

Cereal	Manufacturer Type		Calories	Protein	Fat	Sodium	
Apple Cinnamon Cheerios	G	C	110		2	2	180
Basic 4	G	C	130		3	2	210
Cheerios	G	C	110		6	2	290
Cinnamon Toast Crunch	G	C	120		1	3	210
Clusters	G	C	110		3	2	140
Cocoa Puffs	G	C	110		1	1	180
Count Chocula	G	C	110		1	1	180
Crispy Wheat & Raisins	G	C	100		2	1	140
Golden Grahams	G	C	110		1	1	280
Honey Nut Cheerios	G	C	110		3	1	250
Kix	G	C	110		2	1	260
Lucky Charms	G	C	110		2	1	180
Multi-Grain Cheerios	G	C	100		2	1	220
Oatmeal Raisin Crisp	G	C	130		3	2	170
Raisin Nut Bran	G	C	100		3	2	140
Total Corn Flakes	G	C	110		2	1	200
Total Raisin Bran	G	C	140		3	1	190
Total Whole Grain	G	C	100		3	1	200
Triples	G	C	110		2	1	250
Trix	G	C	110		1	1	140
Wheaties	G	C	100		3	1	200
Wheaties Honey Gold	G	C	110		2	1	200
All-Bran	K	C	70		4	1	260
All-Bran with Extra Fiber	K	C	50		4	0	140
Apple Jacks	K	C	110		2	0	125
Corn Flakes	K	C	100		2	0	290
Corn Pops	K	C	110		1	0	90
Cracklin' Oat Bran	K	C	110		3	3	140
Crispix	K	C	110		2	0	220
Froot Loops	K	C	110		2	1	125
Frosted Flakes	K	C	110		1	0	200
Frosted Mini-Wheats	K	C	100		3	0	0
Fruitful Bran	K	C	120		3	0	240
Just Right Crunchy Nuggets	K	C	110		2	1	170
Just Right Fruit & Nut	K	C	140		3	1	170
Mueslix Crispy Blend	K	C	160		3	2	150
Nut&Honey Crunch	K	C	120		2	1	190
Nutri-Grain Almond-Raisin	K	C	140		3	2	220
Nutri-grain Wheat	K	C	90		3	0	170
Product 19	K	C	100		3	0	320
Raisin Bran	K	C	120		3	1	210
Raisin Squares	K	C	90		2	0	0
Rice Krispies	K	C	110		2	0	290
Smacks	K	C	110		2	1	70
Special K	K	C	110		6	0	230
100% Bran	N	C	70		4	1	130
Shredded Wheat	N	C	80		2	0	0
Shredded Wheat 'n'Bran	N	C	90		3	0	0
Shredded Wheat spoon size	N	C	90		3	0	0
Cream of Wheat (Quick)	N	H	100		3	0	80
Strawberry Fruit Wheats	N	C	90		2	0	15

Bran Flakes	P	C	90	3	0	210
Fruit & Fibre Dates, Walnuts, and Oats	P	C	120	3	2	160
Fruity Pebbles	P	C	110	1	1	135
Golden Crisp	P	C	100	2	0	45
Grape Nuts Flakes	P	C	100	3	1	140
Grape-Nuts	P	C	110	3	0	170
Great Grains Pecan	P	C	120	3	3	75
Honey-comb	P	C	110	1	0	180
Post Nat. Raisin Bran	P	C	120	3	1	200
100% Natural Bran	Q	C	120	3	5	15
Cap'n'Crunch	Q	C	120	1	2	220
Honey Graham Ohs	Q	C	120	1	2	220
Life	Q	C	100	4	2	150
Puffed Rice	Q	C	50	1	0	0
Puffed Wheat	Q	C	50	2	0	0
Quaker Oatmeal	Q	H	100	5	2	0
Quaker Oat Squares	Q	C	100	4	1	135
Almond Delight	R	C	110	2	2	200
Bran Chex	R	C	90	2	1	200
Corn Chex	R	C	110	2	0	280
Double Chex	R	C	100	2	0	190
Muesli Raisins, Dates, & Almonds	R	C	150	4	3	95
Muesli Raisins, Peaches, & Pecans	R	C	150	4	3	150
Rice Chex	R	C	110	1	0	240
Wheat Chex	R	C	100	3	1	230
Maypo	A	H	100	4	1	0

Fiber	Carbohydrates	Sugars	Shelf	Potassium	Vitamins	Weight	Cups
1.5	10.5	10	1	70	25	1	0.75
2	18	8	3	100	25	1.33	0.75
2	17	1	1	105	25	1	1.25
0	13	9	2	45	25	1	0.75
2	13	7	3	105	25	1	0.5
0	12	13	2	55	25	1	1
0	12	13	2	65	25	1	1
2	11	10	3	120	25	1	0.75
0	15	9	2	45	25	1	0.75
1.5	11.5	10	1	90	25	1	0.75
0	21	3	2	40	25	1	1.5
0	12	12	2	55	25	1	1
2	15	6	1	90	25	1	1
1.5	13.5	10	3	120	25	1.25	0.5
2.5	10.5	8	3	140	25	1	0.5
0	21	3	3	35	100	1	1
4	15	14	3	230	100	1.5	1
3	16	3	3	110	100	1	1
0	21	3	3	60	25	1	0.75
0	13	12	2	25	25	1	1
3	17	3	1	110	25	1	1
1	16	8	1	60	25	1	0.75
9	7	5	3	320	25	1	0.33
14	8	0	3	330	25	1	0.5
1	11	14	2	30	25	1	1
1	21	2	1	35	25	1	1
1	13	12	2	20	25	1	1
4	10	7	3	160	25	1	0.5
1	21	3	3	30	25	1	1
1	11	13	2	30	25	1	1
1	14	11	1	25	25	1	0.75
3	14	7	2	100	25	1	0.8
5	14	12	3	190	25	1.33	0.67
1	17	6	3	60	100	1	1
2	20	9	3	95	100	1.3	0.75
3	17	13	3	160	25	1.5	0.67
0	15	9	2	40	25	1	0.67
3	21	7	3	130	25	1.33	0.67
3	18	2	3	90	25	1	1
1	20	3	3	45	100	1	1
5	14	12	2	240	25	1.33	0.75
2	15	6	3	110	25	1	0.5
0	22	3	1	35	25	1	1
1	9	15	2	40	25	1	0.75
1	16	3	1	55	25	1	1
10	5	6	3	280	25	1	0.33
3	16	0	1	95	0	0.83	1
4	19	0	1	140	0	1	0.67
3	20	0	1	120	0	1	0.67
1	21	0	2	1	0	1	1
3	15	5	2	90	25	1	1

5	13	5	3	190	25	1	0.67
5	12	10	3	200	25	1.25	0.67
0	13	12	2	25	25	1	0.75
0	11	15	1	40	25	1	0.88
3	15	5	3	85	25	1	0.88
3	17	3	3	90	25	1	0.25
3	13	4	3	100	25	1	0.33
0	14	11	1	35	25	1	1.33
6	11	14	3	260	25	1.33	0.67
2	8	8	3	135	0	1	1
0	12	12	2	35	25	1	0.75
1	12	11	2	45	25	1	1
2	12	6	2	95	25	1	0.67
0	13	0	3	15	0	0.5	1
1	10	0	3	50	0	0.5	1
2.7	1	1	1	110	0	1	0.67
2	14	6	3	110	25	1	0.5
1	14	8	3	1	25	1	0.75
4	15	6	1	125	25	1	0.67
0	22	3	1	25	25	1	1
1	18	5	3	80	25	1	0.75
3	16	11	3	170	25	1	1
3	16	11	3	170	25	1	1
0	23	2	1	30	25	1	1.13
3	17	3	1	115	25	1	0.67
0	16	3	2	95	25	1	1

Manufacturer	Cereal Count
Q	8
P	9
G	22
K	24
R	8
N	6
A	1
Total	78

Calories

Max Calories	160
Min Calories	50

Protein

Max Protein	6
Min Protein	1

Fat

Max Fat	5
Min Fat	0

Sodium

Max Sodium	320
Min Sodium	0

Fiber

Max Fiber	14
Min Fiber	0

Carbohydrates

Max Carbohydrates	23
Min Carbohydrates	1

Sugars

Max Sugars	15
Min Sugars	0

Shelf

Max Shelf	3
Min Shelf	1

Potassium

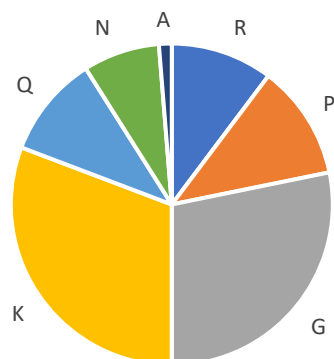
Max Potassium	330
Min Potassium	1

Vitamins

Max Vitamins	100
Min Vitamins	0

Weight

Percentage of Total Cereal Count by Manufacturer



Max Weight	1.5
Min Weight	0.5

Cups

Max Cups	1.5
Min Cups	0.25