BREAKFAST IS COMMONLY REFERRED TO AS THE MOST IMPORTANT MEAL OF THE DAY, BUT DID YOU KNOW THAT WHO YOU EAT BREAKFAST WITH COULD BE JUST AS IMPORTANT?

NOW, A RESEARCHER FROM THE UNIVERSITY OF MISSOURI HAS FOUND THAT WHEN TEENAGERS EAT BREAKFAST WITH THEIR PARENTS, THEY ARE MORE LIKELY TO HAVE A POSITIVE BODY IMAGE.

ASSISTANT PROFESSOR OF SOCIAL WORK VIRGINIA RAMSEYER WINTER SAYS THAT EATING BREAKFAST MORE FREQUENTLY DURING THE WEEK AND SPENDING MEALTIME WITH FAMILY MIGHT HAVE A SIGNIFICANT IMPACT ON THE WELL-BEING OF ADOLESCENTS.

“When we talk about eating meals with family and the benefits of that for young people we talk about dinner time a lot of the time, we don’t talk about eating breakfast together and a lot of times I think in families, breakfast is a very busy time of day, parents are getting ready, getting children ready, teens are getting themselves ready, and so I think that is something we don’t always think about during the week.”

BY ENCOURAGING THEIR TEENS TO REGULARLY SIT DOWN FOR A FAMILY BREAKFAST, PARENTS MIGHT BE HELPING THEIR CHILDRENS’ LONG-TERM WELL-BEING AND SELF-ESTEEM.

RAMSEYER WINTER SAYS THAT BODY IMAGE IS RELATED TO A VARIETY OF HEALTH ISSUES, SUCH AS DEPRESSION AND ANXIETY, RISKY SEXUAL BEHAVIORS, TOBACCO USE AND ALCOHOL USE. THESE FACTORS ALSO CAN IMPACT TEENAGERS’ PERFORMANCE IN SCHOOL.

“If a teen skips breakfast, or an adult for that matter, we are more likely to feel hungry, to be distracted, and things of that nature, we see that with teens in school, we know that youth learn better when they are not hungry.”

I’M CAILIN RILEY, WITH A MIZZOU SPOTLIGHT ON SCIENCE.