

## Eat a big breakfast to lose weight? This old nutritional adage isn't backed up by science

Breakfast like a king, lunch like a prince and dine like a pauper is an old nutritional adage that at first glance would seemingly be supported by a recent study published in the Endocrine Society's [\*Journal of Clinical Endocrinology & Metabolism\*](#).

But though the study made some interesting findings it certainly didn't warrant the slew of overblown headlines that came with it .... "Wait, What? Study Shows Eating a Big Breakfast Can Lead to Weight Loss"

([MSN](#))

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The findings of the study? The men's dietary-induced thermogenesis, or DIT — the percentage of a meal's calories burned off in the process of digesting that meal — was around 2.5 times higher after breakfast than after dinner, for both the high and low-calorie meals. That .... doesn't amount to anything like weight melting off effortlessly ....

Some studies have suggested that eating a healthy breakfast does help people to eat less during the rest of the day, but [one meta-analysis](#) found that participants assigned to eat breakfast had a higher total daily energy intake than those assigned to skip breakfast.

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Ultimately you'll plan meal times to suit your individual circumstances — whether that's bigger breakfast or bigger dinner, calories are still king.

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