

**Health and Wellness:**  
**Breakfast – Just How Important Is It?**  
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Everyone has read and/or heard something about the importance of breakfast. Summarizing this article into one sentence, “Breakfast is good for you – just eat it!” If you want more information, read on.

**Why Breakfast Is Considered the Most Important Meal of the Day:**

- 1) Everyone Needs Breakfast and Children Do Even More. While adults need to eat breakfast each day to perform their best, children need it even more. Their growing bodies and developing brains rely heavily on the regular intake of food. When children skip breakfast, they can end up going for as long as eighteen hours without food, and this period of semi-starvation can create a lot of physical, intellectual, and behavioral problems.
- 2) What Is Really Accomplished When Breakfast is Skipped? People who regularly skip breakfast in the interest of saving time or getting a few extra minutes of sleep are frequently tardy and/or absent from school more often than children who eat breakfast on a regular basis. Eating a wholesome, nutritious morning meal will more than likely save time in the long run. With a recharged brain and body, everyone is more efficient in just about everything. Think of it as a breakfast investment that pays a very valuable dividend. If crunched for time to put breakfast together so early in the day, showing up at school early for the free school breakfast program is one option. Another is to pack a breakfast brown-bag the night before so that your child/ren (and you) can eat on the way to school and work. Now’s a good time to reflect on your own personal breakfast situation.
- 3) Eating Breakfast Actually Helps Shed the Pounds. While some people think that by skipping breakfast they will lose weight, what usually happens is just the reverse and pounds are added. Skipping breakfast is strongly linked to the development and prolongation of obesity. In fact, studies\* show that overweight and obese children, adolescents, and adults are less likely to break the fast each morning than their thinner counterparts.
- 4) How Could The Above Paragraph Be True? Skipping not just breakfast but any meal makes weight control more difficult. That’s because more food is eaten at the next meal or high-caloric snacks are nibbled upon – essentially bad judgment calls. People tend to accumulate more body fat when they eat fewer, larger meals than when they eat the same number of calories in smaller, more frequent meals. To teens skipping breakfast may seem like a perfectly logical way to cut down on calories and lose weight, but just the opposite is true.
- 5) Fuel. Taken directly from the MDCPS website: “Remember that your body is like a car, it needs ‘fuel’ to keep on moving, so starting your day without breakfast is like starting your car without gas.”

**Breakfast Ideas:**

- 1) Smoothie – simply fill a blender with approximately two cups of frozen or well-washed fresh blueberries (a great antioxidant), one banana, about 1-2 inches from the top with one or more other fruits and/or vegetables and add water leaving two inches at the top. Blend until smooth and pour into containers. May be kept in the refrigerator for 2-3 days. Enjoy!
- 2) Eggs – cook plain or add your favorite protein and/or veggies. Also, consider an occasional hard-boiled egg.
- 3) Fruits and vegetables – (eat as many and as often as desired).
- 4) Oatmeal (make sure to read the label for any unwanted ingredients and keep in mind that breads and other grains are deliberately not on this list of breakfast ideas. To learn why, click on the “Fungus” and “Grains” articles for previously written articles by this author: [http://www.thepreventionsocialworker.org/Prevention\\_Specifically.html](http://www.thepreventionsocialworker.org/Prevention_Specifically.html)

Here are some of the links used to write this article:

- 1) <http://nutrition.about.com/od/nutrition101/a/breakfast.htm>
- 2) <http://www.webmd.com/diet/guide/most-important-meal>
- 3) [http://nutrition.dadeschools.net/Breakfast\\_Program.asp](http://nutrition.dadeschools.net/Breakfast_Program.asp)
- 4 \*Studies:
  - a) <http://www.ncbi.nlm.nih.gov/pubmed/22006481>
  - b) <http://www.ncbi.nlm.nih.gov/pubmed/20926520>
  - c) <http://www.ncbi.nlm.nih.gov/pubmed/20236559>

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