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Abstract
Title: Breakfast and cognition from a youth perspective
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Background: Breakfast as an influencing factor on cognition and is often on the table for discussion in society. A lot of research has been done about how omitting breakfast affects adolescents and their short time cognition. Cognition is complex as a concept and is measured in different ways and the existing research in the area often compares different types of breakfasts instead of the difference between eating and omitting breakfast.

Objective: To evaluate the scientific evidence for an association between adolescents’ breakfast eating and short time effects on cognition in adolescents.

Search strategy: To find relevant articles a systematic literature search was made in the databases PubMed, Scopus and Cochrane. Search terms that were used were: children, young adults, adolescents, cognition, and breakfast

Selection criteria: Ages 12-20 years, measures cognition, RCT, studies comparing breakfast eating with omitting breakfast, human studies, language English or Swedish, no sick adolescents or adolescents with diagnosis.

Data collection and analysis: Two original articles met the inclusion criteria and were reviewed by the SBU audit template for RCT studies. The strength of evidence was evaluated using the GRADE system.

Main results: Both included studies showed that breakfast has a positive effect on short time cognition. The strength of evidence for the studies was high (++++)

Conclusions: There was some correlation between breakfast eating and short time effects on cognition among adolescents especially in more complex cognitive levels. Adolescents that eat breakfast have a better cognitive function than those who omit breakfast. The recommendation becomes that adolescents should eat breakfast every morning.