



Simple Breakfast Swaps



Instead of...	Try	Save
1 Tbsp. butter 102 calories	1 Tbsp. sugar-free jam 37 calories	65 calories
1 Whole wheat bagel 277 calories	2 Slices whole wheat toast 138 calories	139 calories
8 oz. low-fat strawberry yogurt 193 calories	8 oz. Plain fat-free yogurt with 2 strawberries 139 calories	54 calories
1 cup whole milk 146 calories	1 cup skim milk 83 calories	63 calories
Blueberry muffin (medium) 313 calories	Cinnamon Raisin English Muffin 140 calories	173 calories
Bacon, egg and cheese biscuit 438 calories	Egg, Cheese and Ham on an English Muffin 312 calories	126 calories
Cinnamon Toast Crunch Cereal with ½ cup 2 % milk 221 calories	Honey Nut Cheerios with ½ cup skim milk 152 calories	69 calories
1 slice French toast 158 calories	1 waffle 98 calories	60 calories
1 jelly doughnut 221 calories	1 piece coffee cake 160 calories	61 calories
1 medium croissant 231 calories	2 mini plain bagels with 1 Tbsp. cream cheese 168 calories	63 calories
½ cup Granola Cereal with ½ cup 2% milk 279 calories	¾ cup Honey Bunches of Oats with ½ cup skim milk 159 calories	120 calories
1 Tbsp. powdered coffee creamer 30 calories	1 Tbsp. nonfat powdered milk 15 calories	15 calories
1 cup cranapple juice 154 calories	1 cup calcium fortified orange juice 117 calories	37 calories

Instead of...	Try	Save
1 buttermilk biscuit 186 calories	1 English muffin 136 calories	50 calories
1 frosted cinnamon roll 227 calories	2 slices cinnamon bread 138 calories	89 calories
½ cup hash browns 157 calories	¾ cup potatoes O'Brien 60 calories	97 calories
13 oz. Regular cappuccino 120 Calories	13 oz. Regular coffee with 1 small container half and half 34 calories	86 calories
2 Tbsp. regular cream cheese 101 calories	2 Tbsp. low-fat cream cheese 68 calories	33 calories
2 large whole eggs 156 calories	3 egg whites 51 calories	105 calories
1 Pork sausage patty 107 calories	1 Turkey sausage patty 59 calories	48 calories
1 small Cheese Danish 206 calories	1 small fruit filled Danish 130 calories	76 calories
½ cup regular cottage cheese 111 calories	½ cup low fat 1% cottage cheese 81 calories	30 calories
3 slices regular bacon 103 calories	2 slices lean turkey bacon 50 calories	53 calories
2 Waffles- 4" with 2 Tbsp syrup 310 calories	2 Pancakes -5" with 2 Tbsp lite syrup 233 calories	77 calories
1 cup apple juice 117 calories	1 medium apple 72 calories	45 calories
2 egg omelet with ¼ cup each ham and cheese 322 calories	3 egg white omelet with ¼ cup of each- green peppers, onion, mushrooms, tomato and low-fat cheese 123 calories	199 calories