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## Mayo Clinic Minute: Why skipping breakfast can be bad for your heart

Video	Audio
	"Skipping breakfast, historically, hasn't been something necessarily healthy."
	Mayo Clinic cardiologist Dr. Francisco Lopez-Jimenez says missing the first meal of the day isn't good for your heart.
<b>Francisco Lopez-Jimenez, M.D.</b> <b>Cardiovascular Medicine</b> <b>Mayo Clinic</b>	"And there are numerous studies showing that people who skip breakfast have an increased risk for heart disease and many ailments."
	Not only that, there's also some evidence to suggest that heart attacks are more likely to happen in the morning.
	"And part of it is this high adrenaline state that occurs early in the morning. If you match that with no food, no calories at all, what happens is that the body says, 'Well, I'm not dying from starvation, so I have to do some extra things.' And those extra things are basically crunching the glands that make adrenaline. And essentially, the body gets into this rush of adrenaline."
	And for those wanting to lose weight through fasting, breakfast is not the right meal to miss.
	"People who skip breakfast, many times they're able to do that because, guess what, they have a pretty large dinner."
	"So you're feeding the body with calories at the time your body is just about to go to sleep, when you need calories the least."
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.