



HEALTH

## WHAT 29 DOCTORS REALLY EAT FOR BREAKFAST



By CHRISTINA STIEHL  
Published On 11/30/2016  
@ChristinaStiehl

Doctors are supposed to be the epitome of health, a shining example of how to live your best life... or at least a shining example of how to exercise restraint in plastic surgery. Since breakfast is the most important meal of the day (allegedly), it would make sense that doctors start their mornings off with the healthiest, most nutritious choices, right?

Not always. Doctors are human, after all! Though most try to stay healthy, they still work crazy hours in stressful jobs, and sometimes convenience takes precedence over nutrition. Here's what MDs told us they eat for breakfast.

*DO I RECOMMEND THIS TO MY PATIENTS? NO, BUT DOCTORS ARE THE WORST PATIENTS.*

"I'm a strong believer in intermittent fasting and intentionally don't eat breakfast, except for a double espresso and water. Instead, I routinely eat lunch at 12, which includes a protein, a complex carb, and water. I repeat the same for dinner." -- *Dr. Adam Splaver, cardiologist*

"My breakfast depends on which hospital I am at. My preference is plain Greek nonfat Chobani yogurt with granola, and when available, I add blueberries or Craisins. Or I'll have a toasted cinnamon raisin bagel with cream cheese, or a vegetable egg white omelet with coffee or water." – *Dr. Jeremy Dennis, second-year resident, anesthesia*

"My everyday breakfast is always some kind of bread (ciabatta, English muffin, multigrain, bagel) with either peanut butter, melted Gouda cheese, or cream cheese, plus a latte." – *Dr. Alejandra Vivas, dermatologist*

"I do not eat breakfast per se. My regimen includes: coffee with or without dairy-free creamer (no sugar), 500mg of vitamin C, 5,000 IU of vitamin D, fish oil, and 1,000mg of DHA and EPA. I have been doing this for five years. Do I recommend this to my patients? No, but doctors are the *worst* patients." -- *Dr. Alex Foxman, internist*

### *THIS IS GOING TO SOUND WEIRD...*

"I eat breakfast around 7:30am. I like Arrowhead Mills Maple Buckwheat Flakes and fresh raspberries and almond milk. Some days I make a smoothie with organic bananas, apples, spinach, a tablespoon of Justin's almond butter for protein, chia seeds, raspberries or blueberries, and almond milk. I also like to make tea out of organic mint leaves." -- *Dr. Inna Ozerov, ophthalmologist*

"Well, if I have time, I have two eggs over easy with 1/2oz of cheese and hot sauce on top. If I'm rushing out the door, I will have a protein shake or a high-protein meal replacement bar. My breakfast is always accompanied by a large glass of ice water and a cup of coffee with a teaspoon of cream." -- *Dr. Wendy Scinta, medical director, Medical Weight Loss of New York*

"This is going to sound weird, but my daughter likes tortillas so when she makes her own, she makes me a couple with peanut butter. I eat one for breakfast and the second one is for mid-afternoon so that I can eat on the run." -- *Dr. Mark A. Rasak, cardiologist, Cardiovascular Clinical Associates*