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Breakfast and Obesity

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Breakfast is a main effective component in a safe dietary lifestyle. Obesity is a social and clinical problem of the present century that is highly prevalent among different societies. The worldwide obesity rate has more than doubled since 1980. Many studies showed that the diet of obese people is insufficient (MM *et al.*, 2020, Otaki *et al.*, 2017). It is also observed that many obese and overweight people skip breakfast or do not pay enough attention to eating a complete meal in the breakfast. Based on the literature, obese people eat less breakfast, but those who eat breakfast almost every day usually receive enough micronutrients and provide a smaller percentage of their daily energy from fats (Dhurandhar, 2016). There is a scarcity of information regarding the relationship between breakfast consumption and obesity in Iran.

After eating a complete breakfast our body feels full and does not need to make up for the lost calories by eating junk food and unrealistic cravings. This, in turn, helps to promote proper eating habits and helps you to maintain a healthy weight (Chatelan *et al.*, 2018, Megson *et al.*, 2017). People who eat breakfast every day have a more nutritious diet since eating a balanced and nutritious breakfast balances the eating habits for the rest of the day and prevents excessive hunger and cravings due to severe hypotension (Smith *et al.*, 2018).

People who refuse to eat breakfast have unhealthy choices in their meals, eat more, and increase their calorie intake at the next meal (Milanes *et al.*, 2016). In this regard, skipping breakfast will affect the body's biological clock. A strong association exists between your body's normal rhythm and weight gain. So, limiting what you eat at a given time can help your body; in other words, delaying breakfast can ruin your body timing. Secretion of the hunger hormone (ghrelin) prepares the stomach. If people do not eat during this time, the body will produce more hunger hormones and they will feel very hungry and eat

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high-calorie foods (Dubois *et al.*, 2006, Megson *et al.*, 2017).

People who eat breakfast burn more fat than others. Furthermore, higher calories consumed at the breakfast decrease to the chance of eating during the day. Breakfast can also affect the amount of lunch and dinner (Karatzi *et al.*, 2017, Lopez-Minguez *et al.*, 2019, Milanes *et al.*, 2016).

So, regular consumption of breakfast can be effective in reducing the total calories received by obese people and help them to control their weight.

Authors' contributions

Marzban A conceived the original idea and designed the project. Khabiri F collected the data and wrote the draft of manuscript. All authors read and approved the final version of manuscript.

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