

THE BREAKFAST BREAKDOWN

Within each category, foods are ranked from least to most saturated fat, then total fat, then sodium (or total sugars for cereals, muffins, and pastries). But those nutrients tell only part of the story. Foods like fresh fruit, whole-grain breads and cereals, and low-fat milk or yogurt can supply vitamins, minerals, fiber, and phytochemicals that you won't get from cereal bars, Pop-Tarts, Frosted Flakes, and other foods that top the lists below. Note: Numbers for generic restaurant foods like scrambled eggs and pancakes with syrup are based on our analyses of typical breakfasts served at sit-down restaurants. Numbers from our latest lab analyses are shaded in dark green.

Bagels

	Calories	Total Fat (grams)	Sat Fat (grams)	Sodium (mg)
Dunkin' Donuts Bagel, plain (4.5 oz.)	340	1	0	710
Einstein Bros Plain Bagel with 25% reduced fat plain cream cheese (4.5 oz.)	380	6	4	610
Dunkin' Donuts Plain Bagel w/plain regular cream cheese (6.5 oz.)	540	19	12*	800

Breakfast Sandwiches & Hash Browns

McDonald's Hash Browns (2 oz.)	150	10	5*	350
McDonald's Egg McMuffin (5 oz.) [#]	290	12	5	790
Burger King Biscuit with Egg (4.5 oz.) [#]	380	21	5	1,010
McDonald's Sausage McMuffin (4 oz.)	360	23	8	740
McDonald's Bacon, Egg & Cheese Biscuit (5.5 oz.) [#]	470	28	8	1,250
Einstein Bros Way Homestyle (on a plain bagel) with turkey sausage (9 oz.) [#]	600	22	9*	1,290
McDonald's Ham, Egg & Cheese Bagel (7.5 oz.) [#]	550	25	9	1,530
Burger King Hash Brown Rounds, small (3 oz.)	300	20	10*	580
McDonald's Sausage McMuffin with Egg (5.5 oz.) [#]	440	28	10	890
McDonald's Steak, Egg & Cheese Bagel (8.5 oz.) [#]	650	31	11	1,300
Burger King Croissan'wich w/Sausage & Cheese (3.5 oz.)	450	35	12	940
Burger King Croissan'wich with Sausage, Egg & Cheese (5.5 oz.) [#]	510	36	14*	1,110
McDonald's Spanish Omelet Bagel (9 oz.) [#]	680	39	14	1,560
Burger King Biscuit w/Sausage, Egg & Cheese (6.5 oz.) [#]	620	43	14	1,650
McDonald's Sausage Biscuit with Egg (5.5 oz.) [#]	520	36	16*	1,230

Eggs

Scrambled egg substitute (2 eggs' worth)	130	6	2*	190
Denny's Slim Slam	600	12	3	1,760
Scrambled eggs (2) [#]	290	13	5*	180
McDonald's Big Breakfast (10 oz.) [#]	760	51	13	1,580
Denny's Grand Slam [#]	800	50	14	2,240
Ham & cheese omelette (3 eggs) [#]	510	39	19*	1,200

French Toast, Pancakes, & Waffles

Eggo Nutri-Grain Whole Wheat Waffles (2—2.5 oz.)	140	3	1	430
McDonald's Hotcakes, plain (5.5 oz.)	340	9	2	540
McDonald's Hotcakes w/margarine and syrup (8 oz.)	610	18	4	680
Pancakes (4) with syrup (1/4 cup)	870	16	6*	1,960
French toast (3 slices) with syrup (1/4 cup) [#]	800	26	8*	730
Burger King French Toast Sticks with syrup (5 oz.)	480	22	9*	360
Belgian waffle (1) with fruit & whipped topping [#]	900	32	19*	1,160

Cereals

(see March 1999 NAH for a more-complete listing)

	Calories	Total Fat (grams)	Sat Fat (grams)	Total Sugars (grams)
Kellogg's Frosted Flakes (3/4 cup—1 oz.)	120	0	0	14
Kellogg's Complete Wheat Bran Flakes (3/4 cup—1 oz.)	90	1	0	5
Oatmeal, plain (1 cup cooked—8.5 oz.)	150	2	0	0

Muffins (one muffin)

Dunkin' Donuts Lowfat Blueberry (3.5 oz.)	250	2	0	33
McDonald's Lowfat Apple Bran (4 oz.)	300	3	1	32
Au Bon Pain Low Fat Triple Berry (4 oz.)	260	4	1*	30
Entenmann's Blueberry (2.5 oz.)	220	9	2	19
Dunkin' Donuts Bran or Honey Raisin Bran (4 oz.)	410	14	3*	33
Dunkin' Donuts Corn (3.5 oz.)	390	15	3*	20
Dunkin' Donuts Blueberry (3.5 oz.)	300	10	4*	26
Au Bon Pain Blueberry (4.5 oz.)	430	18	4*	36
Au Bon Pain Carrot Pecan (5 oz.)	480	23	5	34
Au Bon Pain Chocolate Chip (4.5 oz.)	490	20	7	34

Pastries, etc. (one, unless otherwise noted)

Kellogg's Nutri-Grain Cereal Bars, Strawberry (1.5 oz.)	140	3	1	13
Kellogg's Low Fat Frosted Strawberry Pop-Tarts (2 oz.)	190	3	1	20
Pillsbury Cinnamon Rolls (1.5 oz.)	150	5	2	10
Pillsbury Grands Cinnamon Rolls (3.5 oz.)	320	10	3	22
Entenmann's Crumb Coffee Cake (1/10—2 oz.)	250	12	3	13
Dunkin' Donuts Boston Kreme Donut (yeast) (3.5 oz.)	300	8	4*	21
Dunkin' Donuts Glazed Donut (yeast) (2 oz.)	220	12	6*	7
Dunkin' Donuts Chocolate Frosted Donut (yeast) (2 oz.)	260	13	7*	15
Dunkin' Donuts Jelly Filled Donut (yeast) (3 oz.)	310	13	7*	20
Au Bon Pain Plain Croissant (2 oz.)	270	15	9	5
Burger King Cini-minis with Icing (4.5 oz.)	530	22	9*	38
Dunkin' Donuts Chocolate Cake Glazed Donut (2.5 oz.)	340	22	12*	13
Cinnabon Caramel Pecanbon (8 oz.)	890	41	13*	48
Starbucks Cinnamon Scone (5 oz.)	530	26	16*	15
Au Bon Pain Almond Croissant (5 oz.)	630	42	18*	23
Au Bon Pain Danish with Sweet Cheese Filling (4.5 oz.)	520	31	23*	23

* includes artery-clogging *trans* fat.

[#] Contains at least 100 mg of cholesterol.

Source: Manufacturers, USDA, and Nutrition Action Healthletter restaurant studies.

Chart compiled by Ingrid VanTuinen.