

Why should you Eat Pancakes as per Kermit W. Highfield?

Kermit W. Highfield believes that if you pancakes the right way by keeping a watch on the sugar that you take, you can enjoy many health benefits.

Louisville, KY ([BizHWY](https://www.bizhwy.com/)) January 4, 2021 - Kermit W. Highfield believes that pancakes are the most common breakfast that people like to have when you want to treat them with a light and comfortable breakfast. He says that there is no denying the fact that pancakes don't really have the reputation of being a healthy breakfast but there are some nutrients in them that make them beneficial for your health. What you can do is go for whole-grain pancakes and try to limit the sugary toppings as much as you can.

Here are the benefits of eating pancakes according to Kermit Highfield that you should know about.

* Full of Carbs

There is no secret in saying that when you eat a plate full of pancakes, you are taking a lot of carbs. Moreover, some carbs are required by your body to fuel it and hence, makes pancakes a good source of energy. The whole wheat pancakes are a better option as they are richer in fiber and help in stabilizing the blood sugar level.

* Source of Iron

Just like carbs, iron is also an important reason why people prefer eating pancakes. Iron is important for the body to oxygenate tissues and produce the fuel they need. Iron is also important for the functioning of immune cells in the body to make your body strong enough to fight off certain diseases.

* Calcium for Strong Bones

You might have never thought of pancakes as good bone-building food. But they are a good source of calcium. A serving of pancakes can provide you with enough calcium that you need for a day. Apart from the benefits to bones, calcium also helps your nerves and muscles function properly.

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