



## The Trend of Breakfast Consumption in Adolescence and Diet Diversity in South of Iran

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**Background & Objective:** Adolescence is a crucial period that requires adequate nutrition. Breakfast is known as the most important meal of the day. It provides people with fuel to begin their day. It is a magnitude component of healthy eating and good nutrition. Because of skipping breakfast among adolescence, we aimed to examine the breakfast eating pattern.

**Materials & Methods:** the present cross-sectional study was carried out on 342 adolescent girl aged 13-17 years old in Bushehr. The dietary data and food pattern were collected through food frequency questionnaire and some separate questions about personal attitude of breakfast. Demographic information was gathered by another questionnaire. ANOVA test was performed between breakfast frequency intake and adolescent diet habits with P value <0.05.

**Result:** 14.7% of the participants took breakfast 1-2days/week, 19.8% 3-4 days/week, 15.8% 5-6 days /week, 48.2% of them ate breakfast every day, and 1.4% never took breakfast. 62.8% of parents left house after their child leave the house, 12.3% parents left the house early in the morning. ANOVA test revealed that those taking breakfast equal or more than 5-6 days consumed more dairy product, citrus fruits, cheers, watermelon, and lower junky food, chips, and salty snacks, significantly.

**Conclusion:** Taking breakfast regularly made more adherence to have proper dietary pattern. Skipping breakfast may be attributed to lack of time, desire to sleep longer in the morning, and lack of appetite and knowledge about the importance of breakfast among family and their children. Accordingly, school educational counseling session on convenient healthy food choice that can be taken as meal, is required for whole family to make more co-operation with their children.

**Keywords:** Adolescence, Breakfast, Eating Pattern, Macronutrients, Micronutrients