

Breakfast preferences of healthy weight people

November 4 2015, by Katherine Baildon

Time and again we've been told: Breakfast is the most important meal of the day. This refrain has proven particularly truthful for people who are trying to lose weight. To gain insight into what breakfast eating habits would be beneficial to those seeking to lose weight, a Cornell Food & Brand Lab research team sought to find out what healthy weight people eat for breakfast.

The research team established an online Slim by Design registry to investigate characteristics and behaviors of [people](#) who are at a healthy [weight](#) and do not struggle with weight problems (see the infographic). 147 people (118 female) participated in the registry by answering questions about their breakfast patterns. Specifically, they responded to the question: "On an average day, what would you have for breakfast?"

The study showed that the most common breakfast items consumed by slim people were The study showed that the most common breakfast items consumed by slim people were fruits (51%), dairy (41%), cold cereal / granola (33%), bread (32%), eggs (31%), hot cereal (29%), coffee (26%). Only 4% of participants indicated that they didn't eat breakfast.

"One important take away from this study is that a very high rate of slim people actually eat breakfast instead of skipping, which is consistent with previous research on the importance of breakfast," explains lead author Anna-Leena Vuorinen, "But what stands out is that they not only ate [breakfast](#), but that they ate healthful foods like fruits and vegetables.

Also, egg consumption was higher than we expected." If the Food and Brand Lab has a refrain of its own it's: do what slim people do.

SLIM BY DESIGN REGISTRY 2016

We all know people who have never seemed to gain weight or to struggle with their weight. What do these people know or do that makes them Slim By Design? The Slim By Design Registry was created for these people to share their secrets.

WHAT THEY EAT



61% say chicken is their favorite meat



7% vegetarian



18% don't drink alcohol



35% eat salad at lunch every day



63% eat vegetables at dinner every day

Daily Breakfasts



46% ate fruit



31% ate eggs



39% said fruit



20% said nuts

Favorite Soft Drink



35% don't drink soft drinks



33% mentioned a diet soft drink



10% said Coca-Cola

WHAT THEY DO

EXERCISE:



47% don't diet
25% rarely diet
24% weigh themselves daily
16% never weigh themselves



WHAT THEY SAY

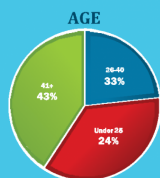
"It's easier to resist food at the store than at home."

"I really regret eating healthy today – said no one ever"

"Quality over quantity"

"I train to be strong; I eat to be lean"

WHO THEY ARE



Average BMI 21.7
Average weight 134 lb. (61 kg.)
Average height 5 ft. 6 in. (168.1 cm)
72% Female

METHODOLOGY

Surveyed at www.slimbydesignregistry.org
Sept. 2014 – Jan. 2015, 92 questions, 852 surveyed,
eligibility – healthy weight, no major weight
fluctuations, no weight counseling

REFERENCES

Wansink – Slim By Design 2014
Vuorinen, Zhou & Wansink – Obesity 2016
Wansink & Vuorinen – Obesity 2016
Vuorinen, Finn & Wansink – Obesity 2016

Share your secrets at: www.slimbydesignregistry.org
Contact us at: info@slimbydesign.org

Credit: Cornell Food and Brand Lab

The findings of this study, conducted by Anna-Leena Vuorinen, of VTT Technical Research Centre Of Finland, PhD student at the University of Tampere and currently a visiting scholar at the Food and Brand Lab, Camille Finn a Nutrition Sciences major at Cornell University, and Brian Wansink, PhD, director of the Cornell Food and Brand Lab and author of the book *Slim by Design*, are being presented at Obesity Week 2015, Los Angeles, CA on November 4th at 11:45 am PT.

More information: Vuorinen, Anna-Leena, Camille Finn and Brian Wansink. (2015). The impact a breakfast has on making a person *Slim by Design*. Obesity Week Poster Presentation, Los Angeles, CA, November 4nd, 2015.

Provided by Cornell Food & Brand Lab

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