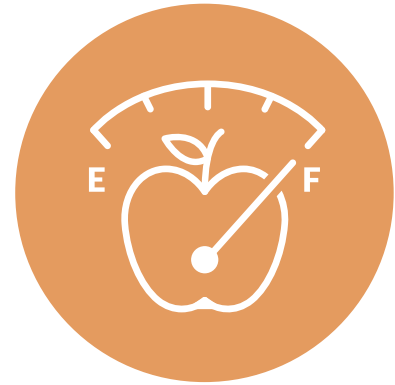




ChallengeME

MaineDOT Healthy Workforce



Healthy Breakfast Sandwich

Still Tastes Great and Is Better for You!

Making small changes to your breakfast sandwich can:

- ♥ Save you 108 calories
- ♥ Cut your saturated fat intake by one third
- ♥ Reduce your sodium intake by nearly half
- ♥ Eating too much saturated fat can lead to high cholesterol and raise your risk of heart disease and stroke
- ♥ Eating too much sodium can cause high blood pressure and raise your risk of heart attack or stroke

Pork Sausage, Egg and American Cheese Breakfast Sandwich	Turkey Sausage, Egg, Swiss Cheese Breakfast Sandwich	Calorie, Fat, Sat. Fat & Sodium Savings
Sausage: 106 cal., 9.5 g fat, 3 g sat fat, 301 mg NA Cheese: 70 cal., 6 g fat, 4 g sat., 340 mg NA Egg: 90 cal., 6 g fat, 2 sat fat, 90 mg NA English muffin: 140 cal., 260 mg NA Butter: 2 tsp 72 cal., 8 g fat, 5 g sat fat, 64 mg NA	Turkey Sausage: 80 cal., 6 g fat, 2 g sat fat, 270 mg NA Swiss: 60 cal., 4 g fat, 2 g sat fat, 30 mg NA Egg: 90 cal., 6 g fat, 2 sat fat, 90 mg NA English muffin: 140 cal., 260 mg NA	
Total Calories: 478 calories Total Fat: 29.5 grams Total Saturated: Fat* 14 grams fat Total Sodium**: 1,055 mg NA	Total Calories: 370 calories Total Fat: 16 grams Total Saturated Fat: 6 grams fat Total Sodium: 650 mg NA	108 calories 13.5 g fat 8 g sat. fat 405 mg NA

* Dietary Guidelines recommend eating less than 20 mg saturated fat and 2,300 mg sodium per day