

### KLS Breakfast Comparison: Bagel vs Oatmeal Breakfast

#### Fitness Pal:

- Bagel: 1/2 Plain Bagel with 1 Tb Philadelphia Whipped Cream Cheese and 0.5 oz Nova Lox
- Oatmeal: 1 packet Quaker Maple & Brown Sugar Oatmeal with 3/4 cup Organic Skim Milk

1800 Cal. Diet	Guideline	Bagel	Oatmeal	% Bagel	% Oatmeal
Total Fat (g)	50-70	4	2	8%	4%
Saturated Fat (g)	14	2	0	14%	0%
Polyunsaturated Fat (g)	20	0	1	0%	5%
Monounsaturated Fat (g)	40	0	1	0%	3%
Total Carbohydrates	225-270	29	42	13%	19%
- Dietary Fiber	20-30	1	3	5%	15%
- Sugar	24	3	21	13%	88%
Protein	67	9	11	13%	16%
Cholesterol	200	22	4	11%	2%
Vitamin A (% Reco Daily)	---			2%	33%
Vitamin C "	---			0%	2%
Calcium "	---			1%	33%
Iron "	---			0%	20%
Source: AHA					
Sodium	1500	392	358	26%	24%
Sugar (g)	24	3	21	13%	88%
Sugar Teaspoons - women	6				

#### Sources:

My Fitness Pal "My Foods"

Nutritional Guidelines based on 1800 calorie diet: Cleveland Clinic

<http://my.clevelandclinic.org/heart/prevention/nutrition/healthy-diet/cholesterol-nutrition-tlc.aspx>

Sugar & Salt from American Heart Association:

AHA: Sugar <http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyDietGoals/S>

AHA: Salt <http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyDietGoals/S>

sugars-and-Carbohydrates\_UCM\_303296\_Article.jsp  
sodium-Salt-or-Sodium-Chloride\_UCM\_303290\_Article.jsp