

Video: How bad is skipping breakfast?

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Does skipping breakfast lead to weight gain, as is often claimed?

According to Dr. John Swartzberg, a clinical professor at Berkeley and editor-in-chief of Berkeley Wellness, there's very little science to answer that question. And cereal companies, it turns out, have funded many of the [observational studies](#) to date, he adds.

John Swartzberg shares the skinny on the [breakfast](#) debate, in this video:

Provided by University of California - Berkeley

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