

# Breakfast Shopping Guide

Venues: Costco, Von's, Trader Joe's, Whole Foods

<p><b>Fresh Fruit</b> <i>With or without yogurt as dipping sauce</i></p>	<ul style="list-style-type: none"> <li>• Ready-made platters available at Von's, Costco and Whole Foods</li> <li>• Pre-washed, pre-cut options or make your own platter</li> <li>• Suggestions: Strawberries, raspberries, blueberries, blackberries, bananas tangerines, cubed melons, pineapple chunks, apples slices, orange slices, grapes</li> </ul>
<p><b>Yogurt</b></p>	<ul style="list-style-type: none"> <li>• Purchase low-fat yogurt, preferably with "live active cultures" and without high fructose corn syrup</li> <li>• Best served in bulk container with cups and spoons for self-service</li> <li>• Suggestions: Horizon, Stonyfield, Activa, Wallaby Organic, Nancy's, Straus, Fage, Whole Foods Brand (365), Trader Joe's Brand, Whole Soy Yogurt (Vegan)</li> </ul>
<p><b>Granola, Yogurt and/or Fruit Parfaits</b></p>	<ul style="list-style-type: none"> <li>• Provide vanilla yogurt, low-fat granola or whole grain cereal and/or fresh fruit for individual parfait creation</li> <li>• Suggestions(choose lower in fat and sugar, higher in fiber): Whole Foods bulk granolas: low-fat apple cinnamon, low-fat strawberry-raspberry, or fruit muesli, Barbara's, Kashi: GOLEAN, Good Friends, Granola, Nature's Path, Trader Joe's Low-fat, Kirkland Spiced Pecan Granola</li> </ul>
<p><b>Instant Hot Cereal</b> <i>Have hot water available</i></p>	<ul style="list-style-type: none"> <li>• Provide toppings if desired such as fresh or dried fruit, chopped nuts, honey, brown sugar, or low-fat milk</li> <li>• Hot cereal suggestions: Kashi GOLEAN or Heart to Heart, Quaker Oats Instant: Original, Nature's Path</li> </ul>
<p><b>Bread Products</b></p>	<ul style="list-style-type: none"> <li>• Choose whole grain baked goods lower in fat and sugar, higher in fiber and/or miniature sized</li> <li>• Suggestions: Trader Joe's Low-Fat Bran Muffins, Flax4Life Flax Muffins, Fabe's Oat Bran Muffins, Thomas', Pepperidge Farm, or Western Bagel 100% Whole Wheat Mini Bagels (or regular cut in half), Whole Foods/Rudi's, Trader Joe's, or Matthew's Whole Wheat English Muffin, Food For Life 7 Sprouted Grain</li> </ul>
<p><b>Toppings &amp; Condiments</b> <i>Use in moderation</i></p>	<ul style="list-style-type: none"> <li>• Kraft Philadelphia Light Vegetable or Plain Cream Cheese</li> <li>• Neufchatel or farmers' cheese</li> <li>• Assorted nut butters: Peanut (all-natural), almond, cashew</li> <li>• No sugar added fruit spreads</li> <li>• Smoked Salmon (platter from Whole Foods)</li> <li>• Fresh veggies for bagels</li> <li>• Low-fat cottage cheese: Nancy's, Horizon, Trader Joe's, Whole Foods</li> <li>• Unsweetened apple sauce</li> </ul>
<p><b>Beverages</b></p>	<ul style="list-style-type: none"> <li>• Horizon Organic Low-fat Milk/Chocolate Milk, Stonyfield Super Smoothies, in individual boxes or bulk</li> <li>• Silk Plain or Vanilla Soy Milk, in individual boxes or bulk</li> <li>• Odwalla or Naked 100% juices, V8, in bulk or 8 ounce mini bottles — Try them with sparkling water!</li> <li>• Sparkling water, plain or flavored: Whole Foods, Trader Joe's, and Safeway Brands, Pellegrino</li> </ul>

**Please note:** refrigerated items such as yogurt and cream cheese, should be kept cold by placing on a bowl of ice.

Credit: UC Berkeley Wellness Program