



2 oz. Muffins	Regular Blueberry	Smart Choice Blueberry
Calories	180	140
Calories from fat	70	40
Total Fat	8g	4g
Saturated Fat	1.5g	1g
Trans Fat	0g	0g
Cholesterol	20mg	35mg
Sodium	190mg	180mg
Total Carbohydrate	25g	25g
Dietary Fiber	less than 1g	2g
Sugar	13g	13g
Protein	3g	3g
Vitamin A	0%	20%
Vitamin C	0%	0%
Calcium	2%	20%
Iron	4%	25%
Vitamin E	0%	20%
Thiamin	0%	25%
Riboflavin	0%	25%
Niacin	0%	25%
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 oz. Muffins = 1 Bread Equivalent



EAT 48g OR MORE OF WHOLE GRAINS DAILY

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.

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