



The forgotten

TCC staff discuss importance of

By Jonathan

In 2011, the NPD research group studying the breakfast habits of Americans found that over 31 million people do not eat breakfast on a regular basis.

With about 320 million people in the U.S., this means about 10 percent of the population will regularly walk out the door and not eat what many consider to be the most important meal of the day.

People skip breakfast for various reasons. Like other students, NE student Andy Dean gave explanations about running late, not being hungry and sleeping in too late to have time to eat.

“A good portion of the time, it just comes down to forgetting to eat breakfast or not being prepared,” he said.

NPD reported the top three reasons for skipping breakfast as not being hungry or thirsty, running late or being too busy. But that can have consequences.

Bobby Applewhite, NW health and physical education adjunct instructor, said the importance of breakfast is to kick-start the metabolism.

“Breakfast is breaking your fast from the night,” he said.

Carolyn Bass, TR nursing associate professor, concurs.

“The importance of a good breakfast is to initiate your metabolism and provide energy for your day,” she said.

Skipping breakfast can have a number of consequences including fatigue, low blood sugar, trouble concentrating or lack of focus.

“If the required nutrients are insufficient, the individual tends to experience a drop in the needed glucose level for the body,” TR nursing professor Irma Aguilar-Coker said.