

Nutrition for PPSers:

Have a BIG Breakfast!

Serve it up: oatmeal, turkey bacon, whole-wheat toast, berries, orange juice. You can eat all that without fear of gaining weight – in fact, you'll be doing yourself a favor. A recent study showed that people who eat more in the morning tend to consume fewer daily calories overall, confirming Washington, D.C.-based dietitian Katherine Tallmadge's 20 years of experience.

"Eating a bigger breakfast is the most effective way of curbing evening overeating," she says. "But eating more in the morning is a scary proposition for many people." That's because they worry that they'll keep eating more throughout the day.

Tallmadge's clients who eat big breakfast are amazed to find it actually reduces cravings and gives them a sense of control, making it easier to eat more moderately as the day progresses.

Studies show such "power breakfasts" also improve attention span and increase energy levels.

PPS Note: It has been suggested by numerous Post-Polio physicians that we PPSers eat a high protein breakfast anyway, to feed our nerve endings and muscles for the rest of the day.