

THE BREAKFAST EFFECT

Eating A Big Breakfast Fights Obesity And Diabetes

93%

Americans *believe* breakfast is the most important meal

BUT

53%

Americans *skip* breakfast at least once a week

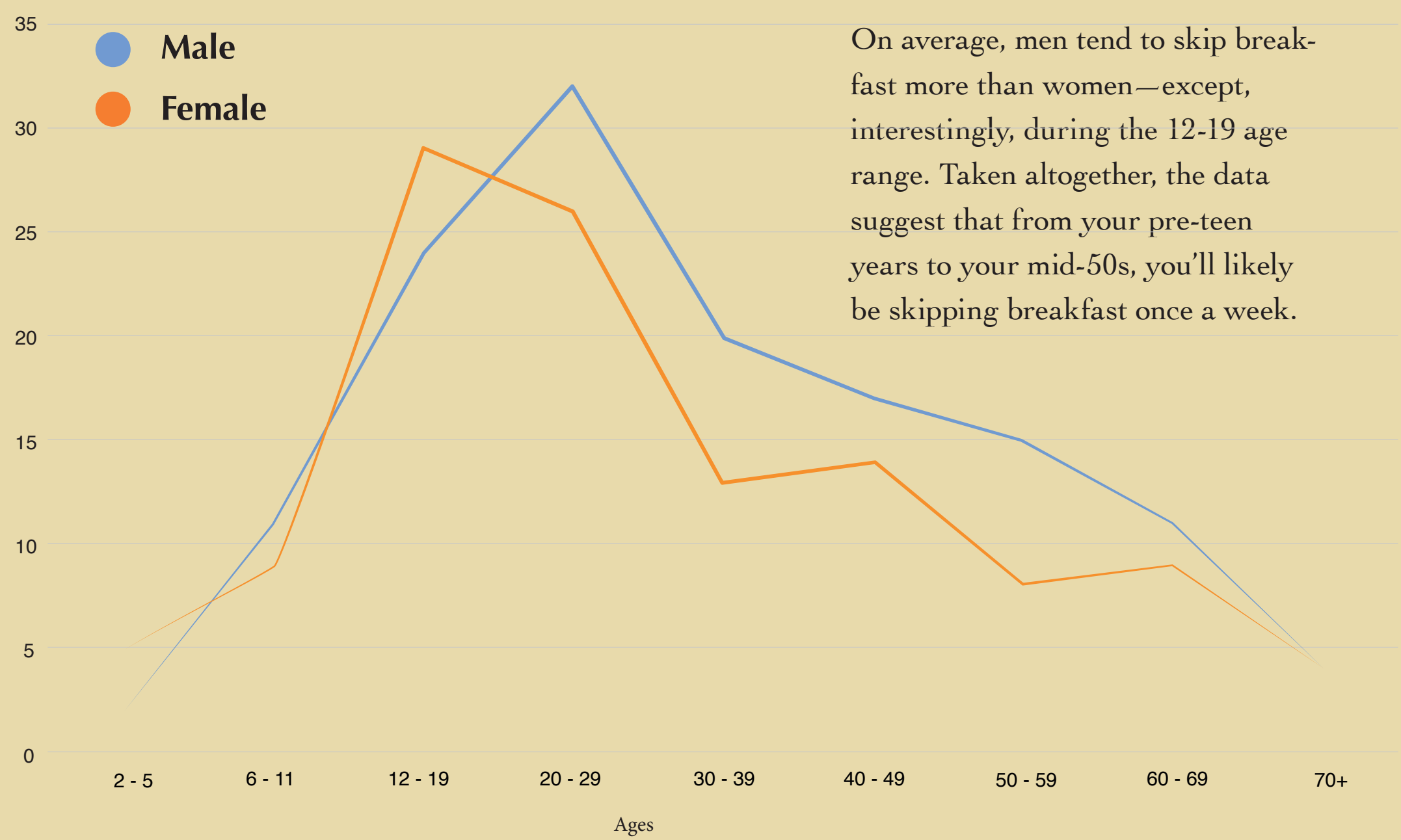
AND

12%

Americans *never* eat breakfast

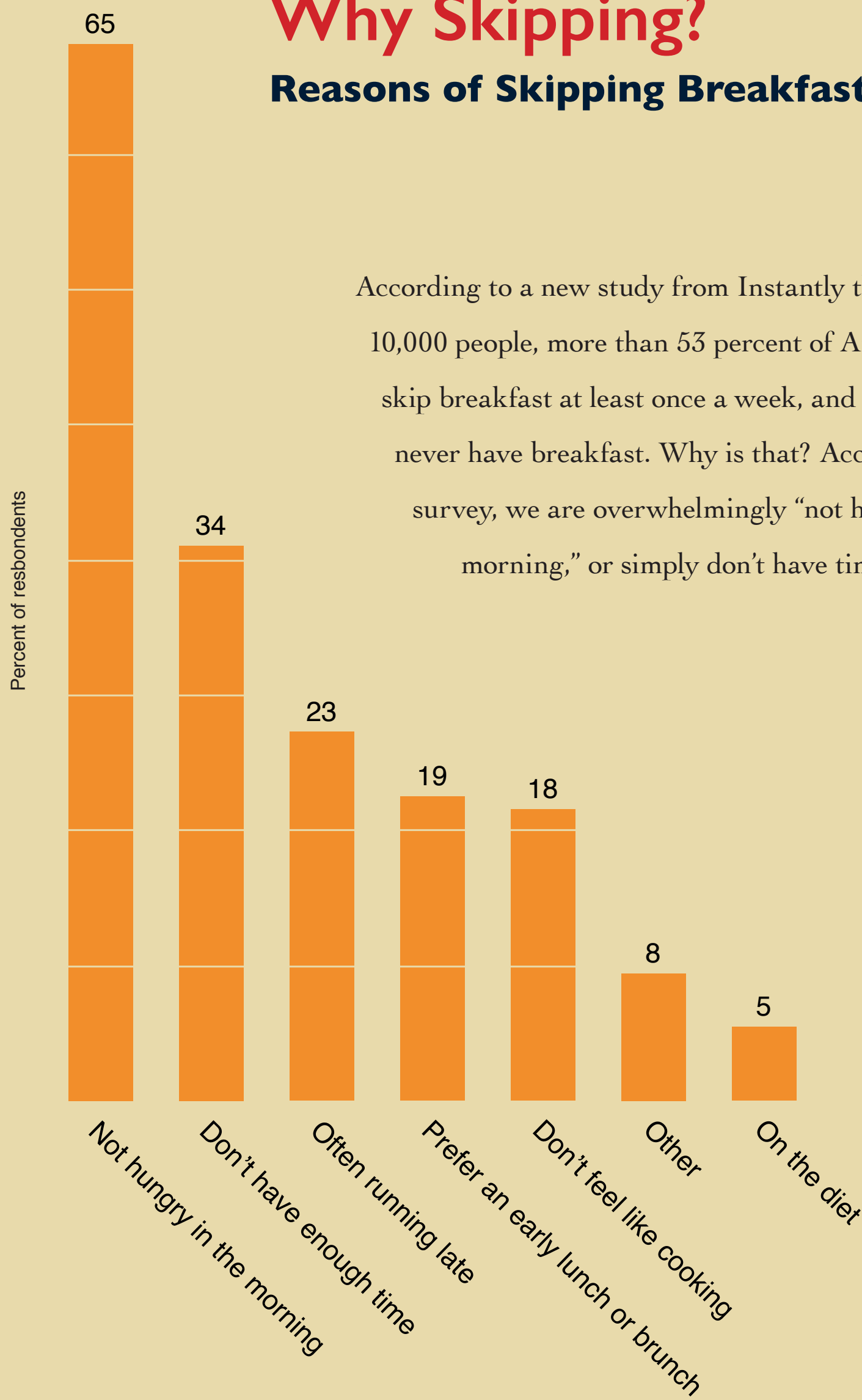
Who's Skipping Breakfast?

Percentage of Americans Who Don't Eat Breakfast By Gender and Ages



Why Skipping?

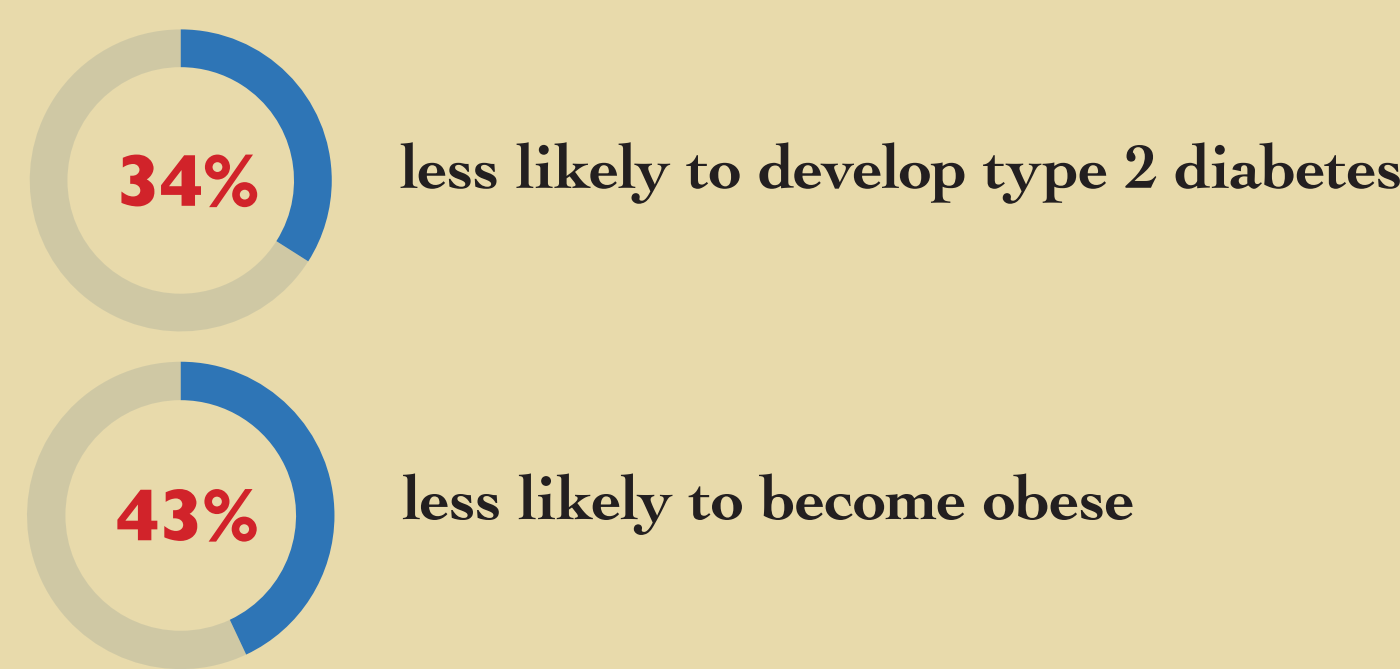
Reasons of Skipping Breakfast



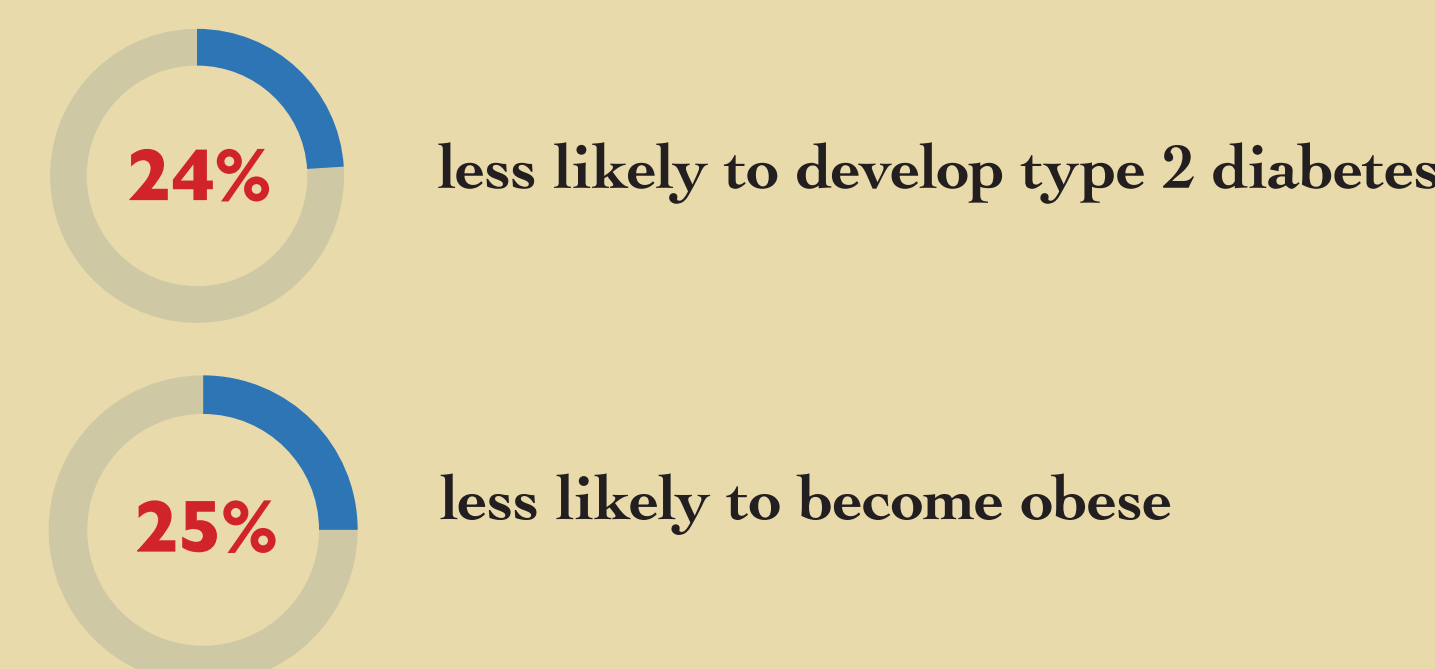
Breakfast, Diabetes, and Obesity Study

The study included more than 5,000 men and women. None had type 2 diabetes when they entered the study. Seven years into the study, they filled out diet questionnaires that included a question asking how many times a week they ate breakfast. They were followed for an average of 18 years.

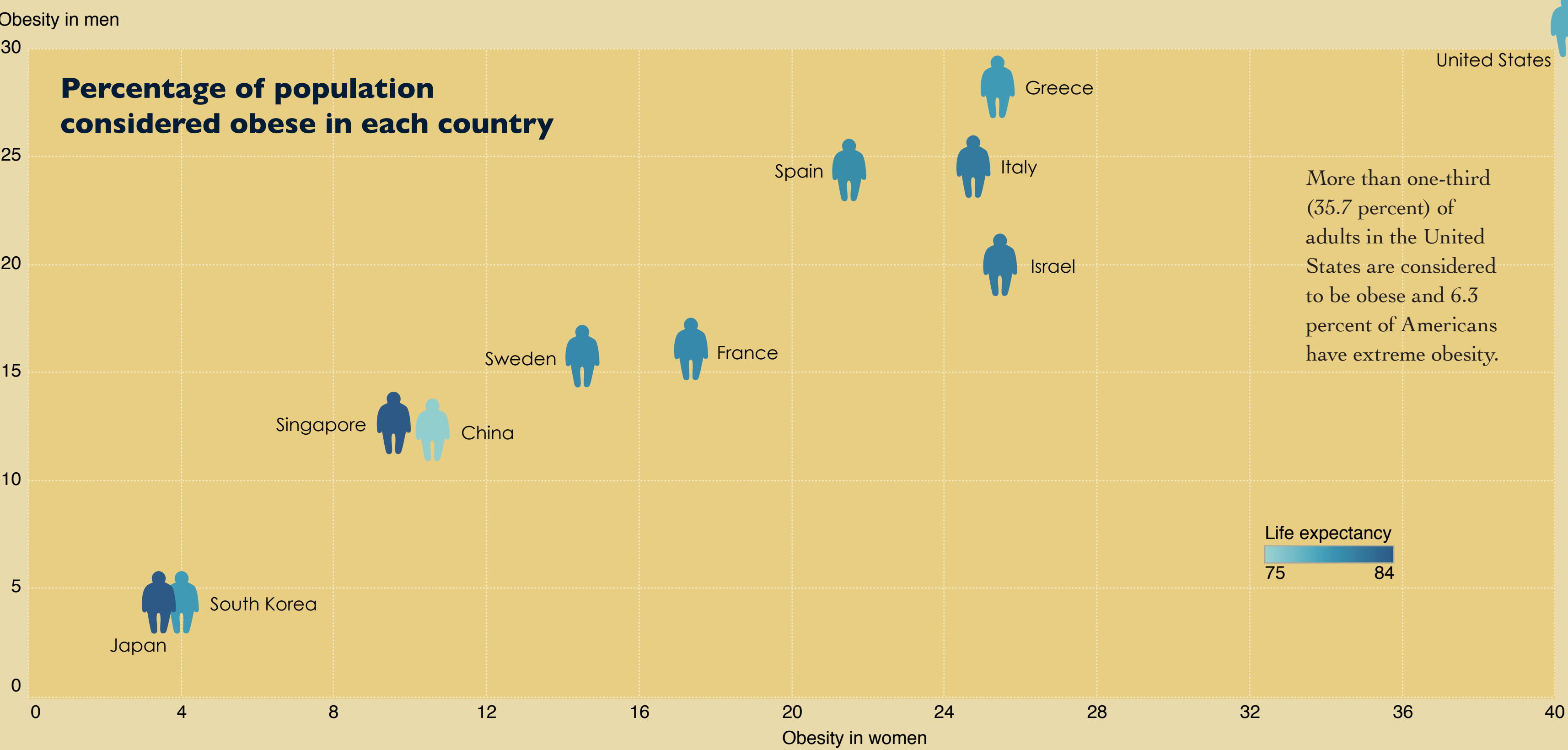
People Who Eat Breakfast Daily Compared to People Who Eat breakfast only 3 times per week



People Who Eat Breakfast 4 to 6 Times Per Week Compare to People Who Eat Breakfast 3 Times Per Week Or Less



Obesity Rate by Gender For The Top 10 Healthy food Countries And The U.S.



This Study shows that people who eat breakfast every day are less likely to become obese, develop type 2 diabetes, or gain fat around their tummy. Even having breakfast just four to six times a week may help, says researcher Andrew Odegaard, PhD, MPH, of the University of Minnesota School of Public Health.

Sources:
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<http://www.worldobesity.org/>
<http://www.webmd.com/diabetes/news/20120614/breakfast-diabetes-obesity>
<http://time.com/3705987/ skipping-breakfast-cereal-kellogg/>
<http://www.travelvivi.com/top-10-countries-with-healthy-food/>

Jiahuan Gu
DAI 524 Information Design:
Data Visualization

TOP 10 COUNTRIES WITH HEALTHY FOOD

Breakfast In Each Country

1. Japan



2. Singapore



3. China



4. Sweden



5. France



6. Italy



7. Spain



8. South Korea



9. Israel



10. Greece

