



You're picking less nutritious toppings.

Oatmeal's healthy reputation isn't an excuse to add half a jar of Nutella to your breakfast. "I've seen some crazy toppings, like Whoppers," Bowers says. "Tricking out your oatmeal can really do some damage." (Here are the [5 worst things you can add to your oatmeal.](#))

Fix it: Back away from the candy bowl. Your healthiest bet, Bowers says, is a mix of fresh fruit (she likes [pomegranate arils](#), berries, peaches, or apples), a sprinkle of nuts, and a dash of cinnamon. Pumpkin, hemp, or other seeds make for protein-rich alternatives to nuts ([like these 4 seeds you should be eating every day](#)), says Lisa Suriano, owner and founder of the culinary-nutrition education program [Veggiecation](#). Thankfully, chocolate isn't entirely off the table. "Cacao powder is made with cocoa beans roasted at a lower heat than cocoa powder," Suriano says. That gives cacao, sometimes called a purer form of chocolate, more antioxidant power, she says.

