

The deeper truth of Breakfast



Often, one of the biggest arguments made against [Intermittent Fasting](#) is the importance of eating Breakfast.

After all, breakfast is largely considered to be the most important meal of the day

And it is true that eating breakfast has been associated with being fitter, leaner and healthier.

So breakfast must be important...

However, the power of breakfast may not be nutritional in origin.

Regular breakfast consumption is also strongly associating with having a higher socioeconomic status, a higher education, and probably most importantly, a higher level of food security.

Food-security means having consistent, reliable access to safe, nutritious food.

In other words, some people don't eat breakfast because there is no breakfast available to be eaten.

People with low-food security tend to have significantly higher odds of poor sleep quality, higher daily stress, and disordered eating behaviors compared to people with higher food-security.

Adults experiencing food insecurity are also more likely to die prematurely, with those that are **severely food-insecure adults die an average of 9 years earlier than their food-secure counterparts.**

So is it breakfast or is breakfast simply a marker of something much more important?

And, as mentioned earlier, while eating breakfast has been associated with being fitter, leaner and healthier, considering that for over a third of Americans 'breakfast' usually means a bowl of breakfast cereal, it is hard to think that it is the nutritional qualities of breakfast alone causing these effects.

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