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## BREAKFAST SWAPS



**Instead of  
multigrain bagels,  
try whole-wheat  
English muffins.**

Get your bread fix on and  
get whole grain benefits  
without going carb-crazy.  
1 refined flour bagel =  
4 servings of bread!

**Instead of cereal  
or granola bars,  
try whole-grain  
cereal.**

Munch it dry on the go, if you  
like. You'll get your fiber with  
less sugar and fewer fillers.





**Instead of flavored instant oatmeal, try rolled or steel-cut oats.**

The heartier whole-grain variety will fill you up, you'll avoid added sugar and you'll increase your fiber intake. Add flavor by topping with fresh fruit.

**Instead of fruit-flavored yogurt, try making your own.**

Choose plain nonfat Greek or nonfat regular yogurt to avoid sugars. Add fresh fruit, and flavor with vanilla or almond extract.

