

Relationship between Breakfast Behaviour and Body Mass Index (BMI)

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Breakfast is the first meal eaten in the morning in the day. Failure to eat a well-balanced diet in the morning has been documented to have a deleterious impact to the health such as nutritional disorders, non-communicable diseases and failure in cognitive performance. Ayurveda texts have mentioned that, consuming food in the morning enhance memory power, life span, energy, complexion, and lustre. Objective of present study was to study the relationship between breakfast behaviour and BMI.

Fifty males and females, between 20 to 60 years of age were randomly selected from Outdoor Patient Department in Ayurveda Teaching Hospital, Borella. Information was gathered on Socio demographic characteristic, the type of breakfast consumed, time of consuming, whether that breakfast was skipped or not, using a questionnaire. BMI were measured and that was compared with information gathered on breakfast behaviours. Statistical analysis was performed using SPSS, 17 version.

Mean age of study population was 42 years and 58% of them were females. According to BMI values 6% were underweight, 42% normal weight and 52% were overweight respectively. When comparing breakfast habits with BMI categories, there was no significant relationship with milk as a morning drink, rice and curry as a morning diet, vegetarian food, skipping breakfast ($p>0.05$). Consumption of tea as a morning drink was significantly related with BMI values ($p=0.023$). As well as taking refined wheat flour product as a morning diet, having breakfast at 6.00 a.m.to 9, 00.a.m. were significantly related with BMI, $P=0.017$ and $P=0.02$ respectively.

The study indicated that the drinking tea, consumption of refined wheat flour product and time of the taking breakfast were significantly related with BMI.

Key words: *Breakfast, Body mass index, Socio demographic characteristics*