


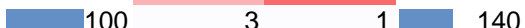

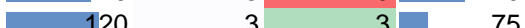









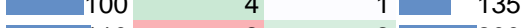






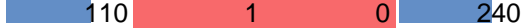

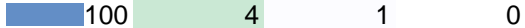



- Only 25 of the cereals have a lower calorie count than the average (106.8831169).
- Out of those 25, only 17 have a higher protein count than the average (2.545454545).
- Out of those 17, 14 have a lower fat count than the average (1.012987013).
- Out of those 14, 9 have a lower sodium count than the average (159.6753247).
- Out of those 9, 6 have a higher fiber count than the average (2.151948052).

I loaded the data into Excel and found the averages of each of the categories just so that I could have something to compare each piece of data to. I then used a piece of paper to take notes on the cereals.

I did not really have active issues with the data, but there were a couple of things that bothered me. First, when I encountered this wall of data, I was initially overwhelmed and unsure of where to start. I prefer to have at least some sort of notion of what I was looking for, so it was initially difficult to start. I feel like I could have done a better analysis had I known what I was looking for. It also bothered me just a little bit that there were no units for the categories. In this particular instance, it did not matter that much, but it still bothered me that I did not exactly know what the numbers meant. I also have no idea what “Shelf” means in this context, so I do not know what to do with it in this context.

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
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	
Fruity Pebbles	P	C	
Golden Crisp	P	C	
Grape Nuts Flakes	P	C	
Grape-Nuts	P	C	
Great Grains Pecan	P	C	
Honey-comb	P	C	
Post Nat. Raisin Bran	P	C	
100% Natural Bran	Q	C	
Cap'n'Crunch	Q	C	
Honey Graham Ohs	Q	C	
Life	Q	C	
Puffed Rice	Q	C	
Puffed Wheat	Q	C	
Quaker Oat Squares	Q	C	
Almond Delight	R	C	
Bran Chex	R	C	
Corn Chex	R	C	
Double Chex	R	C	
Muesli Raisins, Dates, & Almonds	R	C	
Muesli Raisins, Peaches, & Pecans	R	C	
Rice Chex	R	C	
Wheat Chex	R	C	
Maypo	A	H	
Cream of Wheat (Quick)	N	H	
Quaker Oatmeal	Q	H	

106.8831 2.545455 1.012987 159.6753

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
3	15	5	2	90	25	1	-1
5	13	5	3	190	25	1	0.67

Manufacturer

Q

P

G

K

R

N

A

Total

Calories

Max Calories

Min Calories

Protein

Max Protein

Min Protein

Fat

Max Fat

Min Fat

Sodium

Max

Min

Fiber

Max

Min

Repeat for the

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		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
1		21	0	2	-1	0	1	1
2.7		-1	-1	1	110	0	1	0.67

2.151948

14.5974026

6.922

96.07792

Cereal Count
8

8

160
50

remaining columns