

RISE: EVERYONE HAS HEARD THAT BREAKFAST IS THE MOST IMPORTANT MEAL OF THE DAY. AND, MAKING THE MOST OF YOUR BREAKFAST CAN BE ONE OF THE BEST THINGS YOU DO ALL DAY. I'M RISE JILL MILLER.

DR. WENDY BAZILIAN, REGISTERED DIETICIAN AND AUTHOR OF THE SUPER FOODS R-X DIET.

DR. W: RESEARCH SHOWS THAT PEOPLE WHO MAKE SMART CHOICES AT BREAKFAST ARE MORE LIKELY TO MAKE SMART CHOICES THROUGHOUT THE DAY, AND TO HAVE HEALTHIER DIETS OVERALL. ADDING SPICES AND HERBS TO YOUR BREAKFAST IS A SIMPLE WAY TO NOT ONLY MAKE IT MORE FLAVORFUL, BUT TO ALSO ADD NATURAL ANTIOXIDANTS.

RISE: HOW CAN WE INCORPORATE MORE SPICES AND HERBS INTO OUR MORNING MEAL?

DR. W: ADDING A HALF TEASPOON OF CINNAMON TO A FRUIT SMOOTHIE ADDS MORE ANTIOXIDANTS THAN THREE AND A HALF CUPS OF FRESH SPINACH. OR, SPRINKLING A QUARTER TEASPOON OF BLACK PEPPER ON YOUR SCRAMBLED EGGS ADDS MORE ANTIOXIDANTS THAN A HALF CUP OF CHOPPED WATERMELON. STARTING THE DAY OUT RIGHT COULDN'T BE EASIER OR TASTIER!

RISE: FOR MORE WAYS TO A HEALTHIER, MORE FLAVORFUL BREAKFAST VISIT [SPICES FOR HEALTH DOT COM](http://SPICESFORHEALTH.COM). I'M RISE JILL MILLER.