**Breakfast**

**Stores:** Berkeley Bowl, Costco, Safeway, Trader Joe’s, Whole Foods

*Updated 2019*

---

**Fresh Fruit**

When possible, buy local, organic and in season.

**Make your own platter**

- Berries*
- Apple or pear slices*
- Clementines
- Orange slices

**Ready-made platters**

- Cubed melon
- Pineapple chunks
- Grapes*
- Bananas

---

**Yogurt**

*Organic preferred to reduce pesticides, antibiotics, hormones, etc.

Best served in bulk container (ideally plain instead of flavored) with reusable or compostable cups and spoons.

Be mindful of sweeteners. The average yogurt has more sugar than an equal amount of ice cream! Best bet: plain yogurt with berries or honey or maple syrup on side.

---

**Granola, Yogurt, and/or Fruit Parfaits**

Provide plain or vanilla yogurt*, granola/cereal, and/or fresh fruit for individual parfaits. Low-fat milk or non-dairy milk can be served with cereal.

**Granola/Cereal**

Ideally < 6g sugar/serving & whole grains at the top of the ingredients list. Reminder: 1 serving granola ~ 1/4 - 1/3 cup

Could provide nuts as a topping, too.

**Recommended Brands**

- Barbara’s
- Cascadian Farm
- Health Valley
- Nature’s Path

---

**Toppings, Condiments, & Other Items**

- Cottage cheese*
- Natural nut butters (almond, cashew, peanut*)
- Neufchatel* or non-dairy cream cheese, such as Kite Hill
- Smoked salmon
- Unsweetened applesauce*
- Veggies for bagels (tomato*, cucumber*, red onion)

**Baked Goods**

Look for whole grains at the top of the ingredient list and low sugar. Choose mini version or cut into small portions.

**Recommended Brands**

- Whole wheat English muffins: Whole Foods, Trader Joe’s, Rudi’s, Matthew’s
- Sprouted bread: Alvarado St., Food for Life, Rudi’s
- Flax4Life Muffins
- TJ’s Bran Muffins
- Whole wheat bagels, mini or cut in halves or quarters

---

**Instant Hot Cereal**

*Have hot water available.* Choose plain oats & provide optional toppings: fruit, nuts, cinnamon, and/or honey or maple syrup.

**Recommended Brands**

- 365 (Whole Foods)
- Fage
- Forager (vegan)
- Horizon
- Kite Hill (vegan)
- Nancy’s Sigg’s
- Straus
- Stonyfield
- Wallaby
- Organic
- Trader Joe’s

---

**Beverages**

Best choice: Water in a pitcher/dispenser

- Coffee, regular and decaf, and tea, including herbal. When possible, serve creamers and sweeteners in bulk rather than individual packets.
- Unsweetened non-dairy milk
- Low-fat milk*
- 100% fruit juices, mixed w/water or sparkling water
- Low sodium 100% vegetable juice

---

* Eat Well Berkeley is sponsored by Be Well at Work Faculty/Staff Wellness