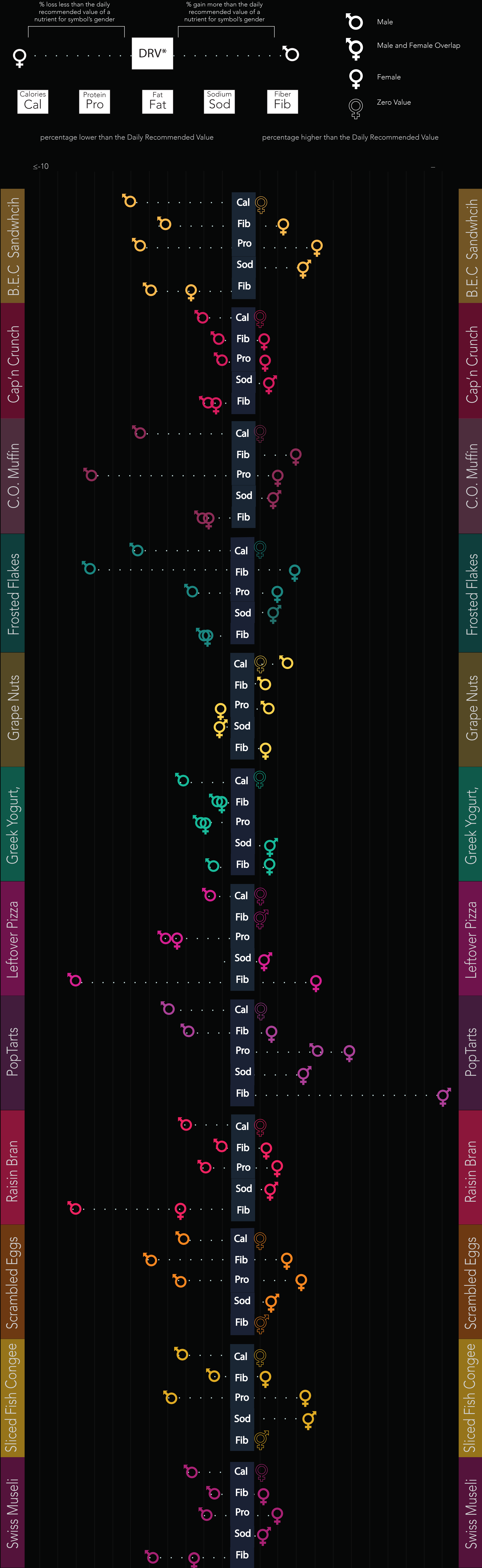


Breakfast of Champions

A chart comparing the difference between the Daily Recommended Value nutrient breakdown (as found in the Nutrition Facts food label) and the government's recommended nutrient intake for Males and Females ages 19-30 in the context of twelve classic breakfast foods.



Breakfast of Champions

The top table displays nutrient intake recommended by the Daily Recommended Value and the recommended nutrient intake for Males and Females ages 19-30. The bottom table displays the nutrition facts for the twelve classic breakfast foods shown in the infographic.

	<u>Average DRV</u>	<u>Female DRV</u>	<u>Male DRV</u>
Calories	2000 cal	2000 cal	2600 cal
Fat	65 g	61 g	80 g
Protein	50 g	46 g	56 g
Sodium	2400 mg	2300 mg	2300 mg
Fiber	25 g	28 g	30.8 g

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	<u>Calories</u>	<u>Fat</u>	<u>Protein</u>	<u>Sodium</u>	<u>Fiber</u>
B.E.C Sandwich	470 cal	12 g	23 g	1140 mg	4 g
Captain Crunch	112 cal	2 g	2 g	200 mg	1 g
Cran Orange Muffin	410 cal	20 g	5 g	400 mg	2 g
Frosted Flakes	110 cal	0.5 g	1.2 g	140 mg	0.7 g
Grape Nuts	210 cal	1 g	6 g	270 mg	0.7 g
Plain Greek Yogurt	80 cal	0 g	15 g	60 mg	7 g
Letover Pizza	320 cal	13 g	12 g	840 mg	2 g
Brown Sugar Poptarts	211 cal	7 g	3 g	184 mg	1 g
Raisin Bran	190 cal	1 g	5 g	230 mg	8 g
Scrambled Eggs	204 cal	14 g	12 g	342 mg	0 g
Sliced Fish Congee	211 cal	3 g	14 g	1347 mg	0 g
Swiss Muesli	170 cal	2.5 g	5 g	115 m mg	4 g