

According to the results of a new study published in the Journal of the Endocrine Society, the power can really affect the strength of the bones. So, if you regularly abandon breakfast or eat late in the evening, then you have more chances to encounter fractures due to osteoporosis.

As part of a new study, experts analyzed information about 927,130 adult Japanese over 20 years from the DESC medical database. During a medical examination, the participants filled the questionnaire about the lifestyle and were observed on average 2.6 years.



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According to the results of the work, it was found that people who miss breakfast more than three times a week, the probability of developing fractures was 18% higher. For those who had dinner less than two hours before bedtime more than three times a week, the risk of getting a fracture was 8% higher.

The researchers also noticed that these habits in nutrition were usually combined with other

Breakfast pass or late dinner will increase your risk of fractures

unhealthy habits: smoking, lack of physical activity and sleep.

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