



HEALTH NOTES



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Adventist Medical
Evangelism Network

AMEN's mission is to motivate, train, and equip Seventh-day Adventist healthcare professionals to team with pastors and members, uniting the church to restore Christ's ministry of healing to the world, hastening His return.

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Dangers of Skipping Breakfast

Mothers, doctors, and nutritionists have been advising people to "eat a good breakfast" for more than 100 years. American adults have not been heeding this advice. In 1965 86% of people ate breakfast regularly, but this dropped to only 75% in 1991. Does it make any difference if you skip breakfast?

Until recently, there was no scientific evidence to indicate how important a nutritious breakfast really is. A large study now shows that breakfast is extremely important to good health.¹

The study population included over 50,000 health professionals from various disciplines who were 40-75 years of age at the beginning of the study. These people were free of coronary heart disease and cancer. There were some participants with diabetes, high blood pressure and high cholesterol, but including these people didn't alter the results of the skipping breakfast study. This study continued for 16 years. During this time over 1,500 heart attacks occurred in the study population.

In this study, those who skipped breakfast had a **38% increase in heart attacks** compared to those who regularly ate breakfast. Those who skipped breakfast were also **15% more likely to gain weight** and **21% more likely to develop diabetes** than those who regularly ate breakfast.

Ellen White knew the benefits of a good breakfast. More than 100 years ago she wrote, "It is the custom and order of society to take a slight breakfast. But this is not the best way to treat the stomach. At breakfast time the stomach is in a better condition to take care of more food than at the second or third meal of the day. The habit of eating a sparing breakfast and a large dinner is wrong. Make your breakfast correspond more nearly to the heartiest meal of the day." *Counsels on Diet and Foods* 173

In the wilderness of wandering, the children of Israel were fed by God for 40 years. God rained down manna during the night and it was ready to be collected for a good breakfast every morning. The Bible says, "So they gathered it every morning, every man according to his need." **Exodus 16:21 (NKJV)** God knew the benefit of starting the day with a good breakfast.

So, the old advice, "Eat a good breakfast" is true. It has been confirmed by a large scientific study. Eat a healthful breakfast every day and enjoy better health.

**Summary: Skipping Breakfast results in:**

1. 38% increase in heart attacks
2. 15% increase in weight gain
3. 21% more likely to develop diabetes.

Eat a nutritious breakfast every day!!!

¹ LE Cahill, et.al., "Prospective Study of Breakfast Eating and Incident Coronary Heart Disease in a Cohort of Male US Health Professionals", *Circulation* 2013;128:337-343.

