

Correlation between breakfast skipping, nutritional food intake, and obesity among young adult undergraduate students

S. Barani Shankar, Karthik Ganesh Mohanraj*

ABSTRACT

Introduction: The impact of skipping breakfast on the health of developing children, particularly in adolescents, remains a much-debated health issue. In general, the morning breakfast is the most vital food of the day, which nourishes and supplements the body with energy after a long overnight fasting. Thus, the aim of the study is to examine the relationship between breakfast skipping and type of breakfast consumed with nutrient intake, nutrient adequacy, and adiposity status by questionnaire-based survey. **Materials and Methods:** A total of 100 young adult undergraduate students of Saveetha Dental College were subjected for a list of standard and approved questions on the basis of breakfast, body weight, and nutritional food intake in their daily life. The data collected were analyzed systematically and were represented as pie chart for plotting the distribution of various responses. **Results:** Thus, it is inferred from the data that people who skip breakfast, improper balanced diet, insufficient physical activities in day-to-day life, craving oily foods, and lacking healthy nutritional intake, etc., seemed to have a correlation between breakfast skipping, healthy nutrition intake, and obesity. **Conclusion:** Regular skipping of breakfast and consuming malnourished, unhealthy junk foods may have a serious and deleterious effect on the health condition of the students and thereby affecting their entire body functionality leading to both psychological and physical disturbances.

KEY WORDS: Breakfast, Junk foods, Nutritional food, Obesity, Young adults

INTRODUCTION

The impact of skipping breakfast on the health of developing children, particularly in adolescents, remains a much debated health issue. The morning breakfast is the most vital food of the day generally, which nourishes and supplements the body with energy after a long overnight fasting. Several studies reported that morning food skipping is related with obesity,^[1] hypertension,^[2] lower dietary quality,^[3] and diabetes mellitus.^[4] It is identified through various analyses that, rather than skipping breakfast, having a supplement thick breakfast has increasingly great impacts on weight reduction.^[5,6] Several studies reported that morning food skipping is related with obesity, hypertension, and diabetes mellitus.^[7]

Young grown-ups who routinely eat have been found to have a superior eating regimen quality and a higher intake of key nutrition types, for example, natural product, dairy, and dietary strands, and moreover, they are additionally bound to fulfill the needs for micronutrients.^[8,9] Young students who skip breakfast, rather, will, in general, eat more malnourished foods, craving, and gorging.^[10] Breakfast decision may particularly or adversely influence breakfast quality, and similarly, as with any eating event, it gives a chance to improve intake of supplements.^[10]

Proposed rules for balanced breakfast incorporate fiber-rich whole grains, natural product, low-fat dairy items, proteins, etc.^[11] Regular utilization of a morning meal may diminish the danger of obesity and other related conditions.^[12] Having breakfast regularly may help to decrease dietary fat and limit accumulation of body adipose tissues.^[13] Avoiding breakfast may hinder the growth of children and progressively influence the adulthood, and both dietary practices are

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Department of Anatomy, Saveetha Dental College, Saveetha Institute of Medical and Technical Sciences, Saveetha University, Chennai, Tamil Nadu, India

***Corresponding author:** Karthik Ganesh Mohanraj, Department of Anatomy, Saveetha Dental College, Saveetha Institute of Medical and Technical Sciences, Saveetha University, 162, Poonamallee High Road, Chennai - 600 077, Tamil Nadu, India. Phone: +91-9940545168. E-mail: karthikganesh.0446@gmail.com

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related with increased weight gain from childhood to adulthood.^[14,15]

MATERIALS AND METHODS

A total of 100 young adult undergraduate students of Saveetha Dental College were subjected for a list of standard and approved questions on the basis of breakfast, body weight, and nutritional food intake in their daily life. The irregular breakfast eaters were compared with regular breakfast eaters with reference to their body weight, physical activity, and nutritional food intake. The data collected were analyzed systematically and were represented as pie chart for plotting the distribution of various responses.

RESULTS

From the survey questionnaire, it is inferred that among the 100 students, 64% of the young adult populations were skipping breakfast. 71% of the students were not doing physical activity in any form, with 29% of students doing their regular exercise and involved in the outdoor sports activity. The frequency of performing moderate physical activity among the students were categorized as once in a day, once in a week, twice a day, alternate days, and never, and it was found to be 11.5%, 23.7%, 3.2%, 22%, and 39.6%, respectively [Figure 1].

The percentage of students following balanced diet comes around 28% mixed diet, 22.7% carbohydrates, 15.9% protein, 12.9% fat, and 22.58% of students who does not take any nutrient based diet. The responses obtained through various survey questions are analyzed and were represented in graphical pie chart form for easy interpretation as shown in Figure 2.

DISCUSSION

Thus, it is inferred from the data that people who skip breakfast, improper balanced diet, insufficient physical activities in day-to-day life, craving oily foods, and lacking healthy nutritional intake, etc., seemed to have a correlation between breakfast skipping, healthy nutrition intake, and obesity.^[16] Breakfast skipping leads to insufficient nutrient supply to the body which leads to obesity and thus leading to both physical and psychological problems.^[17] The morning meal eaters remained healthy and had good habits such as active and enthusiastic in their daily works, increase of efficiency in their work and less craving for junk foods and ultimately maintained a better quality of healthy life.^[18]

Among college students, regular breakfast intake is contrarily connected with abundance weight and legitimately related with better dietary and improved practice of physical activity.^[19] Along

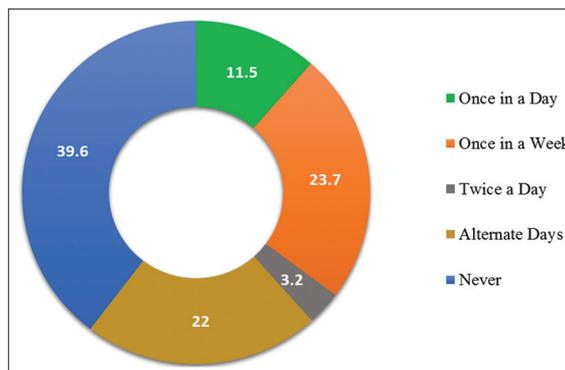


Figure 1: Representing the frequency of performance of physical activity among students

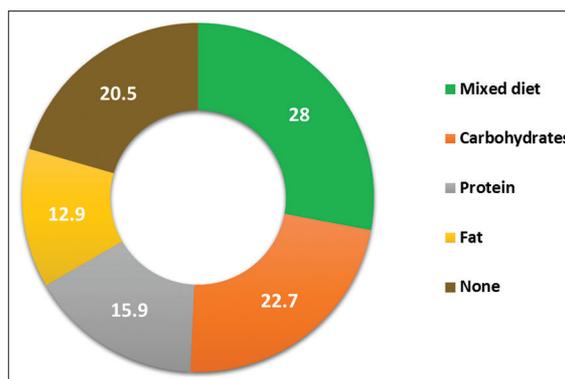


Figure 2: Representing the preference of type of diet followed by students

these lines, breakfast adds to the quality and amount of an individual’s everyday dietary admission, and breakfast avoiding has been connected to insufficient dietary sustenance.^[20] Regular breakfast intake is firmly connected with diminished impact of a range of metabolic conditions, for example, heftiness, diabetes, cardiovascular infection, and so on.^[17] This investigation gives proof of expanding pattern of breakfast skipping in young adults, corresponds with being related to various medical issues.

CONCLUSION

Considering such a high predominance of breakfast skipping with related unfavorable well-being result, the activity must be taken to screen and make individuals mindful in regard to the significance of breakfast eating. Regular skipping of breakfast and consuming malnourished, unhealthy junk foods may have serious and deleterious effect on the health condition of the students and thereby affecting their entire body functionality leading to both psychological and physical disturbances.

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