

Nutrition Comparison

Mixing It Up, the Healthy Way

There's nothing like baking up some homemade goodies. But there are days when you really want pancakes or need a party treat, but time is short. Fortunately, baking up some deliciousness is no harder than opening up a box and stirring in a few ingredients. An army of food companies have done most of the work for you so you can be a kitchen whiz in a fraction of the time it would take to make it yourself.

Of course, there's a tradeoff for this convenience, as there is with any processed food. Total scratch baking means you control all of the ingredients. You can use whole grain flour and cut out the salt, but that's not always the case with boxed and bagged mixes. But there are plenty of mixes available that can fit into a healthy eating plan.

Helpful hints. When you need the convenience of a boxed breakfast goodie or sweet treat mix, keep these tips in mind to make it the best it can be.

- **Think inside the box.** The nutritional information listed in our comparison—and on most food packages—is for the dry mix as packaged. As eaten, however, you may have added oil, eggs, milk, or other ingredients that contribute calories, fat, and sodium to the finished product. There are also mixes that call for just adding water. So, use our comparison chart as a tool to help you select the best in basic mixes.

- **Put your own spin on it.** You can't alter the mix itself, but you can make some improvements to the final product. Try using a bit less oil than called for, use skim milk instead of whole, or add fresh fruit to pancakes or muffins in order to boost the nutrition profile of your semi-from-scratch fare.

- **Look for whole grain.** While whole grain terminology on the package front isn't a guarantee of a more nutrient-dense product, it's a good place to start. Flip over the box to check the ingredients list, looking for a whole grain in the first two or three spots. Check the nutrition facts panel while you're there for fiber content—look for at least three grams per serving. **EN**

—Heidi McIndoo, M.S., R.D.

Baking Mixes: A Nutrition Comparison

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

✓ = **EN's Picks.** Pancake/All Purpose mix picks contain no more than 160 calories (8% DV), 2 g total fat (3% DV), and 340 mg sodium (14% DV), and list a whole grain in the first two ingredients. Muffins/Cornbread mix picks contain no more than 170 calories (9% DV), 2 g total fat (3% DV), and 250 mg sodium (10% DV), and list a whole grain in the first two ingredients. Cake mix picks contain no more than 190 calories (10% DV), 2 g total fat (3% DV), and 280 mg sodium (12% DV).

Baking Mixes	Serving Size	Calories	Fat (g)	Sat Fat (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Pro (g)
PANCAKE/ALL PURPOSE BAKING MIXES									
Arrowhead Mills All Purpose Baking Mix*	½ c (40 g) 1 biscuit	130	1	0	390	28	2	2	5
Aunt Jemima Buttermilk Complete	½ c (46 g) 4 pancakes	160	2	0.5	460	31	1	6	5
Aunt Jemima Original Pancake & Waffle Mix	½ c (47 g) 4 pancakes	150	0.5	0	740	33	1	7	4
Aunt Jemima Whole Wheat Pancake & Waffle Mix*	¼ c (38 g) 3 pancakes	120	0.5	0	620	26	3	4	4
Bisquick Complete Pancake & Waffle Mix Simply Buttermilk with Whole Grain*	½ c (56 g) 3 pancakes	210	4	0.5	390	39	2	6	6
Bisquick Original	½ c (40 g) 1 biscuit	160	4.5	1	410	26	1	1	3
Bob's Red Mill 10 Grain Pancake & Waffle Mix*	½ c (58 g) 3 pancakes	180	1	0.5	630	35	4	3	8
✓ Bob's Red Mill Buttermilk & Waffle Mix*	½ c (38 g) 3 pancakes	140	0.5	0	340	27	4	3	6
Dr. Oetker Organic Pancake Mix	½ c (50 g) 2 pancakes	170	0	0	300	38	1	4	5
✓ Hodgson Mill Buckwheat Pancake Mix*	½ c (40 g) 3 pancakes	140	1	0	290	28	3	1	5
✓ Hodgson Mill Multigrain Buttermilk Pancake Mix*	½ c (40 g) 3 pancakes	150	2	0	321	31	5	2	10
Jiffy All Purpose Baking Mix	¼ c (32 g) 1 biscuit	130	4.5	1	310	21	<1	<1	2
Krusteaz Heart Healthy Buttermilk Pancake Mix	½ c (57 g) 3 pancakes	200	2	0.5	480	40	2	6	6
Krusteaz Lowfat Oatbran Pancake Mix	½ c (62 g) 2 pancakes	230	3	0.5	390	45	4	10	6
Trader Joe's Multigrain Baking & Pancake Mix*	½ c (40 g) 2 pancakes	150	2	0	500	28	2	2	4
MUFFINS/CORNBREAD MIXES									
Arrowhead Mills Cornbread & Muffin Mix*	¼ c (35 g) 1 muffin	120	1	0	290	25	2	3	4
Betty Crocker Fiber One Blueberry Muffin Mix*	½ th pkg (36 g) 1 muffin	130	2.5	1.5	240	28	5	13	2
Betty Crocker Lemon Poppy Seed Bread & Muffin Mix	½ th pkg (37 g) 1 muffin	140	2	0.5	210	29	<1	17	1
✓ Bob's Red Mill Raisin Bran Muffin Mix*	(22 g) 1 muffin	60	0	0	160	13	1	2	2
Dr. Oetker Organic Oatmeal Muffin Mix	½ th pkg (40 g) 1 muffin	140	0.5	0	270	32	1	11	2
Duncan Hines Apple Cinnamon Muffin Mix*	½ th pkg (38 g) 1 muffin	150	3.5	1.5	200	28	3	13	2
✓ Duncan Hines Wild Main Blueberry Muffin Mix*	½ th pkg (34 g) 1 muffin	110	1	0	180	24	3	10	2
Hodgson Mill Cornbread & Muffin Mix*	¼ c (36 g) 1 muffin	130	1	0	340	27	3	5	4
✓ Hodgson Mill Whole Wheat Muffin Mix*	¼ c (36 g) 1 muffin	130	1	0	235	27	3	5	4
Jiffy Raspberry Muffin Mix	¼ c (38 g) 1 muffin	160	6	2	320	26	0	11	2
Krusteaz Chocolate Chunk Muffin Mix	½ c (43 g) 1 muffin	190	6	2.5	230	32	1	19	2
Krusteaz Blueberry Muffin Mix	¼ c (41 g) 1 muffin	140	1.5	0.5	250	29	<1	14	1
Pillsbury Banana Nut Muffin Mix	¼ c (36 g) 1 muffin	150	5	1.5	220	25	1	12	2
CAKE MIXES									
Betty Crocker Supermoist Cake Mix Butter Yellow	(43 g) ½ ¹⁰ th cake	160	1.5	1	310	36	<1	19	1
Betty Crocker Supermoist Cake Mix Devil's Food	(43 g) ½ ¹⁰ th cake	160	1.5	1	360	35	1	18	2
✓ Dr. Oetker Marble Cake Mix	(50 g) ½ ⁶ th cake	180	1.5	1	220	41	0	20	2
✓ Dr. Oetker Organic Vanilla Cake Mix	(38 g) ½ ¹² th cake	140	0	0	280	32	0	18	1
Duncan Hines Classic Yellow Cake Mix	(39 g) ½ ¹² th cake	160	3	1	240	31	0	17	1
Duncan Hines Decadent Classic Carrot Cake Mix	(50 g) ½ ¹² th cake	200	4	1.5	260	39	1	23	2
✓ Duncan Hines Signature Angel Food Cake Mix	(38 g) ½ ¹² th cake	140	0	0	280	31	0	23	3
✓ Hodgson Mill Gluten Free Chocolate Cake Mix	(43 g) ½ ¹⁰ th cake	153	1	1	197	35	2.5	16	3
Jiffy White Cake Mix	(51 g) ½ ⁵ th cake	210	4.5	1	340	40	0	23	2
Pillsbury Moist Supreme Devil's Food Cake Mix	(43 g) ½ ¹² th cake	160	2.5	1	330	34	1	19	2
Pillsbury Moist Supreme Strawberry Cake Mix	(43 g) ½ ¹² th cake	170	3.5	1.5	290	35	<1	21	1

Note: g=gram, mg=milligram, sat fat=saturated fat, carb=carbohydrates, c=cup, pkg=package, DV=Daily Value, pkg=package. Daily requirement based on 2,000 calorie/day diet.

Source: company websites and product packages. Serving sizes are based on those suggested on nutrition facts label. *Whole grain is listed as first or second ingredient. Note: nutrition information does not include additional ingredients, such as eggs and oil.; pancakes are approximately four to five inches in size.