

เอกสารอ้างอิง

1. จาก WHO: <https://www.who.int/southeastasia/news/feature-stories/detail/thailands-leadership-and-innovation-towards-healthy-ageing>
2. จาก Healthfocus: <https://www.hfocus.org/content/2016/06/12304>
3. ชัยทวี เสนะวงศ์, สถาบันเพิ่มผลผลิตแห่งชาติ: คุณภาพ คุณค่า ของผู้สูงอายุ : มิติของการมีสุขภาพดี, 31 มีนาคม 2020, <https://www.ftpi.or.th/2020/36333>
4. Rani R, et al. Importance of not skipping breakfast: a review. *International Journal of Food Science and Technology* 2021, 56, 28–38.
5. Rampersaud, G.C., Pereira, M.A., Girard, B.L., Adams, J. & Metzler, J.D. (2005). Breakfast habits, nutritional status, body weight, and academic performance in children and adolescents. *Journal of American Dietetic Association*, 105, 743–760.
6. Joseph Mercola, *Dr Mercola's Guides to Optimal Health and Nutrition*, 2015.
7. Seoane, L.M., Al-Massadi, O., Lage, M., Dieguez, C. & Casanueva, F.F. (2004). Ghrelin: from a GH-secretagogue to the regulation of food intake, sleep and anxiety. *Pediatric Endocrinology Review*, 1, 432–437.
8. Lightowler, H.J. & Henry, C.J.K. (2009). An investigation of the effectiveness of ready to-eat breakfast cereals in weight loss. Comparison between single and mixed varieties. *Nutrition Bulletin*, 34, 48–53.
9. Drewnowski, A., Rehm, C.D. & Vieux, F. (2018). Breakfast in the United States: Food and nutrient intakes in relation to diet quality in national health and examination survey 2011–2014. A study from the international breakfast research initiative. *Nutrients*, 10, 1200.
10. Baltar, V.T., Cunha, D.B., Santos, R.D.O., Marchioni, D.M. & Sichieri, R. (2018). Breakfast patterns and their association with body mass index in Brazilian adults. *Cadernos de Saude Publica*, 34, 1–9. e00111917.
11. Keski-Rahkonen, A., Kaprio, J., Rissanen, A., Virkkunen, M. & Rose, R.J. (2003). Breakfast skipping and health-compromising behaviors in adolescents and adults. *European Journal of Clinical Nutrition*, 57, 842–853.
12. Astbury, N.M., Taylor, M.A. & McDonald, I.A. (2011). Breakfast consumption affects appetite, energy intake and the metabolic and endocrine responses to foods consumed later in the day in male habitual breakfast eaters. *Journal of Nutrition*, 141, 1381–1389.

13. Betts, J.A., Richardson, J.D., Chowdhury, E.A., Holman, G.D., Tsintzas, K. & Thompson, D. (2014). The causal role of breakfast in energy balance and health: a randomized controlled trial in lean adults. *American Journal of Clinical Nutrition*, 100, 539–547.
14. Isaksson, H., Sundberg, B., Aman, P., Fredriksson, H. & Olsson, J. (2008). Whole grain rye porridge breakfast improves satiety compared to refined wheat bread breakfast. *Food & Nutrition Research*, 52, 1–7. <https://doi.org/10.3402/fnr.v52i0.1809>
15. <http://www.drdaavidgersten.com/AMINO-ACID-THERAPY-CHART.html>
16. Huicui M, et al. Effect of prior meal macronutrient composition on postprandial glycemic responses and glycemic index and glycemic load value determinations. *The American Journal of Clinical Nutrition*: 106(5), 2017: 1246-1256.
17. *Clinical Nutrition, A Functional Approach*, The Institute for functional Medicine:2006.
18. Chaput JP, McHill AW, Cox RC, Broussard JL, Dutil C, Costa BGG, *et al.* The role of insufficient sleep and circadian misalignment in obesity. *Endocrinology*. 2023; 19: 82-97.
19. Krueger JM, Frank M, Wisor, Roy. Sleep function: Toward elucidating an enigma. *Sleep Med Rev*. 2016; 28: 46-54.
20. Harding EC, Franks NP, Wisden W. Sleep and thermoregulation. *Curr Opin Physiol*. 2020; 15: 7-13.
21. Zhao M, Tuo H, Wang S, Zhao L. The effects of dietary on sleep and sleep disorders. *Mediators Inflamm*. 2020: 1-7.
22. Wu J, Zhang B, Zhou S, Huang Z, Xu Y, Lu X, *et al.* Association between gut microbiota and sleep: a two-sample, bidirectional Mendelian randomization study. *Front Microbiol*. 2023; 14: 1-12.