

Influence of Our Body

Message Modification – Relevant Studies

- 1) Association of breakfast consumption with body mass index and prevalence of overweight/obesity in a nationally-representative survey of Canadian adults**
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Published online 2016 Mar 31. doi: [10.1186/s12937-016-0151-3](https://doi.org/10.1186/s12937-016-0151-3)
PMCID: PMC4815143
Nutr J. 2016; 15: 33.

- 2) Breakfast consumption and adiposity among children and adolescents: an updated review of the literature.
Blondin SA¹, Anzman-Frasca S, Djang HC², Economos CD².

Pediatr Obes. 2016 Oct;11(5):333-48. doi: [10.1111/ijpo.12082](https://doi.org/10.1111/ijpo.12082). Epub 2016 Feb 4.

- 3) The causal role of breakfast in energy balance and health: a randomized controlled trial in obese adults^{1,2**}
Enhad A Chowdhury,³ Judith D Richardson,³ Geoffrey D Holman,⁴ Kostas Tsintzas,⁵ Dylan Thompson,³ and James A Betts^{3,*}

Am J Clin Nutr. 2016 Mar; 103(3): 747–756.
Published online 2016 Feb 10. doi: [10.3945/ajcn.115.122044](https://doi.org/10.3945/ajcn.115.122044)
PMCID: PMC4763497

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