Breakfast: A Missed Opportunity

The most frequently missed meal of the day

Nutritional Status and Dietary Habits of Primary School Children

- 32.1% missed breakfast*
- 7.5% claimed never to have breakfast
- Biggest reasons: no time; not hungry; no appetite

Children and adolescent who skip breakfast miss the opportunity to consume nutrient-rich meal & followed by unhealthy dietary behaviours

Skipping breakfast was associated with higher BMI#

- Purchased less nourishing snack at school
- Less likely to eat lunch
- Less likely to consume the recommended number of fruits and vegetables


#Utter J. At home breakfast consumption among New Zealand children: Association with body mass index and related nutrition behaviors. JADA 2007;1007:570-576
Fruits and Vegetables

Fruits and vegetables

- Nutrient dense, high in water and fiber, and promote satiety
- May decrease caloric intake by replacing intake of higher caloric food
- Promoting increased fruit and vegetable consumption will automatically increase fiber intake

A goal of 5 or more servings of fruits and vegetables

Other sources of fiber, such as wholegrain are also recommended
Sweetened Beverages

- The consumption of calories in liquid form particularly soft drinks should be limited & discouraged
- Every additional serving consumed, both BMI and the frequency of obesity increased
- Limiting fruit juices (AAP, 2001)
  - 1-6 year olds - 4-6 oz
  - Older children – 8 – 12 oz

Dietary Change

Do not utilize counting of calories or fat grams in children and adolescents

“If God wanted us to count calories, He would have put calculator buttons on our tongues.”
Physical Activity