

Bagel Guide

We use **100% whole wheat bagels** (like Thomas 100% Whole Wheat Bagels) as they're an affordable, accessible, nutritious choice. However, you can choose another option. Here are a few swaps and how they differ:



***These options are the closest to what we use both nutritionally and taste wise. Individual brands can vary.**



DAVE'S KILLER

Similar nutrition profile, may be slightly larger. May be more flavorful due to variety of ingredients.



WHEAT BREAD(2)

2 slices can be similar nutritionally to ½ of a bagel.



***These options have more nutritional differences but can still be used as a swap! Individual brands can vary.**



PLAIN

Similar in calories and carbs, tend to have less fiber and protein. Softer texture with a mild flavor.



BAKERY

Tend to be larger servings by 1.5-2x. Usually lower in protein and fiber.



LOW CARB

Usually very high in fiber (may cause constipation!) do not provide as much calories/energy. Much higher cost.



PROTEIN

Typically lower in fiber with boosted protein. Slightly lower in carbs but still can provide a decent/adequate amount.



WHITE BREAD(2)

2 slices can be similar nutritionally to ½ of a bagel for carbs and calories, usually less fiber and possibly protein.



HOMEMADE GREEK YOGURT

Per bagel: Combine ¼ cup flour & plain Greek yogurt with ½ tsp baking powder. Top with seeds or seasoning if desired. Bake at 375F for 20-25 min. Similar to ½ of a bagel-fiber content depends on flour used (wheat or all-purpose) and toppings.