



BREAKFAST INTAKE AMONG U.S. CHILDREN AND ADOLESCENTS, 2015–2018

On a given day,

breakfast consumption
is most common among younger children and **decreases with age**



AGES
2–5
95.8%



AGES
6–11
86.7%



AGES
12–19
72.9%

SOURCE: National Center for Health Statistics, National Health and Nutrition Examination Survey, 2015–2018.
For more information, visit www.cdc.gov/nchs/products/databriefs/db386.htm.

CS320824

