

August 25, 2014

Caroline Glick writes on a new dynamic in the Middle East. Since the US is now governed by fools, Saudi Arabia and Egypt have had to look for another ally from the civilized world. They have found it in Israel.

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Finally, President Barack Obama's refusal to date to take offensive action to destroy Islamic State in Iraq and Syria demonstrates to Saudi Arabia and the other Gulf states that under Obama, the US would rather allow Islamic State to expand into their territory and destroy them than return US military forces to Iraq.

In other words, Obama's pro-Hamas-, pro-Iran- and pro-Muslim Brotherhood-axis policies, along with his refusal to date to take effective action in Iraq and Syria to obliterate Islamic State, have convinced the US's traditional allies that for the next two-and-a-half years, not only can they not rely on the US, they cannot discount the possibility of the US taking actions that harm them.

It is in the face of the US's shift of allegiances under Obama that the non-jihadist Sunni regimes have begun to reevaluate their ties to Israel. Until the Obama presidency, the Saudis and Egyptians felt secure in their alliance with the US. Consequently, they never felt it necessary or even desirable to consider Israel as a strategic partner.

Under the US's strategic protection, the traditional Sunni regimes had the luxury of maintaining their support for Palestinian terrorists and rejecting the notion of strategic cooperation with Israel, whether against Iran, al-Qaida or any other common foe.

So sequestered by the US, Israel became convinced that the only way it could enjoy any benefit from its shared strategic interests with its neighbors was by first bowing to the US's long-held obsession with strengthening the PLO. This has involved surrendering land, political legitimacy and money to the terror group still committed to Israel's destruction.

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The partnership that has emerged in this war between Israel, Egypt and Saudi Arabia is a direct consequence of Obama's abandonment of the US's traditional allies. Recognizing the threat that Hamas, as a component part of the Sunni jihadist alliance, constitutes for their own regimes, and in the absence of American support for Israel, Egypt and Saudi Arabia have worked with Israel to defeat Hamas and keep Gaza's borders sealed. ...

... Given the stakes, and the complementary capabilities of the various parties, Israel's primary task today must be to work quietly and diligently with the Saudis and Egyptians to expand on their joint achievements in Gaza.

The Israeli-Egyptian-Saudi alliance can ensure that all members survive the Obama era. And if lasts into the next administration, it will place all of its members on more secure footing with the US, whether or not a new administration decides to rebuild the US alliance structure in the Middle

Maureen Dowd with a faux version of the Gettysburg Address. It only took her six years, but she has finally figured out what we have for a president.

FORE! Score? And seven trillion rounds ago, our forecaddies brought forth on this continent a new playground, conceived by Robert Trent Jones, and dedicated to the proposition that all men are created equal when it comes to spending as much time on the links as possible — even when it seems totally inappropriate, like moments after making a solemn statement condemning the grisly murder of a 40-year-old American journalist beheaded by ISIL.

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We are met on a great field of that battle, not Augusta, not Pebble Beach, not Bethpage Black, not Burning Tree, but Farm Neck Golf Club in Martha's Vineyard, which we can't get enough of — me, Alonzo, Ray Allen and Marvin Nicholson, my trip director and favorite golfing partner who has played 134 rounds and counting with me. ...

More on golf from **Michael Goodwin**.

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NY Times Wellness Blog posts on the dissing of breakfast.

*For years, we've heard that breakfast is the most important meal of the day. But scientific support for that idea has been surprisingly meager, and a spate of new research at several different universities — published in multiple articles in the August issue of *The American Journal of Clinical Nutrition* — could change the way we think about early-hours eating.*

The largest and most provocative of the studies focused on whether breakfast plays a role in weight loss. Researchers at the University of Alabama at Birmingham and other institutions recruited nearly 300 volunteers who were trying to lose weight. They randomly assigned subjects to either skip breakfast, always eat the meal or continue with their current dietary habits. (Each group contained people who habitually ate or skipped breakfast at the start, so some changed habits, and others did not.)

Sixteen weeks later, the volunteers returned to the lab to be weighed. No one had lost much, only a pound or so per person, with weight in all groups unaffected by whether someone ate breakfast or skipped it.

In another new study — this one of lean volunteers — researchers at the University of Bath determined the resting metabolic rates, cholesterol levels and blood-sugar profiles of 33 participants and randomly assigned them to eat or skip breakfast. Volunteers were then provided with activity monitors. ...

More from **The Atlantic**.

... In one study, 300 people ate or skipped breakfast and showed no subsequent difference in their weight gained or lost. Researcher Emily Dhurandhar said the findings suggest that breakfast "may be just another meal" and admitted to a history Breakfast-Police allegiance, conceding "I guess I won't nag my husband to eat breakfast anymore."

Another small new study from the University of Bath found that people's cholesterol levels, resting metabolic rates, and overall blood-sugar levels were unchanged after six weeks of foregoing breakfast. Breakfast skippers ate less over the course of the day than did breakfast-eaters, though they also burned fewer calories.

"I almost never have breakfast," James Betts, a senior lecturer at University of Bath, told Reynolds. "That was part of my motivation for conducting this research, as everybody was always telling me off and saying I should know better."

One thing I've learned as a health writer is that a wealth of academic research is the product of personal vendettas, some healthier than others. The crux of the breakfast divide is a phenomenon known among nutrition scientists as "proposed effect of breakfast on obesity," or the PEBO. It's the idea people who don't eat breakfast actually end up eating more and/or worse things over the course of the day because their nightly fast was not properly broken. ...

Jerusalem Post

Understanding the Israeli-Egyptian-Saudi alliance

The partnership that has emerged in this war between Israel, Egypt and Saudi Arabia is a direct consequence of Obama's abandonment of the US's traditional allies.

by Caroline Glick

Hamas's war with Israel is not a stand-alone event. It is happening in the context of the vast changes that are casting asunder old patterns of behavior and strategic understandings as actors in the region begin to reassess the threats they face.

Hamas was once funded by Saudi Arabia and enabled by Egypt. Now the regimes of these countries view it as part of a larger axis of Sunni jihad that threatens not only Israel, but them.

The Muslim Brotherhood in Egypt, and its state sponsors Qatar and Turkey, are the key members of this alliance structure. Without their support Hamas would have gone down with the Muslim Brotherhood regime in Egypt last summer. As it stands, all view Hamas's war with Israel as a means of reinstating the Brotherhood to power in that country.

To achieve a Hamas victory, Turkey, Qatar and the Muslim Brotherhood are using Western support for Hamas against Israel. If the US and the EU are able to coerce Egypt and Israel to open their borders with Gaza, then the Western powers will hand the jihadist axis a strategic victory.

The implications of such a victory would be dire.

Hamas is ideologically indistinguishable from Islamic State. Like Islamic State, Hamas has developed mass slaughter and psychological terrorization as the primary tools in its military doctrine. If the US and the EU force Israel and Egypt to open Gaza's borders, they will enable Hamas to achieve strategic and political stability in Gaza. As a consequence, a post-war Gaza will quickly become a local version of Islamic State-controlled Mosul.

In the first instance, such a development will render life in southern Israel too imperiled to sustain. The Western Negev, and perhaps Beersheba, Ashkelon and Ashdod, will become uninhabitable.

Then there is Judea and Samaria. If, as the US demands, Israel allows Gaza to reconnect with Judea and Samaria, in short order Hamas will dominate the areas. Militarily, the transfer of even a few of the thousands of rocket-propelled grenades Hamas has in Gaza will imperil military forces and civilians alike.

IDF armored vehicles and armored civilian buses will be blown to smithereens.

Whereas operating from Gaza, Hamas needed the assistance of the Obama administration and the Federal Aviation Administration to shut down Ben-Gurion Airport, from Judea and Samaria, all Hamas would require are a couple of hand-held mortars.

Jordan will also be directly threatened.

From Egypt's perspective, a Hamas victory in the war with Israel that connects Gaza to Sinai will strengthen the Muslim Brotherhood and its Islamic State and other allies. Such a development represents a critical threat to the regime.

And this brings us to Islamic State itself. It couldn't have grown to its current monstrous proportions without the support of Qatar and Turkey.

Islamic State is obviously interested in expanding its conquests. Since it views itself as a state, its next move must be one that enables it to take over a national economy. The raid on Mosul's central bank will not suffice to finance its operations for very long.

At this point, Islamic State wishes to avoid an all-out confrontation with Iran, so moving into southern Iraq is probably not in the cards. US forces in Kuwait, and the strength and unity of purpose of the Jordanian military, probably take both kingdoms off Islamic State's chopping block for now.

This leaves Saudi Arabia, or parts of it, as a likely next target for Islamic State expansion.

Islamic State's current operations in Lebanon, which threaten the Saudi-supported regime there, indicate that Lebanon, at a minimum, is also at grave risk.

Then there is Iran. Iran is not a member of the Sunni jihadist axis. But when it comes to Israel and the non-jihadist regimes, it has cooperated with it.

Iran has funded, trained and armed Hamas for the past decade. It views Hamas's war with Israel in the same light as it viewed its Lebanese proxy Hezbollah's war with Israel eight years ago.

Both in Iraq and Syria, Iran and Islamic State have shown little interest in making one another their primary target. Turkey and Qatar have often served as Iran's supporters in the Sunni world.

This is the context in which Israel is fighting its war with Hamas. And due to this context, two interrelated strategically significant events have occurred since the war began.

The first relates to the US.

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by adopting their demand to open Gaza's borders with Israel and Egypt has served as the final nail in the coffin of America's strategic credibility among its traditional regional allies.

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Finally, President Barack Obama's refusal to date to take offensive action to destroy Islamic State in Iraq and Syria demonstrates to Saudi Arabia and the other Gulf states that under Obama, the US would rather allow Islamic State to expand into their territory and destroy them than return US military forces to Iraq.

In other words, Obama's pro-Hamas-, pro-Iran- and pro-Muslim Brotherhood-axis policies, along with his refusal to date to take effective action in Iraq and Syria to obliterate Islamic State, have convinced the US's traditional allies that for the next two-and-a-half years, not only can they not rely on the US, they cannot discount the possibility of the US taking actions that harm them.

It is in the face of the US's shift of allegiances under Obama that the non-jihadist Sunni regimes have begun to reevaluate their ties to Israel. Until the Obama presidency, the Saudis and Egyptians felt secure in their alliance with the US. Consequently, they never felt it necessary or even desirable to consider Israel as a strategic partner.

Under the US's strategic protection, the traditional Sunni regimes had the luxury of maintaining their support for Palestinian terrorists and rejecting the notion of strategic cooperation with Israel, whether against Iran, al-Qaida or any other common foe.

So sequestered by the US, Israel became convinced that the only way it could enjoy any benefit from its shared strategic interests with its neighbors was by first bowing to the US's long-held obsession with strengthening the PLO. This has involved surrendering land, political legitimacy and money to the terror group still committed to Israel's destruction.

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Most Israelis have yet to grasp the strategic significance of this emerging alliance. This owes in large part to the Left's domination of the public discourse.

The Israeli Left sees this new partnership. But it fails to understand its basis or significance. For the Left, all developments lead to the same conclusion: Whatever happens, Israel must strengthen the PLO by strengthening Palestinian Authority Chairman and PLO chief Mahmoud Abbas.

Failing to recognize the basis for Israel's emerging strategic partnership, led by Finance Minister Yair Lapid and Justice Minister Tzipi Livni, the Left is advocating using our new ties with Saudi Arabia and Egypt as a means of strengthening Abbas by organizing a regional peace

conference.

What they fail to understand is that such a move would destroy the partnership.

Israel's strategic cooperation with Egypt and Saudi Arabia owes to their shared interests. It cannot extend beyond them. And they have no shared interests in regard to the PLO.

Threatened by the axis of jihad, no Muslim government can be seen publicly with Israelis. Asking Egyptian and Saudi leaders to have their pictures taken with Israelis is like asking them to sign their own death warrants.

Moreover, Israel's required end-state in negotiations with the PLO – defensible borders and recognition of its sovereign rights to Jerusalem – is something that no Muslim regime can publicly accept – especially now.

So far from building on our new cooperative relationship, if the government heeds the Left's advice and uses our incipient ties with the Saudis and Egyptians to strengthen the PLO, it will highlight and exacerbate conflicting interests and so destroy the partnership.

Moreover, the fact is that the PLO can play no constructive role for any of the sides in weakening our common foes. As he has for the past decade, during the current war Abbas has demonstrated that he is utterly worthless in the fight against the forces of jihad – both of the Sunni and Shi'ite variety.

At least for the duration of Obama's presidency the interests that Egypt, Saudi Arabia and Israel share in preventing Iran from developing nuclear weapons and defeating the Muslim Brotherhood/Islamic State as military and political threats can only be advanced through joint action.

The Obama administration would have forced Israel to bow to Hamas's demands weeks ago if the Egyptians and Saudis hadn't opposed a Hamas victory.

Without Israeli military action, Iran will become a nuclear power. In light of the US's backing of Iran's nuclear program, such an Israeli operation is effectively impossible without regional support.

As to Islamic State, right now the US is interested in cooperating with Iran in fighting the barbaric force.

In exchange for Iranian cooperation, the US is liable to cede Basra and the Shatt al-Arab to Iran.

Effective cooperation between Israel, the Kurds and the Sunnis could contain, and perhaps defeat, Islamic State while reducing Iran's chances of securing the strategically vital waterway.

Since the emerging partnership between Israel, Egypt and Saudi Arabia is a direct result of the Obama administration's destruction of US strategic credibility, it is fairly clear that if properly managed, it can last until January 2017. Until then, in all likelihood, the US will be unwilling and unable to rebuild its reputation.

And until then, the parties are unlikely to find alternative means of securing their interests that are more effective than joint action.

Given the stakes, and the complementary capabilities of the various parties, Israel's primary task today must be to work quietly and diligently with the Saudis and Egyptians to expand on their joint achievements in Gaza.

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NY Times

The Golf Address

by Maureen Dowd

FORE! Score? And seven trillion rounds ago, our forecaddies brought forth on this continent a new playground, conceived by Robert Trent Jones, and dedicated to the proposition that all men are created equal when it comes to spending as much time on the links as possible — even when it seems totally inappropriate, like moments after making a solemn statement condemning the grisly murder of a 40-year-old American journalist beheaded by ISIL.

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We are met on a great field of that battle, not Augusta, not Pebble Beach, not Bethpage Black, not Burning Tree, but Farm Neck Golf Club in Martha's Vineyard, which we can't get enough of — me, Alonzo, Ray Allen and Marvin Nicholson, my trip director and favorite golfing partner who has played 134 rounds and counting with me.

We have to dedicate a portion of that field as a final resting place for my presidency, if I keep swinging from behind.

Yet it is altogether fitting and proper that I should get to play as much golf as I want, despite all the lame jokes about how golf is turning into "a real handicap" for my presidency and how I have to "stay the course" with ISIL. I've heard all the carping that I should be in the Situation Room droning and plinking the bad folks. I know some people think I should go to Ferguson. Don't they understand that I've delegated the Martin Luther King Jr. thing to Eric Holder? Plus, Valerie Jarrett and Al Sharpton have it under control.

I know it doesn't look good to have pictures of me grinning in a golf cart juxtaposed with ones of James Foley's parents crying, and a distraught David Cameron rushing back from his vacation

after only one day, and the Pentagon news conference with Chuck Hagel and General Dempsey on the failed mission to rescue the hostages in Syria.

We're stuck in the rough, going to war all over again in Iraq and maybe striking Syria, too. Every time Chuck says ISIL is "beyond anything we've ever seen," I sprout seven more gray hairs. But my cool golf caps cover them. If only I could just play through the rest of my presidency.

ISIL brutally killing hostages because we won't pay ransoms, rumbles of coups with our puppets in Iraq and Afghanistan, the racial caldron in Ferguson, the [Ebola](#) outbreak, the Putin freakout — there's enough awful stuff going on to give anyone the yips.

So how can you blame me for wanting to unwind on the course or for five hours at dinner with my former assistant chef? He's a great organic cook, and he's got a gluten-free backyard putting green.

The world will little note, nor long remember, what we shot here, or why I haven't invited a bunch of tiresome congressmen to tee it up. I'm trying to relax, guys. So I'd much rather stay in the bunker with my usual bros.

Why don't you play 18 with Mitch McConnell? And John Boehner is a lot better than me, so I don't want to play with him.

It is for us, the duffers, rather, to be dedicated here to the unfinished work which they who played here have thus far so nobly advanced to get young folks to stop spurning a game they find slow and boring.

It is rather for us to be here dedicated to the great task remaining before us of getting rid of our slice on the public's dime — that from this honored green we take increased devotion to that cause for which Bobby Jones, Jack Nicklaus, Tiger Woods and Rory McIlroy gave their last full measure of devotion — and divots.

We here highly resolve that these golfing greats shall not have competed in vain, especially poor Tiger, and that this nation, under par, shall have a new birth of freedom to play the game that I have become unnaturally obsessed with, and that golf of the people, by the people, for the people shall not perish from the earth.

So help me Golf.

NY Post

Obama's golf outing after Foley beheading was a huge mistake

by Michael Goodwin



President Barack Obama, left, bumps fists with Cyrus Walker, right, cousin of White House senior adviser Valerie Jarrett, as Glenn Hutchins, center, looks on while golfing at Vineyard Golf Club

Sometimes a round of golf is just a round of golf. And sometimes it reveals the essence of a man.

President Obama's decision to hit the links and yuk it up with pals immediately after speaking about the beheading of James Foley was no ordinary mistake. Nor was it a simple gaffe.

The decision continues to cause an uproar because, like an X-ray, there is no escaping the image. It shows there is no there there.

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Simple decency and respect for Foley's horrified parents should have been enough to sober him. If that didn't do it, the realization that the Islamic State had declared war on America in the most gruesome fashion imaginable should have sounded a call of duty in his head.

Instead, Obama continued with his vacation and was photographed looking as if he didn't have a care in the world. Suddenly, that megawatt smile that often charmed voters wasn't so charming. It was vacuous.

He looked like an empty-headed frat boy, numb to the world.

Maybe that's not just an appearance. Maybe it's the truth. Maybe that's all there is.

It is a bitter idea to consider. To say he is a failed president, even unfit, does not rule out the possibility he deeply wants to measure up but doesn't know how.

But what if it's worse than that? What if, after six years of frustration and failure, he's just not into being president anymore?

Bill Clinton told Americans, "I feel your pain." What if Obama doesn't give a whit what Americans feel?

As commander in chief, Obama swore to defend the nation. Yet the rise of the demonic cult calling itself Islamic State has barely stirred him.

The group he once ridiculed as being like the al Qaeda junior varsity has achieved what Osama bin Laden never did: It controls a huge swath of territory in Syria and Iraq. It is so bloodthirsty that some jihadist groups shun its brand of barbarism as too indiscriminate.

Most important, it makes threats against America, saying, "We will drown all of you in blood." It vows to raise its black flag over the White House and threatened Chicago and other cities.

All of this, especially the beheading of Foley and the threat to kill another American journalist it holds, are aimed at stopping even modest US support for the Iraqi army.

Yet the president, after giving a perfunctory speech about the horror of it all, shrugged his shoulders. Later, his attorney general said a criminal investigation had been opened, as if the beheading was just a crime.

It is hard to fathom what Obama is doing or thinking. No explanation comes close to being satisfactory.

With fellow Democrats faulting him, and with threats to America multiplying, it is impossible to excuse his conduct on the grounds of ignorance. If he only knows what the public sees, that would be more than enough to develop a strategy.

Indeed, it's possible his military advisers are going public with terrifying claims about the terrorist group because they, too, are alarmed by his passivity. Secretary of Defense Chuck Hagel, normally low-key, said of the Islamic State: "This is beyond anything that we've seen. So we must prepare for everything."

Gen. Martin Dempsey, the chairman of the Joint Chiefs of Staff, called it “an organization that has an apocalyptic, end-of-days strategic vision that will eventually have to be defeated.”

His use of the word “defeated” was in contrast to Obama, who talked only of “containing” the - Islamic State when he approved limited airstrikes.

There was, of course, another response from the president last week. After the storm started over the golf outing, White House officials confirmed there had been a secret raid to free Foley and others in July, but it failed.

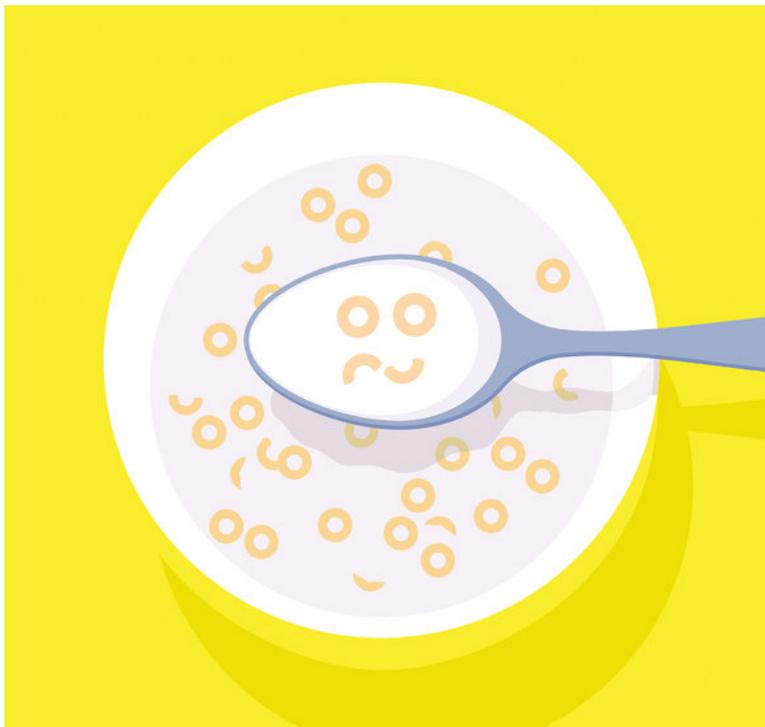
The release of such classified information ignited a second round of fury, with not a few critics accusing the president of playing politics.

Nonsense. He doesn't care about politics. The raid was revealed to protect the only thing he does care about: himself.

NY Times Wellness Blog

Is Breakfast Overrated?

by Gretchen Reynolds



For years, we've heard that breakfast is the most important meal of the day. But scientific support for that idea has been surprisingly meager, and a spate of new research at several different universities — published in multiple articles in the August issue of *The American Journal of Clinical Nutrition* — could change the way we think about early-hours eating.

The largest and most provocative of the studies focused on whether breakfast plays a role in weight loss. Researchers at the University of Alabama at Birmingham and other institutions recruited nearly 300 volunteers who were trying to lose weight. They randomly assigned subjects to either skip breakfast, always eat the meal or continue with their current dietary habits. (Each group contained people who habitually ate or skipped breakfast at the start, so some changed habits, and others did not.)

Sixteen weeks later, the volunteers returned to the lab to be weighed. No one had lost much, only a pound or so per person, with weight in all groups unaffected by whether someone ate breakfast or skipped it.

In another new study — this one of lean volunteers — researchers at the University of Bath determined the resting metabolic rates, cholesterol levels and blood-sugar profiles of 33 participants and randomly assigned them to eat or skip breakfast. Volunteers were then provided with activity monitors.

After six weeks, their body weights, resting metabolic rates, cholesterol and most measures of blood sugar were about the same as they had been at the start, whether people ate breakfast or not. The one difference was that the breakfast eaters seemed to move around more during the morning; their activity monitors showed that volunteers in this group burned almost 500 calories more in light-intensity movement. But by eating breakfast, they also consumed an additional 500 calories each day. Contrary to popular belief, skipping breakfast had not driven volunteers to wolf down enormous lunches and dinners — but it had made them somewhat more sluggish first thing in the morning.

Together, the new research suggests that in terms of weight loss, “breakfast may be just another meal,” said Emily Dhurandhar, the assistant professor at the University of Alabama at Birmingham who led the study there. Skipping breakfast in these studies, she said, did not fatten people.

Each study was fairly short-term, however, and involved a limited range of volunteers. More randomized experiments are needed before we can fully understand the impact of breakfast, said James Betts, the professor who led the study of lean people. It’s not yet clear, for instance, whether heavy people’s bodies respond differently to morning meals than lean people’s, or if the timing and makeup of breakfast matters.

For now, the slightly unsatisfying takeaway from the new science would seem to be that if you like breakfast, fine; but if not, don’t sweat it. “I almost never have breakfast,” Dr. Betts said. “That was part of my motivation for conducting this research, as everybody was always telling me off and saying I should know better.” Based on the results of these studies, he said his habits won’t change.

Neither will those of Dr. Dhurandhar, who enjoys a morning meal. But, she said, “I guess I won’t nag my husband to eat breakfast anymore.”

The Atlantic

Breakfast Downgraded From 'Most Important Meal of the Day' to 'Meal'

Today the pendulum of science defends breakfast skippers.

by James Hamblin

"You didn't eat breakfast? Don't you know it's the most important meal of the day?"

In the bitterly divided world of breakfast habits, otherwise reasonable people become evangelists. Why is it acceptable to make people feel guilty about not eating breakfast, but it is not acceptable to slap those people?

This week health columnist Gretchen Reynolds at *The New York Times* did the slapping with science, [reporting](#) on two new nutrition studies. She concluded, "If you like breakfast, fine; but if not, don't sweat it."

That's reasonable, if apathetic. Nutrition science as a field has in recent years been bisected over the importance of breakfast. The research speaks with more nuance than the lay breakfast pusher. But the new studies land a weight of evidence thoroughly outside the realm of "most important meal."

In one study, 300 people ate or skipped breakfast and showed no subsequent difference in their weight gained or lost. Researcher Emily Dhurandhar said the findings suggest that breakfast "may be just another meal" and admitted to a history Breakfast-Police allegiance, conceding "I guess I won't nag my husband to eat breakfast anymore."

Another small new study from the University of Bath found that people's cholesterol levels, resting metabolic rates, and overall blood-sugar levels were unchanged after six weeks of foregoing breakfast. Breakfast skippers ate less over the course of the day than did breakfast-eaters, though they also burned fewer calories.

"I almost never have breakfast," James Betts, a senior lecturer at University of Bath, told Reynolds. "That was part of my motivation for conducting this research, as everybody was always telling me off and saying I should know better."

One thing I've learned as a health writer is that a wealth of academic research is the product of personal vendettas, some healthier than others. The crux of the breakfast divide is a phenomenon known among nutrition scientists as "proposed effect of breakfast on obesity," or the PEBO. It's the idea people who don't eat breakfast actually end up eating more and/or worse things over the course of the day because their nightly fast was not properly broken.

Some studies have supported that idea, but a strong meta-analysis of all existing research [last year](#) by obesity researchers found that "the belief in the PEBO exceeds the strength of scientific evidence," citing poor research and bias in reporting.

Another study published last year researchers at Cornell [had people](#) go without breakfast, and those who skipped ended up eating less by the end of the day.

In a third research paper published last year, also in July—which breakfast scientists might simply refer to as "the month"—a large study in the American Heart Association's journal

Circulation [found](#) that eating breakfast was associated with significantly lower risk of heart disease. That remains the most persuasive pro-breakfast case to date.

"I refute the dogma that inevitably creeps into discussions of breakfast. Skipping breakfast can mean many different things," wrote David Katz, director of Yale University's Griffin Prevention Research Center, at the time.

Katz [introduced](#) additional philosophical dilemmas: "Research about breakfast tends to divide the world into those who skip, and those who don't. But deferring and skipping are not the same. Skipping despite hunger, and deferring for want of it, are not the same. And clearly all breakfasts are not created equal."

For example, as Reynolds proposed, "Preparing a good breakfast can be as quick and easy as splashing some milk over cereal." You're definitely better off with no breakfast than with most cereals, which are primarily sugar, but another study from Harvard Medical School [found](#) that people who ate breakfasts of whole-grain cereals had lower rates of diabetes and heart disease compared to skippers.

If you ever visit the Internet's most-read site for health information, WebMD, you'll see an [article](#) presumptuously titled "Why Breakfast Is the Most Important Meal of the Day," which mainly focuses on kids and the lore that they do better academically if they have eaten breakfast, but that's overblown and really [not a clear conclusion](#). As Katz put it, "We have little information about adolescents, little information about the benefits of breakfast in well-nourished kids, and little information about how variation in the composition of breakfast figures into the mix."

But shades of grey do not satisfy my bitter-divide hypothesis. Let's still say there are two kinds of people in the world: Those who eat breakfast, and those who don't. If you're a breakfast deferrer who feels cowed by breakfast evangelists, a good way to stand up to them might be to echo Betts:

"More randomized experiments are needed before we can fully understand the impact of breakfast."

Or as a joke, "If you like breakfast so much, why don't you marry it?"

Or, with a very serious face, "Don't tell me how to live my life."





