

# GLUTEN-FREE BREAKFAST NUTRITION CHART

| Breakfast Item            | Calories | Protein | Fiber | Key Nutrients       |
|---------------------------|----------|---------|-------|---------------------|
| Overnight GF Oats (1 cup) | 280      | 10g     | 8g    | Manganese Iron      |
| Greek Yogurt w/ Berries   | 190      | 17g     | 3g    | Probiotics Calcium  |
| Avocado on GF Toast       | 310      | 6g      | 11g   | Healthy Fats Vit E  |
| Quinoa Breakfast Bowl     | 220      | 8g      | 5g    | Complete Protein B6 |
| Veggie Omelet (2 eggs)    | 180      | 13g     | 2g    | Choline Vitamin D   |
| Chia Seed Pudding         | 240      | 6g      | 10g   | Omega-3 Magnesium   |
| Buckwheat Pancakes (2)    | 210      | 7g      | 4g    | Antioxidants Copper |

Values are estimates based on standard serving sizes. Always verify labels for certified Gluten-Free status.