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Big breakfasts help us burn double the calories – 23rd February, 2020

Level 4

Eating a big breakfast could become a popular new diet fad for people who want to lose weight. There was a study on how a big breakfast affected the body's metabolism. Sixteen men ate a low-calorie breakfast and high-calorie dinner. Eating a bigger breakfast and smaller dinner boosted diet-induced thermogenesis (DIT). This is the generation of body heat to burn calories. This happened even when the total calories per day was the same.

A big breakfast led to 2.5 times higher rates of DIT. The study showed that a big breakfast, regardless of the number of calories, creates twice as much DIT as the same meal eaten for dinner. The study said: "Eating more at breakfast instead of dinner could prevent obesity and high blood sugar. We recommend that patients with obesity...eat a significant breakfast rather than a large dinner to reduce body weight and prevent metabolic diseases."

Level 5

There is a highly popular new way to lose weight - eat a big breakfast. It could become the biggest diet fad ever for people wanting to shed a few kilos. Researchers conducted a study on how a big breakfast affected the body's metabolism. Sixteen men ate a low-calorie breakfast and high-calorie dinner one day, and reversed this with a high-calorie breakfast the next day. Eating a bigger breakfast and smaller dinner boosted diet-induced thermogenesis (DIT) - the generation of body heat to burn calories. This happened even when the total calories consumed in one day was the same.

A big breakfast led to 2.5 times higher rates of DIT. A researcher said the study showed that a big breakfast, regardless of the amount of calories it has, creates twice as much DIT as the same meal eaten for dinner. She said this, "underlines the value of eating enough at breakfast". She added: "Eating more at breakfast instead of dinner could prevent obesity and high blood sugar. We recommend that patients with obesity as well as healthy people eat a significant breakfast rather than a large dinner to reduce body weight and prevent metabolic diseases."

Level 6

Researchers have revealed what might be a highly popular new way to lose weight - eat a big breakfast. It could become the biggest diet fad ever for those wishing to shed a few kilos. Scientists in Germany conducted a study on how a hearty breakfast affected the body's metabolism in a laboratory experiment. Sixteen men ate a low-calorie breakfast and high-calorie dinner one day, and reversed this with a high-calorie breakfast and low-calorie dinner the next. Eating a larger breakfast and a smaller dinner boosted a process called diet-induced thermogenesis (DIT). This is the generation of heat in the body that burns up calories. This happened even when the total calories consumed throughout the day remained the same.

Eating a big breakfast led to 2.5 times higher rates of DIT. Researcher Dr Juliane Richter spoke about the findings of her investigation. She said: "Our results show a meal eaten for breakfast, regardless of the amount of calories it contains, creates twice as high DIT as the same meal consumed for dinner. This finding is significant for all people as it underlines the value of eating enough at breakfast." She added: "Eating more at breakfast instead of dinner could prevent obesity and high blood sugar. We recommend that patients with obesity as well as healthy people eat a significant breakfast rather than a large dinner to reduce body weight and prevent metabolic diseases."