

Best in Bagels: Size Does Matter

Bagels Nutrition Comparison

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

✓ = **EN's Picks.** Bagel picks contain no more than 250 calories (13% DV), 2 g of fat (3% DV), 1.5 g saturated fat (8% DV), and 400 mg sodium (17% DV), and at least 4 g of fiber (16% DV).

Bagels	Serving Size (oz)	Calories	Fat (g)	Sat Fat (g)	Carbs (g)	Sugar (g)	Fiber (g)	Sodium (mg)	Pro (g)
GROCERY STORE—FROZEN									
✓ 365 Wheat Berry Fiber	3.4	210	1.5	0	49	10	3	340	8
Finagle a Bagel, Cinnamon Raisin	4	299	1	0	67	5	18	350	8
Finagle a Bagel, Onion	4	300	1	0	65	4	8	380	9
Finagle a Bagel, Plain	4	290	1	0	63	4	8	410	8
French Meadow Hemp	3.4	280	8	1	35	13	3	370	19
✓ French Meadow Sprouted	3.4	250	1	0	49	4	2	400	11
✓ Lender's 100% Whole Wheat	2	150	1	0	30	4	5	300	8
Lender's Cinnamon Raisin Swirl	2	150	1	0	31	2	6	230	5
Lender's Onion	2	140	0.5	0	30	1	2	290	5
GROCERY STORE—FRESH									
Pepperidge Farm Cinnamon Raisin	3.5	270	1	0	57	3	15	250	8
Pepperidge Farm Everything	3.5	260	1.5	0.5	53	2	9	340	9
Pepperidge Farm Mini, Plain	1.4	110	0.5	0	22	1	4	130	4
Pepperidge Farm Plain	3.5	260	1	0	54	3	10	330	9
✓ Thomas' Bagel Thins 100% Whole Wheat	1.6	110	1	0	24	5	3	190	6
✓ Thomas' Bagel Thins Blueberry with Whole Grain	1.6	110	1	0	22	5	4	170	5
✓ Thomas' Hearty Grains Double Oat & Honey	3.4	270	2.5	0.5	52	4	9	410	12
Thomas' Plain made with Whole Grain	3.4	260	2	0.5	52	3	7	480	10
✓ Trader Joe's The Bagel Spinoza High Fiber Multigrain	3.0	210	2	0	38	8	2	290	10
Trader Joe's The Bagel Spinoza Mini, Plain	1.3	100	0	0	20	1	1	90	4
Trader Joe's The Bagel Spinoza Whole Wheat, Mini	1.3	110	0.5	0	22	3	1	150	4
✓ Trader Joe's The Bagel Spinoza Whole Wheat	3.0	240	1	0	50	4	2	340	9
RESTAURANTS									
Bruegger's Egg	4.1	310	2.5	0	63	4	10	530	11
Bruegger's Honeygrain	4.1	310	2.5	0	61	4	10	490	11
Bruegger's Rye	4.1	330	2	0	59	5	8	560	11
Bruegger's Whole Wheat	4.1	310	3.5	0	61	7	9	560	13
Dunkin Donuts Blueberry	n/a	330	3	1	65	5	10	620	11
Dunkin Donuts Multigrain	n/a	390	8	0.5	65	8	7	560	14
Dunkin Donuts Plain	n/a	320	2.5	0.5	63	5	5	660	11
Dunkin Donuts Salt	n/a	320	2.5	0.5	63	5	5	3420	11
Einstein Bros. Apple & Cinnamon Oatmeal	4.9	370	4	1	76	4	2	410	9
Einstein Bros. Chocolate Chip	3.8	290	2.5	1	58	3	10	430	9
Einstein Bros. Good Grains	3.7	270	2.5	0	57	3	8	440	10
✓ Einstein Bros. Honey Whole Wheat Bagel Thin Singles	2.0	140	1.5	0	28	4	5	120	6
Einstein Bros. Spinach Florentine	4.7	320	6	3.5	56	2	5	570	13
Panera Cinnamon Crunch	n/a	430	8	5	80	2	29	430	9
Panera Everything	n/a	300	2.5	0	59	2	4	640	10
Panera Whole Grain	n/a	340	2.5	0	67	6	5	400	13
Starbucks Chonga	n/a	310	5	n/a	52	3	n/a	n/a	12
Starbucks Everything with Cheese	n/a	280	2	n/a	56	2	n/a	n/a	10
Starbucks Multigrain	n/a	300	3	n/a	60	6	n/a	n/a	15
Tim Horton's 12 Grain	4.0	330	9	1	52	6	6	580	10
Tim Horton's Blueberry	4.0	270	1	0	55	2	7	470	12
Tim Horton's Cheddar Cheese	3.0	220	2.5	1	41	2	3	410	9
Tim Horton's Maple Cinnamon French Toast	4.3	350	4	1.5	67	2	15	540	10

Note: Based on one bagel per serving; oz=ounces, 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: package labels and company websites.

When bagels first came to America, they were sold by street vendors who displayed them on long wooden dowels. Boy, have bagels come a long way in the last 130 years! These days you can find bagels everywhere: in grocery stores, convenience stores, bakeries, coffee shops, and diners. Bagels are also increasing in variety. Do you want plain, garlic, cinnamon-raisin, whole grain, “everything,” or thin style bagels? And they come in a variety of sizes. While mini-sized bagels are available, the size of a standard bagel varies widely, from the size of a tennis ball to larger than a softball. With so many choices how do you know which is the best for your taste and health? We’ve scoured restaurants and markets to determine which bagels are your best bet.

Helpful hints. A bagel can make a healthy breakfast, lunch, or snack if you keep the following tips in mind:

• **Great grains.** A bagel at meals or snacks is a great opportunity to get some of your recommended daily whole grains, but don’t let the word “grain” in the title fool you. To ensure you’re getting the most whole grains for your buck, look for a Whole Grains Council stamp on the package and read the ingredient list to make sure the first grain listed is a whole grain.



• **What’s on top?** A “schmear” of cream cheese may be the most common bagel accompaniment, but you can gain a nutritional boost if you vary your toppings. Try a tablespoon or two of peanut butter or a scrambled egg between the halves for a dose of protein. Or top each half with sliced bananas or strawberries to net a serving of fruit.

• **Size matters.** We found bagels ranging in size from just over one ounce to almost five ounces. Given that a U.S. Department of Agriculture serving from the grain group is one ounce, for most people a two-ounce bagel, about the diameter of a baseball, is usually a decent portion size. When you’re eating out, you can eyeball the appropriate size, but in the grocery store just flip your bagel bag over to read the nutrition information, then decide if you should eat a whole bagel or just half. **EN**

— Heidi McIndoo, M.S., R.D.