



A nutritious breakfast is very important

July 1, 2012

Stories of mothers telling their kids how important **breakfast** is to get the day started go back a long way. Yet, many people still do not take this age old wisdom seriously. A new study shows that the vital importance of a good breakfast daily goes beyond simply providing good energy for that day. A recent news release from the Institute of Food Technologists reports "**Skipping Breakfast Can Lead to Unhealthy Habits All Day Long.**"

According to a panel discussion during a symposium at the Institute of Food Technologists (IFT) 2012 Annual Meeting & Food Expo in comparison to breakfast-eaters, breakfast-skippers tend to weigh more and have other unhealthy habits, such as consuming too many sugary drinks or high-calorie snacks. Nancy Auestad, PhD, vice president of regulatory affairs at the Dairy Research Institute, has said research shows about 18 percent of Americans older than age 2 regularly skip breakfast.

Click [here](#) for online version.