

Invited Speaker Abstract

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Title

Helping individuals achieve more balanced breakfasts: application of the International Breakfast Research Initiative recommendations

1. Abstract

Where applicable, please use the structure of Introduction / Objectives / Methodology / Results / Conclusion. Otherwise, please provide a narrative summary. In any case, please avoid phrasing such as "At the conference I will talk about..." or "My presentation will address..."

Breakfast is sometimes referred to as 'the most important meal of the day', and its regular consumption has been associated with health and cognitive benefits in observational studies. Yet, there are no European guidelines on what constitutes a balanced breakfast. The International Breakfast Research Initiative (IBRI) set out to develop nutrient recommendations for a balanced breakfast, taking into account the actual nutritional profile of breakfast – i.e. what individuals eat at breakfast. The session will first focus on explaining the approach used by IBRI to develop the nutrient recommendations. The focus will then shift on how to translate these recommendations into concrete food choices and guidelines for individuals. Examples from France will help understanding which breakfast patterns are more likely to follow IBRI recommendations, and an online tool allowing individuals to test their breakfast vs IBRI recommendations will be presented.

2. key references

Gibney MJ et al. (2018) Towards an Evidence-Based Recommendation for a Balanced Breakfast—A Proposal from the International Breakfast Research Initiative. *Nutrients* 10(10), 1540;
<https://doi.org/10.3390/nu10101540>
<https://vimeo.com/362063558>

3. key messages

- The International Breakfast Research initiative has developed nutrient recommendation for a balanced breakfast which can be adapted to a specific age group or region using the most appropriate daily recommended values
- These recommendations can help dietitians and health professionals designing breakfasts for individual patients or communities, e.g. breakfasts in schools. Being nutrient based they will fit any food culture
- An online tool will be available soon to design and test breakfasts vs the recommendation – the link will be given at EFAD conference

4. three questions

- What about using these recommendations in countries not included in the project?
- Could the approach be used to derive recommendations for meals other than breakfast?