

Better Breakfast Swaps

TO CUT CALORIES

When the average 2000-calorie diet is filled with protein and fiber-rich foods, a person can healthfully lose weight while feeling full at the same time. Start your path to healthier choices with these better breakfast swaps. Cut 500 calories per day to lose 1 pound per week.



Fresh juices benefit you in many ways. However, many of our calories hide in beverages. Switch out your morning OJ with fruit-infused water to manage calories and get the refreshing citrus taste you crave.

105 Calories Saved

Infused Water

Your childhood metabolism won't last forever, and neither should your childhood choice of breakfast cereal. Sugary cereals contain more than double the calories of fiber or bran cereals.

90 Calories Saved



Fiber Cereal



You don't have to give up protein completely at breakfast to save calories. Pork bacon over sausage links nets 60 calories, and turkey bacon doubles that to 120 saved calories.

120 Calories Saved

Turkey Bacon

Even the size of eggs you eat for breakfast add up as days pass. Downsize from Extra Large to Medium Eggs to cut nearly 300 calories per week without even thinking about it.

40 Calories Saved



Smaller Eggs



The percentage on your box of milk represents the amount of fat content inside, and fat often means higher calories. Skim milk contains nearly 40 less calories per cup than 2% milk.

40 Calories Saved

Skim Milk

You don't have to replace every serving of cow's milk with almond milk. Start with breakfast. Use almond milk with your cereal in the mornings. If you eat cereal every morning, you cut almost 500 calories out of your diet per week.

70 Calories Saved



Almond Milk



Granola often contains hidden sugars that boost calorie content. Switch to steel cut oats to cut that total by 50 calories per sitting.

50 Calories Saved

Oatmeal

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