

Datafile Name: Cereals
Datafile Subjects: [Food](#) , [Health](#)
Story Names: [Healthy Breakfast](#)
Reference: Data available at many grocery stores
Authorization: free use
Description: Data on several variable of different brands of cereal.

A value of -1 for nutrients indicates a missing observation.

Number of cases: 77

Variable Names:

1. Name: Name of cereal
2. mfr: Manufacturer of cereal where A = American Home Food Products; G = General Mills; K = Kelloggs; N = Nabisco; P = Post; Q = Quaker Oats; R = Ralston Purina
3. type: cold or hot
4. calories: calories per serving
5. protein: grams of protein
6. fat: grams of fat
7. sodium: milligrams of sodium
8. fiber: grams of dietary fiber
9. carbo: grams of complex carbohydrates
10. sugars: grams of sugars
11. potass: milligrams of potassium
12. vitamins: vitamins and minerals - 0, 25, or 100, indicating the typical percentage of FDA recommended
13. shelf: display shelf (1, 2, or 3, counting from the floor)
14. weight: weight in ounces of one serving
15. cups: number of cups in one serving
16. rating: a rating of the cereals

The Data:

name	mfr	type	calories	protein	fat	sodium	fiber	carbo	sugars	potass	vitamins	shelf	weight	cups	rating
100% Bran	N	C	70	4	1	130	10	5	6	280	25	3	1	0.33	68.402973
100% Natural Bran	Q	C	120	3	5	15	2	8	8	135	0	3	1	1	33.983679
All-Bran	K	C	70	4	1	260	9	7	5	320	25	3	1	0.33	59.425505
All-Bran_with_Extra_Fiber	K	C	50	4	0	140	14	8	0	330	25	3	1	0.5	93.000000
Almond_Delight	R	C	110	2	2	200	1	14	8	-1	25	3	1	0.75	34.384843
Apple_Cinnamon_Cheerios	G	C	110	2	2	180	1.5	10.5	10	70	25	1	1	0.75	29.509541
Apple_Jacks	K	C	110	2	0	125	1	11	14	30	25	2	1	1	33.174094
Basic_4_G	C	130	3	2	210	2	18	8	100	25	3	1.33	0.75	37.038562	
Bran_CheX	R	C	90	2	1	200	4	15	6	125	25	1	1	0.67	49.120253
Bran_Flakes	P	C	90	3	0	210	5	13	5	190	25	3	1	0.67	53.313813
Cap'n'n'Crunch	Q	C	120	1	2	220	0	12	12	35	25	2	1	0.75	18.042851
Cheerios	G	C	110	6	2	290	2	17	1	105	25	1	1	1.25	50.764999
Cinnamon_Toast_Crunch	G	C	120	1	3	210	0	13	9	45	25	2	1	0.75	19.823573
Clusters	G	C	110	3	2	140	2	13	7	105	25	3	1	0.5	40.400208
Cocoa_Puffs	G	C	110	1	1	180	0	12	13	55	25	2	1	1	22.736446
Corn_CheX	R	C	110	2	0	280	0	22	3	25	25	1	1	1	41.445019
Corn_Flakes	K	C	100	2	0	290	1	21	2	35	25	1	1	1	45.863324
Corn_Pops	K	C	110	1	0	90	1	13	12	20	25	2	1	1	35.782791
Count_Chocula	G	C	110	1	1	180	0	12	13	65	25	2	1	1	22.396513
Cracklin'_Oat_Bran	K	C	110	3	3	140	4	10	7	160	25	3	1	0.5	40.448772
Cream_of_Wheat_(Quick)	N	H	100	3	0	80	1	21	0	-1	0	2	1	1	64.533816
Crispix_K	C	110	2	0	220	1	21	3	30	25	3	1	1	46.895644	
Crispy_Wheat_&_Raisins	G	C	100	2	1	140	2	11	10	120	25	3	1	0.75	36.176196
Double_CheX	R	C	100	2	0	190	1	18	5	80	25	3	1	0.75	44.330856
Froot_Loops	K	C	110	2	1	125	1	11	13	30	25	2	1	1	32.207582
Frosted_Flakes	K	C	110	1	0	200	1	14	11	25	25	1	1	0.75	31.435973
Frosted_Mini-Wheats	K	C	100	3	0	0	3	14	7	100	25	2	1	0.8	58.345141
Fruit_&_Fibre_Dates,_Walnuts,_and_Oats	P	C	120	3	2	160	5	12	10	200	25	3	1	1.25	0.600000
Fruitful_Bran_K	C	120	3	0	240	5	14	12	190	25	3	1.33	0.67	41.015492	
Fruity_Pebbles	P	C	110	1	1	135	0	13	12	25	25	2	1	0.75	28.025765
Golden_Crisp	P	C	100	2	0	45	0	11	15	40	25	1	1	0.88	35.252444
Golden_Grahams	G	C	110	1	1	280	0	15	9	45	25	2	1	0.75	23.804043
Grape_Nuts_Flakes	P	C	100	3	1	140	3	15	5	85	25	3	1	0.88	52.076897
Grape-Nuts	P	C	110	3	0	170	3	17	3	90	25	3	1	0.25	53.371007
Great_Grains_Pecan	P	C	120	3	3	75	3	13	4	100	25	3	1	0.33	45.811716
Honey_Graham_Ohs	Q	C	120	1	2	220	1	12	11	45	25	2	1	1	21.871292
Honey_Nut_Cheerios	G	C	110	3	1	250	1.5	11.5	10	90	25	1	1	0.75	31.072217
Honey-comb	P	C	110	1	0	180	0	14	11	35	25	1	1	1.33	28.742414
Just_Right_Crunchy_Nuggets	K	C	110	2	1	170	1	17	6	60	100	3	1	1	36.000000
Just_Right_Fruit_&_Nut	K	C	140	3	1	170	2	20	9	95	100	3	1.3	0.75	36.471512
Kix	G	C	110	2	1	260	0	21	3	40	25	2	1	1.5	39.241114
Life	Q	C	100	4	2	150	2	12	6	95	25	2	1	0.67	45.328074
Lucky_Charms	G	C	110	2	1	180	0	12	12	55	25	2	1	1	26.734515
Maypo_A	H	100	4	1	0	0	16	3	95	25	2	1	1	54.850917	
Muesli_Raisins,_Dates,_&_Almonds	R	C	150	4	3	95	3	16	11	170	25	3	1	1	1
Muesli_Raisins,_Peaches,_&_Pecans	R	C	150	4	3	150	3	16	11	170	25	3	1	1	1
Mueslix_Crispy_Blend	K	C	160	3	2	150	3	17	13	160	25	3	1.5	0.67	30.313351
Multi-Grain_Cheerios	G	C	100	2	1	220	2	15	6	90	25	1	1	1	40.105965
Nut&Honey_Crunch	K	C	120	2	1	190	0	15	9	40	25	2	1	0.67	29.924285
Nutri-Grain_Almond-Raisin	K	C	140	3	2	220	3	21	7	130	25	3	1.33	0.67	40.000000
Nutri-grain_Wheat	K	C	90	3	0	170	3	18	2	90	25	3	1	1	59.642837
Oatmeal_Raisin_Crisp	G	C	130	3	2	170	1.5	13.5	10	120	25	3	1.25	0.5	30.450843
Post_Nat._Raisin_Bran	P	C	120	3	1	200	6	11	14	260	25	3	1.33	0.67	37.840594
Product_19	K	C	100	3	0	320	1	20	3	45	100	3	1	1	41.503540
Puffed_Rice	Q	C	50	1	0	0	0	13	0	15	0	3	0.5	1	60.756112
Puffed_Wheat	Q	C	50	2	0	0	1	10	0	50	0	3	0.5	1	63.005645
Quaker_Oat_Squares	Q	C	100	4	1	135	2	14	6	110	25	3	1	0.5	49.511874
Quaker_Oatmeal	Q	H	100	5	2	0	2.7	-1	-1	110	0	1	1	0.67	50.828392
Raisin_Bran	K	C	120	3	1	210	5	14	12	240	25	2	1.33	0.75	39.259197
Raisin_Nut_Bran	G	C	100	3	2	140	2.5	10.5	8	140	25	3	1	0.5	39.703400
Raisin_Squares	K	C	90	2	0	0	2	15	6	110	25	3	1	0.5	55.333142

Rice_Chex	R	C	110	1	0	240	0	23	2	30	25	1	1	1.13	41.998933
Rice_Krispies	K	C	110	2	0	290	0	22	3	35	25	1	1	1	40.560159
Shredded_Wheat	N	C	80	2	0	0	3	16	0	95	0	1	0.83	1	68.235885
Shredded_Wheat_'n'Bran	N	C	90	3	0	0	0	4	19	0	140	0	1	1	0.67 74.472949
Shredded_Wheat_spoon_size	N	C	90	3	0	0	0	3	20	0	120	0	1	1	0.67 72.
Smacks_K	C	110	2	1	70	1	9	15	40	25	2	1	0.75	31.230054	
Special_K	K	C	110	6	0	230	1	16	3	55	25	1	1	1	53.131324
Strawberry_Fruit_Wheats	N	C	90	2	0	15	3	15	5	90	25	2	1	1	59.363993
Total_Corn_Flakes	G	C	110	2	1	200	0	21	3	35	100	3	1	1	38.839746
Total_Raisin_Bran	G	C	140	3	1	190	4	15	14	230	100	3	1.5	1	28.592785
Total_Whole_Grain	G	C	100	3	1	200	3	16	3	110	100	3	1	1	46.658844
Triples_G	C	110	2	1	250	0	21	3	60	25	3	1	0.75	39.106174	
Trix_G	C	110	1	1	140	0	13	12	25	25	2	1	1	1	27.753301
Wheat_Chex	R	C	100	3	1	230	3	17	3	115	25	1	1	0.67	49.787445
Wheaties	G	C	100	3	1	200	3	17	3	110	25	1	1	1	51.592193
Wheaties_Honey_Gold	G	C	110	2	1	200	1	16	8	60	25	1	1	1	0.75 36.187559