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What Are the Benefits of Having Breakfast Every Morning?

How is having breakfast every morning related to our lives? Here's what we found out based on studies conducted with Japanese people.

Benefits of Having Breakfast Every Morning

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- Having breakfast every morning is related to the nutritional balance of the diet.
 - Having breakfast every morning is related to having an orderly life.
 - Having breakfast every morning is related to mental health.
 - Having breakfast every morning is related to academic performance, learning habits, and physical fitness.



Having breakfast every morning is related to the nutritional balance of the diet.

Studies show that having breakfast every morning is related to the balanced intake of nutrients and food.

Benefits of Having Breakfast Every Morning

Compared to those who do not, people who eat breakfast tend to...

- ① Get more protein, carbohydrates, iron, vitamin B1, vitamin B2 and other nutrients (studies with college students and adults).^{*1}
- ② Eat more cereals, vegetables, and eggs (studies with junior high school students, college students, and adults).^{*2}



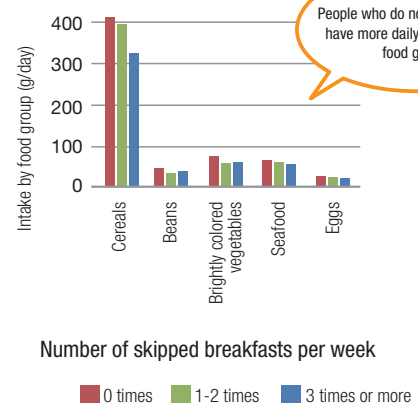
Research Note

People who eat breakfast can take in more nutrients and food!?

Who were the subjects?	2,069 freshmen (females) at 22 universities, junior colleges and vocational schools in 13 prefectures
What was this study about?	The study examined the relationship between the number of skipped breakfasts per week and the intake of nutrients and individual food groups.
What was found out?	Students who eat breakfast daily have higher intakes of many nutrients such as energy, protein, oils and fats, carbohydrates, minerals, vitamins, fatty acids, and food fiber, compared to students who skip breakfast three or more times a week. By food group, these students ate more cereals, beans, brightly colored vegetables, seafood, and eggs.

YAMAMOTO Mikiko et al. (2006), "The effects of skipping breakfast habits on total daily nutrition and food intake during adolescence," Kenkō-shien, 8 (2), p. 97-105 [Article No. 104]

Relationship between the number of skipped breakfasts and intake by food group



^{*1} Article No. (Breakfast): 1, 23, 24, 92, 104, 110

^{*2} Article No. (Breakfast): 1, 23, 24, 45, 72, 92, 104, 110

The list of articles can be found here (MAFF website): <http://www.maff.go.jp/j/syokuiku/evidence/index.html>

Having breakfast every morning is related to having an orderly life.

Studies show that having breakfast every morning is related to having an orderly life.

Benefits of Having Breakfast Every Morning

Compared to those who do not, people who eat breakfast tend to...

- ① Wake up and go to bed earlier (studies with infants, elementary school, junior high school, and high school students).^{*1}
- ② Have better sleep quality and are less likely to suffer insomnia (studies with infants, junior high school students, and adults).^{*2}



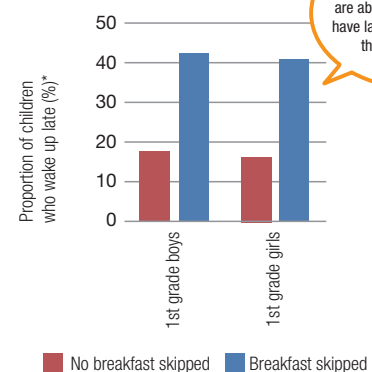
Research Note

Children who skip breakfast are late to wake up!?

Who were the subjects?	A follow-up survey was conducted on 10,450 babies born in Toyama Prefecture in 1989 over the following 13 years.
What was this study about?	The relationship between having breakfast and the children's lifestyle habits was examined when they were in first grade, fourth grade, and first grade.
What was found out?	In all grades, children who skipped breakfast had a tendency to wake up and go to bed later and sleep less. It was also shown that children who skip breakfast often eat night snacks, indicating that eating breakfast is related to having an orderly life.

TOKUMURA Mitsuaki et al. (2004), "Relationship between the Breakfast Skipping Habit and Obesity in Children," 108 (12), p. 1487-1494 [Article No. 119]

Relationship between skipping breakfast and wake-up time



*Children who wake up after 6:30 a.m. are classified as children who wake up late.

*1 Article No. (Breakfast): 18, 23, 47, 84, 90, 91, 107, 116, 119, 145, 146, 147, 150, 153

*2 Article No. (Breakfast): 11, 16, 21, 51, 128, 153

The list of articles can be found here (MAFF website): <http://www.maff.go.jp/j/syokuiku/evidence/index.html>

Having breakfast every morning is related to mental health.

Studies show that having breakfast every morning is related to mental health.

Benefits of Having Breakfast Every Morning

Compared to those who do not, people who eat breakfast tend to...

- 1 Feel less stress (studies with junior high school students and adults).^{*1}
- 2 Report complaints about their mental condition (such as “irritated” or “cannot concentrate”) less often and are able to maintain a good state of mind (studies with elementary school, junior high school, high school, and college students).^{*2}
- 3 Have more positive opinions about their family and friends (responses like “they are important to me” and “I enjoy being around them”) (studies with elementary school and junior high school students).^{*3}



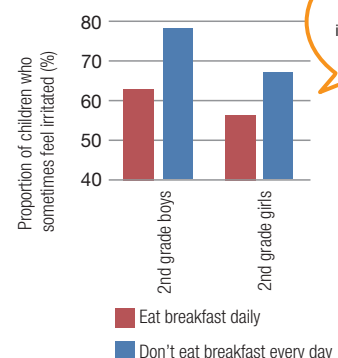
Research Note

Children who do not eat breakfast every morning tend to get irritated more easily!?

Who were the subjects?	15,686 elementary and junior high school students in Hiroshima Prefecture
What was this study about?	The relationship between having breakfast and feeling irritated.
What was found out?	Compared to children who eat breakfast every morning, a higher percentage of those who do not responded that they were irritated “constantly,” “frequently,” or “sometimes.”

TAMURA Norihisa et al. (2013), “The Proposal of Important Lifestyle Habit for Abatement of Sleepiness and Irritation: The Lifestyle Survey for 16,421 Children in Hiroshima Prefecture,” 72(3), p. 352-362 [Article No. 44]

Relationship between skipping breakfast and feeling irritated



Children who skip breakfast are more likely to feel irritated than children who eat breakfast every day.

*1 Article No. (Breakfast): 8, 75, 99, 103

*2 Article No. (Breakfast): 44, 97, 124, 148

*3 Article No. (Breakfast): 31, 116, 118

The list of articles can be found here (MAFF website): <http://www.maff.go.jp/j/syokuiku/evidence/index.html>

Having breakfast every morning is related to academic performance, learning habits, and physical fitness.

Studies show that having breakfast every morning is related to achieving better academic performance, physical fitness, and learning habits.

Benefits of Having Breakfast Every Morning

Compared to those who do not, people who eat breakfast tend to...

- ① Have better academic performance (i.e. get better grades and achieve higher test scores) (studies with junior high school students).^{*1}
- ② Be able to study for longer (studies with elementary school, junior high school, and high school students).^{*2}
- ③ Achieve better physical fitness scores (studies with elementary school students to adults).^{*3}



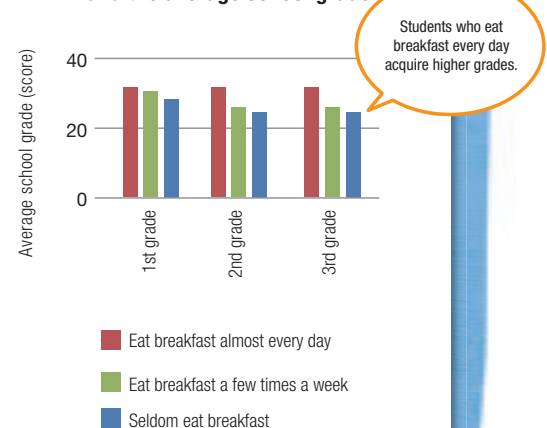
Research Note

Children who eat breakfast every day tend to achieve better school grades!?

Who were the subjects?	648 1st- to 3rd-grade junior high school students in Okayama Prefecture
What was this study about?	The study examined the relationship between having breakfast and school performance.
What was found out?	In the 2nd and 3rd grade of junior high school, the average school grade (the total scores for nine school subjects: 45) was higher among children who eat breakfast almost every day compared to those who eat breakfast a few times a week or those who seldom eat breakfast.

NONOUE Keiko et al. (2008), "The relationship between life style and subjective symptoms, and academic records of junior high school students in Okayama City," Gakkō Hoken Kenkyū, 50, p. 5-17 [Article No. 95]

Relationship between having breakfast and the average school grade



*1 Article No. (Breakfast): 8, 95

*2 Article No. (Breakfast): 64, 84

*3 Article No. (Breakfast): 66, 149, 152

The list of articles can be found here (MAFF website): <http://www.maff.go.jp/j/syokuiku/evidence/index.html>