

riboflavin, vitamin A, and vitamin C Having a nutritious breakfast in a timely manner is a significant supporter of a positive attitude and good health. Many studies on younger students in the Arabian Gulf countries accounted for helpless dietary customs such as quitting the meal in the morning (breakfast), a minimal drink of milk, products of the soil, and a high admission of carbonated drinks, desserts, and fast food (Qotba and Al-Isa, 2007; Bin Zaal et al., 2009; Washi and El-Hazmi and Warsy, 2001; Musaiger et al., 2011; Ageib, 2010). Generally speaking, studies in the Arabian Gulf countries have revealed an increased use of food sources high in fats and calories among a variety of media, resulting in an Obesity and its co-morbidities are at an increased risk (Musaiger, 2004). (Nasreddine et al., 2008; El-Qudah, 2008)., 2005; Popkin et al., 2005). Objectives and rationale: