

Sodium Savvy

... At Breakfast



Whole Grains

Choose items that list “whole” grains (i.e. wheat, rye, etc.) as the first or second ingredient.



Look for this symbol on Wegmans brand products

Dairy/Protein

Low-fat dairy is a great source of protein! 1 cup of milk contains 8 grams of protein and ½ cup of Greek yogurt contains 10 grams.

Other protein options:

2 eggs (12 g protein)

2 Tbsp peanut butter (9 g)

3 slices bacon (6 g)*

2 sausage links (10 g)*

Tip: Add a Tbsp of nuts or seeds to hot or cold cereal for extra protein

* Breakfast meats can be very high in sodium, so keep portions to one serving and choose low-sodium versions when available

Fruits/Vegetables

- Add canned, frozen or dried fruits to cereal, oatmeal, and yogurt
- Choose canned fruits packed in natural fruit juice; drain & rinse fruits packed in light syrup
- Add frozen or leftover veggies to scrambled eggs
- Choose juices labeled 100% fruit or vegetable juice

Sodium Showdown



Wegmans Instant Weight Control Oatmeal, Cinnamon
210 mg sodium per packet



VS.

Wegmans Quick Oats (Topped w/ Ground Cinnamon)
0 mg sodium per ½ cup (dry)



Wegmans Wheat Squares
330 mg sodium per ¾ cup



VS.

Wegmans Bite-Size Shredded Wheat
0 mg sodium per 1 ¼ cup



Wegmans Creamy Peanut Butter
150 mg sodium per 2 Tbsp



VS.

Wegmans Natural Creamy Peanut Butter
10 mg sodium per 2 Tbsp

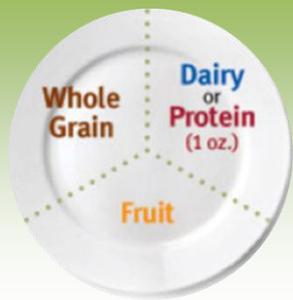


Wegmans Café Breakfast Sandwich (Bacon, Egg, & Cheese)
1470 mg sodium per sandwich

VS.



Jimmy Dean Delights Flatbread (Bacon, Egg, & Cheese)
480 mg sodium per sandwich



Better Breakfasts

120 mg Sodium

Meal #1:

- 1 ¼ c Shredded Wheat
- ½ c fat-free milk
- medium banana
- 6 oz Greek yogurt
- ½ c 100% juice

Meal #2:

- 1 mini whole-wheat bagel
- 1 Tbsp natural peanut butter
- 6 oz Greek yogurt
- fresh orange
- 1 c 100% juice

160 mg Sodium

Meal #3:

- ½ c dry oatmeal, cooked w/1 c fat-free milk
- ¼ c dried fruit
- ¼ c lightly salted peanuts
- 1 c fresh melon
- ½ c 100% juice

270 mg Sodium

Meal #4:

- 2 large eggs, scrambled
- 1 sl whole-wheat toast
- 1 Tbsp jelly
- 3 sl reduced-sodium bacon
- ½ c berries
- ½ c 100% juice

415 mg Sodium

Add Flavor to Eggs

Instead of salt, try seasoning eggs with fresh or dried herbs (tarragon, parsley, marjoram, and oregano all work well). To boost flavor and nutrition, mix in some of your favorite chopped vegetables. For an added kick, try spices such as chili powder and paprika.

4 Steps to Satisfying Smoothies

Smoothies are an easy (*and delicious!*) way to eat more fruits, vegetables, and low-fat dairy.

- 1. Build a base:** Add ½ cup of 100% fruit juice, milk, or non-dairy milk to a blender
- 2. Get fruity (& veggie):** Toss in 1 cup of your favorite fresh or frozen fruit. For added nutrition, throw in a large handful of spinach or kale (you won't even taste it!)
- 3. Make it creamy:** Add 6 oz of Greek or Super Yogurt. For a non-dairy alternative, substitute with 1/8 to 1/4 of an avocado.
- 4. Power Up:** 1-2 Tbsp of whey protein or nut butter can help add staying power to your smoothie

