INTRODUCTION
The unbalanced consumption of food leads to overweight and obesity. Childhood obesity has increased in the last decade being now the most common pediatric disease worldwide. In Europe 1 in 5 children (20%) are overweight and Portugal is one of the countries where this problem deepens. The study Childhood Obesity Surveillance Initiative (COSI) - Portugal is a nutritional surveillance system of the World Health Organization-Regional Office for Europe that aims to monitor the nutritional status of Portuguese children. To reverse this epidemic, through the determinants of lifestyle, and knowing that food plays an important role in the development of obesity, few studies have explored the relationship between obesity and consumption of breakfast (BK). Regular consumption of the BK has been inversely associated with increased body mass index (BMI) and development of overweight and obesity. Thus, the present study aimed to assess dietary habits, particularly those relating to the BK takes Portuguese children in the 1st cycle of basic education and its influence on Nutritional Status.

RESULTS
Under the second phase of the study COSI - Portugal (2010), 30.2% of portuguese children were overweight of which 14.3% were obese. Within the 4,020 children under analysis, 95.1% had breakfast every day. Children, who did not had breakfast, had higher prevalence of overweight and obesity (33.2% and 14.8%, respectively) compared with the ones that had breakfast (26.0% and 9.0%, respectively). These differences were statistically significant (p <0.05) (Figure 1). The children that do had breakfast are mainly from the Center region of Portugal (97.5%) and the lower range of children had breakfast lived in the Azores islands (11.4%).

Figure 1: Breakfast consumption and nutritional status

The analyses was undertaken on data from the COSI-Portugal 2010 study.
Sample
4064 children aged between 6 to 8 years from a national representative sample of 176 schools.
Nutritional status
It was classified from IOTF criteria.
Breakfast consumption
Breakfast Consumption was defined as the consumption of food and beverage taken before school time. The study evaluated the place where it was held and the foods eaten. These habits were related according to the nutritional status.

Figure 2: Food consumed at breakfast according to the local

Figure 3: Local of breakfast

Concerning the food that children ate in this meal, the study showed that 87.7% of the children consumed milk and its derivatives, 35.6% of them had breakfast cereals and 29.8% had bread and derivatives; 10.2% of the children had cakes / cookies / candy / cookies / donuts; 20% had fresh fruit / fruit juice; 1.6% had tea/coffee and only 0.9% had sodas (Figure 4). Children with overweight had the highest consumption of soda and cakes / sweet biscuits / cookies / donuts consumption. These differences were statistically significant (p <0.05).

Figure 4: Foods eaten at breakfast

CONCLUSION
This study suggests that children who do not consume breakfast, appears, itself, to be associated positively with obesity. Given rising obesity rates in children, public health advocates would do well to renew their emphasis on the importance of a good breakfast and the risks of regular morning fasting.