# The Power of the Bagel

## Bagels

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Plain</th>
<th>Whole Wheat</th>
<th>Asiago</th>
<th>Ancient Grain</th>
<th>Everything</th>
<th>Blueberry</th>
<th>Chocolate Chip</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weight (g.)</td>
<td>104</td>
<td>102</td>
<td>112</td>
<td>107</td>
<td>106</td>
<td>108</td>
<td>106</td>
</tr>
<tr>
<td>Protein</td>
<td>9</td>
<td>10</td>
<td>10</td>
<td>11</td>
<td>9</td>
<td>9</td>
<td>9</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2</td>
<td>7</td>
<td>2</td>
<td>8</td>
<td>2</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Calories</td>
<td>270</td>
<td>260</td>
<td>300</td>
<td>280</td>
<td>280</td>
<td>290</td>
<td>300</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>10</td>
<td>25</td>
<td>35</td>
<td>50</td>
<td>15</td>
<td>10</td>
<td>30</td>
</tr>
<tr>
<td>Total Fat (g.)</td>
<td>1</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>2</td>
<td>1</td>
<td>3.5</td>
</tr>
<tr>
<td>Saturated Fat (g.)</td>
<td>0</td>
<td>0</td>
<td>2</td>
<td>0.5</td>
<td>0</td>
<td>0</td>
<td>1.5</td>
</tr>
<tr>
<td>Trans Fats (g.)</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Cholesterol (mg.)</td>
<td>0</td>
<td>0</td>
<td>10</td>
<td>10</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Sodium (mg)</td>
<td>480</td>
<td>550</td>
<td>580</td>
<td>540</td>
<td>600</td>
<td>450</td>
<td>450</td>
</tr>
<tr>
<td>Total Carbs (g.)</td>
<td>56</td>
<td>49</td>
<td>54</td>
<td>49</td>
<td>56</td>
<td>59</td>
<td>58</td>
</tr>
<tr>
<td>Sugars (g.)</td>
<td>5</td>
<td>7</td>
<td>5</td>
<td>7</td>
<td>5</td>
<td>11</td>
<td>10</td>
</tr>
</tbody>
</table>

## Comparison Items

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>1 Large Egg</th>
<th>2 Small Eggs</th>
<th>Creamy Peanut Butter</th>
<th>Creamy Peanut Butter</th>
<th>Whole Almonds</th>
<th>Whole Almonds</th>
<th>2% Milk</th>
<th>2% Milk</th>
<th>Non-fat Vanilla Yogurt</th>
<th>3 Thin Slices Deli Turkey</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weight (g.)</td>
<td>57</td>
<td>85</td>
<td>32</td>
<td>36</td>
<td>28</td>
<td>47</td>
<td>245</td>
<td>123</td>
<td>227</td>
<td>43</td>
</tr>
<tr>
<td>Protein</td>
<td>7</td>
<td>10</td>
<td>8</td>
<td>9</td>
<td>6</td>
<td>10</td>
<td>9</td>
<td>4</td>
<td>8</td>
<td>7</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0</td>
<td>0</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>6</td>
<td>0</td>
<td>0</td>
<td>0</td>
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<tr>
<td>Calories</td>
<td>80</td>
<td>120</td>
<td>190</td>
<td>210</td>
<td>160</td>
<td>270</td>
<td>120</td>
<td>60</td>
<td>130</td>
<td>40</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>50</td>
<td>70</td>
<td>140</td>
<td>160</td>
<td>130</td>
<td>210</td>
<td>40</td>
<td>20</td>
<td>0</td>
<td>10</td>
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<tr>
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<td>5</td>
<td>8</td>
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<td>18</td>
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<td>1</td>
</tr>
<tr>
<td>Saturated Fat (g.)</td>
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<td>2.5</td>
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<td>3.5</td>
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<td>2</td>
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<td>1.5</td>
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<td>0</td>
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<tr>
<td>Trans Fats (g.)</td>
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<td>0</td>
<td>0</td>
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</tr>
<tr>
<td>Cholesterol (mg.)</td>
<td>210</td>
<td>315</td>
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<td>5</td>
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<td>5</td>
<td>15</td>
</tr>
<tr>
<td>Sodium (mg)</td>
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<td>120</td>
<td>150</td>
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<td>115</td>
<td>410</td>
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<td>8</td>
<td>6</td>
<td>10</td>
<td>12</td>
<td>6</td>
<td>24</td>
<td>1</td>
</tr>
<tr>
<td>Sugars (g.)</td>
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<td>0</td>
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<td>3</td>
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<td>2</td>
<td>12</td>
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</tr>
</tbody>
</table>

A complete nutrition list can be found by visiting our [website](#).