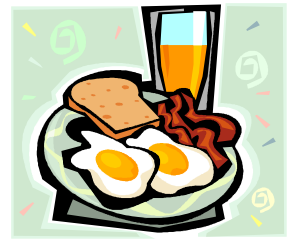


# Top Healthily Fast-Food Breakfasts



These choices will tame your appetite (with extra protein), curb afternoon cravings (with a hit of fiber), and even help you concentrate (the protein-fiber combo supplies the brain with a steady stream of energy).

## McDonald's

There are a couple of options with enough fiber and protein to fill you up and keep you going:

- **Fruit n' Yogurt Parfait with Granola**  
*160 calories, 2g fat (1g saturated), 5mg cholesterol, 85mg sodium, 1g fiber, 4g protein*
- **Snack Size Fruit and Walnut Salad**  
*210 calories, 8g fat (1.5g saturated), 5mg cholesterol, 60mg sodium, 2g fiber, 4g protein*

## Starbucks

You'll find two good high-flavor choices here:

- **Spinach, Roasted Tomato, Feta, and Egg Wrap** -- it's a little high in fat but compensates with *lots* of fiber and protein.  
*240 calories, 10g fat (3.5g saturated), 140mg cholesterol, 730mg sodium, 7g fiber, 13g protein*
- **A Skinny Latte and a package of SB's dried fruit and nut mix.** The latte's made with nonfat milk and a shot of sugar-free syrup. (Try the caramel or hazelnut: yum!)  
Latte (12-oz. "tall"): *90 calories, 0g fat (0g saturated), 5mg cholesterol, 125mg sodium, 0g fiber, 0g protein*  
Fruit/nut packet: *150 calories, 9g fat (1g saturated), 0mg cholesterol, 100mg sodium, 2g fiber, 4g protein*

## Dunkin' Donuts

Make this your last resort but if it's the only choice, go for:

- **Egg and Cheese English Muffin Sandwich**  
*280 calories, 9g fat (4.5g saturated), 140mg cholesterol, 1010mg sodium (yikes -- that's why it's your last resort), 1g fiber, 15g protein*
- If the smell of doughnuts gets to your head, order 4 **Powdered Cake doughnut holes** (Munchkins in DD-speak).  
*260 calories, 15g fat, 7g saturated fat, 10mg cholesterol, 210mg sodium, 2g fiber, 3g protein*

## Burger King

Keep driving until the competition appears. BK is behind on banning risky trans fats, and we recommend avoiding it until the place smartens up.