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Importance of breakfast in teenagers

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Abstract---Breakfast is the main and important meal of the day. There are many side effects of skipping breakfast and also we can get a lot of benefits from having breakfast. It gives strength to the body, increases the strength of the body, and the ability to spend the whole day in a fresh mood. Some children avoid this and suffer from many ailments. Such as Gastritis, migraine, lack of concentration, low energy level. Breakfast can make it easier for students to achieve their daily micronutrient intake. Children who eat breakfast on a daily basis receive 50 percent more iron, vitamins. According to research published in the international *Frontiers in Human Neuroscience*. Breakfast eaters also get a huge amount of fibre and have decreased their body weight, cholesterol level than the skippers. Prior to starting the college day, college students who consume an exact breakfast have greater concentration, examination results, strength, nutrition and mineral intake, and even a healthy way of life weight. Breakfast is mainly crucial for young pupils, as the Genius consumes nearly 1/2 of the body's energy.

Keywords---importance, breakfast, teenagers.

Introduction

Breakfast is the main and important meal of the day. There are many side effects of skipping breakfast and also we can get a lot of benefits from having breakfast. It gives strength to the body, increases the strength of the body, and the ability to spend the whole day in a fresh mood. Some children avoid this and suffer from many ailments. Such as Gastritis, migraine, lack of concentration, low energy level. There are a number of reasons why many children skip breakfast, not having enough time to get breakfast, some homes do not prepare it, lack of money to prepare or to buy it. When we get up in the morning, all our energy and electricity level is wasted. Therefore, teenagers should pay more attention to their breakfast. The students who do not eat the first meal of the day have more chances of growing gastrointestinal disorders and different health problems.

Importance of the Study

Breakfast is the first meal especially taken in the morning and the most essential meal of the day. We developed breakfast to bring a full line of delicious, healthy meals that fit our daily life and health goals. It helps to give more energy. However, breakfast consumes our bodies for good health. It improves our concentration level and memory level. They can study hard, get good grades in their exams and perform well in school or college. After a good night's sleep, we all have breakfast more hours later. Most of the time everyone has to go without any food in the morning. So it is very important to take it everyday or it may adversely affect the body. It also causes the body's glucose levels and affects the function of the brain. By not eating breakfast regularly for several days, the condition can worsen. Being without any food for hours also consumes a lot of energy. It may affect your health negatively.

Breakfast is the important meal of the day and plays a huge role in our body the whole day. Not eating 8-10 hours, it is essential to refill the glucose tiers to improve the electricity to begin off the day well. The body's electricity supply is glucose and it helps our body to destroy down and absorb the nutrients that we eat. This is in particular important for our brain, which depends almost totally on glucose for energy. In the morning, we go without any food, meals for 13 hours. Our glycogen stores are low. Once all of the strength from our glycogen stores are used, our body starts off evolving to break down more acids to produce the electricity and energy that it needs. Without protein and carbohydrates, fatty acids are partly oxidised, they can limit our strength and energy of the body.

A desirable meal additionally helps to make an allowance to the diet, which we may not be in a position to prepare for at some point of the rest of the day. Eating breakfast raises our levels of energy and replaces our glycogen and glucose stores prepared to keep our metabolism high throughout the day. Therefore, Skipping the first meal of the day may additionally appear like a right way to decrease power consumption. But studies show that even when they devour greater energy, those who eat breakfast have a tendency to be greater physically energetic in the morning than those who do not demolish meals. Teenagers who are not eating breakfast, thinking that it would help to reduce the calories and lose weight, but

it does not happen. By starving and dieting in the morning, so their energy level is very low throughout the day and often eating snacks or eating it during lunch, it adds extra calories leading to weight gain or weight loss. Breakfast meals are wealthy in key nutrients. In fact, people who consume breakfast are more likely to experience their advocated intake of nutritional vitamins and minerals than human beings who do not take it. vitamins, and other nutrients can mainly be gained from food, so even though our body can normally find enough strength to make it to our meal, you nonetheless need to complement your diet and mineral ranges to maintain fitness and need to take healthy meals is very important.

Research Problem

In this research, why students skip breakfast and they were not aware about the importance of breakfast is the major issue that we discussed. This trouble persists up to small children and teenagers. But we only talked about teenagers. This issue is most common among them and students are bored to take breakfast daily. If they know that it helps them in many ways but they do not do it. Therefore, the whole younger generation is at great risk. Especially teenagers who are not interested in breakfast, that important meal of the day. When we are not in the habit of getting it daily, it is difficult to continue everyday. This problematic situation affects many factors. These are the following: students think that they don't have time for it, they do not know what breakfast can do for us. This should be minimized as soon as possible. And also, steps must be taken to avoid this situation. First and foremost, teachers and parents should stand up for their children . So by continuing this condition children are more likely to be patients in future. Therefore children need to understand that breakfast is main part of the day.

Research Objectives

The main purpose of this research is to investigate the importance of breakfast and effects of skipping breakfast.

- To understand about the significance of breakfast to discover out the outcomes if they pass by the breakfast
- To inspect whether or not the college students are conscious of the importance of breakfast.
- To understand the reasons why some students skipped their breakfast.
- To comprehend about how breakfast affects learning.
- To find out health problems confronted with the aid of students, by skipping breakfast.

Methodology

This research study is only for teenagers. But the youth generation also responded to this questionnaire. This questionnaire is done by Online survey form. This research is conducted to find more information on which of them take breakfast regularly . Most students are not aware of the importance of breakfast. Therefore, in this project we can take a rough idea of these important facts. There

are a total of 51 students who responded to the survey. The questionnaire consists of fourteen questions and a survey is requested to fill in online mode. This questionnaire will be collected within two weeks

Data Analysis and Presentation methods

- In this research project, Data Analysis and presentation methods are discussed in detail in chapter three.
- The data from the questionnaire were statistically analyzed by tables and charts.
- The findings are discussed according to data sections of the questionnaire
- Finally, facts are graphed and described with a fabulous explanation of each data obtained.

Limitations

This research study is carried out only for teenagers and all are between 13-25 age group. They are students of different backgrounds and different cultures. In fact covid-19, the questionnaire will be given online. They have to fill it in online mode. This questionnaire contains fourteen questions. In addition, students will be given a certain period of time to fill it and collect their data through online.

Chapter 02

Literature Review

Introduction

First meal of the day or Breakfast is the most important meal throughout the day and it helps to perform long time well. We have to get more affects by skipping breakfast. Students and hostel students think that the result of skipping breakfast is normal. But it is not normal. It leads to many diseases. Specially hostel students are skipping breakfast for different kind of reasons and issues. These are, they haven't any appetite to eat, not sufficient time, not enough time to prepare it because late for school or college time, haven't any healthy foods to eat and not have enough money to buy food. About half of college students in Saudi Arabia bypass ingredients because half of them do not now sense hunger. They do not now have time because they choose to control weight and bypass one meal.

Breakfast gives us several types of health and physical benefits. It enhance our intelligence ability, cognitive capacities (remembering, problem solving, concentration, learning, thinking and attention). Healthy breakfast upgrade our memory and reduce symptoms of discouragement. We want healthy food for morning because it is the first meal that we take in the morning after long hours. There are different types of breakfast prepared in houses. Someone not make it home they buy anything to eat from shops. That food are not good enough for their health. Most of students like to get instant food like maggi but that type of meals affect negative effects of the body.

Discussion

Skip or Eat. Some studies and associations showed that eating breakfast and skipping it and a good, healthy and quality breakfast is related to our life. And also, become aware of stress and depression in adolescents. The results of those studies showed differences between skipping it or eating breakfast. Some studies showed teenage breakfast skippers have high levels of stress. And also, it implicated who ate a healthy breakfast daily has good and lower levels of depression, diseases and stress. These findings show the importance of eating good quality breakfast rather than having only breakfast. In Middle East countries, breakfast is the only meal that is important for the day. Taking breakfast regularly is associated with a number of benefits for children and teenagers including greater intake of micronutrients, lower body weight, better brain performance and good quality of life. Researchers showed consumption of breakfast in teenagers and children has shown influenced changes in metabolism lead to higher quality food choices which have an effect on teenagers' healthy routine all through life. Some standard quality guidelines recommend that a complete breakfast should reign in 20 to 35%. Energy of the day different food groups including milk and whole grains. In Spite of the emotional and physical advantages of breakfast, some surveys in North America indicate that skipping breakfast is an increasing occurrence from childhood to teenagers. In Europe and USA reports show skipping of breakfast and unhealthy breakfast patterns defined like one cereal and one fruit. In addition, European studies indicate 25% of males and 30% of females skip breakfast.

The effect of Breakfast on Behaviour, Study implementation of Children and teenagers direct measurement studies shows classroom behaviour of the children and it affects their morning behavior. Despite the inconsistent findings, evidence suggests that breakfast may have a major better effect on children's classroom behavior. Seven out of eleven studies showed that breakfast had positive and negative effects on work behaviour. Furthermore, those who are skipping breakfast have a negative impact and those who take the same time in the morning have good impacts. They can work fresh and in a better mood in the office or college. By comparing it to those without breakfast you can get a good idea about it. Similarly, adjustments in cognitive overall performance can cumulatively have an effect on school performance and academic outcomes. The really useful results of breakfast on cognitive and physical overall performance are expected to be short-lived and specific to breakfast and chosen cognitive activities. These immediate or acute effects may additionally translate into advantages with dependency or consumption of breakfast. Short-term modifications in brain and memory functioning all through lessons (remembrance and consciousness) can become into significant modifications in school exercise due to the capacity to take part in and commit to memory records throughout lessons, with ordinary breakfast consumption. Class and day today behaviours additionally have important implications for faculty performance and daily functioning. This is due to the prerequisite for educational gaining knowledge is the capability to stay at work and hold classification focus.

Increased lecture room interest and engaging in studying activities (known as work behaviours) are in all likelihood to be related with more tremendous learning outcomes that can have an effect on long-term studying outcomes.

Activities in the breakfast membership and common environment can promote terrible and interesting behaviours. Nutritional popularity did no longer have an effect on the outcomes of the study change; However, the degree of malnutrition used to be mild. Positive consequences may also be more reported in adolescents with severe malnutrition. However, a suitable environment for students' gear is wished to display the negative side effects of it. So, it looked at the results and found dimensions with or besides morning snacks and instant food discovered that youth who ate a small amount of breakfast worked notably longer when they ate a middle of the night snack. Children who ate up extra electricity at breakfast no longer showed this effect, and accordingly, teens who consumed more than 150 Kcal at breakfast spent substantially longer hours away from work than those who ate no greater snacks at breakfast. A Systematic Review of the Impact of Economic Assessments by Martina Lundquist, Nicklas Enab Vogel, and Lars-Ake Levin clearly proved it. The study centered primarily on the outcomes of consuming in opposition to breakfast, and the learning about effects had been divided into different categories like affected brain function, to get good grades in school, to get good qualities and perform well in the classroom. standard studies show the importance of good quality breakfast. The purpose of this learning was once to systematically assess scientific publications that study the results that have been identified that might also be relevant to the monetary comparison of breakfast in children and adolescents. Being a teenager plays a huge role in our life. It is the main section. If we skip or postpone it there are a lot of negative impacts. It may affect our whole life.

Reasons why breakfast is important for teens

Eating healthy meals is very important because of some reasons. It is very easy to skip breakfast for teenagers. They like to do that. But they are not aware of the negative side of it. According to some research, 35% of children, teenagers and adults miss the morning meal of the day. Some students like to eat a morning meal with their friends. So it is important to perform well in school. It is fundamental to devour ample suitable first-rate foods and the proper foods and healthy or good quality food. Teenagers can be fun in everytime. However it is tough when your body patterns. These bodychanges are very tough to deal with and those types are no longer what you expect. There may additionally be some stress from buddies to continue to be or look, and this can affect to you the meals that you eat. This is no longer a proper time to disrupt eating because you no longer take sufficient vitamins and nutrients and can also not attain your prospective energy. A well-balanced food plan has good advantages and in the lengthy run.

Breakfast helps to maintain body weight

Teenagers who get breakfast regularly do not decrease body weight and face obesity. Therefore, it shows that you can control your weight by eating breakfast: So it obstructs large movements in your glucose level and helps control your appetite. Therefore you can not take anything you want to eat (e.g., high-fat, high-sugar, high-salt foods, for example).

Breakfast improves brain power

If you do not eat breakfast, you will feel a little lazy and struggle to focus on things. This is because your brain and body do not have enough power to go. Studies exhibit that no longer consuming breakfast impacts your intellectual functioning, such as your capability and remembrance. Teenagers and children normally devouring morning meals additionally exhibit higher educational overall performance in contrast to those who pass by breakfast. They experience a greater stage of engagement with their college teachers and different adults, it can lead to similarly tremendous body fitness and tutorial consequences.

It gives you essential minerals, vitamins and nutrients

Breakfast ingredients are wealthy with vitamins and fibres, nutritional vitamins. Morning meal elements of whole healthy meals. Actually, teenagers who consume breakfast daily are able to get their recommended intakes of minerals and vitamins more than skippers. Required minerals, fibers and different nutrients can be acquired from quality meals, hence, your body can mostly locate ample energy and prepare it for the difference, nevertheless required to be high in nutrition to keep up, improve fitness and liveliness.

Improve your attentiveness

Eating a proper breakfast helps maintain you wide awake and productive for the duration of the morning. It improves concentration, creativity, coordination and hassle solving. Breakfast additionally offers you the energy you need to stay physically active. Skipping breakfast can make it tough to concentrate. If you assume skipping breakfast can stop weight gain, assume again. The first component is that eating not only improves your attention and memory, it also helps to control the variety of scales. When you ignore breakfast, your physique goes into a fasting mode, which increases your insulin response and, conversely, causes your physique to gain extra fat.

Make better mood whole day

When you are hungry, you become angry and resentful. Your body needs fuel, so it operates empty. This affects your entire system. Research suggests that a healthful breakfast can also lead to a better, greater effective and high-quality mood. Missing foods, especially breakfast, can cause excessive blood sugar, which can lead to anger, fatigue and intelligence haemorrhage. It can even purpose your intelligence to produce too plenty cortisol, making you experience careworn

and anxious. By beginning your day with a tremendous and comfortable note, you will sense ready to overcome all of us and any impediment that comes your way.

Health effects of skipping breakfast

The latest study of Australia showed that children and teenagers skipping breakfast was common, but the major part do not miss it regularly. Older women and men are more likely to miss breakfast;

- Has more or less weight
- Have a poor diet
- Physical activity is at an all-time low level.
- Not getting sufficient sleep
- Single parents or low profit families.

Here are some habitual reasons to miss the morning meal,

- Do not have sufficient time
- Some teenagers like to diet
- Reluctant to prepare breakfast
- Fatigue from eating the same food everyday
- Do not want to eat or feel hungry
- Preparing breakfast is not easy
- The value of shopping for breakfast
- Social reasons

Leads to weight gain

Not consuming breakfast in the hope of dropping weight can, of course, have the contrary impact on the body. Instead you can obtain weight. Some theories suggest that skipping breakfast and overeating all through the day can consume the most strength throughout the most sedentary time of the day. If you no longer layout your meal, you will burn greater calories.

It can slow down your metabolism

Your body wakes up with a slower metabolic system and can further decrease the body's want to burn calories through not providing adequate energy to burn at breakfast. Over time, this reduces the body's basic potential to devour calories and decrease metabolism. Therefore, breakfast is necessary for maintaining the body's metabolism.

Can cause Migraine

Prolonged period fasting at night decreases your body's sugar level in the morning. If you do not consume breakfast, releasing some hormones will lower your glucose level. This manner is known as low blood sugar. The hormones balance the sugar level, It motivates a sudden rise in diabetics, cholesterol,

pressure and it may have side effects like stress, distress and migraine. Studies show that people who miss breakfast regularly have a higher risk of developing headaches and migraines. So, make sure to keep those annoying side effects of skipping breakfast and should start your day with a healthy meal.

May lead to hair loss

If you do not eat breakfast, the brain and body circulate different hormones that require low blood sugar. Hence, low levels of keratin and proteins mainly affect hair loss. Keratin is an important component for hair growth. When we skip breakfast the body cannot make sufficient keratin in the body so it may cause huge hair loss. An unexpected upward push in blood pressure causes headaches and migraines.

Chapter 03

Presentation of the Data and Analysis

Introduction

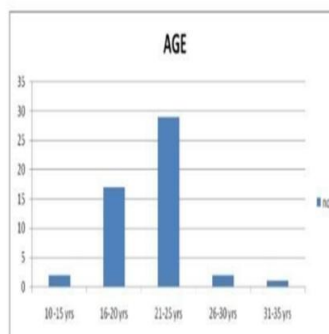
This chapter discusses the data and findings of the research. The purpose of this study was to identify what kind of food they take, awareness about healthy breakfast and how skipping breakfast affects their body. Questionnaire was given to teenagers age above 13. An online survey on "Importance of breakfast in teenagers" was done on teenagers age group 13-25 years on **Survey Heart** - online website.

Age types of respondents

By thoroughly reviewing the above survey report, the result of the first inquiry shows the vast majority of the participants are between 21-25 yrs and 16-20 yrs and the maximum number are college students. 11 students from school and 5 other students.

1. Age

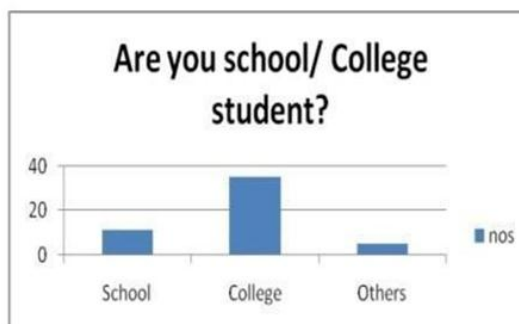
Age	nos
10-15 yrs	2
16-20 yrs	17
21-25 yrs	29
26-30 yrs	2
31-35 yrs	1



Profession of respondents

2. Are you school/ College student?

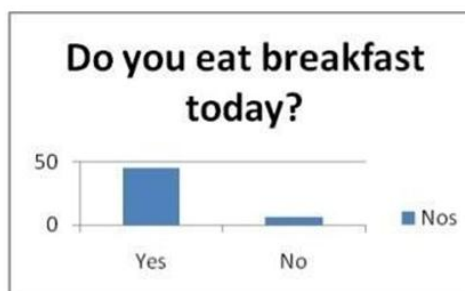
Response	nos
School	11
College	35
Others	5



Breakfast consumption during the day

3. Do you eat breakfast today?

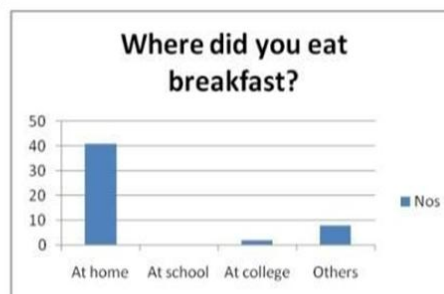
Response	Nos
Yes	45
No	6



The places where breakfast was consumed

4. Where did you eat breakfast?

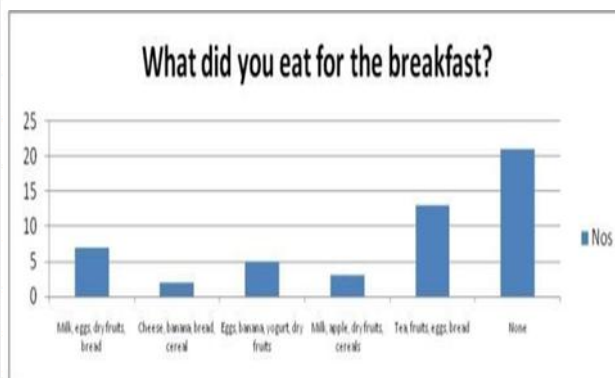
Response	Nos
At home	41
At school	0
At college	2
Others	8



Types of meals consumed for students

5. What did you eat for the breakfast?

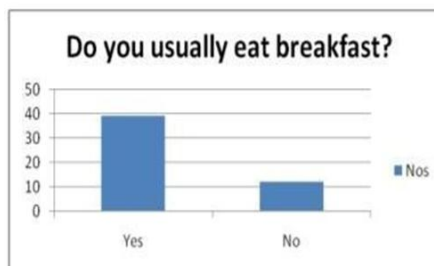
Response	Nos
Milk, eggs, dry fruits, bread	7
Cheese, banana, bread, cereal	2
Eggs, banana, yogurt, dry fruits	5
Milk, apple, dry fruits, cereals	3
Tea, fruits, eggs, bread	13
None	21



Usually breakfast consumption

6. Do you usually eat breakfast?

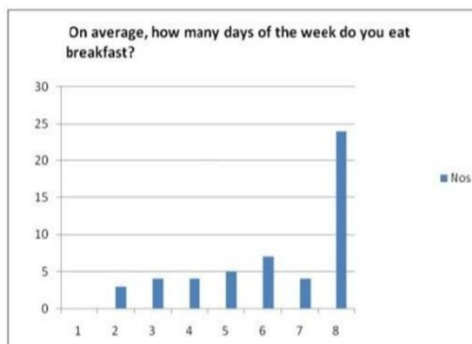
Response	Nos
Yes	39
No	12



Number of days consumed for breakfast

7. On average, how many days of the week do you eat breakfast?

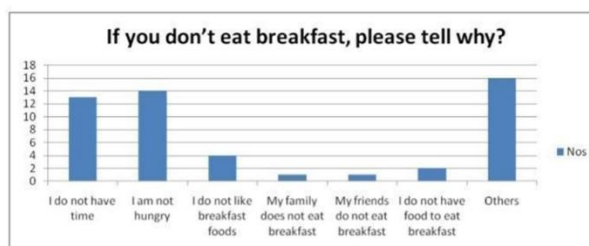
Response	Nos
0	0
1	3
2	4
3	4
4	5
5	7



Reasons to skip breakfast

8. If you don't eat breakfast, please tell why?

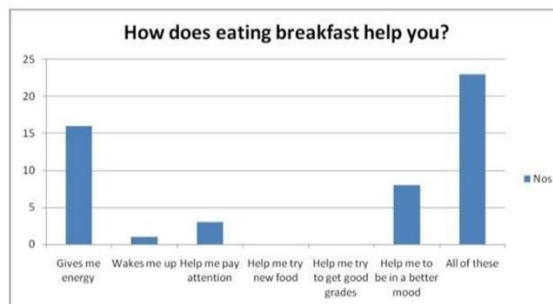
Response	Nos
I do not have time	13
I am not hungry	14
I do not like breakfast foods	4
My family does not eat breakfast	1
My friends do not eat breakfast	1
I do not have food to eat breakfast	2
Others	16



Importance of breakfast in health

9. How does eating breakfast help you?

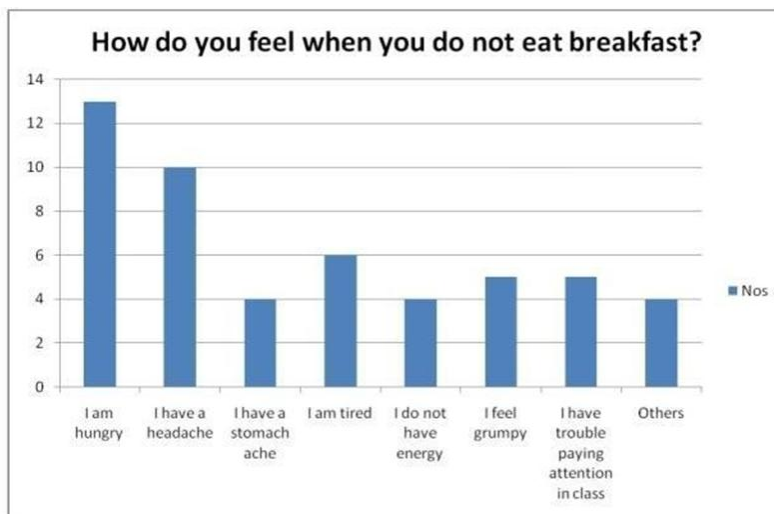
Response	Nos
Gives me energy	16
Wakes me up	1
Help me pay attention	3
Help me try new food	0
Help me try to get good grades	0
Help me to be in a better mood	8
All of these	23



How the body feels skipping breakfast

10. How do you feel when you do not eat breakfast?

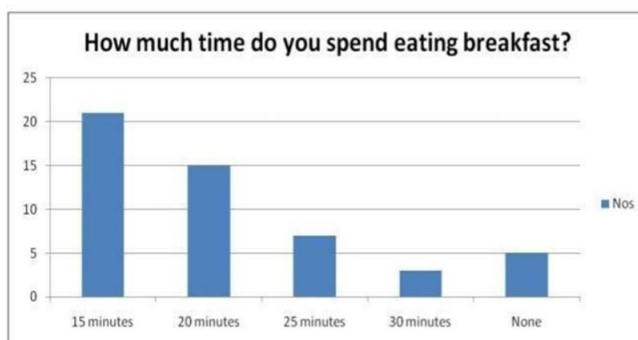
Response	Nos
I am hungry	13
I have a headache	10
I have a stomach ache	4
I am tired	6
I do not have energy	4
I feel grumpy	5
I have trouble paying attention in class	5
Others	4



Time spend for breakfast

11. How much time do you spend eating breakfast?

Response	Nos
15 minutes	21
20 minutes	15
25 minutes	7
30 minutes	3
None	5



Agreement on the quality of breakfast

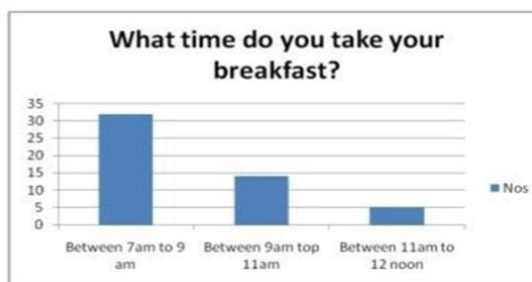
12. Do you think the breakfast you eat provide balance nutrition?

Response	Nos
Yes	35
No	5
Not sure	11



Time take for breakfast

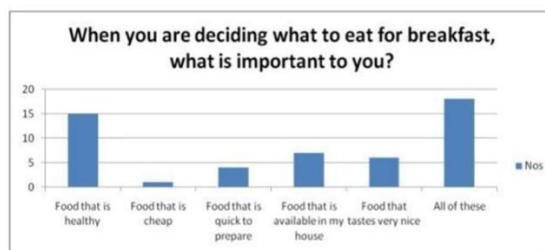
Response	Nos
Between 7am to 9 am	32
Between 9am top 11am	14
Between 11am to 12 noon	5



Types of breakfast

14. When you are deciding what to eat for breakfast, what is important to you?

Response	Nos
Food that is healthy	15
Food that is cheap	1
Food that is quick to prepare	4
Food that is available in my house	7
Food that tastes very nice	6
All of these	18



Result and Discussion

This part discusses the data analysis of collected data. The purpose of this study was to identify what kind of meals they take in the morning, is it healthy or not, where they take breakfast and reasons to skip breakfast. By thoroughly reviewing the above survey report, the results of the first question shows that the vast majority of the participants are between 21-25 yrs and 16-20 yrs and the maximum number are college students. 11 students from school and 5 other students. In the third question, results indicated that the majority of students (45) take their breakfast in the morning, only six students responded they do not take breakfast. In the fourth question, we wanted to know where they take their breakfast. The chart illustrates clearly that most people (41) take their breakfast at home. Some students (8).

stated that they take breakfast in other places. The chart indicated that no students eat breakfast in school. Less number of students (2) take it in college. The fifth question chart shows the different type of meals students take. Maximum students (13) prefer to eat fruits, eggs and bread, and also seven students take milk, eggs, and dry fruits. Less number of participants said that they take cheese, bananas and yogurt. There were a total of 51 participants who responded to six question. In this one result we want to know if students usually eat breakfast . Therefore, the majority responded (39) said yes and less number of students (12) said no. In the seventh question, the table indicates how many days of the week they eat breakfast. Chart shows that most students take breakfast the whole week. Nobody responded by not eating everyday.

In this project the aim is to identify why some students skip breakfast for many reasons. Eight question clearly showed it to us. The chart and graph shows 13 students(25%) skip breakfast because they do not have sufficient time to eat. 14 students said they are not hungry and also very few students (4) skip breakfast because they do not like breakfast foods. Most common reason for skipping breakfast is lack of time. Breakfast being the first meal of the day but most of them , due to lack of time, as they are unable to get up early in the morning , need to go to classes , and may be late for school . However , students skip breakfast meals , as most students are not aware of the importance of it, especially breakfast. Majority of students said breakfast gives them energy and helps to be more conscious, helps to eat new food , helps to get high marks in exams and supports being in a freshmood. Majority of them selected all of these responses. Studies actually manifest that quality breakfast has a good effect on a student's fulfillment , memory and concentration. On the overall rating of the students , out of 51 students , 13 students (25%) said that they feel hungry , 10 students (19%) said they have headache , average students (5) selected they feel trouble paying attention in the class. 6 students (11%) said they feel tired and do not have energy when they do not eat breakfast. Majority of students, among 51, 21 participants take 15 minutes , 15 students take 20 minutes, 7 students take 25 minutes to take their breakfast. It indicates their demand and interest to have breakfast. In the thirteenth question, out of 51 students , 32 students took breakfast between 7am to 9am , 14 students took it between 9am to 11am. Small number of students take between 11am to 12noon . Maximum students (18) showed that they want to eat food that is healthy , that is cheap , quick to prepare , available in house , and very tasty and nice. They recommend food that is healthy are better than food available in their houses.

According to the findings of the present study, breakfast skipping affects a number of parameters such as concentration, grades obtained, and attendance. Eating less nutritious foods such as whole grains, milk, vegetables, and fruits, on the other hand, increases the consumption of a variety of foods, such as junk foods that are high in saturated fat. Thus, skipping breakfast affects both students' nutritional status and school performance. Therefore, the importance of breakfast should be included in the public health program and in school education. Parents, teachers and healthcare professionals should be made aware of the adverse effects of skipping breakfast. School cafeterias should have a healthy eating guide to catering to students. There were some limitations like;

Nutritional status can be considered as a weighty anthropometric parameter for assessing student age. If you do a study on the same topic in the future; A detailed 24-hour recall can be used to calculate the nutrient content of foods. A comparative study can be made of the pattern of skipping breakfast among students in public and private schools. As school children and adolescents are the basis for adapting to future lifestyles, there is a need on the part of parents, teachers and health professionals to encourage them to adopt a healthy lifestyle through healthy eating habits. It can create a healthy future generation.

Chapter 04

Conclusion

Conclusion and summary of main findings

According to findings of the study, providing school children with an appropriate healthy breakfast promotes a healthy lifestyle. Before starting the university day, kids who eat a wholesome breakfast have elevated concentration, appear at scores, energy, diet and mineral intake, and even an extra wholesome life-style and weight. Breakfast is especially necessary for younger pupils. Teenagers who eat morning meals before opening their college day now not solely pay interest better, but additionally function better on mathematics, reading, and science exams. Teenagers in college that take breakfasts, classification shows roughly 25% good marks in maths, comprehension and other assessments, in accordance with research posted in the Journal of Economics. This, according to researchers, is due to the fact breakfast offers the power wished to elevate cognitive, or thinking, efficiency and problem-solving capabilities. However, it is now not honestly about educational fulfillment and concentration.

Breakfast can make it easier for students to achieve their daily micronutrient intake. Children who eat breakfast on a daily basis receive 50 percent more iron, vitamins. According to research published in the international Frontiers in Human Neuroscience. Breakfast eaters also get a huge amount of fibre and have decreased their body weight, cholesterol level than the skippers. Prior to starting the college day, college students who consume an exact breakfast have greater concentration, examination results, strength, nutrition and mineral intake, and even a healthy way of life weight. Breakfast is mainly crucial for young pupils, as the Genius consumes nearly 1/2 of the body's energy.

Nutrients lost due to skipping breakfast can't be changed with other foods. Morning meal or first meal of the day is the play important part of the day. According to a study published in "Public Health Nutrition," since it aids in replenishing the body and brain with power and jump-starts your metabolism, allowing the body to begin eliminating calories as early as the morning. According to the research, children who miss breakfast are more prone to overeat and have a poorer diet than children who have breakfast every day. Increased body mass index (BMI) measurements could result as a result of this. Some youngsters skip breakfast in order to lose weight, but this typically has the opposite result. Breakfast eaters consume more calories and cholesterol than non-breakfast

eaters. The body loses these calories as long as the teen is active throughout the day. Some children miss breakfast and skip lunch, returning home to eat continuously. Despite skipping meals, the teen gains weight since many snack items are high in saturated and trans fats. According to HealthyChildren.org, roughly 17% of youngsters are overweight as of the date of publication. Eating a high-fiber breakfast can assist individuals lose weight by helping them feel full and satisfied, reducing the need to munch during the day.

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