

Breakfast Shopping Guide

Venues: Costco, Von's, Trader Joe's, Whole Foods

<p>Fresh Fruit <i>With or without yogurt as dipping sauce</i></p>	<ul style="list-style-type: none"> • Ready-made platters available at Von's, Costco and Whole Foods • Pre-washed, pre-cut options or make your own platter • Suggestions: Strawberries, raspberries, blueberries, blackberries, bananas tangerines, cubed melons, pineapple chunks, apples slices, orange slices, grapes
<p>Yogurt</p>	<ul style="list-style-type: none"> • Purchase low-fat yogurt, preferably with "live active cultures" and without high fructose corn syrup • Best served in bulk container with cups and spoons for self-service • Suggestions: Horizon, Stonyfield, Activa, Wallaby Organic, Nancy's, Straus, Fage, Whole Foods Brand (365), Trader Joe's Brand, Whole Soy Yogurt (Vegan)
<p>Granola, Yogurt and/or Fruit Parfaits</p>	<ul style="list-style-type: none"> • Provide vanilla yogurt, low-fat granola or whole grain cereal and/or fresh fruit for individual parfait creation • Suggestions(choose lower in fat and sugar, higher in fiber): Whole Foods bulk granolas: low-fat apple cinnamon, low-fat strawberry-raspberry, or fruit muesli, Barbara's, Kashi: GOLEAN, Good Friends, Granola, Nature's Path, Trader Joe's Low-fat, Kirkland Spiced Pecan Granola
<p>Instant Hot Cereal <i>Have hot water available</i></p>	<ul style="list-style-type: none"> • Provide toppings if desired such as fresh or dried fruit, chopped nuts, honey, brown sugar, or low-fat milk • Hot cereal suggestions: Kashi GOLEAN or Heart to Heart, Quaker Oats Instant: Original, Nature's Path
<p>Bread Products</p>	<ul style="list-style-type: none"> • Choose whole grain baked goods lower in fat and sugar, higher in fiber and/or miniature sized • Suggestions: Trader Joe's Low-Fat Bran Muffins, Flax4Life Flax Muffins, Fabe's Oat Bran Muffins, Thomas', Pepperidge Farm, or Western Bagel 100% Whole Wheat Mini Bagels (or regular cut in half), Whole Foods/Rudi's, Trader Joe's, or Matthew's Whole Wheat English Muffin, Food For Life 7 Sprouted Grain
<p>Toppings & Condiments <i>Use in moderation</i></p>	<ul style="list-style-type: none"> • Kraft Philadelphia Light Vegetable or Plain Cream Cheese • Neufchatel or farmers' cheese • Assorted nut butters: Peanut (all-natural), almond, cashew • No sugar added fruit spreads • Smoked Salmon (platter from Whole Foods) • Fresh veggies for bagels • Low-fat cottage cheese: Nancy's, Horizon, Trader Joe's, Whole Foods • Unsweetened apple sauce
<p>Beverages</p>	<ul style="list-style-type: none"> • Horizon Organic Low-fat Milk/Chocolate Milk, Stonyfield Super Smoothies, in individual boxes or bulk • Silk Plain or Vanilla Soy Milk, in individual boxes or bulk • Odwalla or Naked 100% juices, V8, in bulk or 8 ounce mini bottles — Try them with sparkling water! • Sparkling water, plain or flavored: Whole Foods, Trader Joe's, and Safeway Brands, Pellegrino

Please note: refrigerated items such as yogurt and cream cheese, should be kept cold by placing on a bowl of ice.

Credit: UC Berkeley Wellness Program