Interesting Stuff:

* Nabisco seems to be the healthiest on average, it has lowest calories, highest protein, lowest fat.
* All Ralston Purina products have 25 vitamins
* It is easy to determine that General Mills and Kelloggs dominate the market, with the largest number of cereals
* Nabisco has lowest calories on average by a significant amount, the rest have the same calories
* Post has highest average protein, but all of them have roughly the same amount of protein
* Quaker Oats has the highest fat on average
* Nabisco has almost no fat on average
* Narisco has significantly less Sodium than the rest of the cereals
* Nabisco has wayyyyy more Fiber than the other brands
* All have roughly the same number of carbs
* Nabisco has lowest sugar by a large margin
* Nabisco has highest protein on average

Nabisco has lowest vitamins used on average

* As shown in graph above, all the different cereals in Ralston Purina contain the same number of vitamins. This is an interesting phenomena