

Olympic Gold Medalist Chloe Kim Doesn't Finish Breakfast, Immediately Regrets It



By Ana-Marija Dolaskie — February 13, 2018



Wikimedia Commons

American snowboarder slash Superwoman Chloe Kim just [won her first Olympic gold medal](#) ^[1] in the Women's Snowboarding Half-pipe. But even she isn't immune to getting [hangry](#) ^[2] — hungry + angry.

That's because the 17-year-old athlete didn't finish her breakfast sandwich before competing in the finals. We know this after she [tweeted](#) ^[3] on social media — the post has now gone viral.



Chloe Kim @chloekimsnow · 15h

Wish I finished my breakfast sandwich but my stubborn self decided not to and now I'm getting hangry

3.0K 9.3K 79K

We feel you, girl.

Kim, who scored an amazing 93.75 on her first run in the halfpipe and immediately secured the top spot *by a mile*, had a bit of an energy breakdown during her second run. She tweeted about being hangry after her fall in the second run. Was she insinuating that she had run out of some fuel? Perhaps. Living up to the hype, however, she stayed on top and dropped a victory run where she scored a near-perfect run (98.25) for her amazing back-to-back 1080s.

Americans at home — myself included — can relate to Kim's growling stomach. After all, hanger isn't just a slang term; scientists agree there is science to back it up. According to research, being

hangry is a survival mechanism, genetically passed down to us from our ancestors. Being aggressive while hungry meant having a survival advantage.

So what exactly happens to our brains when we're hangry? Our video sums it up:

"Once the brain realizes the body is lacking glucose, it may perceive it as life-threatening. The body panics, stress hormones go up, and a brain chemical called neuropeptide Y (NPY) — which contributes to food intake and aggression — is released. When that happens, our adrenaline hormones — the fight or flight response — are released."

▪ Luckily, we can curb hanger by starting off with a healthy, energy-filled breakfast. Sounds like Kim started it, but didn't finish it. We can blame it on her excitement.

Breakfast is an important part of the day. It breaks the overnight fasting period, replenishes glucose levels and supplies us with the energy we need to kickstart the day. If you're a regular breakfast eater and opt to skip every so often, you may find yourself slowing down, perhaps even getting hangry. (Some people are accustomed to skipping breakfast altogether, and [research has shown](#) [4] it doesn't affect their weight or energy levels)

But breakfast is especially important for kids, and also if you're trying to win a gold medal first thing in the morning. Chloe Kim is the obvious exception; she is simply a superstar.

COPYRIGHT © 1978-2016 BY THE AMERICAN COUNCIL ON SCIENCE AND HEALTH

Source URL: <https://www.acsh.org/news/2018/02/13/olympic-gold-medalist-chloe-kim-doesnt-finish-breakfast-immediately-regrets-it-12568>

Links

[1] http://www.espn.com/olympics/story/_/id/22415338/chloe-kim-fulfills-golden-destiny-halfpipe-baby-girl-full-fledged-dragon

[2] <https://www.merriam-webster.com/words-at-play/hangry-meaning>

[3]

https://twitter.com/chloekimsnow?ref_src=twsrc%5Etfw&ref_url=https%3A%2F%2Fwww.washingtonpost.com%2Fmedalist-chloe-kim-wins-twitter-too%2F

[4] <https://www.acsh.org/news/2016/05/23/breakfast-skippers-this-ones-for-you>