

Healthy Eating & Diet



Why Breakfast Is the Most Important Meal of the Day

Kids Need Their Morning Meal

While adults need to eat breakfast each day to perform their best, kids need it even more. Their growing bodies and developing brains rely heavily on the regular intake of food. When kids skip breakfast, they can end up going for as long as eighteen hours without food, and this period of semistarvation can create a lot of physical, intellectual, and behavioral problems for them.

A Good Investment

If you and your kids regularly skip breakfast in the interest of saving time or getting a few more minutes of sleep, remember that eating a wholesome, nutritious morning meal will probably save you time in the long run. By recharging your brain and your body, you'll be more efficient in just about everything you do. Interestingly, studies show that kids who skip breakfast are tardy and absent from school more often than children who eat breakfast on a regular basis. Preparing a good breakfast can be as quick and easy as splashing some milk over cereal. Time invested in breakfast is much more valuable than the few extra minutes of sleep you might get by bypassing the morning meal. If you and your kids seem unable to make time for breakfast, consider enrolling your children in a school breakfast program, if possible, or pack a breakfast brown-bag the night before so that you and your kids can eat on the way to school and work.

Break the Fast to Shed the Pounds

Some people skip breakfast in an effort to [lose weight](#), but the practice is more likely to cause weight gain than weight loss. Skipping breakfast is strongly linked to the development of obesity. Studies show that overweight and obese children, adolescents, and adults are less likely to break the fast each morning than their thinner counterparts.

According to research, skipping meals, especially breakfast, can actually make weight control more difficult. Breakfast skippers tend to eat more food than usual at the next meal or nibble on high-calorie snacks to stave off hunger. Several studies suggest that 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, especially teenage girls, skipping breakfast may seem like a perfectly logical way to cut down on calories and lose weight. It's important for moms to educate their kids about the importance of the morning meal and the role it plays in maintaining good health and preventing obesity.

Further Reading:

- [Slideshow: Best and Worst Fast-Food Breakfasts](#)
- [Choosing a Healthy Breakfast Cereal](#)
- [10 Best New Healthy Breakfast Cereals](#)
- [Lose Weight: Eat Breakfast](#)
- [Breakfast Cereals Play Role in Lower Heart Risk](#)
- [Best and Worst Fast-Food Breakfasts](#)
- [15 Lactose-Free Breakfast Tips](#)
- [See All Breakfast Topics](#)

WebMD Medical Reference

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