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*In a newly published study of U.S. men, skipping breakfast was related to a 21% increase in the risk of Type 2 Diabetes.*

## SKIPPING BREAKFAST INCREASES THE RISK OF TYPE 2 DIABETES IN MEN

**T**here has been little research published regarding the association of eating patterns and the development of Type 2 Diabetes (T2D).

In a recently published study in the *American Journal of Clinical Nutrition*, researchers analyzed associations between breakfast omission, eating frequency, snacking, and the risk of Type 2 Diabetes in men.

Participants included 29,206 U.S. men enrolled in the Health Professionals Follow-Up Study. All men were free of T2D, cardiovascular disease and cancer at the beginning of the study and were followed for 16 years.

During the follow-up period, 1,944 cases of T2D were documented. After adjustment for known risk factors for T2D, including BMI (Body Mass Index, a measurement of obesity), men who skipped breakfast had 21% higher risk of T2D than did men who consumed breakfast. Compared with men who ate three times a day, men who ate 1–2 times a day had a higher risk of T2D, regardless of their BMI or diet quality. In men with higher than optimal BMI, additional snacks beyond the 3 main meals (breakfast, lunch, and dinner) were also associated with increased T2D risk.

In this large prospective study, men who routinely skipped breakfast had an increased risk of developing Type 2 Diabetes, regardless of their BMI. A direct association between snacking between meals and T2D risk was dependent on their BMI and did not increase risk in those of normal weight. The results of this meta-analysis support the idea that concurrent use of probiotics during antibiotic therapy may help maintain gut flora balance and reduce the incidence of side effects such as diarrhea.

*Mekary RA, Giovannucci E, Willett WC, van Dam RM, Hu FB. Eating patterns and type 2 diabetes risk in men: breakfast omission, eating frequency, and snacking. Am J Clin Nutr 2012 May;95(5):1182-9. Epub 2012 Mar 28.*