

Breakfast pattern of adults in Asia and its association with chronic disease development

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Breakfast is the most important meal of the day. It sets the mental, emotional and physical condition for important activities throughout the day. Among adults, breakfast intake has been shown to be associated with the prevention of obesity and chronic disease development. Hence, regardless of age, skipping breakfast should be avoided. However, eating any food for breakfast may not be right too. One should also ensure having a nutritious and balanced meal as breakfast as each nutrient provides benefits to the body differently. There is numerous research publications related to children's breakfast. However, little attention was focused at investigating problems related to adult's breakfast especially in Asia. Nevertheless, based on available resources, this presentation will highlight several issues related to breakfast skipping among adults, breakfast intake between urban and rural area, adult breakfast quality and its association with chronic disease development such as obesity and type 2 diabetes.