

## 6 Breakfasts That Fight Fat

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Twelve billion. That's the number of breakfast meals we devour each year at America's restaurants. And 80 percent of them come from fast-food or fast-casual restaurants, which means we have no idea what's really in them. As we've been demonstrating since 2007, sometimes this means pastries packed with more sugar than an ice cream cone, sausage patties with more fat than a double cheeseburger, and omelettes with enough sodium to pickle a barrel of cucumbers.

Don't get me wrong—we need a complete breakfast to help us power through the day. Skipping it means you're 450 percent more likely to end up overweight or obese, according to recent studies. That's why we devote more than 50 pages to this crucial meal in the new *Eat This, Not That! No-Diet Diet* book, which takes all the food and nutrition secrets we've championed the past few years and turns them into an effortless, delicious, flat-belly-fast plan that works for everyone—and keeps your weight off for good!

Here's an exclusive peek inside. These healthy, delicious breakfasts will keep your belly full *and* flat at the same time.

### **BEST BREAKFAST SANDWICH**



Panera Bread Breakfast Power Sandwich  
330 calories  
14 g fat (6 g saturated)  
830 mg sodium

Panera's menu provides plenty of opportunity to ruin your morning, but with this sandwich the chain has hit all the right keys. Ham, egg, and cheese are arguably the best breakfast-sandwich stuffers known to man, and instead of the starchy bagels and ciabatta used on most of the menu, this one is built with whole-grain bread. That brings in 4 grams of belly-filling fiber, and along with the 23 grams of protein, it's enough to ensure you stay full until lunch!

## **BEST OMELETTE**



IHOP Simple + Fit Spinach, Mushroom & Tomato Omelette w/ Fresh Fruit

330 calories

12 g fat (5 g saturated)

690 mg sodium

Omelettes can be a healthy and delicious start to the day, but the tendency at chain restaurants is to befoul them with copious amounts of cheese and a butcher shop's worth of meat. IHOP's Simple + Fit Omelettes are made the way all omelettes should be—with simple, fresh ingredients that, in this case, give you 5 grams of fiber and 28 grams of protein. Which of course begs the question: Why does the chain still have the 910-calorie Hearty version on its menu? Steer clear.

## **BEST ON-THE-GO OATMEAL**



Jamba Juice Fresh Banana Oatmeal

370 calories

5 g fat (1 g saturated)

33 g sugars

Whole grains have been shown to help with weight loss, and the whopping 8

grams of fiber this meal delivers will subdue even the most ravenous of stomachs. That's more than can be said for many of the smoothies on the Jamba Juice menu.

### **BEST ON-THE-GO BREAKFAST WRAP**



Dunkin' Donuts Egg & Cheese Wake-Up Wrap

180 calories

11 g fat (4 g saturated)

470 mg sodium

Sure, the doughnuts and pastries are tempting, but they're not on Dunkin's DDSmart Menu for a reason: They're dumb choices. The Wake-Up Wraps are a smart choice, and even if you order two of them you'll be amply rewarded with 16 grams of protein. What do you get for eating two doughnuts? A mid-morning sugar crash and hunger pangs. Even the Sausage and Egg Croissant below is a better choice than doughnuts, but no one should eat 46 grams of fat for breakfast.

### **BEST STEAK & EGG SANDWICH**

Subway Steak, Egg, and Cheese Muffin Melt

190 calories

17 g fat (2.5 g saturated)

600 mg sodium



Hats off to Subway for the line of Muffin Melts that debuted last year. These svelte sandwiches are some of the lowest-calorie breakfasts in the world of fast food. Order two and this combo provide 12 grams of fiber and 32 grams of protein—and you still get to enjoy a steak-and-eggs breakfast for less than 400 calories. That's no small feat. To compare, check out the steak-and-omelette disaster that made our list of the 20 Worst Breakfasts in America.

## BEST ON-THE-GO BREAKFAST MEAL



McDonald's Egg McMuffin with Hash Brown and Coffee

450 calories

21 g fat (6.5 g saturated)

1,130 mg sodium

I know what you're thinking: *a hash brown!* Well, sure. Alongside a lean, protein-packed sandwich like an Egg McMuffin, a hash brown isn't such a bad choice—though you can cut 300 mg of sodium from this meal if you skip it. The Egg McMuffin itself looks and tastes indulgent, but in truth it's one of the healthiest sandwiches out there (especially compared to those that made our list of these [30 Worst Sandwiches in America](#)). You're saddled with less saturated fat than you'd get from just one of McDonald's breast-meat Chicken Selects, and it packs in 2 grams of fiber. So enjoy—guilt free.