Breakfast Shopping Guide

**Venues:** Costco, Von’s, Trader Joe’s, Whole Foods

### Fresh Fruit
*With or without yogurt as dipping sauce*
- Ready-made platters available at Von’s, Costco and Whole Foods
- Pre-washed, pre-cut options or make your own platter
- Suggestions: Strawberries, raspberries, blueberries, blackberries, bananas, tangerines, cubed melons, pineapple chunks, apples slices, orange slices, grapes

### Yogurt
- Purchase low-fat yogurt, preferably with “live active cultures” and without high fructose corn syrup
- Best served in bulk container with cups and spoons for self-service
- Suggestions: Horizon, Stonyfield, Activa, Wallaby Organic, Nancy’s, Straus, Fage, Whole Foods Brand (365), Trader Joe’s Brand, Whole Soy Yogurt (Vegan)

### Granola, Yogurt and/or Fruit Parfaits
- Provide vanilla yogurt, low-fat granola or whole grain cereal and/or fresh fruit for individual parfait creation
- 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

### Instant Hot Cereal
*Have hot water available*
- Provide toppings if desired such as fresh or dried fruit, chopped nuts, honey, brown sugar, or low-fat milk
- Hot cereal suggestions: Kashi GOLEAN or Heart to Heart, Quaker Oats Instant: Original, Nature’s Path

### Bread Products
- Choose whole grain baked goods lower in fat and sugar, higher in fiber and/or miniature sized
- 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

### Toppings & Condiments
*Use in moderation*
- Kraft Philadelphia Light Vegetable or Plain Cream Cheese
- Neufchatel or farmers’ cheese
- Assorted nut butters: Peanut (all-natural), almond, cashew
- No sugar added fruit spreads
- Smoked Salmon (platter from Whole Foods)
- Fresh veggies for bagels
- Low-fat cottage cheese: Nancy’s, Horizon, Trader Joe’s, Whole Foods
- Unsweetened apple sauce

### Beverages
- Horizon Organic Low-fat Milk/Chocolate Milk, Stoneyfield Super Smoothies, in individual boxes or bulk
- Silk Plain or Vanilla Soy Milk, in individual boxes or bulk
- Odwalla or Naked 100% juices, V8, in bulk or 8 ounce mini bottles — Try them with sparkling water!
- Sparkling water, plain or flavored: Whole Foods, Trader Joe’s, and Safeway Brands, Pelligrino

**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*