

4-22-2022

## Debunking Medical Myths: Breakfast is the Most Important Meal of the Day

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### Recommended Citation

Kaiser, Arsh; Madden, Erin; Yu, Chelsea; Gustafson, Collin; Nelson, Adlai; and Myhand, Matthew, "Debunking Medical Myths: Breakfast is the Most Important Meal of the Day" (2022). *Patient Education Projects*. 297.

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# MYTH: Breakfast is the most important meal of the day

Purple 36 – Adlai Nelson, Chelsea Yu, Matthew Myhand, Collin Gustafson, Erin Madden, Arsh Kaiser

## Why do we eat?

Eating any meal helps provide our bodies with the necessary caloric energy to sustain activity throughout the day. Breakfast, lunch, dinner, and even snacks help us to work, play, and keep going!



Relatively short fasts of:

# 18 – 24 hours

have been shown to be beneficial in promoting the **breakdown** of stored **fats!**



Reference: Tinsley et al. (2015)

## What happens when you skip breakfast?

- Studies indicate a reduction in total daily energy intake when breakfast is omitted, with no clear findings on energy expenditure.
- Studies also indicate that the first meal consumed following a "skipped" breakfast offsets any increased appetite, similar to if breakfast were consumed.

Reference: Clayton et al. (2016)

## Trying to get back to a healthier weight?



Studies have shown that an intermittent fasting diet led to 0.8% to 13% weight loss from baseline weight. If you are overweight or living with diabetes, this could be a great way to work your way back to a healthier weight.

Reference: Welton et al. (2020)

## References

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## What is intermittent fasting?

Intermittent fasting (IF) is more than a *diet*; it prioritizes when you eat! In short, IF is a pattern of eating that can consist of:

- Time restricted eating: eating meals between 10am to 5pm only
- Modified fasting: limiting food intake 2–3x per week
- Periodic fasting: fasting once a week

Reference: Choi et al. (2019)

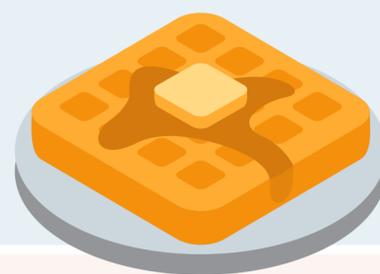
## What are the benefits of intermittent fasting?

Sometimes when intermittent fasting, we skip breakfast, either because we are fasting that day or because we are eating between the hours of 10am and 5pm.



Here's what recent research has found! Intermittent fasting, and thus "skipping breakfast" can lead to improvements in:

- Glucose regulation
- Blood pressure / hypertension
- Heart rate
- Abdominal fat loss
- Obesity
- Insulin resistance
- Inflammation
- Cognitive effects
- Weight loss



Reference: de Cabo & Mattson (2019)

## So breakfast is bad?

No! A healthy breakfast can provide you with energy to get your day going, but research does not conclude that it is the most important meal of the day.

In fact, there are many health benefits to not eating breakfast!

