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| --- | --- | --- | --- | --- |
| No. | Action | Search terms/keywords | Web address | Yes/No |
| 1 | Alta Vista | Effect of skipping breakfast. | Ask an expert,  http://www.netwellness.org/question.cfm/1106.htm |  |
| 2 | Alta Vista | Effect of skipping breakfast. | [The Importance of Breakfast - Effects of Skipping Breakfast](http://aa.wrs.yahoo.com/_ylt=A3xsfIHGSFdMXT0BVBDjPwx.;_ylu=X3oDMTEzaDBqY2E0BHNlYwNzcgRwb3MDMQRjb2xvA3NnMQR2dGlkA01ZRUMwMV8x/SIG=12uquhen3/EXP=1280875078/**http%3a/www.ayushveda.com/womens-magazine/drawbacks-of-skipping-breakfasts/),  http://www.ayushveda.com/womens-magazine/drawbacks-of-skipping-breakfasts/ |  |
| 3 | Iportal UMP,  Science direct | Effect of skipping breakfast. | [The Relationship of Breakfast Skipping and Type of BreakfastConsumption with Nutrient Intake and Weight Status in Children and Adolescents: The National Health and Nutrition Examination Survey 1999-2006](http://www.sciencedirect.com/science?_ob=ArticleURL&_udi=B758G-504M07M-F&_user=4406426&_coverDate=06%2F30%2F2010&_alid=1419163252&_rdoc=8&_fmt=high&_orig=search&_cdi=12926&_sort=r&_docanchor=&view=c&_ct=437&_acct=C000063100&_version=1&_urlVersion=0&_userid=4406426&md5=83535bf7604f04a6028dd85565bdc84e)  Priya R. Deshmukh-Taskar, Theresa A. Nicklas, Carol E. O'Neil, Debra R. Keast, John D. Radcliffe, Susan Cho, Journal of the American Dietetic Association, Volume 110, Issue 6, June 2010, Pages 869-878 |  |
| 4 | Iportal UMP,  Science direct | Effects of skipping breakfast. | Fast Food Consumption andBreakfast Skipping:[next term](http://www.sciencedirect.com/science?_ob=ArticleURL&_udi=B6T80-4M0BHH7-4&_user=4406426&_coverDate=12%2F31%2F2006&_alid=1419163252&_rdoc=3&_fmt=high&_orig=search&_cdi=5072&_sort=r&_docanchor=&view=c&_ct=437&_acct=C000063100&_version=1&_urlVersion=0&_userid=4406426&md5=944dec13eb6a03e36f399ebcb4ed0ef9#hit2) Predictors of Weight Gain from Adolescence to Adulthood in a Nationally Representative Sample  Heather M. Niemeier, Ph.D.\*, Hollie A. Raynor, Ph.D., R.D., Elizabeth E. Lloyd-Richardson, Ph.D., Michelle L. Rogers, Ph.D., and Rena R. Wing, Ph.D.,  Fast Food Consumption and Breakfast Skipping: Predictors of Weight Gain from Adolescence to Adulthood in a Nationally Representative Sample, Weight Control and Diabetes Research Center, The Miriam Hospital/Brown Medical School, Providence, Rhode Island, Manuscript received January 6, 2006; manuscript accepted July 7, 2006 |  |