

BLOOD SUGAR BALANCED FROZEN BREAKFAST

GROCERY PRODUCTS

CARBOHYDRATES

Breakfast foods tend to be carb heavy! All the products listed on the next page contain fewer carbs than other breakfast options. Also, they're balanced with fat, fiber, and/or protein for stable blood glucose all day.



PROTEIN

Each product below is within the 3:1 carb to protein ratio. For every 3 grams (g) of carbs there is at least 1 g of protein.



FIBER

Like protein, eating fiber with carbs promotes balanced blood glucose after meals.



SATURATED FAT

Each product contains no more than 4 g of saturated fat.



SODIUM

Each product below contains no more than 650 milligrams (mg) of sodium.



BLOOD SUGAR BALANCED FROZEN BREAKFAST PRODUCTS

1



2



3



4



5



6



7



8



9



10



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BLOOD SUGAR BALANCED
FROZEN BREAKFAST PRODUCTS

NUTRITION FACTS

	Product	Protein (g)	Carb (g)	Sat. Fat (g)	Fiber (g)	Sodium (mg)
1	Caulipower Broccoli Cheddar Scramble	10	9	4	4	480
2	Chicken and Maple Breakfast Sausage	9	2	2	0	390
3	Egg White & Turkey Sausage Sandwich	10	16	2	1	520
4	Morning Star Sandwich	15	20	3	4	620
5	Smart Ones Ham and Cheese	19	13	3.5	1	650
6	Spinach Egg White Frittata	5	5	1	1	200
7	Veggie Chorizo Crumbles	9	6	1	5	420
8	Veggie Hot & Spicy Sausage Patties	9	3	0	1	230
9	Waffle Sliders	17	19	3	1	400
10	Wild Blueberry Protein Waffles	13	20	1	3	230