

## BREAKFAST EATING HABITS AMONG UNDERGRADUATE STUDENTS OF DIET AND NUTRITION IN LAHORE

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### Abstract

**OBJECTIVE:** The objective of the study was to find out the breakfast eating habits among undergraduate students of Diet and Nutrition in Lahore, Pakistan.

**METHODOLOGY:** This study was a descriptive survey assessing the breakfast consumption habits of undergraduate female students of the Bachelor's degree in Diet and Nutrition. A total of 100 female students from university of Lahore were sampled using a convenience sample method. Informed consents were taken prior to collection of data. A self-administered questionnaire was developed and used to obtain information. The data was then entered and statistical analysis was carried out using SPSS for window version 16.0.

**RESULTS:** Out of 100 students 46% eat breakfast daily and 54% did not take breakfast on daily basis. 41% of the respondents showed that they give time gap of 5 hours between their breakfast and lunch. Whereas, 32% students said they give 6 hours, 14% responded they give 7 hours and 13% students responded they give 8 hours gap between their breakfast and lunch. In addition, 75% of the respondents said they take snack(s) between breakfast and lunch while 25% said they don't take snack(s) in between.

**CONCLUSION:** More than half of the respondents who are the female student of the Bachelor's degree in diet and nutrition were not taking their breakfast on daily basis. This study gives an interesting insight into the relation between the eating habits and its effects on the health of the students who are currently studying the Diet and Nutrition course and will be certified professionals in coming years.

**Keywords:** Breakfast, Students, snack(s).