

Forum: [Hack Forums](#)

Thread: [Do you eat breakfast every day or skip it?](#)

TehFif - October 10, 2026, 2:25 pm

<https://www.sciencedirect.com/science/article/abs/pii/S0899900726001966>

I saw a very interesting study across some countries.. apparently only around 11% of adolescents in Netherlands don't eat breakfast daily, compared to 46% in Austria.

Now this got me curious. Do you guys eat breakfast every day or do you usually skip it? Most days I skip breakfast, have a coffee/cookies, and then eat a few hours later.

Raijin - October 10, 2026, 6:40 pm

I usually eat cereal or eggs and definitely have coffee. Every day.

DryNode - October 10, 2026, 6:56 pm

Now that I think of it, usually don't eat breakfast until a few hours after I wake up.. so if I wake up at 6AM, I probably won't eat until around 10-11AM.

For some reason every time I wake up the hunger is almost nonexistent,

so yeah I basically skip that shiz

DemonAsylum - October 10, 2026, 7:17 pm

The majority of days I skip it. I'm just not usually hungry in the morning. I can only really remember eating breakfast a lot when I was a kid.

Respect - October 10, 2026, 8:15 pm

I never eat breakfast. I don't eat all day until dinner, although I do love breakfast foods, I'm just not hungry early in the day.

Bastille - October 10, 2026, 10:47 pm

In France people usually eat breakfast (80%), I used to do (eggs/sardines/oak most of the time), but since I'm under medication I lost a lot of appetite.

Regarding adolescents/teenagers it seems to be around 17% of them skipping breakfast in France.

claudius - October 10, 2026, 11:00 pm

most of the days i skip it. i dont feel like eating early morning

Deany - October 11, 2026, 2:26 pm

Yep , I just skip it and go straight to lunch.

oRequiem - October 12, 2026, 4:47 pm

I skip breakfast since my stomach is weak and I'm never hungry at the time.

Charlie Sheen - October 12, 2026, 9:10 pm

I usually skip it. Someday I will if I forgot to eat dinner the night before, but usually eating as soon as I wake up upsets my stomach.

Fish - *October 13, 2026, 2:44 am*

use to never have it. now i cant go without it. i skip lunch tho