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# Benefits of breakfast



06/11/2018

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# Healthy habits

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## The recommendations of a healthy diet:

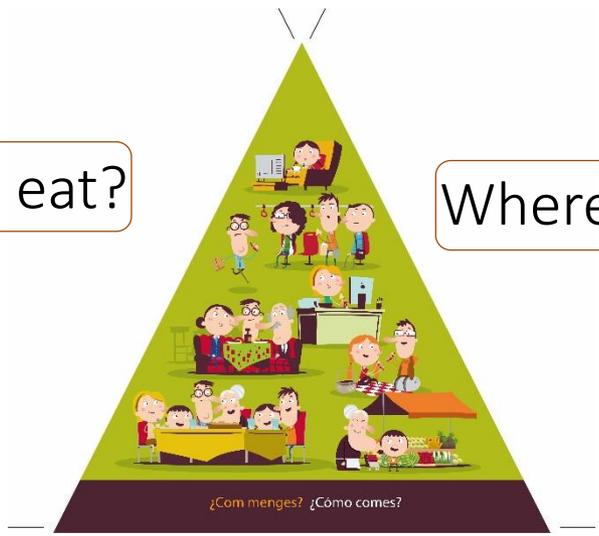


- Drink 4 to 8 glasses of **water** per day
- Take 5 servings of **fruits** and **vegetables** a day
  - Distribute food intake: **5-6 meals**
  - A complete **breakfast** every day
- Take 3 or more servings of **fish** per week



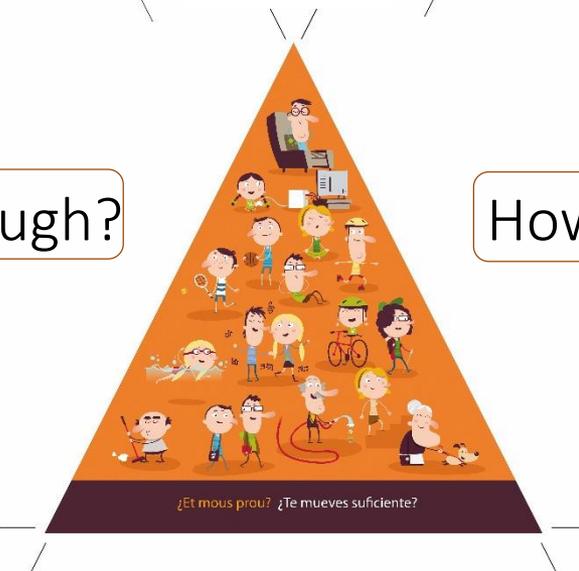


What do you eat?



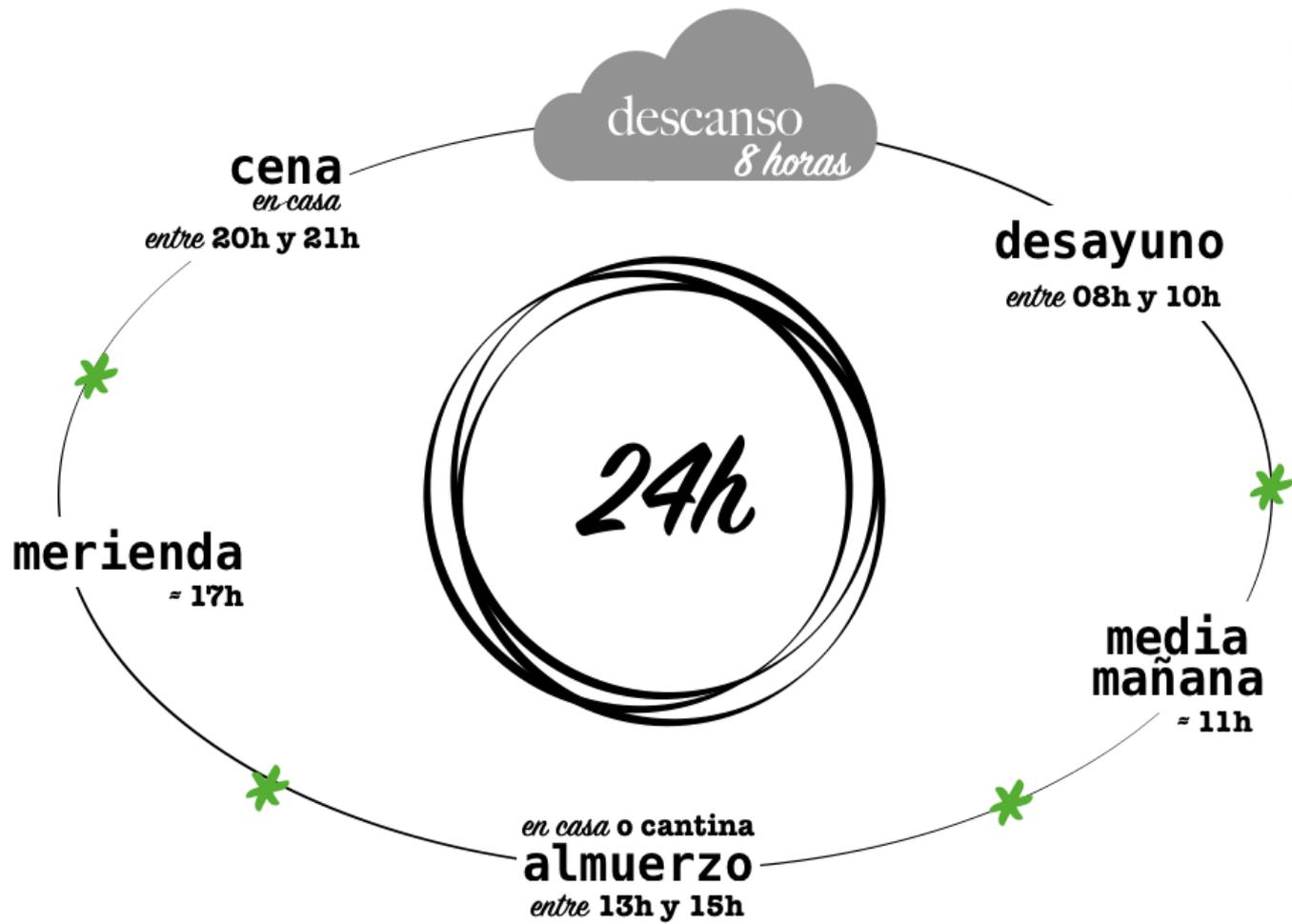
Where do you eat?

Do you move enough?



How do you cook?





*\* movimiento*

# Good alimentation does not depend on a single act...



Meal sharing



Meal timing

Good  
breakfast



Healthy food

Eat a rainbow



Moving

# Good alimentation does not depend on a single act...



Meal sharing



Meal timing



Good breakfast

Healthy food



Moving

Eat a rainbow



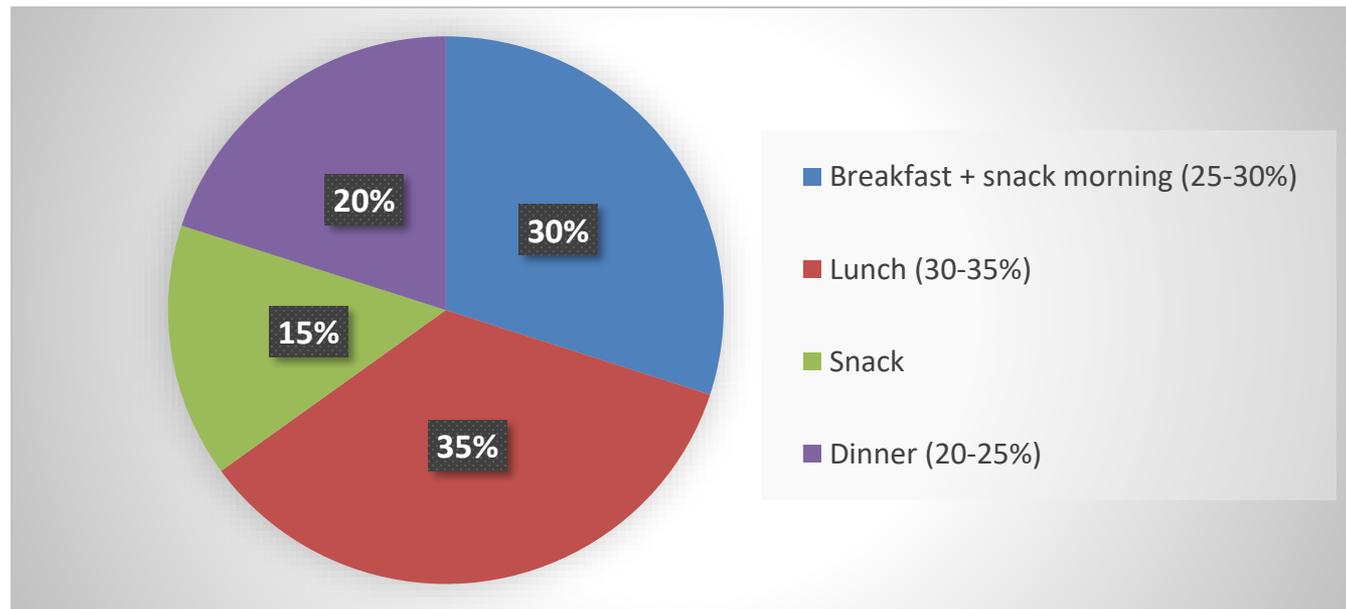
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**What does the term “complete  
breakfast” actually mean?**

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**Breakfast** is typically the first meal of the day, most often eaten in the early morning before undertaking the day's work.

The word refers to breaking the fasting period of the prior night.

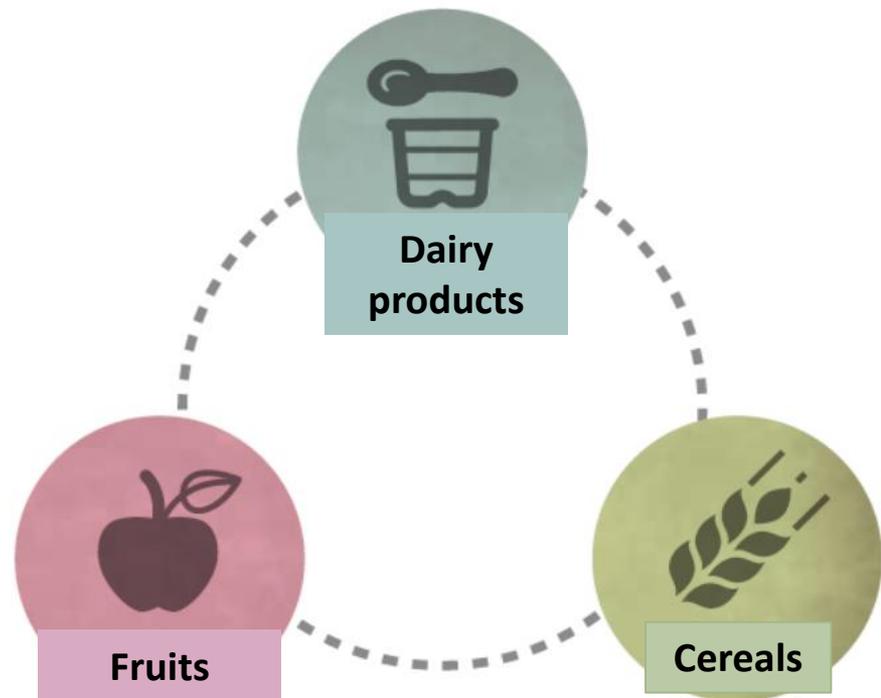


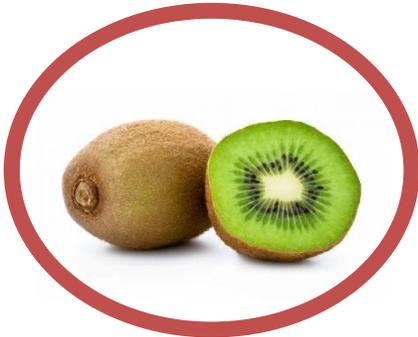
# What do we need to eat for breakfast?

Drink water  
first thing in  
the morning



+







# La OMS recomienda no consumir más de 12 cucharillas de azúcar al día

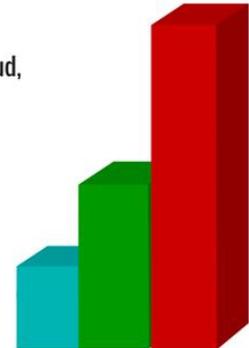
La cantidad máxima diaria no debería superar el 10% de las calorías ingeridas tanto en adultos como en niños



## azúcar por persona

### recomendaciones vs. consumo en España

- - 25 g/día (beneficios extra de salud, según OMS)
- - 50 g/día (recomendación de por vida, según OMS)
- 111,2 g/día (consumo real medio en España)



concístate



sinAzucar.org

leche en polvo  
coco  
avellanas  
aceite de girasol

56% azúcar

Registra de patentes. Ver más en sinAzucar.org

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Registra de patentes. Ver más en sinAzucar.org

# Studies

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## Breakfast

Fasting period

Overweight/obesity

Quality

Daily nutrient intakes

Cognitive performance

Other good habits

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# Breakfast and performance: the enkid Study

*Public Health Nutrition: 4(6A), 1429–1431*

DOI: 10.1079/PHN2001233

## **Breakfast and dietary balance: the enKid Study**

Breakfast and performance

Santiago Cueto\*

Group of Analysis for Development (GRADE), Av. Del Ejército 1870, San Isidro, Lima, Peru

## Developed countries



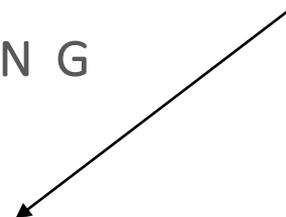
Well-nourished

Always negative effect on visual perception and work memory capacity, compared with having breakfast



Nutritional risk group

F A S T I N G



## Developing countries



Well-nourished

Fasting had no effect on performance, and they even took less time in some tests

# Breakfast and performance: the enkid Study

## Developed countries

## Developing countries

F A S T I N G

### Nutritional risk group

Use or not to having breakfast:

Having breakfast improve their skills

### Well-nourished

Not use to having breakfast: They have developed an adaptation mechanism and have energy resources to be used when required

### Well-nourished

Use to having breakfast:

That becomes an unusual sudden event



## Not having breakfast: consequences



This habit leads to an adaptation

This adaptation means that the body modifies or slows down some processes

**Gluconeogenesis:** does not produce at least the 140 grams of glucose that our brain needs.

Can be a good strategy for adults, but is not appropriate for children

# Influence of breakfast on overweight and obesity

Spain. 2014. 9-15 years

**nutrición clínica**  
y  
Dietética Hospitalaria

**Artículo Original**

Nutr. clín. diet. hosp. 2014; 34(2):9-17  
DOI: 10.12873/342dieznavarro

**Tabla 1:** Porcentajes de individuos, según las categorías nutricionales establecidas por Cole *et al.*<sup>5,20</sup>.

Categoría nutricional	Sexo Masculino		Sexo Femenino		Ambos sexos	
	N	%	N	%	N	%
<b>Bajo o Normopeso</b>	304	68.5	399	73.6	703	71.3
<b>Sobrepeso</b>	112	25.2	114	21	226	22,9
<b>Obesidad</b>	28	6.3	29	5.4	57	5,8

# Influence of breakfast on overweight and obesity

Spain. 2014. 9-15 years

9-10 years

11-13 years

14-15 years

There was not significant impact

At that point it was a relationship between having breakfast and the BMI

This effect was more marked

Similar results

Students **who were used to having breakfast** presented **more values of normal weight** than those who didn't, and, in turn, the latter **registered higher percentages of obesity**.

The number of schoolchildren who don't eat anything for breakfast, increases with age

# Influence of breakfast on overweight and obesity

Spain. 2014. 9-15 years

**Tabla 5:** Relación entre la calidad de la dieta, según el índice Kidmed<sup>11</sup> y la categoría nutricional, según la clasificación de Cole *et al.*<sup>5,20</sup>.

Categoría nutricional	Baja calidad	Media calidad	Alta calidad
Bajo o Normopeso	57,80%	72,20%	80,00%
Sobrepeso	31,10%	21,40%	20,00%
Obesidad	11,10%	6,40%	0,00%

N= 287; Test de Chi-Cuadrado p: NS.

# Breakfast quality and school performance

Good quality 3 groups

Improvable quality 2 groups

Deficient quality 1 group

Poor quality Any

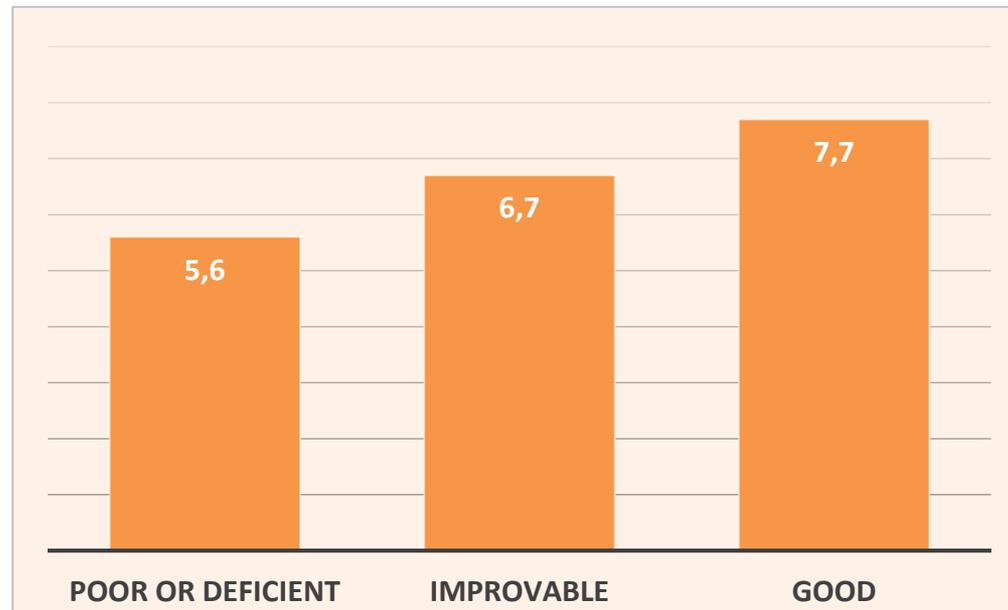
Breakfast + morning snack

Poor or deficient quality



Spain. 2005. 12-13 years

Departamento de sanidad de Zaragoza

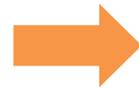


# Breakfast and daily nutrient intakes

## A systematic review of the effect of breakfast on the cognitive performance of children and adolescents

Alexa Hoyland, Louise Dye\* and Clare L. Lawton

*Human Appetite Research Unit, Institute of Psychological Sciences, University of Leeds, Leeds LS2 9JT, UK*



Breakfast tend to be higher than other meals in micronutrient



1. Breakfast is recommended as part of a healthy diet because it is associated with healthier macro and micronutrients intakes

# Breakfast and cognitive performance

## A systematic review of the effect of breakfast on the cognitive performance of children and adolescents

*Nutrition Research Reviews* (2009), 22, 220–243  
© The Authors 2009

Alexa Hoyland, Louise Dye\* and Clare L. Lawton

*Human Appetite Research Unit, Institute of Psychological Sciences, University of Leeds, Leeds LS2 9JT, UK*

**Breakfast: Cognition: Children: Adolescents: Learning**

**2.** The evidence indicates that **breakfast consumption is more beneficial than skipping breakfast on cognitive performance**, but this effect is more apparent in children whose nutritional status is compromised

**3.** A clear improvement in school performance has been demonstrated in education centers where **healthy breakfast programs** have been included



# Breakfast and cognitive performance

## A systematic review of the effect of breakfast on the cognitive performance of children and adolescents

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**Breakfast: Cognition: Children: Adolescents: Learning**

4. The majority of these studies demonstrate positive effects of breakfast compared with no breakfast over cognitive domain. Those are most evident on measures of memory and in terms of fewer errors on attention tasks especially **later in the morning** when performance decrements become apparent on the nobreakfast conditions.



# Breakfast and other good habits

Associations between habitual school-day breakfast consumption, body mass index, physical activity and cardiorespiratory fitness in English schoolchildren.



## **‘Breakfast keeps our metabolism in order’**

People who usually eat healthy breakfast also usually:

- Do sports
- Maintain a general balanced diet
- Feel more active

healthy breakfast promotes the  
incorporation of  
other healthy habits



**Direct positive effect on school performance**

# Healthy ideas

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# Attractive

**Color combinations**

means more wholesome



# Better nutritional quality

## Color combinations

also means more  
micro and  
macronutrients  
variety



# Fresh products



## Best meal to eat

Seasonal and fresh  
products:  
It's always the season  
of some products

# Can be very simple



It doesn't have to be a complicated elaboration



## Variety



Try to eat varied food  
every morning



# Thank you very much

