

Bagels vs. Bread

You may think that a bagel is an equal substitution for your morning toast, or for the bread on your lunchtime sandwich, but you may be surprised to learn what you are really getting when you bite into that bagel!

It turns out that **one bagel** is actually equal to about **5 slices of bread**, or more than two thirds of our daily requirements for grains! This can put a serious dent in your calorie count for the day...all by breakfast! If you do want to substitute a bagel for bread, try just using half, and be choosy about your toppings. Pick something like peanut butter or low-fat cottage cheese (vs. butter or jelly) that can at least provide some quality protein to help keep you feeling fuller longer, and offset a potential "carb-crash" later in your day!