

MoT, scientists find breakfast is the key meal for staying slim



cambridge news

Do you eat a hearty breakfast?
Tell us yes or no in our online poll by logging on to www.cambridge-news.co.uk

Big breakfasters put on less weight

BY DEN LEE

ADDENBROOKE'S Hospital researchers say skipping breakfast could make you fat.

Doctors from the Cambridge hospital conducted a five-year study into eating habits and found breakfast was the key meal of the day.

They found those who ate the biggest breakfast put on the least amount of weight – even though they consumed the most food in an average day.

Doctors discovered that consuming up to half the total daily energy intake at breakfast gives the body time to metabolise calories more efficiently.

Skipping breakfast starves the body and means it stores more of its lunches and dinners as fat, they say.

Research leader Prof Nicholas Wareham, director of the MRC Epidemiology Unit at the Institute of Metabolic Science, said: "It was not an 'experiment'. But we think there is a link between weight gain and when you take on calories.

"It is not a recipe for eating more. It is some advice for people to redistribute their calorie intake across the day. We would never recommend people to eat more. That would be rather perverse."

The study looked at 6,764 men and women living in Norfolk aged from 40 to 75.

Prof Wareham and his researchers found those who obtained between 0 and 11 per



SET UP FOR THE DAY: Left, John Major tucking in as Chief Treasury Secretary in 1989. Inset above, Prof Nicholas Wareham.

cent of their total daily energy intake at breakfast put on 1.23kg over 3.7 years – but middle aged men and women who consumed between 22 and 56 per cent only put on 0.79kg over the same period.

According to Prof Wareham, the findings may have serious implications for the fight against obesity, especially for older people.

He said: "In our study, all participants gained weight

over the follow-up period, on average; however, our data indicate that consuming a higher proportion of total daily calories at breakfast is associated with relatively lower weight gain in middle age."

David Haslam, of the National Obesity Forum, agreed starting the day with a good breakfast was a good way to tackle weight gain. But he said it depended what types of food were consumed.

"Breakfasts won't help you to lose weight if they are full of black pudding and fried bacon," he said.

One fan of big breakfasts is former Prime Minister Sir John Major, who famously enthused about eating a large early morning meal when he was Chief Secretary at the Treasury.

den.lee@cambridge-news.co.uk

Win's specs are found and so are her teeth!

ADDENBROOKE'S Hospital has finally found a patient's missing dentures and glasses – three weeks after they disappeared.

Relatives of Great Shelford resident Winifred Wilson, 68, claimed she was unable to eat at the home where she was moved after the hospital staff of being unwilling to provide replacements or assistance at mealtimes.

The missing items, as well as Mrs Wilson's wristwatch and clothes, were found in a ward of the Cambridge hospital on Friday.

Mrs Wilson was in hospital after breaking her hip.

Coun Nightingale said: "I am very pleased to have found them, but I still cannot believe so long – I have already paid £145 for replacement glasses.

"It shows what sort of job they must be doing with the cleaning if they couldn't find these things for almost three weeks."

A hospital spokesman confirmed that Coun Nightingale would be reimbursed for the glasses.

The spokesman added: "Addenbrooke's hospital so if something ends up in the wrong place it takes a long while to find.

"We would like to apologise to Mrs Wilson and her family for any distress caused."



MISSING GLASSES: Charlie and Susan Nightingale with their aunt Winifred Wilson at Addenbrooke's. Picture: Keith Heppell

Don't miss

Health & Wellbeing

In Living and Life, with the News every Saturday

Make time for a big breakfast

PEOPLE in Cambridgeshire are not eating big enough breakfasts, a *News* poll has revealed.

Yesterday the *News* revealed how an Addenbrooke's Hospital project had discovered that skipping the morning meal could make you fat.

And after 58 per cent of respondents to our online poll said that they did not start the day with a hearty meal, leading doctors at the Cambridge hospital have called on local residents to eat bigger breakfasts.

Dr Nita Farouhi, a researcher on the project, said: "It's not surprising that so many people don't eat breakfast at all, or have very little, given the fast pace of modern lifestyles."

"But our research suggests that this could be contributing to rising levels of obesity."

Skipping breakfast starves the body and makes it store more of its lunches and dinners as fat.

Dr Farouhi added: "People in Cambridgeshire should try to shift the balance of their calorie intake from later in the day into the morning."

10/1/08

CAMBRIDGE EVENING NEWS

A big breakfast can mean a little waist

By Daniel Martin

BREAKFASTING like a king and dining like a pauper really is the answer to middle-age spread, doctors have discovered.

Skipping breakfast starves the body of nutrients and prompts it to store more of lunches and dinners as fat, they say.

A study found that consuming up to 50 per cent of the total daily energy intake at breakfast gives the body time to metabolise calories more efficiently.

And whether a person has breakfast or not may affect weight gain more than the amount of food eaten throughout the day.

Doctors from Addenbrooke's Hospital in Cambridge conducted a five-year study into the eating habits of 6,764 men and women living in Norfolk aged between 40 and 75.

They found those who ate the biggest breakfast put on the least amount of weight even though they consumed the most food

through the course of an average day. Research leader Dr Nicholas Wareham said that energy intake among big-breakfasters was highest, while increase in body-mass index, and weight, was lowest.

He and his team of researchers found those who obtained between 0 and 11 per cent of their total daily energy intake at breakfast put on 1.23kg over 3.7 years, but middle aged men and women who consumed between 22 and 50 per cent, only put on 0.79kg over the same period.

They conclude: 'In our study, all participants gained weight over the follow-up period, on average; however, our data indi-

cate that consuming a higher proportion of total daily calories at breakfast is associated with relatively lower weight gain in middle age.'

Although the researchers say there could be unknown factors which explain the findings, they suspect it is more to do with the way the body metabolises calories.

If the body is starved of food for long periods, as is the case if breakfast is skipped in the mornings, then it begins to store more fat, resulting in weight gain.

According to Dr Wareham, the findings may have serious implications in the fight against obesity, specially for older people.

He told the American Journal of Epidemiology: 'From a public health perspective,

redistribution of daily energy intake, so that a larger percentage is consumed at breakfast and a lower percentage is consumed over the rest of the day, may help to reduce weight gain in middle-aged adults.'

David Haslam of the National Obesity Forum agreed starting the day with a good breakfast was a good way to tackle weight gain. But he said it depended what types of food were consumed.

'If you start off eating something slow-burning such as porridge or fruit, that is good because it will keep you ticking over until lunchtime, meaning you will not need to snack in the morning and you won't have the sugar or insulin surges that can lead to weight gain,' he said.

'But breakfasts won't help you lose weight if they're full of black pudding and fried bacon.'

AMANDA PLATELL IS AWAY