

Do You Know the Muffin Man? Let EN Introduce You

Muffin Nutrition Comparison

As with all EN comparisons, this is only a sampling of what's available. Products are listed alphabetically.

✓ = EN's Picks. Muffin picks contain no more than 300 calories (15% DV), 11 grams (g) fat (17% DV), 4 g saturated fat (12% DV), and 26 g (4.5 tsp) sugar.

Muffins	Serv Size (oz)	Calories	Fat (g)	Sat Fat (g)	Carb (g)	Fiber (g)	Sugar (g)	Sodium (mg)
GROCERY STORE								
Albertson's Cream Cheese Streusel	5.5	670	36	6	72	1	40	550
Albertson's Honey Raisin Bran	5.5	440	13	2	80	6	44	597
Albertson's Pineapple Coconut	5.5	566	28	5.5	71	1	38	550
Costco-Kirkland Almond Poppy	5.8	670	38	7	75	2	42	650
Costco-Kirkland Blueberry	5.8	610	32	6	71	2	40	590
Costco-Kirkland Double Chocolate	5.8	690	38	11	79	3	48	590
✓ Fiber One Ready To Eat Apple Cinnamon Bun	2.3	170	4.5	1.5	34	7	18	170
✓ Fiber One Ready To Eat Mixed Fruit, Nuts & Honey	2.3	170	4.5	1	34	7	16	190
✓ Fiber One Wild Blueberry & Oats	2.3	170	4	1	33	7	16	200
✓ Otis Spunkmeyer Delicious Essentials Reduced Fat Apple Cinnamon	1.8	170	5	1	27	1	15	180
Otis Spunkmeyer Harvest Bran	4	398	18	3	58	4	32	418
✓ Otis Spunkmeyer Reduced Fat Whole Grain Banana	1.8	170	5	1	27	1	15	180
Uncle Wally's Fat Free Cranberry Orange Supreme	2	140	0	0	32	1	19	210
Uncle Wally's Rich & Moist Chocolate Chip	4	410	20	5	54	1	32	320
✓ Uncle Wally's Sugar Free Sweet Chocolate Dreams	2	130	3	0.5	29	1	1	290
Wegmans Blueberry	4.6	410	19	3.5	55	1	32	360
Wegmans Pistachio Flavored with Walnuts	4.9	540	30	5	59	2	32	380
Wegmans Whole Wheat Wild Berry	3.0	290	13	3	39	3	23	250
✓ Weight Watchers Blueberry	2.3	180	3	1	38	3	20	350
✓ Weight Watchers Double Chocolate with Chocolate Chips	2.5	190	4	1	35	5	19	350
RESTAURANT/BAKERY								
Au Bon Pain Carrot Walnut	5.8	560	27	6	72	4	40	820
Au Bon Pain Lowfat Triple Berry	4.4	300	3	0	65	2	33	720
Au Bon Pain Pumpkin	6.2	530	19	4	80	4	39	570
Dunkin Donuts Blueberry	n/a	480	15	1.5	81	2	46	470
Dunkin Donuts Coffee Cake	n/a	630	25	7	95	1	55	510
Dunkin Donuts Reduced Fat Blueberry	n/a	430	9	1	80	2	41	650
Old Country Buffet/Hometown Buffet Corn	3.8	320	12	2	n/a	n/a	n/a	n/a
Old Country Buffet/Hometown Buffet Hot Fudge Sundae	3.3	290	12	3.5	n/a	n/a	n/a	n/a
Old Country Buffet/Hometown Buffet Pina Colada	3.2	220	9	1.5	n/a	n/a	n/a	n/a
Panera Carrot Walnut	5	500	21	4.5	72	4	37	580
✓ Panera Chocolate Chip Muffie	2.5	280	12	3.5	40	1	24	180
Panera Cranberry Orange	5.25	480	19	3	71	3	40	360
✓ Panera Pumpkin Muffie	3	290	11	2	45	1	26	240
Starbucks Lowfat Red Raspberry	n/a	340	6	n/a	65	2	n/a	n/a
Starbucks Zucchini Walnut	n/a	490	28	n/a	52	2	n/a	n/a
Tim Horton's Chocolate Chip	4.1	440	16	5	62	2	39	440
Tim Horton's Raisin Bran	4.1	360	10	1.5	65	6	37	790
Tim Horton's Whole Grain Raspberry	4.2	400	16	4	60	4	29	500
Winchell's Blueberry	4.7	430	18	4.5	63	1	37	640
Winchell's Bran	5.9	450	16	4	74	8	45	990
Winchell's Cranberry Nut	7.3	670	37	6	74	5	43	640

Note: oz=ounce, g=gram, mg=milligrams, sat fat=saturated fat, carb=carbohydrate, n/a=not available; DV=Daily Value, daily requirement based on 2,000 calorie/day diet. Source: food label, company website, www.calorieking.com

Who doesn't like a good muffin—especially fresh out of the oven? Spread a little dab of butter on top and it's heaven. And of course, they're often filled with fruits, nuts and vegetables—think banana, zucchini, pumpkin, apples, walnuts and more. They're certainly a healthy choice for breakfast, coffee break or snack-time, right? Nope, not so fast.

Unfortunately, outside of a few beneficial ingredients like fruits, whole grains and nuts, standard muffin ingredients usually include a good dose of oil or shortening, and sugar. In fact, one muffin can contain almost 14 teaspoons of sugar and half a day's worth of fat. And don't think that because this is a sweet treat you're out of the woods when it comes to sodium. We found muffins that contain more than 60 percent of your daily sodium recommendation (as suggested by the Dietary Guidelines Advisory Committee). So, let's find out what's in your little (or not so little) favorite muffin (see chart).

Helpful hints. There's no need to banish muffins from your menu. We found a few that can fit fairly easily into a healthful eating plan, and these tips can help out, as well.

- **Mega muffins.** Twenty years ago a typical muffin weighed about 1.5 ounces. These days muffins have definitely been hit by the supersizer—they're the size of a softball! Many are four to five times that size. This is a great opportunity to share with a friend or save some for another occasion (or two).
- **Fat-free fantasy.** Just because the label says fat-free or low-fat, that's no guarantee you'll be saving a ton of calories. Manufacturers often replace the fat they've removed with sugar—not much of a calorie saver there.
- **Make your own.** Getting into your kitchen provides lots of opportunities to enjoy muffins in a healthier way. Certainly, you can keep the size in check. And you can also use less sugar and healthier fat sources, such as canola oil or mashed ripe avocado, which makes a great fat replacer for up to half of a recipe's suggested fat content. [EN](#)

—Heidi McIndoo, M.S., R.D.