

5 waters you should drink in the morning for a fresh start to the day

If you feel that this morning your brain is dull, tired, and your body is not active, think about if you ate breakfast in the morning because breakfast is an energy booster that the body is indispensable. But for those who do not like to eat breakfast I will try to drink 5 water for this health every morning. It helps refresh the body to be refreshed, awake and ready to start a new day equally well.

Water, drink water first. because water has no calories It's also the healthiest water. The water will help add moisture to your skin. It also stimulates your metabolism to work fully in the morning as well. If you want to feel refreshed You may also cut the lemons into thin slices and add them to add flavor.

Fruit smoothies If you want to add nutrients to your body in the morning, lightly appease your stomach before heading out for breakfast. Fruit smoothies are another great option to try. Because in addition to the fruits that we use to make smoothies, there are many types of vitamins that are good for the body. Smoothies are also low in calories. For fruit smoothies, you can make your own drink in the morning. in just a few minutes.

Squeezed orange juice The benefits of orange juice are not really common. Because oranges are rich in vitamin C. and antioxidants which helps fight cancer as well It can be eaten with any breakfast, it is comfortable on the stomach.

Tomato juice Anyone who wants a light breakfast is a glass of water. Don't just turn to coffee. Let's switch to tomato juice instead. because besides tomatoes are not as fat as tea all coffee Tomato juice is also rich in lycopene. Antioxidants that help reduce the incidence of cancer. And help the heart and lungs stronger as well.

Low-Fat Milk (1% Low-Fat) Low-fat milk, although low in calories. But the nutrients that are essential to the body are not less as well. This is because low-fat milk contains essential fats, proteins and carbohydrates. That helps to increase the energy in the morning for us as well. More importantly, milk also helps us feel full.



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