**Skipped breakfast? Maybe that crying sound you hear is your body calling for help…**

If all we ever needed to know we learned in kindergarten, then we know that breakfast is the most important meal of the day. But at many colleges and universities, students can be found scurrying off to morning classes toting Mountain Dew and Snickers bars, if they tote any breakfast food at all.

Like the rabbit from Alice in Wonderland, lack of time has many students singing the familiar refrain, «I'm late, I'm late, for a very important date». In the squeeze between too-late hours and 100-early classes, it's easier to hit the snooze button instead of the cereal cabinet in the wee hours of the morning. The phenomenon begins during first year, when Mom no longer provides a breakfast wake-up call, and seems to continue through all four years of college.

Having breakfast is the right thing to do. We all know that. But we find so many excuses to skip this important day-breaking meat: l'm late. I don't have time. Or I «do just fine» without a morning meal.

Well, those excuses don't hold water against the facts. Your body needs nutrients in order to function. Say the last time you ate was 8 p.m. last night. If you don't eat some-thing in the morning, you are literally forcing yourself into running on empty. If you didn’t eat lunch until noon today, that's sixteen hours of no refueling! Your body is screaming out. «Give me some help here!"

There are some surprisingly inviting reasons to start the day with a healthy breakfast:

* Breakfast, especially one that is high in fiber, fills you up, so you're less likely to overeat at lunch, Cereal is also a lot lower in fat than many other breakfast choices.
* Regular breakfast eaters are more likely to maintain a healthy body-fat index than those who skip breakfast.
* We need energy at the beginning of the day and the consumption of a healthy breakfast makes us far less likely to indulge in high-calorie snacks or overeating during lunchtime.
* Skipping meals almost always leads us to overeating.
* The American Heart Association reports that people who eat breakfast are significantly less likely to be obese and diabetic than those who usually don't. Researchers found that obesity and insulin resistance syndrome rates were 35 percent to 50 percent lower among people who ate breakfast every day compared to those who frequently skipped it.
* The same researchers found that breakfast may play an important tale in reducing the risk of type 2 diabetes and cardiovascular disease.

Your brain and your nervous system need food-fuel to work; walking speaking, stretching, typing — any activity requires this fuel. If you don't supply it, your system stresses out, trying to find the nutrients it needs.

Why put your body through all this? Why not just that breakfast.