

# What's in that Doughnut?

Lexington-Fayette County Health Department



## Did You Know?

An average glazed doughnut has 250 calories and 15 grams of fat. Remember this fact: It takes only 500 extra calories a day to gain 1 pound a week.

**If you ate just ONE doughnut every Sunday for a year, that would be 13,000 calories and 780 grams of FAT.**

**That's over 3½ pounds of weight gain each year!!!**

Is that donut really worth it??? How many of us just eat one a week???

## Why is this Important?

Often just 5 pounds of weight loss can improve health conditions such as high blood pressure, high cholesterol and blood sugar levels. A small amount of weight loss has also been shown to help **PREVENT** the onset of Type 2 Diabetes.

## What Could You Eat Instead?

Breakfast really is the most important meal of the day. It's the first source of energy your body gets each day...make it something that will give you all the nutrients you need to wake up and get moving. There are lots of great healthy breakfast choices. Try some of these instead of that doughnut:

- Multi-grain bagel with low-fat cream cheese
- Whole wheat toast with peanut butter and 100% fruit juice
- Low-fat flavored yogurt
- Whole grain cereal with 1% or skim milk
- A bowl of oatmeal with fresh fruit on top
- A glass of 1% or skim milk and a piece of fresh fruit
- An egg cooked with very little fat, an English muffin and a glass of 100% fruit juice
- A smoothie made with a mixture of 1 cup fruit, 1/3 cup dairy (either yogurt or milk), and 1/3 cup 100% fruit juice and a few ice cubes.



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