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:

1985 1987 N	name mfr type	calorie	·s	protein	fat	sodium	fiber	carbo	sugars	potass	vitamin	ıc	shelf	weight	cups	rating
1806_Hartural_Bran																
All-Bram K C 70 4 1 200 9 7 5 320 25 3 1 1 0.33 99.42595 1 All-Bram with Extra Fiber R C 110 2 9 2 2 200 1 1 4 8 8 0 330 25 3 1 0.5 93. All-Bram with Extra Fiber R C 110 2 2 2 200 1 1 1 4 8 8 0 330 25 3 1 1 0.5 93. All-Bram with Extra Fiber R C 110 2 2 2 200 1 1 1 1 2 2 2 2 1 2 2 2 2																
All-Bern_with_Extrn_Fiber K C See 4 0 140 14 8 0 330 25 3 1 0.5 93. Allmond_Delipe R C 110 2 2 20 180 1.5 18 70 25 1 1 0.75 25.69541 Apple_Lichasen_Cheeries G C 110 2 2 2 180 1.5 18 70 70 25 1 1 0.75 25.69541 Apple_Lichasen_Cheeries G C 110 2 2 2 18 1.5 18 70 70 25 1 1 0.75 25.69541 Apple_Lichasen_Cheeries G C 10 2 2 2 10 1 2 2 2 2 2 2 2 2 2																
Almond, Delight R																
Apple Jacks C			110		2	200	1	14	8	-1	25	3	1	0.75	34.3848	343
Basic 4	Apple Cinnamon Cheerios	s G	C	110	2	2	180	1.5	10.5	10	70	25	1	1	0.75	29.509541
Bram_Flake R	Apple Jacks K	С	110	2	0	125	1	11	14	30	25	2	1	1	33.1746	994
Pranf-Takes P	Basic 4 G C	130	3	2	210	2	18	8	100	25	3	1.33	0.75	37.0385	62	
Cap^Tic Crunch	Bran_Chex R	С	90	2	1	200	4	15	6	125	25	1	1	0.67	49.1202	253
Cheerios G	Bran_Flakes P	С	90	3	0	210	5	13	5	190	25	3	1	0.67	53.3138	313
Common_Tosst_Cruch G	Cap'n'Crunch Q	С	120	1	2	220	0	12	12	35	25	2	1	0.75	18.0428	351
Clusters G C 110 3 2 140 2 13 7, 165 25 3 1 1 0,5 40,400208 COCO2_PURFS G C 110 1 1 1 180 0 0 12 13 7, 165 25 2 1 1 1 2,736446 CORD. COCO2_PURFS G C 110 1 1 1 180 0 0 20 280 0 12 13 25 25 1 1 1 1 41,445019 COCO2_PURFS G C 110 1 1 0 0 90 1 13 12 12 20 25 2 1 1 1 1 41,445019 COCO2_PURFS G C 110 1 1 1 180 0 1 13 12 20 25 2 1 1 1 23,782791 COCO2_PURFS G C 110 1 1 1 180 0 1 1 13 12 20 25 2 1 1 1 23,782791 COCO2_PURFS G C 110 1 1 1 180 0 1 2 13 2 20 25 2 1 1 1 23,782791 COCO2_PURFS G C 110 0 1 1 1 1 180 0 1 2 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Cheerios G	C	110	6	2	290	2	17	1	105	25	1	1	1.25	50.7649	999
Cocon_Chey Format Cocon_Chey R C 1180 1 1 188 8 12 2 33 55 25 2 1 1 22.736446	Cinnamon_Toast_Crunch		C	120		3	210	0		9			2	1		
Corn Flake R	Clusters G	C	110	3	2	140	2	13	7	105	25		1	0.5	40.4002	208
Corn_Pops													1	1		
Con-Pops K C 110 1 10 9 90 1 13 12 20 25 2 1 1 35,782791	Corn_Chex R				0		0			25		1	1	1	41.4456	919
Count-Chocula G																
Crash Cras																
Cream of Meat Clust N																
Crispy,Meate 8, Raisins 6 C 1000 2 0 1 1400 2 1 1 1400 2 1 1 1400 2 1 1 1 1000 1200 255 3 1 0.75 36.176196 Crispy,Meate 8, Raisins 6 C 1000 2 0 1900 1 18 5 800 25 3 1 0.75 36.176196 Crispy,Meate 8, Raisins 6 C 1100 1 2 125 1 1 11 13 30 25 2 1 1 0.75 36.176196 Froot_Loops K C 1100 1 0 1 120 25 25 1 1 1 0.75 36.176196 Froot_Loops K C 1100 1 0 1 120 25 25 1 1 1 0.75 36.176196 Froot_Loops K C 1100 1 0 1 1 1 1 13 30 25 2 1 1 1 0.75 36.176196 Froot_Loops K C 1100 1 0 0 200 1 1 14 11 12 25 25 1 1 1 0.75 31.435973 Froot_Loops K C 1100 1 0 0 200 1 1 14 1 12 25 25 1 1 1 0.75 31.435973 Froot_Loops K C 1200 3 0 0 0 3 1 14 7 1000 25 2 1 1 0.85 38.45141 Fruit R_Fibre_Dates, Mealurts_, and_Oats P C 1200 3 0 200 1 1 12 12 10 0 200 2 5 3 1 1.25 0.6 Fruitfull Pana K C 1200 3 0 240 55 14 12 190 25 3 1 1.33 0.67 41.015492 Fruitful Pana K C 1100 1 1 1 135 0 1 13 12 2 25 25 2 1 1 0.75 28.025765 Golden_Grisp P C 1100 1 1 1 135 0 1 13 12 2 25 25 2 1 1 0.75 28.025765 Golden_Grisp P C 1100 2 0 45 0 110 1 1 15 40 25 1 1 0.75 28.025765 Golden_Grisp P C 1100 3 0 1 1400 3 15 5 8 5 25 2 1 1 0.75 23.80403 Grape_Muts Flakes P C 1100 3 0 1 1400 3 15 5 8 5 25 2 1 1 0.75 23.80403 Grape_Muts Flakes P C 1100 3 0 1 1400 3 15 5 8 5 25 2 1 1 0.75 33.71007 Great_Grains_Pecan P C 1200 3 3 75 3 13 40 1000 25 3 1 0.85 53.71007 Great_Grains_Pecan P C 1200 3 3 75 3 13 40 1000 25 3 1 0.85 53.71007 Great_Grains_Pecan P C 1200 3 3 75 3 13 40 1000 25 3 1 0.85 53.71007 Great_Grains_Pecan P C 1200 3 1 1 1000 1 100																
Crispy Mheat & Raisins G C 100 2 1 140 2 11 180 120 25 3 1 0.75 36.176196 Double Chek R C 110 2 1 125 1 11 13 30 25 2 1 1 2.207582 Frooted Flakes K C 110 1 0 20 0 1 14 11 13 30 25 2 1 1 0.75 31.435973 Frosted Mini-Wheats K C 100 3 0 0 0 1 14 11 25 25 1 1 0.75 31.435973 Frosted Mini-Wheats K C 100 3 0 0 0 3 14 7 100 25 2 1 0 0.85 58.345141 Fruit E Fibre Dates, walnuts, and oats P C 120 3 2 160 5 12 10 200 25 3 1.33 0.67 41.0155076 Fruitfy Pebbles P C 110 1 1 1 135 0 1 11 15 15 10 12 25 25 2 1 0.75 28.025765 Golden Grisp P C 110 1 1 1 280 0 15 14 12 190 25 3 1 0.88 35.252444 Golden Grahams G C 110 1 1 1 280 0 15 14 12 190 25 3 1 0.88 35.252444 Golden Grahams G C 110 1 1 280 0 15 1 3 90 25 3 1 0.88 35.2076897 Grape Muts Flakes P C 110 3 0 170 3 170 3 90 25 3 1 0.33 45.811716 Honey, Graham Ohs Q C 120 1 2 220 1 2 11 45 25 2 1 1 2 27.51207 Honey, Chemiso P C 110 1 0 180 0 1.5 11.5 10 90 25 1 1 1 2 28.77414 Just Right Crunchy Muggets K C 110 2 1 260 0 21 3 4 25 25 2 1 1 2 28.74414 Just Right Fruit & Nut K C 140 3 1 10 0 1 1 3 4 25 25 2 1 1 3 28.742414 Just Right Fruit & Nut K C 140 3 1 10 0 1 1 3 4 25 25 2 1 1 1 3 28.742414 Just Right Fruit & Nut K C 140 3 1 10 0 1 1 1 1 1 1																64.533816
Double_Chex_R																
Fronted_Loops						_							-			
Frosted Flakes C	_															
Frosted Mini-Wheats K																
Fruit A Fibre Dates Malnuts and Oats P C 120 3 2 160 5 12 10 200 25 3 1.25 0.6																
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 9 45 25 2 1 1 0.68 35.252444 Golden_Grahams G C 110 1 1 280 0 15 9 45 25 2 1 1 0.75 28.025765 Grape_Nuts_Flakes P C 100 3 1 140 3 15 5 85 25 2 1 0.75 23.804043 Grape_Nuts_Flakes P C 100 3 1 140 3 15 5 85 25 3 1 0.25 53.371007 Grape_Nuts P C 110 3 0 170 3 17 3 90 25 3 1 0.25 53.371007 Grape_Nuts P C 120 3 3 75 3 13 4 100 25 3 1 0.25 53.371007 Grape_Nuts P C 120 3 3 75 3 13 4 100 25 3 1 0.25 53.371007 Grape_Nuts P C 120 3 3 75 3 13 4 100 25 3 1 0.25 53.371007 Grape_Nuts P C 120 3 3 75 3 13 4 100 25 3 1 1 0.25 53.371007 Grape_Nuts P C 120 1 2 220 1 1 12 11 45 25 25 2 1 1 1.75 31.71207 Honey, Graham_Ohs Q C 120 1 2 2 220 1 1 12 11 45 25 25 2 1 1 1.75 31.71207 Honey-Comb P C 110 3 1 2 25 11.5 10 90 25 1 1 1 0.75 31.072217 Honey-Comb P C 110 1 1 0 180 0 180 0 14 11 35 25 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1																
Fruity_Pebbles P																
Golden_Crisp P C 100 2 0 45 0 11 15 40 25 1 1 1 0.88 35.52444 Golden_Crisp P C 110 1 1 1 280 0 15 9 45 25 25 1 1 0.75 23.80443 Grape_Nuts_Flakes P C 100 3 1 1 140 3 15 5 85 25 3 1 0.75 23.80443 Grape_Nuts_Flakes P C 110 3 0 170 3 1 7 3 90 25 3 1 0.55 53.371007 Grape_Nuts_Flakes P C 110 3 0 170 3 1 7 3 90 25 3 1 0.625 53.371007 Grape_Nuts_Flakes P C 110 3 0 170 3 1 7 3 90 25 3 1 0.25 53.371007 Grape_Nuts_P C 110 3 0 170 3 1 7 3 90 25 3 1 0.25 53.371007 Grape_Nuts_P C 110 3 0 170 3 1 7 3 90 25 3 1 0.25 53.371007 Grape_Nuts_P C 110 1 2 2 220 1 1 12 11 45 25 25 1 1 0.33 45.811716 Honey_Graham_Ohs Q C 120 12 2 220 1 1 12 11 45 25 25 1 1 0.75 31.072217 Honey_Cromb P C 110 1 0 1 0 180 0 144 11 35 25 1 1 1 0.75 31.072217 Honey_cromb P C 110 1 0 1 10 0 180 0 144 11 35 25 1 1 1 1.33 28.742414 Usts_Right_Crunchy_Nuggets K C C 110 2 1 1 700 1 1 70 6 60 100 3 1 1 3 0.75 36.471512 Kix G C 110 2 1 2 60 0 21 1 20 6 95 25 2 1 1 1.5 39.241114 Life Q C 100 4 2 1 160 2 1 180 0 12 12 55 25 2 1 1 1.5 39.241114 Life Q C 100 4 2 1 160 2 1 180 0 12 12 55 25 2 1 1 1 54.859017 Muspin A H 100 4 1 0 0 1 16 3 95 25 2 1 1 1 54.859017 Muspin A H 100 4 1 0 0 1 16 3 95 25 2 1 1 1 54.859017 Muspin A H 100 4 1 0 0 1 16 3 95 25 2 1 1 1 54.859017 Muspin A H 100 4 1 0 0 1 16 3 95 25 2 1 1 1 54.859017 Muspin A H 100 4 1 0 0 1 16 3 95 25 2 1 1 1 54.859017 Muspin A H 100 4 1 0 0 1 16 3 95 25 2 1 1 1 54.859017 Muspin A H 100 4 1 0 0 1 10 0 1 1 10 0 1 1 10 0 1 1 1 1																
Grape_Nuts_Flakes P C 100 3 1 1 40 3 15 9 45 25 2 1 0 6.75 23.804043 Grape_Nuts_Flakes P C 110 3 0 170 3 17 3 90 25 3 1 0.25 53.371007 Grape_Nuts_Flakes P C 110 3 0 170 3 17 3 90 25 3 1 0.25 53.371007 Grape_Nuts_Flakes P C 110 3 0 170 3 17 3 90 25 3 1 0.25 53.371007 Grape_Nuts_Flakes P C 110 3 0 170 3 17 3 90 25 3 1 0.25 53.371007 Grape_Nuts_Flakes P C 120 3 3 75 3 13 4 100 25 3 1 0.33 45.811716 Grape_Nuts_Grape_Clay P C 120 1 2 220 1 12 11 45 25 2 1 1 1 21.871292 Honey_Grapam_Ohs Q C 120 1 2 220 1 12 11 45 25 2 1 1 1 0.75 31.072217 Honey_Gromb P C 110 1 0 180 0 14 11 135 25 1 1 1 1 0.75 31.072217 Honey_Gromb P C 110 1 0 180 0 14 11 135 25 1 1 1 1 1.33 28.742414 Just_Right_Crunchy_Nuggets K C 140 3 1 170 1 170 1 1 170 6 6 60 100 3 1 1 30 28.742414 Just_Right_Fruit_8_Nut_K C 140 3 1 1 70 2 2 0 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 1.5 39.241114 Life Q C 100 4 2 1 550 2 12 6 95 25 2 1 1 1.5 39.241114 Life Q C 100 4 2 1 180 0 16 3 95 25 2 1 1 1 54.850974 Huesli_Raisins_Dates_8_Almonds R C 150 4 3 1 50 3 16 11 170 25 3 1 1 1 Muesli_Raisins_Dates_8_B_Almonds R C 160 3 2 150 3 17 13 160 25 3 1.5 1.5 10.67 30.31351 Nutfi-Grapam_Ohs K C 120 2 1 1 190 0 15 9 40 25 2 1 1 1.5 54.850917 Nutfi-Grapam_Ohs K C 120 3 1 200 6 11 14 260 25 3 1 1.5 1.5 59.24285 Nutfi-Grapam_Ohs K C 120 3 1 200 6 11 14 260 25 3 1 1.3 0.67 37.846954 Product_1 G K C 100 3 2 120 6 11 14 260 25 3 1 1.3 0.67 37.846954 Product_1 G K C 100 3 2 1 200 6 11 14 260 25 3 1 1.3 0.67 37.846954 Product_1 G K C 100 3 2 1 20 5 14 10 0 5 0 3 0.5 1 6.805849 Product_1 G K C 100 4 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1																
Grape_Nuts_Flakes P C 100 3 1 140 3 15 5 85 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 Grat_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 2 220 1 12 11 45 25 2 1 1 1 0.33 45.811716 Honey_Graham_Ohs Q C 110 1 2 2 220 1 12 11 45 25 2 1 1 1 0.75 31.072217 Honey_Comb P C 110 1 0 1 0 1 10 0 180 0 14 11 0 35 25 1 1 1 0.75 31.072217 Honey_Comb P C 110 1 0 1 0 0 180 0 14 11 170 6 6 0 100 3 1 1 1 36. 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 2 6 95 25 2 1 1 1.5 39.241114 Lucky_Charms G C 110 2 1 260 0 21 3 40 25 2 1 1 1.5 39.241114 Lucky_Charms G C 110 2 1 180 0 12 12 6 95 25 2 1 1 1.5 39.241114 Lucky_Charms G C 110 2 1 180 0 12 12 12 55 25 2 1 1 1.5 39.241114 Lucky_Charms G C 110 2 1 180 0 12 12 12 55 25 2 1 1 1.5 30.673515 Mupson A H 100 4 1 0 0 0 16 3 95 25 2 1 1 1.5 4.850917 Huesli_Raisins,_Dates_, & Almonds R C 150 4 3 95 3 16 11 170 25 3 1 1 Huesli_Raisins,_Peaches_, & Pecans R C 150 4 3 150 3 16 11 170 25 3 1 1 Huesli_Raisins,_Dates_, & Almonds R C 160 3 2 150 3 17 13 160 25 3 1 1 0.67 49.04505 Nutfi-Grain_Cheerios G C 100 3 2 1 100 0 0 15 9 40 25 2 1 1 0.67 45.28074 Nutri-Grain_Amond-Raisin K C 120 3 0 170 3 188 2 90 25 3 1 1 1 59.667 30.313351 Multi-Grain_Amond-Raisin K C 120 3 0 170 3 188 2 90 25 3 1 1 1 59.667 30.313351 Nutri-Grain_Amond-Raisin Bran P C 120 120 3 1 200 6 11 10 0 0 0 0 1 1 10 0 0 0 0 0 0 0																
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_Grains_Decan P C 120 1 2 220 1 12 11 45 25 2 1 1 1.21871292 Honey_Nut_Cheerios G C 110 3 1 250 1.5 11.5 10 90 25 1 1 0.33 45.811716 Honey_comb P C 110 1 0 1 80 0 14 11.35 25 1 1 1 1.33 28.742414 Ust_Right_Crunchy_Nuggets K C 110 2 1 170 1 17 6 6 60 100 3 1 1 36. 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 0.67 38.24114 Life Q C 100 4 2 1 180 0 12 12 55 25 2 1 1 1.5 38.24114 Life Q C 100 4 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 26.734515 Muesli_Raisins, Dates&Almonds R C 150 4 3 95 25 2 1 1 56.859017 Muesli_Raisins, Dates&Becans R C 150 4 3 95 3 16 11 170 25 3 1 1 Muesli_Raisins, Dates&Becans R C 150 4 3 150 3 16 11 170 25 3 1 1 1 Muesli_Raisins_Dates&Becans R C 150 4 3 150 3 16 11 170 25 3 1 1 1 Muesli_Raisins_Dates&Becans R C 150 4 3 150 3 16 11 170 25 3 1 1 1 Muesli_Raisins_Dates&Becans R C 150 4 3 150 3 16 11 170 25 3 1 1 1 Muesli_Raisins_Dates&Becans R C 150 4 3 150 3 16 11 170 25 3 1 1 1 Muesli_Raisins_Dates&Becans R C 150 4 3 150 3 16 11 170 25 3 1 1 1 Muesli_Raisins_Dates&Becans R C 150 4 3 150 3 16 11 170 25 3 1 1 1 Muesli_Raisins_DatesBCeans R C 150 4 3 150 3 16 11 170 25 3 1 1 1 Muesli_Raisins_DatesBCeans R C 150 4 3 150 3 16 11 170 25 3 1 1 1 Muesli_Raisins_DatesBCeans R C 150 4 3 150 3 16 11 170 25 3 1 1 1 Muesli_Raisins_DatesBCeans R C 150 4 3 150 3 16 11 170 25 3 1 1 1 Muesli_Raisins_DatesBCeans R C 150 4 3 150 3 16 11 170 25 3 1 1 1 40.105965 Nutri-Grain_Cheerios G C 100 2 1 220 2 150 3 170 13 160 25 3 1.3 1.3 0.67 37.840594 Muesli_Raisin_BCeans R C 140 3 2 2 150 3 170 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1																
Great_Grains_Pecan																
Honey_Graham_Ohs												-				
Honey_Nut_Cheerios																
Honey-comb																
Just_Right_Crunchy_Nugets																
Just_Right_Fruit_&_Nut		-			-											
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 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 Muesli Raisins, Peaches, & Pecans R C 150 4 3 150 3 16 11 170 25 3 1 1 Muesli Raisins, Peaches, & Pecans R C 150 4 3 150 3 16 11 170 25 3 1 1<																
Life Q C 100 4 2 150 2 12 66 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 0 16 3 95 25 2 1 1 54.850917 Muesli_Raisins,_Dates,_&_Almonds R C 150 4 3 150 3 16 11 170 25 3 1 1 Muesli_Raisins,_Peaches,_&_Peaches,_Peaches,_Peaches,_Peaches,_Peaches,_Peaches,_Peaches,_Peaches,_Peaches,_Peaches,_Peaches,																301171311
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 Muesli_Raisins, Dates, & Almonds R C 150 4 3 150 3 16 11 170 25 3 1 1 Muesli_Raisins, Dates, & Almonds R C 150 4 3 150 3 16 11 170 25 3 1 1 Muesli_Raisins, Dates, & Pecans R C 160 3 2 150 3 16 11 170 25 3 1 <																
Maypo A H 100 4 1 0 0 16 3 95 25 2 1 1 1 54.850917 Muesli_RaisinsDates&_Almonds R C 150 4 3 95 3 16 11 170 25 3 1 1 Muesli_RaisinsPeaches&_Pecans R C 150 4 3 95 3 16 11 170 25 3 1 1 Muesli_RaisinsPeaches&_Pecans R C 150 4 3 150 3 16 11 170 25 3 1 1 1 Muesli_RaisinsPeaches&_Pecans R C 150 4 3 150 3 16 11 170 25 3 1 1 1 Muesli_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 4 40.105965 Nut*i-Grain_Almond-Raisin 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. Nutri-grain_Mheat K C 90 3 0 170 3 18 2 90 25 3 1.3 0.67 40. Nutri-grain_imbleat K C 90 3 0 170 3 18 2 90 25 3 1.3 0.67 37.840594 Post_NatRaisin_Bran P C 120 3 1 200 6 11 14 260 25 3 1.25 0.5 30.450843 Product_19 K C 100 3 0 320 1 20 3 45 100 3 1 1 1 41.503540 Puffed_Rice Q C 50 1 0 0 0 0 13 0 15 0 3 0.5 1 60.756112 Puffed_Mheat Q C 50 2 0 0 0 1 10 0 5 0 0 3 0.5 1 60.756112 Quaker_Oat_Squares Q C 100 4 1 135 2 14 6 110 25 3 1 1 0.5 49.511874 Quaker_Oat_man K C 120 3 1 200 5 14 12 240 25 2 1.33 0.55 39.703400																515
Muesli_Raisins, Peaches, _ & Pecans R C 150 4 3 150 3 16 11 170 25 3 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_Cherios G C 100 2 1 120 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. Nutri-Grain_Almond-Raisin K C 140 3 2 220 3 21 7 130 25 3 1.33 0.67 40. Nutri-Grain_Almond-Raisin K C 130 3 2 170 1.5 <td>· -</td> <td>100</td> <td>4</td> <td>1</td> <td>0</td> <td>0</td> <td>16</td> <td>3</td> <td>95</td> <td>25</td> <td>2</td> <td>1</td> <td>1</td> <td>54.8509</td> <td></td> <td></td>	· -	100	4	1	0	0	16	3	95	25	2	1	1	54.8509		
Muesli_Raisins, Peaches, _ & Pecans R C 150 4 3 150 3 16 11 170 25 3 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_Cherios G C 100 2 1 120 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. Nutri-Grain_Almond-Raisin K C 140 3 2 220 3 21 7 130 25 3 1.33 0.67 40. Nutri-Grain_Almond-Raisin K C 130 3 2 170 1.5 <td>Muesli Raisins, Dates,</td> <td>& Almond</td> <td>ls</td> <td>R</td> <td>С</td> <td>150</td> <td>4</td> <td>3</td> <td>95</td> <td>3</td> <td>16</td> <td>11</td> <td>170</td> <td>25</td> <td>3</td> <td>1 1</td>	Muesli Raisins, Dates,	& Almond	ls	R	С	150	4	3	95	3	16	11	170	25	3	1 1
Mueslix_Crispy_Blend K C 160 3 2 150 3 17 13 160 25 3 1.5 0.67 30.313351 MultH-Grain_Cheerios G C 100 2 1 220 2 15 6 90 25 1 1 40.105965 Nutri-Grain_Almond-Raisin K C 140 3 2 220 3 21 7 130 25 3 1.33 0.67 40. Nutri-grain_Mheat K C 140 3 2 220 3 21 7 130 25 3 1.33 0.67 40. Nutri-grain_Mheat K C 90 3 0 170 3 18 2 90 25 3 1 13 0.67 40. Nutri-grain_Mheat K C 130 3 2 170 1.5 13.5 10 120				R	С	150	4	3	150	3	16	11	170	25	3	1 1
Nut&Honey_Crunch				160	3	2	150	3	17	13	160	25	3	1.5	0.67	30.313351
Nutri-Grain_Almond-Raisin K C 140 3 2 220 3 21 7 130 25 3 1.33 0.67 40. Nutri-grain_Mheat 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_NatRaisin_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 41.593540 Puffed_Rice Q C 50 1 0 0 0 0 13 0 15 0 3 0.5 1 60.756112 Puffed_Wheat Q C 50 2 0 0 0 1 10 0 50 0 3 0.5 1 63.065645 Quaker_Oat_Squares Q C 100 4 1 135 2 14 6 110 25 3 1 6.5 49.511874 Quaker_Oat_Bran Bran K C 120 3 1 210 5 14 12 240 25 2 1.33 0.55 39.703400	Multi-Grain_Cheerios	G	C	100	2	1	220	2	15	6	90	25	1	1	1	40.105965
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 1 41.503540 Puffed_Rice Q C 50 1 0 0 0 0 13 0 15 0 3 0.5 1 60.756112 Puffed_Wheat Q C 50 2 0 0 1 10 0 5 0 0 3 0.5 1 60.756112 Quaker_Oatmeal Q H 100 5 2 0 2.7 -1 -1 110 0 1 25 3 1 0.67 59.828392 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 39.783400	Nut&Honey_Crunch	K	C	120	2	1	190	0	15	9	40	25	2	1	0.67	29.924285
Oatmeal_Raisin_Crisp G C 130 3 2 170 1.5 13.5 10 120 25 3 1.25 0.5 30.450843 Post_NatRaisin_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 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	Nutri-Grain_Almond-Rais	sin	K	C	140	3	2	220	3	21	7	130	25	3	1.33	0.67 40.
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 41.503540 Puffed_Rice Q C 50 1 0 0 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 60.756112 Quaker_Oat_Squares Q C 100 4 1 135 2 14 6 110 25 3 1 0.5 49.511874 Quaker_Oat_Squares Q C 100 4 1 135 2 14 6 110 25 3 1 0.5 49.5	Nutri-grain_Wheat	K	C	90	3	0	170	3	18	2	90	25	3	1	1	59.642837
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 Mheat Q C 50 2 0 0 1 10 0 50 0 3 0.5 1 60.756112 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 0.67 50.828392 Raisin_Bran K C 120 3 1 210 5 14 12 240 25 2 1.33	Oatmeal_Raisin_Crisp	G	C	130	3	2	170	1.5	13.5	10	120	25	3	1.25	0.5	30.450843
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_Nut_Bran G C 100 3 2 140 2.5 10.5 8 140 25 3 1 0.5 39.703400	Post_NatRaisin_Bran	P	C	120	3	1	200	6	11	14	260	25	3	1.33	0.67	37.840594
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 100 3 2 140 2.5 10.5 8 140 25 3 1 0.5 39.703400				3	0			20	3	45				1		
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 59.828392 Raisin_Bran K C 120 3 1 210 5 14 12 240 25 2 1.33 0.75 39.259197 Raisin_Nut_Bran C 100 3 2 140 2.5 10.5 8 140 25 3 1 0.5 39.703400																
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_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_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																
	каısın_Squares К	C	90	2	0	И	2	15	6	110	25	3	1	0.5	55.3331	142

Rice Chex	R	С	110	1	0	240	0	23	2	30	25	1	1	1.13	41.998933	
Rice_Krispies	K	С	110	2	0	290	0	22	3	35	25	1	1	1	40.560159	
Shredded_Wheat	N	С	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	4	19	0	140	0	1	1	0.67	74.472949
Shredded Wheat spoon size		N	С	90	3	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	31.230	054	
Special_K	K	C	110	6	0	230	1	16	3	55	25	1	1	1	53.131	.324
Strawberry Fruit Wheats N		C	90	2	0	15	3	15	5	90	25	2	1	1	59.363993	
Total_Corn_Fla	kes	G	C	110	2	1	200	0	21	3	35	100	3	1	1	38.839746
Total_Raisin_B	ran	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	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	51.592	193
Wheaties_Honey_Gold G		G	C	110	2	1	200	1	16	8	60	25	1	1	0.75	36.187559