Benefits of Breakfast to Children’s and Young Adults’ Health and Obesity Prevention

Breakfast skipping may have public health consequences for children and young adults. Compared to breakfast consumers, those who skip breakfast have reduced intakes of many nutrients, including vitamins A, E, C, B-6, and B-12; folate; iron; calcium; phosphorus; magnesium; potassium; and dietary fiber, that are rarely compensated for at other meals. Total nutrient adequacy was highest in the breakfast consumers. Whereas, breakfast skippers had poorer diet quality compared to breakfast consumers; consuming less vegetables, whole grains, fruit and milk over the course of a 24-hour period. Skipping breakfast was associated with a higher body mass index (BMI) and waist circumference compared to those who consumed breakfast. Consumption of ready-to-eat cereals (RTEC) was also related to a lower BMI when compared to nonconsumers. There are several metabolic effects of consuming breakfast (especially one that includes RTEC) in contrast to the potential adverse effects of skipping breakfast. Breakfast consumers were more likely to have lower levels of serum total cholesterol, LDL-C, serum insulin, and homocysteine and higher levels of HDL-C. The goal of this presentation is to demonstrate the relationship between breakfast skipping and type of breakfast consumed with nutrient intake, dietary adequacy, and health outcomes.

Learning Objectives:
At the end of this presentation participants will understand the relationship between breakfast and
- body weight
- nutrient intake
- metabolic risk factors and metabolic syndrome

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Key References: