Skipping Breakfast Everyday Keeps Well-Being Away

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Abstract
Breakfast, the principal meal of the day, is viewed as the most vital dinner for the duration of the day. As nutritionist Adelle Davis broadly returned it during the 1960s: "Have breakfast like a lord, lunch like a ruler and supper like a homeless person". Breakfast is most normally skipped feast more than lunch and supper explicitly in the youthful grown-up in the college think about period and the individuals who wake up late. Absence of time is the principle explanation for skipping suppers, all in all, absence of hunger, failure to cook, fasting/religion, and not being eager. Many people are used to be in a hurry for job, business, and children’s school in the morning where a filled stomach may prevent them to walk a long way. It is obvious that the irregular omission of breakfast may be effective in energy intake reduction over the next 24 h and in this day, exercise performance may be compromised. There is no evidence that breakfast skipping reduces overeating or prevents weight gain. Some people argue that breakfast and good health is a marketing strategy by breakfast companies.

Keywords: Breakfast, meal, appetite, omission, energy

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INTRODUCTION
The simple definition of breakfast is “the first meal of the day,” which is consistent with the etymology to “break” the “fast”. It is simply identified as “the first meal of the day, consumed within 2 h of waking, before starting daily activities. Experts say that people who eat breakfast are less likely to overeat the rest of the day. According to the American Heart Association in 2017, breakfast-eaters tend to have lower rates of heart disease, high blood pressure and high cholesterol. It might be better to skip dinner for weight loss; even eating an early dinner can boost calorie burn, according to Times Magazine. Moreover, it was found that Japanese people has decreased energy intake but the percentage of obese people has increased. This suggests that the timing of meals is related to obesity. However, skipping meals has become an increasingly popular part of modern life, especially in young adults. It was found that irregular omission of breakfast might be effective in energy intake reduction over the next 24 h if the breakfast is habitually consumed and, in this day, exercise performance may be compromised. Cardiac function and sugar control mechanism disrupted along with weight gain, declined wits, mood swing, lethargy, bad breath, low cortisol, chronic inflammation, worsen periods in women were commonly reported.

SKIPPING BREAKFAST: AN UNHEALTHY APPROACH
Unhealthy dietary behaviors play a crucial role in increasing the upcoming risk of chronic diseases [1]. Breakfast is recommended to contain 20–35% of daily energy needs [2]. It is considered as the most important meal of the day as a part of a healthy balanced diet [3]. Breakfast habits are significantly associated with physiological, psychological, and social health dimensions [4]. Several studies reported associations between breakfast skipping and fatigue at noon, worsens memory and higher body mass index (BMI) as well as increased prevalence of obesity-related chronic illness [5–7]; deficient in total energy, vitamins and minerals [8], increased risk of central adiposity [9], and risk of insulin resistance and cardiometabolic disorders [10]. If the stomach is kept empty for a long time, the body will suffer a deficiency of proteins and glucose. Then blood sugar will drop down followed by mood swing [11]. In an Italian population-based study, there is a positive association between headache and meal skipping.
especially due to the irregular intake of breakfast [12]. Breakfast is often described as the most important meal of the day, providing as it does sustenance and energy (i.e., calories) for whatever activities laid ahead [13]. Some studies have used solid foods only as breakfast and neglected other highly calorific beverages available, even with the fact that there are “differences in gastric emptying rate and metabolic response to different nutrients in solid versus liquid form” [14].

“BREAKFAST” INTERPRETATION IN LIFE SCIENCE
A calorie is a balance of net energy does not differentiate between ingested nutrients or calories regarding chewing or not. By definition, it is the amount of heat required to raise the temperature of 1 gm of water from 14.5 °C to 15.5 °C. 1 calorie = 4.184 joules. An amount of 209.2 kJ (50 kcal) is an appropriate starting spot to dismiss common behaviors that would not be recognized as a meal by most of the people. On the other hand, “time of day, time of waking, and/or the intervals that differentiate separate eating occasions” are also important considerations [15]. A duration of 2 h after waking up was used in the definition of breakfast meal and has been differentiated from snacks by a cut-off point of 1,087.8 kJ (260 kcal) and independent consumption cases secluded on the basis of a 45 min period [16, 17]. Generally, it is sensible for an operational definition of breakfast to exemplify as “the first meal consumed within 2 h after prolonged sleep in any 24 h duration,” which represents the extended daily time consumed in the fasted-situation and the only time when most of the people are really post-absorptive [17, 18].

A COMMON ISSUE OF BREAKFAST SKIPPING WITH YOUNG ADULTHOOD
Meal skipping rates may be highest during young adulthood—a period of transition and development [19]. Silliman et al. and Sakamaki et al. reported a high prevalence of meal skipping among young adult population ranging from 24% to 87% [20, 21]. Several studies reported that recurrent missed breakfast among different age groups was more than lunch and dinner. Among the sample of Americans from different ages, the rate of breakfast skipping was nearly 11% comparing with lunch skipping around 10% and dinner skipping for more than 5% [22, 23]. Another study among college students at the University of North Carolina, Charlotte revealed that nearly half (44.2%) of the understudies never take their morning meal contrasting lunch (3.5%) and supper (2.3%) [24]. Australian youthful grown-ups announced having breakfast under 5 days out of each week, contrasted and 10% of kids and 33% everything being equal (>18 years) [25].

REASONS BEHIND BREAKFAST SKIPPING
Afolabi et al. reported that 48%, 19%, and 13% of Nigeria university students were skipping meals due to lack of time, appetite, and inability to cook, respectively [26]. Fasting/religion and money were mentioned by about 20% and 15% of Nigerian University students as a reason for skipping meals, respectively [27]. About a portion of Saudi Arabia University understudies were skipping meals since they didn't feel hunger while 33% of them don't have time and one-fifth skip dinners since they need to control weight [28]. The examination directed by Shaw uncovered that 52% of juvenile announced absence of time in the first part of the day as the principle explanation behind skipping breakfast [29]. Danquah et al. reported that lack of time, not being hungry, and eating late at night were the reasons behind skipping breakfast in 57%, 22%, and 5% of Ghanaian university students, respectively [30]. In the study conducted by Lee and Yoon [31] on Korean University students, the second cause of skipping breakfast after the lack of time (noted by 61%) was the habit (17.6%). A similar study was found with four private university students of Bangladesh, more than 50% of the respondents skipped their breakfast due to a variety of reasons including class pressure and had fast food after finishing their classes [32].

IMPACT OF SKIPPING BREAKFAST ON SUBJECTIVE APPETITE
High protein breakfast comprises of half protein, 30% sugar, and 20% fat answered to have more advantages on state of mind, sharpness, and consideration. This may be ascribed to that high-protein breakfast brought
about more steady glucose and insulin than sufficient protein breakfast [33]. It was also stated that protein keeps blood sugar levels while carbohydrate is important to offer energy to the body [34, 35]. Worldwide, there is a common thought that missing breakfast causes an increase in the desire for food, which stimulates overeating at following meals and induces weight gain [10]. Abstract craving factors, for example, "impressions of appetite, want to eat, and planned utilization" are evaluated as higher in breakfast skipping contrasting and breakfast eating conditions. Studies demonstrate that lunch admission was higher after breakfast skipping [36–39]. Amid 2015, two investigations directed by Clayton et al. [40, 41] where the morning meal speaking to 25% vitality supplies was taken at 8:00 am, and lunch and supper dinners at 12:30 pm and 18:00–19:00 pm, separately. A comparable reaction was noted when institutionalized lunch (with 35% of vitality necessities) and supper (with 40% of vitality supplies) dinners were conveyed so keeping up the vitality deficiency created by breakfast skipping. These findings revealed that inaccurate regulation of subjective appetite is a result of an energy deficit. However, it should be noted that subjective appetite sensibilities do not constantly portend following energy assimilation [42, 43].

EFFECT OF BREAKFAST SKIPPING ON APPETITE-MODULATION PERIPHERAL HORMONES
Part of the organization of appetite included numerous intestines peptides and among them the appetite motivator hormone ghrelin as well as hormones linked with satiation and satiety, like peptide YY (PYY), glucagon-like peptide-1 (GLP-1), glucose-dependent insulintropic polypeptide, cholecystokinin, and leptin. Acknowledgment of the response of such hormones to vitality dependability changeability could convey commendable information about healthful impedances (e.g., breakfast skipping) will be worthy out of the research facility climate [44]. Astbury et al. [35] reported that the orexigenic hormones, GLP-1 and PYY were superior up to 30 min after consuming a 1,050 kJ liquefied meal two and half hours later to breakfast intake, comparing with later to breakfast skipping. Yet, no variations in the orexigenic hormone ghrelin were reported. Also, missing breakfast led to an increase in glucose and insulin as a result of the liquefied meal, compared with breakfast eating. This inhibition of glycemic reaction to the second meal of the day is recognized as the “second meal effect” which is linked to glycogen storing [45]. In consistent, Gonzalez et al. [46] reported a trend in increasing glucose and insulin response to a 1,500 kJ liquefuent meal ate 3 h later to skipping, comparing with eating breakfast, even that active GLP-1 levels did not diverse between experiments (Figure 1).

BREAKFAST SKIPPING AND OBESITY
Skipping breakfast impacted both midsection outline and BMI than having supper over 3 h before rest [47]. An ethnic examination demonstrated relationship of overweight and heftiness in school-going Fijian juvenile young ladies [48]. A solid and congruous connection between breakfast skipping and heftiness; however, not overweight, detailed among kids in southeastern European populace [49]. Breakfast skipping is related with the risk of obesity in school-aged children [50]. Shockingly, in lean individuals, skipping breakfast for about a month and a half expanded the movement of qualities that helped them to consume fat; however, this impact was not seen in corpulent grown-ups [51]. A positive relationship between skipping breakfast, overweight and heftiness is internationally watched paying little respect to social decent variety [52]. Having breakfast in all populaces might be helpful. Huang et al. [53] likewise bolstered with the potential job of breakfast eating in heftiness counteractive action. Stoutness and coronary illness asserted in an ongoing report demonstrating that the individuals who skipped breakfast expanded their shot for solidifying or narrowing their heart’s veins [54]. Sexual orientation may have a key influence in breakfast skipping practices. In guys, breakfast skipping was related with expanded chances of being overweight/fat [55].
BREAKFAST SKIPPING AND CARDIAC COMPLEXITIES
Habitual avoidance was found to be associated with increased risk for development of coronary artery disease (CAD) and hypertension in Western India [56]. Among adults, skipping meals may be linked to excess bodyweight, hypertension, insulin resistance, and elevated fasting lipid concentrations. Men who skipped breakfast had nearly 30% higher risk of coronary heart disease (CHD) as compared with men who did not [57]. A relationship study between skipping breakfast and cardiovascular disease (CVD) risk factors such as blood pressure, serum lipids, smoking, and lack of exercise shows equivalent nature to lack of exercise, smoking, high blood pressure, and high serum total cholesterol [58]. More interestingly, a study in Brazil reflected that skipping breakfast is related to CVD risk factors in adolescents, and this relationship was mainly mediated by trunk fatness [59]. However, cardiovascular risk was found to be associated with both skipping breakfast and late dinner [1]. Also, commendatory changes in cardiovascular risk factors have been reported by regular Korean traditional diet for 12 weeks in hypertensive and diabetic patients [60].

DIABETES AND BREAKFAST
Skipping breakfast may increase the risk of T2 diabetes mellitus (T2DM) independent of lifestyles and baseline levels of BMI and fasting blood glucose (FBG) in middle-aged male and female, as reported by Uemura et al. [61]. An IRB approved study by Harvard School of Public Health (Boston, MA) revealed an increased risk of T2D in men even after adjustment for BMI [62]. A lower danger of T2DM and metabolic disorder, inciting enthusiasm for the impact of breakfast on starch digestion and pointers of T2DM hazard [63]. The Health Professionals Follow-Up Study, The Nurses’ Health Study, a Japanese report and the German EPIC companion give proof that standard solid breakfast utilization is related with enhanced glycemic control [61, 64–66]. Skipping breakfast was nearly connected with yearly changes in BMI and waist circumference (WC) among men, and having breakfast multiple times each week may keep the inordinate body weight gain related with skipping breakfast [67]. Likewise, advancement of metabolic firmness revealed in light of delayed fasting that may in the long haul lead to second rate aggravation and weakened glucose homeostasis [68].
ALTERED COGNITIVE FUNCTIONS
Skipping breakfast or eating a low-quality breakfast has a negative effect on cognitive function [69]. Glucose is the main fuel for brain function, and optimal cognitive function requires the maintenance of a stable blood glucose level [70]. Breakfast has a direct effect on blood glucose levels and, in turn, blood glucose levels have a direct effect on cognitive function [71, 72]. In general, the brain performs best when the blood glucose level is in the range of 80–120 mg/dl [73]. With the gradual depletion of blood glucose and, consequently, energy consumption, people begin to feel hunger and fatigue and experience a decline in cognitive function [74]. A number of studies have reported that skipping breakfast lowers cognitive function and work efficiency [75–77].

MOOD SWING AND PERFORMANCE
Psychological state and mood, all these variables can also be positively influenced by following healthy dietary practices and it is widely believed that one such practice is the regular consumption of breakfast [78]. Breakfast skipping has been considered as an important determinant of an unhealthy lifestyle including alcohol use, smoking, and sedentary lifestyle, as well as low educational attainment, mood changes, and depressive symptoms [79]. Rate of melancholy has expanded as of late and relationship between the recurrence of having breakfast and sorrow in grown-ups was found in an ongoing report. Absence of breakfast utilization is additionally connected with gloom among grown-ups with various financial components [80]. Kids who routinely devour breakfast are bound to have great supplement admissions including higher admission of dietary fiber, add up to sugar and lower add up to fat and cholesterol. Gainful impacts was announced by Katie et al., of breakfast for on-undertaking conduct in the classroom, for the most part in more youthful youngsters <13 years [81]. Then again, skipping breakfast and taking suppers unpredictably were related with the pervasiveness of weakness in restorative understudies [82].

LOW CORTISOL AND WOMEN’S HEALTH
Ladies would preferably do their hair over begin the day with some morning meal, says another review. Female breakfast captains show a disturbed cortisol musicality and hoisted circulatory strain [83]. Constant breakfast captains would show a comparative example of circling cortisol and adjustments in supper and stress-instigated cortisol responses. In view of a national overview, roughly 25% of American grown-ups skip breakfast. Skipping breakfast unfavorably influences menstrual disarrangement as detailed in two unique examinations in youthful understudies of Japan and Palestine [84–86]. Ladies from created nations are 2–4 times bound to have irritable bowel syndrome (IBS) than men [87, 88]. A study in Japan shows fasting (1–2 l of fluid each day, along with some nutrition through their vein) improves pain, discomfort, abdominal distension, diarrhea, anorexia, nausea and anxiety in IBS [89]. But breakfast is strictly recommended along with regular meal pattern in patients with IBS-C because it stimulates colon and increases the bowel movement [90, 91]. However, 40% women admit missing breakfast leaves them hungry mid-morning; nearly 30% report feeling tired and low in energy and 15% find it hard to concentrate. One in three women skips their meal in order to get ready for the day [92]. A thinning hair is reported in Reader’s Digest [93]. Teens that skip breakfast are almost twice as likely to have bad breath; more than 35% suffered with bad breath reported in International Journal of Dental Hygiene [94].

ABDOMINAL DISCOMFORT, ULCERATION AND CANCER
A Mexican study found association of skipping breakfast with gastric cancer [95] which is the third most common cancer in men and the fifth in women. Frequent deviation in meal timing over a prolonged period appears associated with increased risk of developing Helicobacter pylori (HP) infection and gastritis [96]. Skipping meals, leaving the stomach empty except for stomach acid, can create feelings of nausea [97-101].

CONCLUSION
Not only breakfast, skipping any meal often creates harm to health; although
fasting has its own advantage which is ritual in many religions. A healthy breakfast but not a heavy breakfast is highly recommended. Those who are in a rush can take a protein rich low volume diet. Protein shake as an alternative for breakfast is a common practice in many western countries but this discussion is not within the scope of this article. Skipping meal in IBS and gastroenteritis may found little benefit but no study ever pointed to skip a breakfast for those issues. A healthy breakfast is different for different people based on age, sex, lifestyle and physical activities. School/University going students should never miss a breakfast causes they badly need a jumpstart of energy for the day. Diabetic people should keep in mind that the same is important for them to sensitize insulin release. Rich or poor, young or elderly, all must have healthy refreshment in the morning for an energized and enthusiastic day start.

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