feel free to add in as many veggies and fruit to the equation as you'd like. Avoid subbing protein or fiber-rich carbs for more fat, or vice versa; you need all three to truly get your day started right.

Regardless of what your pantry looks like right now, follow these nutritionist-approved guidelines to make breakfast more enjoyable and fuel-filled:

Watch for added sugar: Your favorite breakfast may taste savory, but sugar tends to silently hide out in things like granola, oatmeal, bagels, cereals and related bars, as well as coffee, tea and juice. Reach for unsweetened products if you can (including nondairy milk beverages for your cup of morning Joe) and keep sugar counts as far below 10g per item as possible.

Power up on produce: Breakfast salads are in! Add leftover veggies from your crisper drawer, or even fresh greens, to eggs or whatever else is on your morning plate. The added punch of fiber can help you feel fuller (and satisfied) longer.

Lean on lean protein: Bacon is tasty, but is best in keen moderation — choose lean cuts of fish and poultry, beans, legumes, unsweetened dairy products (like yogurt!) and eggs rather than processed deli meats.

Not sure where to begin? Add these tasty ingredients to build a nutrient-dense breakfast that will give you long-lasting energy: