

A Good Start at the Breakfast Counter

Restaurant Breakfast Nutrition Comparison

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

✓ = **EN's Picks.** Entrée picks contain no more than 500 calories (25% DV), 15 g fat (23% DV), 5 g saturated fat (25%), and 850 mg sodium (35% DV), and at least 12 g protein (24% DV). Pancakes/Cereal picks contain no more than 300 calories (15% DV), 5 g fat (8% DV), 2 g saturated fat (10%), 10 g sugar, and 250 mg sodium (10% DV).

	Serv Size (oz)	Cal	Fat (g)	Sat Fat (g)	Sodium (mg)	Pro (g)	Fiber (g)	Carb (g)	Sugar (g)
ENTREES (BASED ON 1 ORDER)									
Bob Evan's Golden Harvest Omelet with Egg Whites	11.3	235	10	7	974	23	1	12	3
Bob Evan's Spinach, Bacon, & Tomato Biscuit Bowl	18.4	1013	60	29	3508	36	4	79	7
Burger King Breakfast Burrito-Potato, Egg, Cheese, & Salsa	5	320	17	6	900	13	2	29	2
Burger King Ultimate Breakfast Platter	17.2	1310	72	26	2490	32	5	134	41
✓ Denny's Fit Slam	15	390	12	4	850	27	5	46	16
Denny's French Toast Slam	15	780	58	21	1360	30	2	35	2
Denny's The Grand Slamwich with Hash Browns	21	1520	101	44	3550	53	5	97	11
Denny's Veggie-Cheese Omelette	13	460	33	12	680	28	2	9	4
Dunkin Donuts Egg & Cheese on Croissant	n/a	480	29	12	820	16	2	38	6
✓ Dunkin Donuts Egg & Cheese on English Muffin	n/a	320	15	5	820	14	1	34	3
Dunkin Donuts Sausage, Egg, & Cheese on Bagel	n/a	690	35	13	1650	29	5	66	7
Friendly's Big-Two-Do (poached eggs, bacon, toast)	n/a	510	30	13	970	24	1	34	3
Friendly's Buttermilk Pancakes with Sausage	n/a	1000	46	16	2220	17	0	130	52
Friendly's French Toast with Bacon	n/a	900	33	14	1710	23	3	129	56
Hardee's Low Carb Breakfast Bowl	7.3	620	50	21	1380	36	2	6	2
Hardee's Monster Biscuit	9	770	55	18	2310	29	0	37	4
IHOP Chicken Fried Steak & Eggs with Sausage Gravy	n/a	1680	95	29	4050	60	11	145	14
IHOP Simple & Fit Two x Two x Two	n/a	400	12	2.5	1450	25	3	48	10
✓ IHOP Simple & Fit Veggie Omelette with Fresh Fruit	n/a	320	10	1	420	21	8	40	19
IHOP Spinach & Mushroom Omelette	n/a	910	70	26	1570	47	5	24	7
McDonald's Big Breakfast with Hotcakes & Large Biscuit*	15.3	1150	60	20	2260	36	7	116	17
✓ McDonald's Egg McMuffin	7.1	300	12	5	820	18	2	30	3
Mimi's Café Avocado BLT Omelette	n/a	553	43	17	799	37	4	9	4
Mimi's Café Belgian Waffle Breakfast*	n/a	394	17	10	470	10	2	50	2
Mimi's Café Eggs Benedict	15.1	808	56	27	2778	43	0	36	3
Sonic Drive In Breakfast Toaster, Bacon, Egg & Cheese	n/a	530	33	10	1460	21	2	39	6
Sonic Drive In Breakfast Burrito	n/a	590	36	12	1830	18	3	47	3
Sonic Drive In Jr Breakfast Burrito	n/a	340	21	7	930	12	0	24	1
Starbucks Bacon & Gouda Artisan Breakfast Sandwich	4.1	350	18	7	840	17	0	30	<1
✓ Starbucks Reduced Fat Turkey Bacon with Egg White & White Cheddar Classic Breakfast Sandwich	4.8	320	7	2	700	18	3	43	6
Starbucks Sausage & Cheddar Classic Breakfast Sandwich	6	500	28	9	1000	19	<1	41	3
Subway 6" Egg & Cheese with Ham	7.1	390	13	5	1150	24	5	45	7
✓ Subway Bacon, Egg White & Cheese Muffin Melt	3.9	180	5	2	580	13	5	24	1
✓ Subway Egg & Cheese Muffin Melt	3.7	170	6	2	460	12	6	24	1
PANCAKES/CEREALS (BASED ON 1 ORDER)									
✓ Bob Evan's Bowl of Oatmeal, plain	10.7	202	3	0	9	6	4	31	1
Burger King Pancakes (3) with 1 oz breakfast syrup	6.6	500	19	4.5	700	7	1	77	36
Hardee's Pancakes (3)*	4.8	300	5	1	830	8	2	55	12
IHOP Original Buttermilk Pancakes, Shortstack (3)*	n/a	490	18	8	1610	13	4	69	13
McDonald's Fruit & Maple Oatmeal	9.2	290	4.5	2	160	5	5	57	32
McDonald's Hotcakes*	5.3	350	9	2	590	8	3	60	14
✓ Starbucks Perfect Oatmeal, plain	1.3	140	2.5	0.5	105	5	4	25	0

Note: g=gram, mg=milligram, sat fat=saturated fat, carb=carbohydrates, n/a=not available, DV=Daily Value, daily requirement based on 2,000 calorie/day diet. Source: company websites. *May not include butter, syrup, and jelly in nutritional breakdown

Breakfast is hailed as the most important meal of the day—it's the first dose of energy your body gets after that long overnight fast. For the most part, it's something that you can put together on the fly as you head out the door to work. But once in a while it's nice to have a more relaxing and satisfying morning meal—perhaps pancakes or omelets on a lazy Saturday morning. And a relaxed breakfast experience means someone else makes and cleans up afterwards; that's where the myriad breakfast-serving restaurants come in.

Your choices can range from a simple bowl of oatmeal to a more extravagant BLT omelet, and anywhere in between. What's more, there's always an assortment of platters that seem to have everything but the kitchen sink thrown in. If figuring out what to order that will taste good, leave you feeling satisfied, and not send the needle on the bathroom scale spinning is confusing, never fear. We've done all the calculating for you.

Helpful hints. When you find yourself ordering your first meal of the day from a menu, keep the following tips in mind to help keep your health in check.

- **Don't forget the fruit.** While it doesn't often come with many menu items, most restaurants have bananas or fruit cups that can be ordered on the side. Not only is it a delicious accompaniment to pancakes, eggs, oatmeal, and more, it's a simple way to start your day with a handful of different vitamins, minerals, and fiber.

- **Consider a la carte.** Hidden somewhere on most menus is the a la carte list—items you can order individually. The list usually includes items like single eggs, toast, fruit, and cereal. Ordering from this list, instead of the main menu full of jumbo-sized platters and combos, will allow you to pick and choose exactly what you want in appropriate portion sizes, to create a much healthier breakfast.

- **For meat lovers.** Breakfast meats are notoriously high in fat, sodium, or both. However, if you can't start your day without it, here are a couple of hints: Ham and Canadian bacon are the leanest of the breakfast meats (however, they contain a great deal of sodium.) Bacon contains less fat than sausage, and while it's still a high sodium food, it contains the lowest amount of sodium among typical breakfast meats. **EN**

—Heidi McIndoo, M.S., R.D.