



ABSTRACT

## A study of breakfast pattern in Indonesia, Malaysia, and Philippines

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**Background :** The quality of foods taken during breakfast could contribute in shaping diet quality. The International Breakfast Research Initiative (IBRI) conducted a standardized analysis of national nutrition surveys from Indonesia, Malaysia, and the Philippines to derive nutritional recommendations for a balanced breakfast.

**Methods :** Data from the 2018 Indonesian Food Barometer (IFB), 2018 Malaysian Food Barometer (MFB), and the 2018 Expanded National Nutrition Survey (ENNS) were utilized to analyse breakfast patterns, nutritional profiles, and their association with overall diet quality, measuring the nutrient density of the total diet.

**Results:** The findings indicate that breakfast is regularly consumed in the three countries among adults: approximately 95% in Indonesia, 89 % in Malaysia, and 96% across different age groups in Philippines. However, despite high regularity of consumption, nutritional inadequacies were evident. Malaysian breakfast meals were found to have high levels of fats, saturated fats, total sugars, and sodium, while lacking nutrients such as fiber, potassium, calcium, vitamins C and D, folate, iron, zinc, and magnesium. Similarly, breakfast in Indonesia and Philippines were found to be sufficient in micronutrient intake. These inadequacies were reflected in the reasonably low NRF Index 9.3 scores in Indonesia (384), Malaysia (364), and the Philippines (330), which indicated poor overall diet quality. Based on the principles similarly applied in European, North American, and Latin American studies, breakfast recommendations specifically concerning these countries were developed in order to address these nutrient imbalances.

**Conclusions and recommendations:** The analysis reveals the need to improve breakfast quality in these three countries. Regular breakfast consumption presents an opportunity to bridge nutritional gaps in essential nutrients. The evidence-based recommendations proposed in this study can inform national educational campaigns and interventions promoting healthier breakfast choices. Implementation of these recommendations will enhance breakfast's nutritional quality and contribute to overall dietary improvements in Indonesia, Malaysia, and the Philippines.

**Keywords:** breakfast pattern, Indonesia, Malaysia, Philippines

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