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Breakfast intake, habits and body composition in New Zealand European women

A thesis presented for the partial fulfilment of the requirements for the degree of

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Abstract

ABSTRACT

Background: The rise of obesity and related poor health outcomes is rampant in New Zealand. Dietary factors are key in the aetiology of obesity. One dietary factor with wide reaching implications on health and weight maintenance is breakfast consumption. Breakfast consumption has declined in New Zealand in recent years, and adverse health outcomes have risen concurrently. Breakfast consumption has been associated with lower BMI, improved appetite control, better diet quality, and more stable glycaemia.

Objective: The aim of this study was to describe and compare reported and observed breakfast consumption between obese and normal weight New Zealand European women aged 18-45 years, living in Auckland, New Zealand.

Methods: In a cross-sectional study, healthy women (n=75 normal BMI, n=82 obese BMI) completed a 5-day food record, an observed *ad libitum* buffet breakfast assessment and body composition measurements. Nutrient intake, food choices and behavioural aspects, including pace of eating and meal skipping data were obtained and analysed.

Results: More normal BMI women (n=69; 84.1%) than obese BMI women (n=56; 74.6%) consumed breakfast daily. Obese BMI women consumed significantly more energy at the observed breakfast (1915 ± 868 kJ) than at the recorded breakfast (1431 ± 690 kJ, $p < 0.001$); however neither BMI group met one third of estimated energy requirements at either breakfast occasion. Carbohydrate consumption was lower than recommended (AMDR: 45-65%) in both groups in the recorded breakfast (40.7% and 42.6%; normal BMI and obese BMI respectively), whereas total fat consumption was higher than recommended (AMDR: 20-35%) (36.5% and 35.9% respectively). Protein consumption was within AMDR recommendations (15-25%) for both groups in the recorded breakfast (16.3% and 17.5%) but not in the observed breakfast, (13.0% and 14.0%), obese BMI and normal BMI respectively. Foods with the greatest contribution to energy at the observed breakfast for obese BMI women were discretionary items (fats, cake and biscuits), compared with sweetened cereals, nuts and seeds for normal BMI women. Having a faster pace of eating and consuming foods with a higher energy density significantly increased the likelihood of falling into the obese BMI category ($b=3.11$, $p=0.016$; $b=1.35$, $p=0.042$ respectively).

Conclusions: Consuming a breakfast, particularly one that contains whole grains, fruits and low-fat dairy products, and minimising discretionary items could enable women to more closely meet dietary recommendations, and as a result, improve health outcomes.

Key words: breakfast, obesity, energy intake, appetite, pace of eating

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Table of Contents

CHAPTER 1 INTRODUCTION AND SCOPE	10
1.1.1 Background	10
1.1.2 Purpose of the Study	14
1.2 Aims and Objectives	15
1.2.1 Objectives	15
1.2.2 Hypothesis	15
1.3 Structure of the Thesis	16
1.4 Researchers' Contributions to the Study	17
CHAPTER 2 LITERATURE REVIEW	22
2.1 Introduction	22
2.2 Obesity	23
2.2.1 Women and Obesity	24
2.3 Meal Patterns	25
2.4 Breakfast: Elements and Importance	26
2.4.1 Definition of Breakfast	27
2.4.2 Composition of Breakfast	28
2.4.3 Diet Quality	29
2.4.4 Breakfast and Diet Quality	30
2.4.5 Breakfast and Healthy Lifestyle Behaviours	31
2.5 Consumption of Breakfast, and Factors Associated with Weight Control	32
2.5.1 Appetite	32
2.5.2 Satiety	34
2.5.3 Energy Balance	36
2.6 Breakfast Consumption and the Risk of Chronic Disease	38
2.7 Summary	45
2.7.2 Acknowledgements	46

2.7.3 Conflicts of interest	46
CHAPTER 3 RESEARCH STUDY MANUSCRIPT	54
3.1 Introduction	55
3.2 Materials and Methods	57
3.2.1 Body Composition Assessments	58
3.2.2 Breakfast Eating: Food Record Procedures	60
3.2.3 Breakfast Eating: Observation Procedures	60
3.2.4 Dietary Data Analysis	61
3.2.5 Statistical Analysis	63
3.3 Results	64
3.3.1 Participant Characteristics	64
3.3.2 Breakfast Analysis: Food Weight, Energy, Macronutrient and Micronutrient Intakes	67
3.3.3 Breakfast Analysis: Energy Density and Frequency of Food Consumption	71
3.3.4 Predictors of Obesity	74
3.4 Discussion	74
3.4.1 Anthropometry	75
3.4.2 Breakfast Consumption	75
3.4.3 Energy and Energy Density	76
3.4.4 Macronutrient Consumption	79
3.4.5 Micronutrient Consumption	80
3.4.6 Predictors of BMI: Pace of Eating and Energy Density	82
3.4.7 Strengths and Limitations	82
3.5 Conclusion	83
3.5.1 Acknowledgements	83
CHAPTER 4 CONCLUSIONS AND RECOMMENDATIONS	90
4.1 Aim of the Research	90
4.2 Main Findings and Recommendations	90
4.3 Strengths of the Study	92
4.4 Limitations of the Study	93
4.5 Recommendations for Further Research	94

4.6 Conclusion	95
APPENDICES	98
Appendix A: Supplementary Results	98
Appendix B: Procedure for Food Record Data Entry	99
Appendix C: Foods Provided at the Observed Breakfast and Corresponding FoodWorks Food Choice	100
Appendix D: Assumptions for Food Record Data Entry	103
Appendix E: Food Groups	106
Appendix F: Author Guidelines (Nutrition Reviews)	108
Appendix G: Author Guidelines (Asia Pacific Journal of Clinical Nutrition)	111

List of Tables

TABLE 1.1 RESEARCHERS' CONTRIBUTIONS TO THE STUDY	17
TABLE 2.1 STUDIES INVESTIGATING BREAKFAST CONSUMPTION AND FACTORS EFFECTING HEALTH .	40
TABLE 2.2 STUDIES INVESTIGATING BREAKFAST CONSUMPTION AND WEIGHT OR BODY COMPOSITION OUTCOMES	44
TABLE 3.1 PARTICIPANT DEMOGRAPHIC, ANTHROPOMETRIC AND BREAKFAST CONSUMPTION CHARACTERISTICS	65
TABLE 3.2 INTAKE AT BREAKFAST ON AN AVERAGE DAY OF FOOD RECORD COMPARED WITH OBSERVED BREAKFAST IN EACH BMI GROUP.....	68
TABLE 3.3 TOP 40 FOODS CONSUMED IN THE RECORDED BREAKFAST ACROSS ALL DAYS OF FOOD RECORD COMPLETION BY ENERGY DENSITY, WEIGHT OF FOOD AND FREQUENCY OF CONSUMPTION, IN OBESE BMI AND NORMAL BMI GROUPS	72
TABLE 3.4 FOODS CONSUMED AT THE OBSERVED BREAKFAST BY ENERGY DENSITY, WEIGHT OF FOOD, AND FREQUENCY OF CONSUMPTION IN OBESE BMI AND NORMAL BMI GROUPSS	73
TABLE 3.5 BINARY LOGISTIC REGRESSION FOR PREDICTORS OF BMI	74

List of Figures

FIGURE 3.1 PROCEDURES AND POINTS OF DATA COLLECTION.....	59
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List of Abbreviations

AMDR	Acceptable macronutrient distribution range
ANS	Adult Nutrition Survey
BIA	Bioelectrical Impedance Analysis
BMI	Body mass index (kg/m ²)
CCK	Cholecystokinin
CRP	C-reactive protein
CVD	Cardiovascular disease
EAR	Estimated Average Requirement
GLP-1	Glucagon like peptide 1
IL-6	Interleukin-6
NCD	Non communicable disease
NHANES	National Health and Nutrition Examination Survey
NHMRC	National Health and Medical Research Council
NRV	Nutrient Reference Values
NZ	New Zealand
PCOS	Polycystic ovarian syndrome
PYY	Peptide YY (or peptide tyrosine tyrosine)
RMR	Resting metabolic rate
USA	United States of America
T2DM	Type 2 diabetes mellitus
WC	Waist Circumference
WHO	World Health Organisation
WHR	Waist to hip ratio