

## VIDEO\_ Breakfast Survey at West Palm Beach (FL JAN 2017)

**Ivor Cummins:** If you ate this breakfast every morning for the next few years, which do you think would be healthier? A is whole-grain cereal, orange juice and low-fat yogurt with berries and maybe a banana, and B is bacon and eggs pretty much.

I'd go with A.

I would say A.

Obviously A.

I think the eggs and bacon.

The orange juice is out and I would do the banana, maybe the strawberries and--

**Ivor Cummins:** Oh, very good... And the bacon and eggs, what you think of that?

No, I don't do that ever.

The first one, A.

Well I would say A.

A.

I think B would be because you need a little bit of fat.

I think with the orange and the yogurt.

I would choose the B. A, but I'm going to eat B.

Uh, probably option A.

A.

A.

The cereal, of course.

I think A.

A.

My first thought would be the orange juice and the grains and the banana.

I'm just looking at the two and I would say A.

Eggs are very good for you.

Obviously A you would think. But we eat more B, coffee and bacon and eggs.

**Ivor Cummins:** You go with A is the healthier. Now why would you go with A is the healthier do you think?

Just because it doesn't have the fat in bacon and eggs.

Orange juice is good for vitamin C...

**Ivor Cummins:** Why would you--?

Because there's so much sugar.

**Ivor Cummins:** Too much fat perhaps?

Yeah, too much fat.

I would be worried more about like the high-fat content. Um, because it has like grains and fruits in it and like the kind of everything you need to start off the day.

**Ivor Cummins:** That's kind of a sugar bomb.

Okay, then I'll take eggs and bacon.

**Ivor Cummins:** Why A, because it's low-fat or something?

A got to be because it's got a low-fat.

Oranges are a lot of sugar.

**Ivor Cummins:** Excellent.

Well I know that A has bananas and oranges and orange juice and yogurt and granola and all of that is mostly sugars.

The banana and the strawberries draw me in.

**Ivor Cummins:** Ah, the fruit is healthy, yeah.

**Ivor Cummins:** Well the answer would really be B. The new science is showing that sugar in oranges juice and cereals and low-fat yogurts is a problem for diabetes over long time. And the fats actually are not as bad as people thought. So I think we're going towards B.

Okay, I'll take B. I like bacon and eggs better.