

Is breakfast intake associated with achieving recommended nutrient intakes? (DGAC 2010)

Conclusion

Moderate evidence supports a positive relationship between the behavior of breakfast consumption and intakes of certain nutrients in children, adolescents and adults.

Grade: Moderate

Overall strength of the available supporting evidence: Strong; Moderate; Limited; Expert Opinion Only; Grade not assignable For additional information regarding how to interpret grades, [click here](#).

Evidence Summaries

What is the evidence that supports this conclusion? For more information, click on the Evidence Summary link below.

 [Is breakfast intake associated with achieving recommended nutrient intakes?](#)

Search Plan and Results

What were the search parameters and selection criteria used to identify literature to answer this question? For more information, click on the Search Plan and Results link below.

[Breakfast](#)