



Wellness
by Miri

Morning Habits That Quietly Make It Hard to Lose Weight

☀️ **Your morning routine could be the hidden reason your fat-burning is stuck.**

🚫 **5 Common Breakfast Habits That Secretly Work Against You**



Starting with porridge, cereal, or toast

These fast-digesting carbs flood your bloodstream with sugar, spiking insulin and setting you up for crashes and cravings



Snacking all morning for 'energy'

Frequent eating keeps insulin high, blocking your body from tapping into stored energy and fat reserves



Thinking you must eat carbs in the morning to prevent ulcers

Many believe eating carbs can prevent ulcers. But most ulcers are due to H. pylori infection or stress. In fact, constantly snacking or eating refined carbs may trigger excess stomach acid and make things worse



Falling for the fruit + fruit juice combo

Fructose bypasses your hunger cues, overloads the liver, and drives insulin resistance. Juice without fibre is a fast flood of sugar



Drink coffee with breakfast

Add caffeine at the same time? It blocks iron absorption and may leave you more tired, not energised



Starting the day with a 'simple' breakfast of carbs & eat more nutritious food later"

Eating calorie rich, nutrient poor breakfast can backfire. You end up hungrier, craving sugar, and eating more than needed. A nutrient-dense breakfast helps regulate hunger hormones like ghrelin and leptin all day



Smarter Morning Habits That Support Fat Loss & Balance

✓ Balance your plate:

Build meals with protein, healthy fat, and fibre. Think eggs + leafy greens + unsweetened yogurt or chia pudding.

✓ Skip the liquid sugars:

Replace juice with filtered water, warm lemon water, or herbal teas to stay hydrated without insulin spikes.

✓ Delay caffeine:

Wait 60-90 minutes after waking to enjoy your coffee. This supports your natural cortisol rhythm and improves nutrient absorption.

✓ Don't graze all day:

Eat real meals, not constant snacks. This trains your metabolism to burn stored energy between meals.

✓ Support liver & gut detox:

Add cruciferous veggies (like broccoli), fermented foods (like kimchi or yogurt), and enough fibre to your breakfast.

✓ Stick to real food:

Avoid processed spreads, cereals, and flavoured yogurts. Go for whole, simple ingredients you can recognise.

✓ Walk after eating

A short walk after breakfast helps regulate blood sugar and boosts digestion.

📌 Bonus Tips

- 🧠 Start the day with 5 mins of sunlight - Regulates circadian rhythm and balances cortisol levels.
- 🥑 Eat fat/protein first - A small bite of fat (like 1 tsp nut butter or half an egg) before your carbs may reduce glucose spike.
- 🏃 Don't rush - Stress in the morning raises cortisol, which tells your body to hold on to energy (especially around your belly).
- 📵 Avoid screens during breakfast - Focused, mindful eating improves digestion and hunger hormone signals.

Health & longevity tips by Miri, Certified Nutrition & Health Coach

🔬 Science-backed wellness tools to help you rebalance your metabolism and thrive long-term.

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