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.