

Health & Wellness

September
2026

Issue 24

Is Breakfast Still the Most Important Meal of the Day?

This month's Health and Wellness topic is the importance of eating breakfast! In this edition, we're going to go over the importance of eating breakfast, some of the negative effects of skipping breakfast, and give some ideas for a quick and easy breakfast to help start your day the right way!



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Welcome to DuPage Senior Citizens Council/Kane Senior Council's September Health & Wellness Newsletter!

We're here to bring you a new topic relating to wellness as well as new brain teasers, seasonal recipes, book recommendations, and more!

Providing Meals and More...



DuPage Senior
Citizens Council



Kane Senior
Council

Is Breakfast Still the Most Important Meal of the Day?

Introduction

Breakfast is often called ‘the most important meal of the day’ because it breaks the overnight fasting period, replenishes your supply of glucose to boost your energy levels and alertness and provides other essential nutrients required for good health.



Why is breakfast so important? When you wake up from your overnight sleep, you may not have eaten for up to 12 hours.

Breakfast replenishes the stores of energy and nutrients in your body.

Energy

The body's energy source is **glucose**. Glucose is broken down and absorbed from the **carbohydrates** in food that you eat.

The body stores most of its energy as **fat**. But your body also stores some glucose as **glycogen**, most of it in your **liver**, with smaller amounts in your **muscles**.

During times of fasting, the liver breaks down glycogen and releases it into your **bloodstream** as glucose to keep your **blood sugar levels** stable.

This is especially important for your **brain**, which relies almost entirely on glucose for energy.

In the morning, your **glycogen stores** are low.

Once all of the **energy** from your glycogen stores is used up, your body starts to break down **fatty acids** to provide the energy it needs.

Without carbohydrates, fatty acids are only partially oxidized, which can reduce your energy levels.



Eating breakfast boosts your

Energy Level and restores your Glycogen

to keep your metabolism up all day.

Skipping breakfast may seem like a good way to reduce overall energy intake.

However, research shows that even with a higher intake of energy, breakfast eaters tend to be more **physically active** in the **morning** than those who don't eat until later in the day.



Breakfast Boosts Brainpower

Not having breakfast affects your **mental performance**, including your **attention**, ability to **concentrate**, and **memory**. This can make some tasks feel harder than they normally would.

If you decide to skip breakfast in the morning, you might find you feel a bit **sluggish** and struggle to **focus** on things throughout the day. This is because your brain hasn't received the **energy (glucose)** it needs to get going.





Essential Vitamins, Minerals, and Nutrients

Breakfast provides a lot of your day's **total nutrient intake**.

People who eat breakfast are usually **more likely** to meet their recommended daily intakes of **vitamins** and **minerals** than people who don't.

Breakfast foods can be rich in key nutrients such as: **folate**, **calcium**, **iron**, **B vitamins**, and **fiber**.

Essential **vitamins**, **minerals**, and **other nutrients** can **only** be gained from **food**, so even though your body can usually find enough energy to make it to the next meal, you still need to top up your vitamin and mineral levels to maintain health and vitality.



Breakfast Helps You Make Better Food Choices

People who eat breakfast generally have **better eating habits** and are **less likely** to be **hungry** for **snacks** during the day than people who skip breakfast.

Skipping breakfast may lead to nibbling on **snacks** during the **mid-morning** or **afternoon**.

This can be a problem if those snacks are high in **sugar**, **fat**, and **salt**.

If you do skip breakfast, try a **nutritious snack** such as fresh fruit, yogurt, veggie sticks and hummus, or a wholemeal sandwich to help you through that **mid-morning hunger**.

Eating breakfast helps **prevent large fluctuations** in your **blood glucose levels**, helping you to **control your appetite**.

Breakfast also **fills you up** before you become really hungry, so you're less likely to just grab whatever foods are nearby when hunger strikes.



Ideas for Healthy Breakfast Foods

- **Oatmeal** - when choosing quick oats, go for the **plain variety** and **add your own fruit** afterwards as the flavored varieties tend to have a lot of added sugar.
- **Whole grain cereal** (such as bran cereals or whole-wheat biscuits) with **milk, natural yogurt**, and **fresh fruit**
- **Fresh fruits and raw nuts**
- **Whole grain** or **sourdough toast**, poached or boiled **eggs, tomatoes, mushrooms, spinach, salmon, cheese, avocado** or a couple of teaspoons of **spreads** such as **hummus** or **100% nut butter**
- Smoothies made from fresh fruit or vegetables, natural yogurt and milk
- **Greek Yogurt** with some **fresh fruit** added for extra sweetness and some **raw nuts** for crunchiness



Heading Out the Door Early Each Day?

Prepare some **quick** and **healthy** breakfast foods **the night before** or on the **weekend**, such as zucchini bread, healthy muffins or overnight oats (rolled oats soaked in milk overnight in the fridge - just add fruit/nuts and serve).

Get in the habit of setting your alarm for **10 to 15 minutes earlier** to give you time to have breakfast at **home**.

Health & Wellness Education

WRAP UP

While skipping breakfast is not recommended, good nutrition is ***not*** just about the **number of meals** you have each day.

If you skip breakfast, aim to make up for the **nutritional content** you missed at breakfast with your lunch, dinner, and healthy snacks.

For more health and wellness tips, information and resources, visit our website.



BRAIN BOOSTERS

SUDOKU

			3		7			4
		6					7	1
	1				4	5	2	
5			8			2		9
9	6						5	8
7		8			1			6
	7	3	2				9	
4	9					8		
6			7		9			

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RIDDLE OF THE MONTH

I have on eye but am unable to see. What am I?

WORD SEARCH

G	M	L	J	I	E	N	K	B	F	D	X	G	Z
M	M	E	C	Y	N	U	A	M	C	Y	M	H	A
I	E	N	P	T	Y	T	P	V	W	D	O	A	I
N	T	E	U	B	B	R	P	K	A	W	R	S	N
E	A	R	J	R	B	I	E	Q	I	E	N	E	A
R	B	G	J	A	R	E	T	C	N	Y	I	W	V
A	O	Y	K	I	E	N	I	R	M	D	N	K	I
L	L	H	W	N	A	T	T	R	Q	P	G	E	T
S	I	A	M	P	K	S	E	R	Q	W	G	O	A
B	S	R	X	O	F	G	L	U	C	O	S	E	M
K	M	O	Q	W	A	E	J	N	C	Z	D	C	I
Q	Z	S	S	E	S	X	R	X	Y	L	J	Q	N
K	Q	F	G	R	T	S	O	H	E	U	C	S	S
N	D	M	I	G	L	Y	C	O	G	E	N	D	I

WORD BANK

BREAKFAST	GLUCOSE	MINERALS	METABOLISM
NUTRIENTS	MORNING	VITAMINS	ENERGY
APPETITE	GLYCOGEN	BRAINPOWER	

September Recipe: Oatmeal with Fruit & Nuts

Recipe from: Hilary Meyer on EatingWell.com

Ingredients:

- ½ cup old-fashioned oats
- 1 cup skim milk
- 1 tbsp walnuts
- ¼ cup nonfat plain Greek yogurt
- ¼ cup chopped apple



Credit: Photographer: Alexandra Shytsman

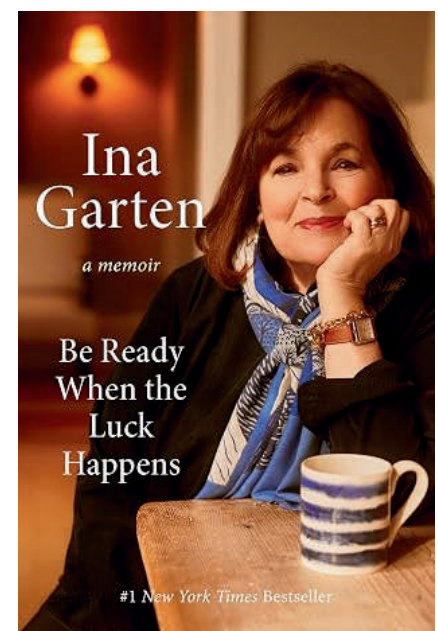
Directions:

1. Combine oats and milk in a small saucepan.
2. Bring to a boil over high heat, then reduce the heat to medium and cook, stirring frequently until the oats are tender and creamy, 4 to 5 minutes.
3. Remove from the heat, cover and let stand for 2 minutes.
4. Serve topped with yogurt, apple, and walnuts.

Book Pick of the Month

Be Ready When the Luck Happens by Ina Garten

Ina Garten - aka the Barefoot Contessa - shares the story of her life. From childhood to her journey as a bestselling cookbook author and celebrated television host, Ina invites readers to experience her story while sharing important life lessons she learned along the way.



ANSWER KEY

2	5	9	3	1	7	6	8	4
3	4	6	5	8	2	9	7	1
8	1	7	6	9	4	5	2	3
5	3	4	8	7	6	2	1	9
9	6	1	4	2	3	7	5	8
7	2	8	9	5	1	3	4	6
1	7	3	2	6	8	4	9	5
4	9	2	1	3	5	8	6	7
6	8	5	7	4	9	1	3	2

G	M	L	J	I	E	N	K	B	F	D	X	G	Z
M	M	E	C	Y	N	U	A	M	C	Y	M	H	A
I	E	N	P	T	Y	T	P	V	W	D	O	A	I
N	T	E	U	B	B	R	P	K	A	W	R	S	N
E	A	R	J	R	B	I	E	Q	I	E	N	E	A
R	B	G	J	A	R	E	T	C	N	Y	I	W	V
A	O	Y	K	I	E	N	I	R	M	D	N	K	I
L	L	H	W	N	A	T	T	R	Q	P	G	E	T
S	I	A	M	P	K	S	E	R	Q	W	G	O	A
B	S	R	X	O	F	G	L	U	C	O	S	E	M
K	M	O	Q	W	A	E	J	N	C	Z	D	C	I
Q	Z	S	S	E	S	X	R	X	Y	L	J	Q	N
K	Q	F	G	R	T	S	O	H	E	U	C	S	S
N	D	M	I	G	L	Y	C	O	G	E	N	D	I

Riddle Answer:

*I have one eye but am unable to see.
What am I?*

Answer: A needle



**DuPage Senior
Citizens Council**



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Providing Meals and More...



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