The Benefits of Ready-to-Eat Cereals on Children’s Health

Learning Objectives:
At the end of this presentation participants will be able to:
1. Demonstrate an understanding on the relationship between breakfast skipping and type of breakfast consumed and nutrient intake and nutrient adequacy.
2. Describe the relationship between breakfast skipping, type of breakfast, and health outcomes.
3. Identify the benefits of ready-to-eat cereals on children’s health.

Breakfast skipping may have public health consequences for children/adolescents. 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 (8), that are rarely compensated for at other meals. Breakfast skippers are also less likely to meet the daily recommendations for food groups such as vegetables and fruits. Skipping breakfast has been associated with a higher body mass index (BMI) compared to those who consume breakfast. Higher consumption of RTE cereals at breakfast has also been associated with better dietary intakes when compared to lower or no consumption. Consumption of RTE cereals has been related to a lower BMI and to weight loss when compared to nonconsumers. The goal of this presentation is to demonstrate the relationship between breakfast skipping and type of breakfast consumed with nutrient intake, nutrient adequacy, and health outcomes.

Speaker: Dr. Theresa A. Nicklas, DrPH
Baylor College of Medicine
Department of Pediatrics
Houston, Texas

Theresa A. Nicklas, DrPH, is Professor of Pediatrics at the USDA/ARS Children’s Nutrition Research Center at Baylor College of Medicine. One of her current research interests is looking at eating patterns that are associated or predictive of obesity between childhood and young adulthood. Dr. Nicklas has published more than 225 scientific papers, and has served on the 2005 Dietary Guidelines Advisory Committee.
References


