

Comparison between the two breakfasts: “Mediterranean” and “Bar type”

	MEDITERRANEAN BREAKFAST yogurt, nuts, honey, whole wheat bread, olive oil, olives, vegetables, fruit	% of the recommended allowances, set to 2000 kcal	BAR TYPE BREAKFAST cappuccino with sugar, croissant, fruit juice	% of the recommended allowances, set to 2000 kcal
ENERGY	443 kcal (1856 kJ)	22	374 kcal (1590 kJ)	18
PROTEIN	12 g	25	7 g	13
FAT	23 g	33	11 g	16
<i>of which saturate</i>	3 g	15	6 g	30
CARBOIDRATI	50 g	19	67 g	25
<i>of which sugars</i>	23 g	23	48 g	53
FIBRE	7 g	28	1.4 g	5.6
SODIUM	490 mg**	20%	225 mg	9.4%
POTASSIUM	766 mg	-	374 mg	
CALCIUM	223 mg	28	128 mg	16
IRON	3.3 mg	24	0.6 mg	9
FOLATE	70 mcg	35	37 mcg	19
VITAMIN A (ret eq)	97 mcg	12%	47 mcg	6%
VITAMIN C	23 mg	39	120 mcg*	202

The **vitamin C comes from the fruit juice: the one used in calculation is a generic fruit juice and the vitamin C is likely ascorbic acid added as a preservative and not naturally present in the product: A freshly squeezed citrus juice would be better.*

*** Be careful to **sodium**: it comes from the olives. Avoid frequent consumption and in any case choos less salty varieties or rinse them off before consumption..*