

Build A Healthier Meal!

BUILD A HEALTHY BREAKFAST			
SO-SO	GOOD	BETTER	BEST
1 egg, fried	1 egg, poached	1/4 cup egg beaters	1 egg white omelet
1 slice cinnamon raisin bread	1 slice white toast	1 slice whole wheat toast	1 slice mixed grain toast
1 sausage patty	3 slices bacon	3 slices turkey bacon	1 slice ham
This breakfast Calories: 490 Fat: 31g Carbs: 34.4g	This breakfast Calories: 238 Fat: 13.8g Carbs: 12.7g	This breakfast Calories: 169 Fat: 6.4g Carbs: 15.8g.	This breakfast Calories: 137 Fat: 3.7g Carbs: 13.6g



Adapted from [Debra Manzella, R.N.](#), former About.com Guide Updated March 09, 2009 About.com Health's Disease and Condition content is reviewed by our [Medical Review Board](#)