

# Health In Progress

## Lesson 17

### Breakfast



#### QUESTION 17: TRUE OR FALSE

Skipping breakfast is okay because you can catch up on what you need to eat later in the day.

ANSWER:     False

1. The literal meaning of "breakfast" is to "break" the "fast" of not eating for the previous 7-12 hours.

The disadvantages of skipping breakfast include the following:

- a. Researchers have found that "kids who skip breakfast often have trouble concentrating and are more likely to be described as depressed, anxious, fidgety or irritable by their teachers".\* Not eating breakfast or eating an inadequate breakfast has been associated with poor school performance according to some studies.\*\*
  - b. It is much more difficult to get the recommended daily amount of fiber, vitamins and minerals if you skip breakfast.
  - c. A recent study showed that **adults who ate breakfast were less likely to be obese** compared with adults who skipped breakfast.\*\*\*
  - d. **Breakfast presents an opportunity for daily family time**, where schedules can be reviewed or issues discussed, especially since evenings are often filled with sports practices, rehearsals or meetings.
2. It is important to emphasize that **breakfast should consist of healthy foods**. Nutrition experts recommend eating a "**balanced breakfast**", which includes carbohydrate, fiber, protein and some fat. Eating really sweet foods in the morning may cause a rapid rise, then fall in blood glucose, with possible subsequent food craving and overeating later in the day.

For more information on breakfast food choices that will give you prolonged energy and keeps you feeling full during the beginning hours of the day visit [www.MyPyramid.com](http://www.MyPyramid.com).

\* [http://my.webmd.com/content/article/28/1728\\_61550.htm](http://my.webmd.com/content/article/28/1728_61550.htm)

\*\* *Committee on Nutrition. Pediatric Nutrition Handbook. American Academy of Pediatrics; 2004.*

\*\*\* <http://news.bbc.co.uk/1/hi/health/2824987.stm>