Skipping Breakfast Is Bad for Your Heart

By Editorial Staff

What’s wrong with skipping breakfast? It could increase your risk of suffering a heart-related death. *Enough said.*

OK, let’s take a deeper look at the potential connection, if you haven’t already rushed off to ensure your pantry and fridge are well-stocked with breakfast essentials. According to recent research, people who never eat breakfast have a nearly 90 percent higher risk of cardiovascular mortality (death from heart disease or stroke) compared with people who eat breakfast every day.

Data on breakfast eating habits and heart-related deaths came from a sample of 6,500-plus adults ages 40-75 in a National Health and Nutrition Examination Survey (NHANES, 1988-94). Eating habits relative to the first meal of the day were divided into four frequency categories for comparison: never ate breakfast, rarely ate breakfast, had breakfast on some days or had breakfast every day.

don’t forget - Copyright à Stock Photo / Register Mark While the study, findings from which appeared in the *Journal of the American College of Cardiology*, did not prove skipping breakfast causes cardiovascular issues or death from them, it’s important to note the association. Also of note: Researchers accounted for other factors that might also cause heart-related death, including diet, lifestyle, body-mass index, age and disease status. They also point out that always skipping breakfast, as investigated in their study, is not the same as skipping breakfast as part of an *intermittent fasting* routine to restrict calorie intake.

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