



AS SEEN IN

First For Women

snack spy **nutrition**

Hot breakfast goodies to go

We're keeping our spirits up despite the winter chill, thanks to fiber-packed bites that rev energy, boost mood and speed slimming!

On nippy mornings when there's not enough time to whip up the hot breakfast we crave, we turn to the next best thing—toaster treats we can munch on as we dash out the door. But while these heat-and-eat goodies make the morning rush a little cozier, many of them lack staying power, which means you find us hungry again. To the rescue: fiber. Research shows that a morning dose of this nutrient can keep us full until lunchtime—plus provide long-lasting energy, brighten mood and improve focus—so we went in search of breakfast fare that contains at least 5 grams of fiber. Here's to a healthier winter wake-up call!



If you like ENGLISH MUFFINS...	If you like BLUEBERRY WAFFLES...	If you like BAGELS...
<p>We've been hooked on toasted English muffins ever since we noticed how butter and jam pool together in the nooks and crannies. We thought those puddles of sweet, buttery goodness were the reason we always reached for seconds, but it turns out our preferred brand contains just 1 gram of fiber per serving—hardly enough to keep us going! Our new pick: VitaBuns English Muffin Style (\$4 for six, at Walmart stores and Vitalicious.com). These tasty treats pack in 6 grams of fiber and 50 percent each of the daily value of fatigue-fighting iron and immunity-boosting zinc. The 100-calorie tally? A mere bonus.</p>	<p>Mmm...we love the taste of popping our favorite frozen blueberry waffles in the toaster and letting the sweet scent waft through the kitchen. But a quick scan of the nutrition label revealed that our go-to brand has a paltry 1 gram of fiber. It's made with artificial "blueberry bits." That's not exactly an ideal choice for the day, so we switched to Kashi Waffles Blueberry (\$5 for six, at supermarkets). They're packed with real blueberries, 6 grams of fiber, 23 grams of cholesterol-lowering whole grains and 56 percent mood-boosting omega-3 fatty acids. Now that's a reason to rise and shine!</p>	<p>When we need a little something extra to power us through our to-do's, a fluffy bagel spread with cream cheese can't be beat. At least that's what we thought until we realized our brand contains 500 grams of sodium and only 2 grams of fiber. For a healthier fix, we switched to Rudi's Organic Bakery Honey Sweet Wheat Bagels (\$5 for six, at Whole Foods Market and health-food stores). These doughy delights provide 5 grams of satiating fiber and 6 grams of metabolism-revving protein. Even better, with just 130 calories per bagel, we can munch on more than one—guilt-free!</p>
<p>SKIP IT!  PICK IT! </p> <p>Pepperidge Farm Original English Muffins VitaBuns English Muffin Style</p>	<p>SKIP IT!  PICK IT! </p> <p>Aunt Jemima Blueberry Waffles Kashi Waffles Blueberry</p>	<p>SKIP IT!  PICK IT! </p> <p>Thomas' Plain Bagels Rudi's Organic Bakery Honey Sweet Wheat Bagels</p>

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