

## Nutrition Mistakes

If you really want to lose that unwanted body fat and get rid of those ‘soft’ and ‘mushy’ areas once and for all then making sure your day starts out on the right foot is critical. Begin the morning with a nutritional breakfast.

There are common misconceptions and many poor habits being practiced that are fatal flaws to any weight loss and fat burning program. Two keys to getting rid of that stubborn fat are to boost the metabolism and balance out your blood sugar levels. This all starts with breakfast. Remember, you are ‘breaking’ the ‘fast’.

These 3 mistakes will make or break your day.

1. *Ordering coffee with all the extras.* Coffee is not to blame, but does have an impact. It is not uncommon for someone to add 200-600 calories to their diet from their morning cup. This is a big problem and definitely not the best way to start your day. When having coffee eliminate the creams and sugars. Switch to skim milk instead of cream. Use a no calorie sweetener over sugar. These steps will save you up to 500 calories over the week!
2. *Not eating any protein.* If you’re working out properly your body should be screaming for protein in the morning. Do include protein with breakfast. This will kick start that metabolism, leave you feeling fuller longer, and give you that balanced meal your body is looking for.
3. *Having too much fruit for breakfast.* When people try to clean up their diet they increase the amount of fruits and vegetables they eat. That’s great. But not necessarily for breakfast. A bowl of fruit with oatmeal is not the best choice. This causes blood sugars to rise and fall causing insulin imbalances and ultimately telling the body to store fat. Scale back on the fruit at breakfast and add in some protein and healthy fat to keep those blood sugars in check.

These are three of the common mistakes people make before even leaving the house for work. They are all too widespread among people. And if you want to eat a nutritionally sound diet or burn massive amounts of fat off your body, they will prevent you from doing so. This makes it even more frustrating. Fix these three morning problems and you will speed up the fat burning at record pace.