

## Mayo Clinic Minute

### Why breakfast may be key to trimming your belly

Video	Audio
	Breakfast may be your best friend.
00:04:40 <b>Virend Somers, M.D., Ph.D.</b> <b>Cardiology</b> <b>Mayo Clinic</b>	“Eating breakfast seems to be a marker of, No. 1, less likelihood of having gained weight recently and, No. 2, ... a smaller belly circumference and less visceral fat.”
	Dr. Virend Somers, a Mayo Clinic cardiologist, helped oversee a study that showed...
00:07:21	“... Those who ate breakfast very frequently put on less than 3 pounds. Those who ate breakfast maybe one to four times a week put on about 5 pounds. The ones who didn’t eat breakfast at all put on about 8 pounds.”
	But Mayo Clinic’s Dr. Naima Covassin, who led the study, says the correlation between breakfast and less belly fat is even more important to your health.
00:04:09 <b>Naima Covassin, Ph.D.</b> <b>Cardiovascular Diseases</b> <b>Mayo Clinic</b>	“The fat that is really bad for your health because it’s more consistently associated with hypertension, high blood pressure, diabetes, heart disease.”
	So remember an old saying.
00:08:18	“Eat breakfast like a king, lunch like a prince, and dinner like a beggar.”
	For the Mayo Clinic News Network, I’m Ian Roth.