



2.25 oz. Donut	Regular Plain Donut	Smart Choice Plain Donut
Calories	240	210
Calories from fat	120	70
Total Fat	13g	8g
Saturated Fat	7g	0.5g
Trans Fat	0g	0g
Cholesterol	15mg	0mg
Sodium	280mg	350mg
Total Carbohydrate	27g	32g
Dietary Fiber	less than 1g	1g
Sugar	11g	14g
Protein	3g	3g
Vitamin A	0%	20%
Vitamin C	0%	0%
Calcium	2%	25%
Iron	6%	30%
Vitamin E	0%	20%
Thiamin	0%	35%
Riboflavin	0%	25%
Niacin	0%	30%
Vitamin B6	0%	20%
Vitamin B12	0%	20%
Zinc	0%	20%

**Excellent Source:
of 10 Essential
Vitamins and Minerals**

**Made With
Whole Grain
And They Taste So Good!**

- Less than 30% of Calories from Fat
- Less than 10% Calories from Saturated Fat
- Less than 30% Added Sugar

1 Slice Bread = 1 Bread Equivalent

Smart Choice 2.25 oz. Donut = 1 Bread Equivalent



Breakfast Child And Adult Care Food Program Meal Patterns				
Food Component & Food Items	Children Ages 1 & 2	Children Ages 3-5	Children Ages 6-12	Adults
Bread	1/2 slice	1/2 slice	1 slice	2 slices (servings)
Cornbread or Muffin	1/2 serving	1/2 serving	1 serving	2 servings

Breads must be made from enriched flour or whole grain flour.