

# THE POWER OF THE BAGEL

## Bagels

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

## Comparison Items

	1 Large Egg	2 Small Eggs	Creamy Peanut Butter	Creamy Peanut Butter	Whole Almonds	Whole Almonds	2% Milk	2% Milk	Non-fat Vanilla Yogurt	3 Thin Slices Deli Turkey
Serving Size	1 large egg	2 small eggs	2 tbsp.	2 1/4 tbsp.	1 oz.	1 2/3 oz.	1 cup	1/2 cup	1 cup	3 1/2 oz. slices
Weight (g.)	57	85	32	36	28	47	245	123	227	43
Protein	7	10	8	9	6	10	9	4	8	7
Dietary Fiber	0	0	2	3	4	6	0	0	0	0
Calories	80	120	190	210	160	270	120	60	130	40
Calories from Fat	50	70	140	160	130	210	40	20	0	10
Total Fat (g.)	5	8	16	18	14	24	4.5	2.5	0	1
Saturated Fat (g.)	2	2.5	3	3.5	1	2	3	1.5	0	0
Trans Fats (g.)	0	0	0	0.5	0	0	0	0	0	0
Cholesterol (mg.)	210	315	0	5	0	0	20	10	5	15
Sodium (mg)	80	120	150	170	0	0	115	60	115	410
Total Carbs (g.)	0	1	7	8	6	10	12	6	24	1
Sugars (g.)	0	0	2	3	1	2	12	6	17	0

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