Relation between breakfast skipping and daily consumption of milk among a Pakistani group of children and adolescents

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Background: Many studies have evaluated the positive health effects of eating breakfast.

Aim: To evaluate the relation between breakfast skipping and daily consumption of milk among a Pakistani group of children and adolescents.

Methods: The study was done in Hashim Foods Industry, Lahore, Pakistan. Children and adolescents families residing in Lahore were contacted by phone to participate in the study during April 2015. Direct assessments by interview were obtained from 61 children and adolescents aged 5-16 years old, 33 girls and 28 boys.

Results: In this study, 55% of children and adolescents ate breakfast daily, 25% ate breakfast occasionally (2-3) times per week especially over the weekend (Friday and Saturday), while only 13% did not eat breakfast at all as they said did not like to eat in the morning or they did not have time for breakfast. 40% of the study group consumed milk daily at home as it is not offered in school cafeteria (in schools where the participants of this study group go). 79% of those who ate breakfast daily drank milk, out of those who ate breakfast occasionally 38% drank milk, while only 26% of those who skip breakfast drank milk. This shows that breakfast eating was associated with higher daily consumption of milk but not significant (p >0.05).

Conclusion: The results suggest that eating breakfast was associated with higher consumption of milk. However, further research about predictors of consumption and food environment at home and school may help identify ways to improve diets of children and adolescents in Pakistan.

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