

# M2WOMAN

## **This Is Why You Should Not Eat Bananas For Breakfast**



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Breakfast is the most important meal of the day, we were told this as kids and it continues to follow us through life. We went from a sugary bowl of Coco pops to over night oats as we matured, but there is one breakfast that has always been consistent in our life – the grab-and-go, eat anywhere, creamy banana.

The bad news is that bananas might not be a good breakfast after all...our life is a lie!

It turns out that bananas leave you feeling tired soon after you eat them, which isn't ideal when you start to crash at 10am on a 9-5 work day.

Dr Daryl Gioffre told [Cosmopolitan](#) that while banana's are great for a quick nutrition hit, especially for the gym junkies among us, they will leave you feeling tired soon after due to the sugar content.

Dr Gioffre explains, "Bananas seem like the perfect option to grab and go in the morning, but with a closer look, you'll find that bananas eaten alone aren't the best option because they're 25 percent sugar and moderately acidic."

Your world has more than likely been turned on its head, don't worry you are not alone and there is some good news.

If you cannot say goodbye to your morning banana, Dr Gioffre recommends teaming it with something else. He suggests a healthy fat, think peanut butter, or a spice.

<http://www.m2woman.co.nz/3-not-eat-bananas-breakfast/>