

**Nutrient Values: Balanced Choices Breakfast Foods**

<i>Menu Item</i>	<i>Recipe/Product Description</i>	<i>Portion Size</i>	<i>Cals</i>	<i>Mg Cholst</i>	<i>Mg Sodm</i>	<i>G Fiber</i>	<i>Mg Iron</i>	<i>Mg Calcm</i>	<i>IU Vit-A</i>	<i>Mg Vit-C</i>	<i>G Protn</i>	<i>G Carb</i>	<i>G Total Fat</i>	<i>G Sat Fat</i>	<i>G Artificial Trans Fat</i>
Apple	Fresh	1 each	72	0	1	3.31	0.17	8.28	75	6.35	0.36	19.06	0.23	0.03	0
Apple juice	Unsweetened	1/2 cup	58	0	4	0.12	0.46	8.68	1	51.58	0.07	14.48	0.14	0.01	0
Applesauce	Sweetened	1/2 cup	97	0	4	1.53	0.45	5.1	14	2.17	0.23	25.39	0.23	0.04	0
Banana, Petite	Fresh	1 each	90	0	1	2.63	0.26	5.05	65	8.79	1.1	23.07	0.33	0.11	0
Cheerios cereal	General Mills # 1600011941	1 bowl pack	92	0	176	2.95	8.53	100.46	414	4.96	2.94	18.36	1.46	0.3	0
Cinnamon raisin bagel	2.3 oz. Sara Lee #8048	1 bagel	178	0	210	1.5	2.48	12.39	48	0.46	6.39	35.99	1.11	0.18	0
Cinnamon raisin oatmeal	Recipe BC/BR-100	3/4 Cup	172	0	3	3.98	1.84	27.92	1	0.48	5.66	34.54	2.17	0.38	0
Cinnamon Toast Crunch reduced sugar cereal	General Mills #1600029444	1 bowl pack	110	0	160	3	7.2	450	400	4.8	2	21	2	0	0
Cocoa Puffs reduced sugar cereal	General Mills # 1600029443	1 bowl pack	100	0	180	0	7.2	80	0	4.8	1	22	1.5	0	0
Corn flakes cereal	Kellogg's # 3800000196	1 bowl pack	77	0	154	0.53	6.17	0.85	381	4.68	1.41	18.52	0.13	0.04	0
Crispix cereal	Kellogg's # 3800003596	1 bowl pack	80	0	150	0	5.4	0	300	3.6	1	18	0	0	0
Crispy Rice cereal	Malt O Meal #00542	1 bowl pack	70	0	170	0	4.5	0	400	6.01	1	15.02	0	0	0
Cruncheroos cereal	Kellogg's #3800002296	1 bowl pack	70	0	140	2	5.4	60	300	3.6	2	13	2	0	0
Dinner roll	Rich's #04300	1 roll	90	0	170	1	1.08	0	0	0	4	16	1	0	0
Frosted Mini Wheats cereal	Kellogg's # 3800004996	1 bowl pack	100	0	0	3	7.2	0	0	0	3	23	0	0	0
Fruit cocktail	Canned, light syrup	1/2 cup	69	0	7	1.21	0.35	7.26	248	2.3	0.48	18.07	0.08	0.01	0
Fruit punch, 100%juice	Unsweetened 100% juice	1/2 cup	65	0	1	0	0	0	0	6	0	14	0	0	0
Graham crackers	Plain, enriched	1 oz.	120	0	172	0.79	1.06	6.8	1	0	1.96	21.77	2.86	0.43	0
Grape juice	Sweetened 100% juice	1/2 cup	77	0	0	0	0.6	10	0	5.6	0.5	19	0.1	0	0
Grits (plain)	Recipe BC/BR-200	3/4 cup	111	0	0	0.48	1.17	0.6	64	0	2.64	23.92	0.36	0.05	0
Hard boiled egg	Whole	1 each	78	212	62	0	0.6	25	293	0	6.29	0.56	5.31	1.63	0
Home fried potatoes	Recipe BC/BR-300	1/2 cup	152	0	15	2.14	0.94	14.6	306	31.15	2.19	18.26	8.32	1.11	0
Jelly	1/2 oz. portion cup	1 each	38	0	4	0.14	0.03	0.99	1	0.13	0.02	9.92	0	0	0
Kashi Mighty Bites Honey Crunch cereal	Kellogg's # 18627-28231	1 bowl pack	90	0	110	2	5.4	100	300	9	4	16	1	0	0
Milk, 0.5% chocolate		1/2 pint	160	5	230	0	0	300	500	1.2	8	29	1.5	1	0
Milk, 0.5% strawberry		1/2 pint	170	5	130	0	0	300	500	2.4	9	32	1	0.5	0
MILK, 1% Chocolate		1/2 pint	158	8	153	1.25	0.6	287.5	490	2.25	8.1	26.1	2.5	1.53	0
Milk, 1% coffee		1/2 pint	150	15	120	0	0	300	200	15	8	25	2.5	1.5	0
MILK, 1% Lowfat		1/2 pint	102	12	107	0	0.07	290.36	478	0	8.22	12.18	2.37	1.54	0
Milk, 1% orange		1/2 pint	170	5	150	0	0	40	400	2.4	8	29	2	0	0
MILK, 1% strawberry		1/2 pint	210	10	110	0	0	250	500	1.2	7	40	2	1.5	0
Milk, 1% vanilla		1/2 pint	160	5	120	0	0	300	500	2.4	8	27	2.5	1.5	0
Milk, skim chocolate		1/2 pint	130	0	210	0	0.36	300	500	3.6	8	26	0	0	0
MILK, skim white		1/2 pint	83	5	103	0	0.07	306.25	500	0	8.26	12.15	0.2	0.27	0
Mini loaf, apple cinnamon	2 oz. Bakecrafters #345	1loaf	180	20	170	1	0.72	20	0	1.2	2	29	6	1	0
Mini loaf, banana	2 oz. Bakecrafters #346	1 loaf	190	35	210	1	0.72	20	100	0	3	26	9	1.5	0

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Mini loaf, blueberry	2 oz. Bakecrafters #344	1 loaf	180	30	150	1	0.72	20	0	0	2	26	8	1.5	0
Mini loaf, corn bread	2.2 oz. Bakecrafters #1315	1 loaf	200	30	210	1	1.08	20	100	0	3	28	8	1.5	0
Mini loaf, tropical banana	2 oz. Bakecrafters #1306	1 loaf	180	20	210	1	0.72	20	0	0	3	26	7	1	0
Muffin, apple	1.8 oz. Otis Spunkmeyer #3145	1 each	180	35	200	0	1.08	20	0	1.2	2	22	10	2	0
Muffin, banana	1.8 oz. Otis Spunkmeyer #3105	1 each	190	30	190	0	1.08	20	0	0	2	23	10	2	0
Muffin, banana nut	2.125 oz. Sara Lee # 8677	1 each	220	20	160	0	0.36	20	100	0	4	37	7	2	0
Muffin, blueberry	1.8 oz. Otis Spunkmeyer #3100	1 each	180	30	190	0	1.08	20	100	0	2	22	10	1.5	0
Muffin, blueberry	2.125 oz. Sara Lee # 8605	1 each	210	20	190	0	0	110	950	0	4	32	8	2	0
Muffin, corn	2.125 oz. Sara Lee # 8611	1 each	250	30	180	0	0.36	20	100	0	4	32	12	3	0
Muffin, golden corn	2.2 oz. Bakecrafters #1394	1 muffin	180	10	310	0	1.08	20	0	0	4	31	4	0.5	0
Muffin, orange dream	2 oz. Bakecrafters #6885	1 muffin	180	25	220	0	0.72	20	0	0	3	26	7	1	0
Oatmeal (plain)	Recipe BC/BR-400	3/4 cup	117	0	1	3.2	1.43	16.3	0	0	5.1	20.01	2.08	0.37	0
Orange	Fresh	1 each	62	0	0	3.14	0.13	52.4	295	69.69	1.23	15.39	0.16	0.01	0
Orange juice	Unsweetened	1/2 cup	55	0	1	0.25	0.21	12.44	97	40.93	1	12.51	0.34	0.02	0
Peaches	Canned, light syrup	1/2 cup	68	0	6	1.63	0.45	3.77	444	3.01	0.56	18.26	0.04	0	0
Pear	Fresh	1 each	96	0	2	5.15	0.28	14.94	38	6.97	0.63	25.66	0.2	0.01	0
Pears	Canned, light syrup	1/2 cup	71	0	6	1.99	0.35	6.22	0	0.87	0.24	18.89	0.04	0	0
Pineapple juice	Unsweetened	1/2 cup	66	0	2	0.25	0.39	16.22	6	12.48	0.45	16.06	0.15	0.01	0
Pineapples	Canned, juice packed	1/2 cup	75	0	1	1	0.35	17.43	47	11.83	0.52	19.55	0.1	0.01	0
Raisin Bran cereal	Malt O Meal # 00715	1 bowl pack	130	0	210	4	1.8	20	400	0	3	28	1	0	0
Raisin Bran cereal	Kellogg's #3800001096	1 bowl pack	110	0	210	4	2.7	0	300	0	3	27	1	0	0
Rice Krispies cereal	Kellogg's #3800009596	1 bowl pack	70	0	170	0	0.72	0	200	2.4	1	16	0	0	0
Sausage patty/link	Pork- Jimmy Dean #23704	1 oz. cooked	76	28	153	0	0.33	2.64	15	0	5.6	0	5.74	3.16	0
Sausage patty/link	Jennie-O #6140 (patty) OR #6132 (link)	1 oz. cooked	49	25	98	0	0.72	96	1680	2.4	4.99	0.13	3.2	0.8	0
Scrambled Eggs w/ Cheese	Recipe BC/BR-500	1/4 Cup	105	173	184	0	0.8	121.07	336	0	8.04	2.11	7.13	3.23	0
Toasted peanut butter banana sandwich on whole	Recipe BC/BR-600	1 each	308	49	416	5.87	2.58	77.69	106	2.24	13.02	36.71	14.32	3.1	0
Toasted whole wheat bagel chips w/ yogurt & citru	Recipe BC/BR-700	1 each	296	6	402	6.48	2.57	239.66	551	52.25	13.61	57.57	3.86	1.43	0
Toasted whole wheat pita chips w/ yogurt & citrus	Recipe BC/BR-700A	1 each	315	6	413	7.03	2.65	247.87	550	52.37	12.49	60.27	4.6	1.38	0
Toasty O's cereal	Malt O Meal # 00394	1 bowl pack	70	0	180	2	4.5	60	300	3.6	2	14	1	0	0
Trix Fruity Corn Puffs reduced sugar cereal	General Mills #1600029445	1 bowl pack	100	0	140	0	6.3	80	400	4.8	1	21	1	0	0
Turkey ham	Commodity	1.5 oz.	54	24	424	0	1.17	4.25	0	0	8.05	0.16	2.16	0.72	0
Turkey sausage, egg, cheddar on a whole wheat	Recipe BC/BR-800	1 each	265	187	426	5.06	2.73	261.97	1982	2.43	17.43	28.39	11.19	3.41	0
Veggie scramble whole wheat pita pocket	Recipe BC/BR-900	2 filled pita halves	311	213	426	5.58	2.94	98.57	2845	40.07	14.21	36.71	13.16	3.88	0
Western scrambled eggs	Recipe BC/BR-1000	1/4 cup	100	199	108	0.34	0.99	74.77	446	8.92	7.64	1.72	6.84	2.85	0
Whole wheat bagel half	Sara Lee 100% WW #8036	1/2 bagel	110	0	240	3	1.35	0	0	0	5.5	23.5	0.75	0.25	0

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Whole wheat bread	100% whole wheat	1 slice	69	0	148	1.93	0.92	20.16	1	0	2.72	12.91	1.18	0.25	0
Whole wheat french toast	Aunt Jemima #43583	1 slice	130	38	215	1.5	1.35	75	50	0	5.5	22	3	0.75	0
Whole wheat pancakes	Bakecrafters #1475	2 pancakes	180	0	190	4	1.44	40	0	0	4	38	3	0	0
Whole wheat pita triangels, apples, carrots, peanu	Recipe BC/BR-1100	1 each	379	3	394	7.14	1.77	139.08	5352	6.26	14.57	46.43	17.78	3.72	0
Whole wheat reduced fat fortified banana muffin	3.6 oz. Bakecrafters # 1212	1 each	270	54	306	4	8.1	360	1800	0	5	43	9	1.8	0
Whole wheat reduced fat fortified blueberry muffin	3.6 oz. Bakecrafters # 1211	1 each	270	54	306	4	9.72	360	2700	0	5	45	9	2	0
Yogurt, strawberry, low fat	1% fat	1/2 cup	115	6	83	0.08	0.23	171.23	29	2.83	5.22	21.55	0.81	0.51	0
Yogurt, vanilla, low fat	1% fat	1/2 cup	96	6	75	0	0.08	194.09	49	0.91	5.6	15.66	1.42	0.91	0