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The Breakfast Food That Leads To Blood Sugar Spikes And Abdominal Fat, According To Nutritionists:

Story by Faith Geiger *Nutritionist and Personal trainer.*

Eating a nutritious breakfast every day is an important part of leading a health life and keeping your body in great shape. The foods you choose to put into your body in the morning will not only play a major role in how you feel throughout the day, but can also have long-term impacts on your overall health. Unfortunately, while there are many healthy breakfast foods to choose from, there are also many popular items that can actually take a toll on your body over time, including one that may surprise you: flavored oatmeal packets.

To learn more about this surprisingly unhealthy food, we spoke to Mary Sabat, nutritionist and personal trainer. She broke down the risks at hand. Find all of her expert insight below.

Health effects of flavored oatmeal packets

When you choose unprocessed oatmeal, it can actu-

ally be one of the healthiest breakfasts around. Adding the right ingredients to the mix can even take it a step further. However, Sabat tells us that packets of flavored oatmeal are another story entirely when it comes to your health. "While oatmeal is often considered a healthy breakfast choice, these pre-packaged, flavored versions can have some hidden downsides," she warns.

For starters, there's the extremely high sugar content. It's no secret that sugar can lead to a range of health issues, and oatmeal packets are typically packed with the stuff. "Instant flavored oatmeal packets are often loaded with added sugars to enhance their taste," Sabat says. "These sugars can lead to rapid spikes in blood sugar levels when consumed."

The lack of fiber on top of all that sugar also presents a serious issue. "Some flavored oatmeal varieties may contain less fiber than traditional, plain oats," Sabat points out, noting that "fiber is essential for stabilizing blood sugar levels and promoting a feeling of fullness, so its absence can lead to overeating and weight gain."

Then there's the fact that oatmeal packets are often loaded with artificial ingredients. "Flavored oatmeal packets may contain artificial flavors, colors, and preservatives, which can have negative health implications when consumed regularly," Sabat warns.

Overall, steering clear of prepackaged oatmeal is a good idea for your overall health. While you may think you're nourishing your body with a nutritious breakfast because of all the health benefits of oats, remember that processed oatmeal can do more harm than good.

"To mitigate these issues, it's better to opt for plain oats and add your own natural sweeteners like honey, fresh fruits, or nuts. This way, you can control the sugar content and add more fiber, vitamins, and minerals to your breakfast. Plain oats can help stabilize blood sugar levels and support weight management when paired with healthier toppings and ingredients," Sabat concludes. Got it!