

OATMEAL TOPPINGS NUTRITION FACTS

Standard serving sizes for common additions

TOPPING	PORTION	CALORIES	PROTEIN	FIBER	SUGAR
FRUITS					
Blueberries	1/2 Cup	42	0.5g	1.8g	7g
Banana	1/2 Med	53	0.6g	1.5g	7g
Apple (Slices)	1/2 Med	48	0.2g	2.2g	9g
NUTS & SEEDS					
Chia Seeds	1 tbsp	58	2.0g	4.1g	0g
Walnuts	1/4 Cup	190	4.0g	2.0g	0.7g
Almonds (Slivered)	2 tbsp	80	3.0g	1.5g	0.5g
SWEETENERS & OTHERS					
Maple Syrup	1 tbsp	52	0g	0g	12g

TOPPING	PORTION	CALORIES	PROTEIN	FIBER	SUGAR
Peanut Butter	1 tbsp	94	4.0g	1.0g	1.5g
Greek Yogurt (Plain)	1/4 Cup	35	6.0g	0g	1.5g

* Values are approximate. Calculated based on USDA National Nutrient Database.