

Child Breakfast Consumption in Texas

Michael & Susan Dell Center for Healthy Living

BREAKFAST IS AN IMPORTANT COMPONENT OF A HEALTHY DIET FOR CHILDREN

Regular breakfast consumption by children and adolescents is associated with favorable health outcomes. However, many children in Texas do not eat breakfast, which can affect children's overall nutritional status and well-being.

Breakfast Habits of Texas Children

Daily Breakfast Habits of Texas Children:



34% of girls and **29%** of school-aged boys did not eat breakfast.



Skipping breakfast increases with grade level:

- **7%** in 2nd grade
- **26%** in 4th grade
- **43%** in 8th grade
- **47%** in 11th grade



The percentage of school-aged students who skipped breakfast varies by where students live.

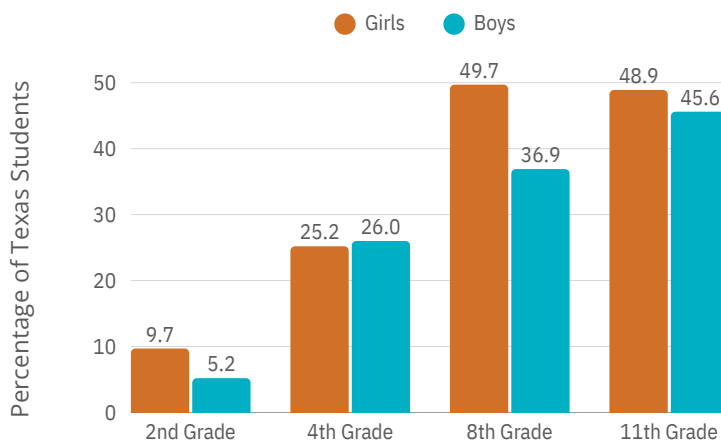
- Community type
 - **28%** in large urban communities
 - **33%** in urban & suburban communities
 - **32%** in rural communities
- Texas/Mexico border
 - **29%** in border counties
 - **30%** in non-border counties

Why Breakfast Consumption Matters

Regular breakfast consumption in children is associated with: ¹⁻⁷

- Lowered risk for obesity
- Promotion of healthy body composition and growth
- Improved executive function, memory, attention, and mood
- Improved academic performance and achievement
- Better overall diet quality

Breakfast skippers during the school week



How To Increase Breakfast Consumption

Schools can increase student participation in school breakfast programs by: ^{8,9}

- Offering breakfast to all students.
- Incorporating innovative approaches to serving breakfast such as:
 - Serving breakfast after the school day starts rather than in the cafeteria before school to reduce stigma
 - Breakfast in the classroom
 - Grab-and-go breakfast
 - Second chance breakfast such as a second breakfast or snack break in the morning
- Offering more menu choices to improve food palatability as well as cultural preferences.

Parents can: ¹⁰

- Look for quick and easy breakfast ideas to make at home.
- Eat breakfast with their children.
- Prepare breakfast the night before or have grab-and-go foods ready.

Quick and Easy Breakfast Ideas at Home



Peanut butter on whole-grain toast with sliced fruit



Smoothies with milk or fortified non-dairy alternatives, spinach, frozen banana, berries, and nut butter



Overnight oats with yogurt and fruit



Breakfast taco with eggs and veggies such as spinach, avocado, or tomatoes

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About: Texas Child Health Status Report

These reports utilize state-level data from the Texas School Physical Activity and Nutrition (Texas SPAN) Project 2021-2023 to provide an accurate representation of Texas child health.

Learn more at go.uth.edu/TexasChildHealth

Last Updated August 4, 2025

Suggested Citation

Zhang Y, Malkani R, Handler K, Menendez T, Flores-Thorpe S, Linton R, Smith CL, Berry JL, Hoelscher DM. Child breakfast consumption in Texas. A report of the Texas School Physical Activity and Nutrition Project. UTHouston School of Public Health in Austin, Michael & Susan Dell Center for Healthy Living. Published August 4, 2025.