

相关性：两个或多个事物同时发生，具有关联

因果性：因为A导致B

From: <http://www.webmd.com/diet/news/20080303/eating-breakfast-may-beat-teen-obesity>

Eating Breakfast May Beat Teen Obesity Eat b!.

In the study, published in *Pediatrics*, researchers analyzed the dietary and weight patterns of a group of 2,216 adolescents over a five-year period (1998-1999 to 2003-2004) from public schools in Minneapolis-St. Paul, Minn.

The researchers write that teens who ate breakfast regularly had a lower percentage of total calories from saturated fat and ate more fiber and carbohydrates than those who skipped breakfast. In addition, regular breakfast eaters seemed more physically active than breakfast skippers.

Over time, researchers found teens who regularly ate breakfast tended to gain less weight and had a lower body mass index than breakfast skippers.

如上面文章中：吃早餐与积极运动、肥胖可能性比较小之间是具有相关性的，而不能说不吃早餐不会积极运动，更容易肥胖。

相关性只能说明两者一同发生，更好的研究是能够证明因果性的研究。不能说“吃早餐能让人减轻体重”，

