

### **Do you really need to eat breakfast?**

In 1960, Adelle Davis mentioned "Eat breakfast like a king, lunch like a prince and dinner like a pauper." This statement highlights the importance of breakfast among other meals, yet it is most commonly skipped. As its name suggests, we need to *break the fast*. Fasting is defined as minimal or absence of food intake from 12 hours through three weeks. This process is different to caloric restriction in which caloric intake is reduced from 20 - 40%. Moreover, another related term called

during the night. Breakfast also provides energy to jumpstart your day during the busiest part of the day. The study by Adolphus, Lawton and Dye in 2013 suggests that habitual eating of breakfast is linked to improved academic performance, with pronounced effects in mathematics. Eating a nutritious and high-quality breakfast is better than the usual practice of eating heavy meals at night. When too much carbohydrates were taken prior to sleep, the tendency of such sugars to be stored as glycogen and excess glucose to be used as precursor of fats is

highly possible. These events lead to weight gain and furthermore, increase in sugar and lipid profile in the blood (Szajewska and Ruszczyński, 2010; de la Hunty et al., 2013).

