

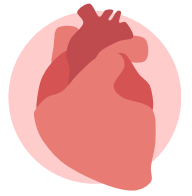
IMPORTANCE OF BREAKFAST

SPRING
FORWARD FOR GIRLS

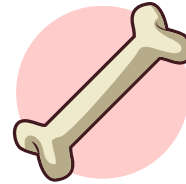
Breakfast is defined as the first meal of the day, after a long period of sleep, which happens within several hours of waking up. Breakfast is incredibly important and is associated with better health, including lower cholesterol and improved blood pressure. It also can be a time to spend with your family, which has shown positive effects on mood and mindset for the rest of the day. Often, we are so busy that we try to save time by skipping breakfast. However, there have been studies that show that skipping breakfast on a regular basis can lead you to miss out on key nutrients, including protein, vitamins and minerals like iron. Even if you can't sit down for breakfast, taking breakfast on-the-go is still a good option!



Energy levels



Heart health



Bone health



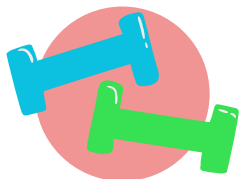
Mental health

Health benefits of breakfast

75%

75% of students grades 9-12 reported not eating a regular breakfast most days of the week in the CDC's 2021 Youth Risk Behavior Survey*.

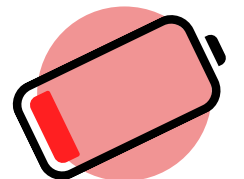
*https://www.cdc.gov/mmwr/volumes/72/su/su7201a9.htm?s_cid=su7201a9_w



Decreased strength



Reduced endurance



Fatigue

Performance impacts of not eating breakfast

What does a well-balanced breakfast mean? A high quality breakfast includes food from several food groups, such as dairy, whole grains, protein, and/or fruit. An ample breakfast sets you up to feel more satisfied throughout the day, and is necessary to fuel your mind and body. It is especially important for athletes to eat breakfast to prevent low energy availability and within-day energy deficiency (see our other fact sheets on these topics!).

Research shows adolescents who ate a good quality breakfast had better quality of life and lower levels of stress and depression than those who skipped or had a lesser quality breakfast. The bottom line: life, school, and work can all be very stressful, but skipping out on breakfast to try and save time can actually make you feel worse. Also, skipping breakfast once a week or more can limit the potential benefits of breakfast on your health.

If you are tight on time in the morning, try meal prepping the night before! For example, one quick fix is overnight oats, combining oats, milk and/or yogurt, and your favorite fruits to provide a great blend of healthy nutrients for on-the-go breakfast. A good breakfast starts you on the right foot to a great rest of your day!

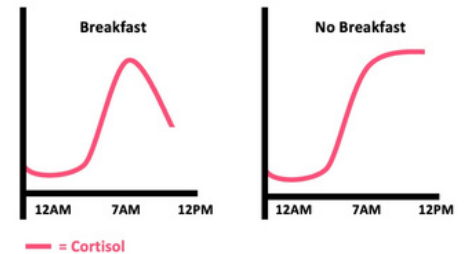
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Cortisol levels peak in the early morning. By eating breakfast, you cause these cortisol levels to drop. If you skip breakfast, these cortisol levels can remain high which is associated with negative metabolic and cardiac health effects.

Want More Info? Check out the below site:

<https://thediitianrunner.com/athlete-breakfast/>

Look below for a more in-depth literature review of pertinent research on the importance of breakfast for youth athletes!

Written by
Jared Martin

Moreno-Aznar LA, Vidal Carou MDC, López Sobaler AM, Varela-Moreiras G, Moreno Villares JM. Papel del desayuno y su calidad en la salud de los niños y adolescentes en España [Role of breakfast and its quality in the health of children and adolescents in Spain]. *Nutr Hosp.* 2021;38(2):396-409. doi:10.20960/nh.03398

- Consuming a nutritional breakfast regularly has been associated with improved health outcomes in parameters including obesity, lower cholesterol, diabetes and blood pressure
- Breakfast is an important time not only for nutritional intake, but also for discussion amongst family members that may not be available throughout the rest of the day or evening
- A nutritional breakfast allows for a greater nutritional intake overall throughout the rest of the day



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Jeyakumar A, Ghugre P. Is lack of breakfast contributing to nutrient deficits and poor nutritional indicators among adolescent girls?. *Nutr Health*. 2017;23(3):177-184. doi:10.1177/0260106017721074

- Average intake of nutrients including protein and iron were significantly lesser ($p = 0.01$ and $p = 0.01$ respectively) among anemic adolescents
- An ample breakfast can decrease the urge to snack throughout the day



Currie C., Zanotti C., Morgan A., Currie D., de Looze M., Roberts C., Samdal O., Smith O.R.F., Barnekow V., editors. Social Determinants of Health and Well-Being among Young People. WHO Regional Office for Europe; Copenhagen, Denmark: 2012. Health Behaviour in School-Aged Children (HBSC) Study: International Report from the 2009/2010 Survey; Health Policy for Children and Adolescents, No. 6.

- Breakfast is defined as the first meal of the day that breaks the fast, the longest period of sleep for an individual, consumed within several hours of waking up
- Breakfast consumption decreases with lower socio-economic status
- American Heart Association in 2017: 74% breakfast-skippers did not meet two thirds of the recommended dietary allowance for vitamins and minerals
- Young adults ranging from 20–39 years who reported skipping breakfast had overall daily diets that were less than optimal in terms of nutrient intake as measured by indices of total daily diet quality

Ferrer-Cascales R, Sánchez-SanSegundo M, Ruiz-Robledillo N, Albaladejo-Blázquez N, Laguna-Pérez A, Zaragoza-Martí A. Eat or Skip Breakfast? The Important Role of Breakfast Quality for Health-Related Quality of Life, Stress and Depression in Spanish Adolescents. *Int J Environ Res Public Health*. 2018;15(8):1781. Published 2018 Aug 19. doi:10.3390/ijerph15081781

- Adolescents who ate a good quality breakfast showed better health-related quality of life (HRQOL) and lower levels of stress and depression than those who ate a poor or very poor quality breakfast
- A study in Europe: 24% of males and 33% of females are breakfast skippers
 - Increasing incidence of breakfast skipping starting
- Prevalence of breakfast consumption was 74.4% for weekdays and 87.3% for weekends
- Considered a determinant of health that is a gateway to other unhealthy life decisions, including sedentary lifestyle, smoking and adverse health outcomes including effects on mood such as depression



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Serra-Majem L, Ribas L, Ngo J, et al. Food, youth and the Mediterranean diet in Spain. Development of KIDMED, Mediterranean Diet Quality Index in children and adolescents. *Public Health Nutrition*. 2004;7(7):931-935. doi:10.1079/PHN2004556

- Breakfast broken down into categories:
 - Very poor quality breakfast: adolescents that did not eat bread/toast or cereal or dairy products for breakfast, but did eat commercially baked goods
 - Poor quality breakfast: adolescents that ate bread/toast/cereal and/or dairy products for breakfast but, at the same time, also ate commercially baked goods
 - Good quality breakfast: adolescents that ate bread/toast/cereal and/or dairy products for breakfast and did not eat commercially baked goods.
- Poor and very-poor breakfast eaters had a worse outcomes of perceived stress and depression compared to breakfast skippers
 - Bottom line: a well-balanced breakfast is the best case scenario
- Recommendation: balance of a grain with a dairy product and/or fruit
- An “ideal breakfast meal” should contain 20 to 35% of daily energy derived from three food groups, including dairy products, cereals (unrefined and whole grain) and fresh fruit or juice without added sugar
 - US/Europe: 10-30% of young individuals (adolescents) report skipping breakfast
 - US/Europe: over half of surveyed participants ate an unbalanced/inadequate breakfast: one dairy or cereal or fruit, without a combination of the three
- Role of breakfast quality suggest that some specific foods, such as cereals or dairy products, might play a protective role in positive health benefits among adolescents, being associated with better nutrient intake, a higher level of physical activity and a reduced consumption of fats throughout the day

TIPS & TRICKS

- 1 Try an option you can prepare the night before to save time in the morning (e.g. overnight oats).
- 2 It doesn't have to be fancy—go for a simple and quick breakfast option in the morning (e.g. peanut butter toast topped with banana slices).
- 3 Start small—if you are getting used to eating breakfast in the morning for the first time, try something small (e.g. a piece of fruit).
- 4 Utilize liquid options like smoothies or breakfast shakes if you struggle with an appetite in the morning.

Gibney MJ, Barr SI, Bellisle F, et al. Breakfast in Human Nutrition: The International Breakfast Research Initiative. *Nutrients*. 2018;10(5):559. Published 2018 May 1. doi:10.3390/nu10050559

- As either income or educational status rose, egg-based breakfasts declined, and cereal based breakfasts rose
- A protein source is important to include in breakfast if possible