



Nutritional comparison between MOMO's muffins and commonly ordered items from local restaurants

	<i>BMI Banana</i>	<i>Raisin the Bar Banana</i>	<i>Radical Free Blueberry</i>	<i>ABSolutely Apple Cinnamon</i>	<i>Low Pressure/ Heart Healthy Chocolate</i>	<i>Pineapple gymGER Spice</i>	<i>Eye'm Craisin for Pumpkin</i>
Calories	221.3	264.3	202.95	213.4	236.2	209.7	237.35
Total Fat	2.3g	2.3g	2.3g	2.2g	3.2g	2.5g	2.3g
Sat Fat	0g	0g	0.2g	0g	0.9g	0.1g	0g
Trans Fat	0g	0g	0g	0g	0g	0g	0g
Cholesterol	0mg	0mg	0mg	0mg	0mg	0mg	0mg
Sodium	203.2mg	206.5mg	201mg	202.7mg	278.6mg	203.5mg	200.65mg
Total Carbs	35.6g	45.9g	30.2g	33.8g	37.4g	32.4g	39.1g
Fiber	9.9g	10.6g	9.5g	10g	10.7g	9.5g	10.62g
Sugars	13.1g	22.8g	10.6g	13.3g	13.4g	11.8g	18.1g
Protein	22.2g	22.5g	21.9g	21.9g	23.1g	22.1g	22.3g
	Plain Bagel w/ Egg and Cheese*	Turkey Sausage wrap, w/ cream cheese, pepper jack cheese*	Tuna Salad on Bagel*	Banana Bran Muffin**	Ham, Egg, Cheddar Breakfast sand.**	Honey Whole Wheat Bagel w/ cream cheese spread*	Turkey on Asiago Bagel*
Calories	530	680	440	410	360	340	580
Total Fat	20g	34g	15g	14g	15g	8g	20g
Sat Fat	9g	13g	2.5	3g	6g	4.5g	11g
Trans Fat	0g	0g	0g	0g	0g	0g	0g
Cholesterol	395mg	435mg	35mg	45mg	165mg	20mg	95mg
Sodium	840mg	1270mg	920mg	440mg	880mg	545mg	1500mg
Total Carbs	62g	59g	50g	69g	37g	62g	69g
Fiber	2g	6g	4g	6g	2g	3g	3g
Sugars	7g	6g	7g	36g	4g	10g	9g
Protein	30g	34g	29g	8g	20g	10g	37g
	Ham, egg, cheese english muffin^	Reduced Fat Turkey Bacon, Egg, Red. Fat cheddar cheese Sand.**	1/4 pound burger w/ cheese^	Totally Turkey Wrap#	Low Fat Cinnamon Swirl Coffee Cake**	Thai Chicken Wrap#	Chipotle Chicken Salad w/ no dressing (15.2oz)*
Calories	300	350	510	442	300	670	710
Total Fat	11g	11g	26g	9.1g	6g	11.5g	41g
Sat Fat	4g	4g	12g	1.6g	4g	2.1g	9g
Trans Fat	0g	0g	1.5g	0g	0g	0g	0g
Cholesterol	20mg	20mg	90mg	72mg	10mg	43mg	95mg
Sodium	860mg	860mg	1190mg	1780mg	370mg	1780mg	1960mg
Total Carbs	41g	41g	40g	53.7	53g	106.3g	54mg
Fiber	3g	3g	3g	2.6	1g	8.2g	10g
Sugars	5g	5g	9g	??	34g	??	10g
Protein	20g	20g	29g	36.4g	4g	35.1g	34g

* - Einsteins, ** - Starbucks, # - Tropical Smoothie, ^ - McDonalds. Nutritional information from: calorieking.com