

EFFECT OF BREAKFAST CONSUMPTION ON BODY MASS INDEX (BMI)

Petya Hristova^{1*}, Rozalina Yordanova², Magdalena Platikanova¹

¹Department of Hygiene, Epidemiology, Microbiology, Parasitology, and Infectious Diseases,
Medical Faculty, Trakia University, Armeyska 11, 6000 Stara Zagora, Bulgaria

²Medical College, Trakia University, Armeyska 9, 6000 Stara Zagora, Bulgaria

*e-mail: petia_14_1995@abv.bg

Abstract

Breakfast is one of the main meals of the day, which is essential for health. It is often defined as “the most important meal of the day” because it is the first meal after the break and fasting at night. Breakfast is the meal that should be balanced to provide the necessary energy for the day and to maintain better health. The purpose of the present study is to investigate the relationship between breakfast intake, its type and time of consumption, and body mass (BMI) values, which are directly related to health.

To carry out the study, a survey was conducted on the eating habits of 533 people (322 women and 211 men) aged 18 to 65 from the Stara Zagora region, Bulgaria. Anthropometric studies were performed - height and weight measurements, respectively, with a portable stadiometer and a calibrated electronic scale. The respondents' BMI was calculated. The results were processed with SPSS Statistics and the relationship between breakfast consumption and body mass index (BMI) was investigated.

The results show that a normal BMI corresponds to a regular breakfast in the morning in 52.5% of cases. The time of breakfast around 8 a.m. is confirmed as the most suitable. According to the data, 41.3% of people of normal weight have breakfast at this time. The healthiest breakfast foods are fruits and vegetables. The unhealthiest breakfast is pasta.

Breakfast retains its role as the main meal; more studies are needed to establish its relationship with the value of BMI and, accordingly, discover the risk factors for its increase and the unlocking of various diseases. Knowing these data would improve the prevention of several socially significant diseases and therefore the population's health.

Key words: Breakfast, Meal, Diet, Body mass index, Healthy eating.