Cereal	Manufacturer	Type	Calories Protei	n Fat	
Apple Cinnamon Cheerios	G	С	110	2	2
Basic 4	G	C	130	3	
Cheerios	G	C	110	6	2 2 3 2
Cinnamon Toast Crunch	G	C	120	1	3
Clusters	G	C	110	3	2
Cocoa Puffs	G	C	110	1	1
Count Chocula	G	C	110	1	1
Crispy Wheat & Raisins		C	100	2	1
Golden Grahams	 G	C	110	1	
Honey Nut Cheerios	G	C	110	3	1
Kix	G G	C	110	2	1
Lucky Charms	G G	C	110	2	1
Multi-Grain Cheerios	G G	C	100	2	1
Oatmeal Raisin Crisp	G	C	130	3	2
Raisin Nut Bran	G	C	100	3	2
Total Corn Flakes	G	C		2	
Total Raisin Bran	G		110		1
	G	C C	140	3	1
Total Whole Grain			100	3	1
Triples	G	С	110	2	1
Trix	G	С	110	1	1
Wheaties	G	С	100	3	1
Wheaties Honey Gold	G	С	110	2	1
All-Bran	K	С	70	4	1
All-Bran with Extra Fiber	K	С	50	4	0
Apple Jacks	K	С	110	2	0
Corn Flakes	K	С	100	2	0
Corn Pops	K	С	110	1	0
Cracklin' Oat Bran	K	С	110	3	3
Crispix	K	С	110	2	0
Froot Loops	K	С	110	2	1
Frosted Flakes	K	С	110	1	0
Frosted Mini-Wheats	K	С	100	3	0
Fruitful Bran	K	С	120	3	0
Just Right Crunchy Nuggets	K	С	110	2	1
Just Right Fruit & Nut	K	С	140	3	1
Mueslix Crispy Blend	K	С	160	3	1
Nut&Honey Crunch	K	С	120	2	
Nutri-Grain Almond-Raisin	K	С	140	3	2
Nutri-grain Wheat	K	С	90	3	0
Product 19	K	С	100	3	0
Raisin Bran	K	С	120	3	1
Raisin Squares	K	С	90	2	0
Rice Krispies	K	С	110	2	0
Smacks	K	С	110	2	1
Special K	K	С	110	6	0
100% Bran	N	С	70	4	1
Shredded Wheat	N	С	80	2	0
Shredded Wheat 'n'Bran	N	С	90	3	0
Shredded Wheat spoon size	N	С	90	3	0
Strawberry Fruit Wheats	N	С	90	2	0
Bran Flakes	Р	С	90	3	0

Fruit & Fibre Dates, Walnuts, and Oa	at P	С	120	3	2
Fruity Pebbles	Р	С	110	1	1
Golden Crisp	Р	С	100	2	0
Grape Nuts Flakes	Р	С	100	3	1
Grape-Nuts	Р	С	110	3	0
Great Grains Pecan	Р	С	120	3	3
Honey-comb	Р	С	110	1	0
Post Nat. Raisin Bran	Р	C	120	3	1
100% Natural Bran	Q	C	120	3	5
Cap'n'Crunch	Q	С	120	1	2
Honey Graham Ohs	Q	С	120	1	2
Life	Q	С	100	4	2
Puffed Rice	Q	С	50	1	0
Puffed Wheat	Q	С	50	2	0
Quaker Oat Squares	Q	С	100	4	1
Almond Delight	R	С	110	2	2
Bran Chex	R	С	90	2	1
Corn Chex	R	С	110	2	0
Double Chex	R	С	100	2	0
Muesli Raisins, Dates, & Almonds	R	С	150	4	3
Muesli Raisins, Peaches, & Pecans	R	С	150	4	3
Rice Chex	R	С	110	1	0
Wheat Chex	R	С	100	3	1
Мауро	Α	Н	100	4	1
Cream of Wheat (Quick)	N	Н	100	3	0
Quaker Oatmeal	Q	Н	100	5	2

180	Sodium	Fiber (Carbohydrates	Sugars	Shelf	Potassium	Vitamins
210	180				1		
280					3	100	
280	290					105	25
280	210	0	13	9	2	45	25
280	140	2	13	7	3	105	25
280	180	0	12	13		55	25
280	180	0	12	13	2	65	25
280	140	2	11	10	3	120	25
260 0 21 3 2 40 25 180 0 12 12 2 55 25 220 2 15 6 1 90 25 170 1.5 13.5 10 3 120 25 140 2.5 10.5 8 3 140 25 200 0 21 3 3 55 100 190 4 15 14 3 230 100 200 3 16 3 3 110 100 250 0 21 3 3 60 25 200 3 17 3 1 110 100 255 0 21 3 3 100 25 200 1 16 8 1 100 25 200 1 16 8 1 100 <t< td=""><td>280</td><td>0</td><td>15</td><td>9</td><td>2</td><td>45</td><td>25</td></t<>	280	0	15	9	2	45	25
260 0 21 3 2 40 25 180 0 12 12 2 55 25 220 2 15 6 1 90 25 170 1.5 13.5 10 3 120 25 140 2.5 10.5 8 3 140 25 200 0 21 3 3 55 100 190 4 15 14 3 230 100 200 3 16 3 3 110 100 250 0 21 3 3 60 25 200 3 17 3 1 110 100 255 0 21 3 3 100 25 200 1 16 8 1 100 25 200 1 16 8 1 100 <t< td=""><td>250</td><td>1.5</td><td>11.5</td><td>10</td><td>1</td><td>90</td><td>25</td></t<>	250	1.5	11.5	10	1	90	25
180	260	0	21	3	2	40	25
220 2 15 6 1 90 25 170 1.5 13.5 10 3 120 25 140 2.5 10.5 8 3 140 25 200 0 21 3 3 35 100 190 4 15 14 3 230 100 200 3 16 3 3 110 100 250 0 21 3 3 60 25 140 0 13 12 2 25 25 200 3 17 3 1 110 25 200 1 16 8 1 60 25 260 9 7 5 3 320 25 140 14 8 0 3 330 25 125 1 11 4 2 3 25		0	12		2	55	25
170 1.5 13.5 10 3 120 25 140 2.5 10.5 8 3 140 25 200 0 21 3 3 35 100 190 4 15 14 3 230 100 200 3 16 3 3 110 100 250 0 21 3 3 60 25 140 0 13 12 2 25 25 200 3 17 3 1 110 25 200 3 17 3 1 110 25 200 4 16 8 1 60 25 260 9 7 5 3 320 25 140 14 8 0 3 330 25 125 1 11 14 2 30 <td< td=""><td></td><td>2</td><td>15</td><td>6</td><td>1</td><td>90</td><td></td></td<>		2	15	6	1	90	
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190 4 15 14 3 230 100 200 3 16 3 3 110 100 250 0 21 3 3 60 25 140 0 13 12 2 25 25 200 3 17 3 1 110 25 200 1 16 8 1 60 25 280 9 7 5 3 320 25 140 14 8 0 3 330 25 125 1 11 14 2 30 25 290 1 21 2 1 35 25 140 4 10 7 3 160 25 220 1 21 3 3 30 25 140 4 10 7 3 160 25							
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170 2 20 9 3 95 100 150 3 17 13 3 160 25 190 0 15 9 2 40 25 220 3 21 7 3 130 25 170 3 18 2 3 90 25 320 1 20 3 3 45 100 210 5 14 12 2 240 25 0 2 15 6 3 110 25 290 0 22 3 1 35 25 70 1 9 15 2 40 25 230 1 16 3 1 55 25 130 10 5 6 3 280 25 0 3 16 0 1 95 0 0 4 19 0 1 140 0 0	240	5	14	12	3	190	25
150 3 17 13 3 160 25 190 0 15 9 2 40 25 220 3 21 7 3 130 25 170 3 18 2 3 90 25 320 1 20 3 3 45 100 210 5 14 12 2 240 25 0 2 15 6 3 110 25 290 0 22 3 1 35 25 70 1 9 15 2 40 25 230 1 16 3 1 55 25 130 10 5 6 3 280 25 0 3 16 0 1 95 0 0 4 19 0 1 140 0	170	1	17	6	3	60	100
190 0 15 9 2 40 25 220 3 21 7 3 130 25 170 3 18 2 3 90 25 320 1 20 3 3 45 100 210 5 14 12 2 240 25 0 2 15 6 3 110 25 290 0 22 3 1 35 25 70 1 9 15 2 40 25 230 1 16 3 1 55 25 130 10 5 6 3 280 25 0 3 16 0 1 95 0 0 4 19 0 1 140 0 0 3 20 0 1 120 0 15 3 15 5 2 90 25	170	2	20	9	3	95	100
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290 0 22 3 1 35 25 70 1 9 15 2 40 25 230 1 16 3 1 55 25 130 10 5 6 3 280 25 0 3 16 0 1 95 0 0 4 19 0 1 140 0 0 3 20 0 1 120 0 15 3 15 5 2 90 25	210	5	14	12		240	25
70 1 9 15 2 40 25 230 1 16 3 1 55 25 130 10 5 6 3 280 25 0 3 16 0 1 95 0 0 4 19 0 1 140 0 0 3 20 0 1 120 0 15 3 15 5 2 90 25	0	2		6	3	110	25
230 1 16 3 1 55 25 130 10 5 6 3 280 25 0 3 16 0 1 95 0 0 4 19 0 1 140 0 0 3 20 0 1 120 0 15 3 15 5 2 90 25	290	0	22		1	35	25
130 10 5 6 3 280 25 0 3 16 0 1 95 0 0 4 19 0 1 140 0 0 3 20 0 1 120 0 15 3 15 5 2 90 25	70			15	2		
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0 3 20 0 1 120 0 15 3 15 5 2 90 25	0			0	1	95	0
15 3 15 5 2 90 25	0			0	1	140	0
	0		20			120	0
210 5 13 5 3 190 25	15						
	210	5	13	5	3	190	25

160	5	12	10	3	200	25
135	0	13	12	2	25	25
45	0	11	15	1	40	25
140	3	15	5	3	85	25
170	3	17	3	3	90	25
75	3	13	4	3	100	25
180	0	14	11	1	35	25
200	6	11	14	3	260	25
15	2	8	8	3	135	0
220	0	12	12	2	35	25
220	1	12	11	2	45	25
150	2	12	6	2	95	25
0	0	13	0	3	15	0
0	1	10	0	3	50	0
135	2	14	6	3	110	25
200	1	14	8	3	-1	25
200	4	15	6	1	125	25
280	0	22	3	1	25	25
190	1	18	5	3	80	25
95	3	16	11	3	170	25
150	3	16	11	3	170	25
240	0	23	2	1	30	25
230	3	17	3	1	115	25
0	0	16	3	2	95	25
80	1	21	0	2	-1	0
0	2.7	-1	-1	1	110	0

Weight	Cups
1	0.75
1.33	0.75
1	1.25
1	0.75
1	0.5
1	1
1	1
1	0.75
1	0.75
1	0.75
1	1.5
1	1
1.25	1
1.25	0.5 0.5
1	0.5
1.5	1
1.5	1
1	0.75
1	1
1	1
1	0.75
1	0.33
1	0.5
1	1
1	1
1	1
1	0.5
1	1
1	1
1	0.75
1	0.8
1.33	0.67
1	-1
1.3	0.75
1.5	0.67
1 1 22	0.67
1.33	0.67
1	-1
1.33	0.75
1.33	0.75 0.5
1	0.5
1	0.75
1	0.75
1	0.33
0.83	-1
1	0.67
1	0.67
1	-1
1	0.67
<u> </u>	0.01

Manufacturer	Cereal Count
Q	8
Р	9
G	22
K	23
R	9
N	5
A	1
Total	77
Calories	
Max Calories	160
Min Calories	50
Protein	
Max Protein	6
Min Protein	1
Fat	
Max Fat	5
Min Fat	0
Sodium	
Max	220
Min	320 0
IVIII I	U
Fiber	
Max	14
Min	0

Carbohydrates	
Max	23
Min	-1
Sugars	
Max	15
Min	-1
Shelf	
Max	3
Min	1
Potassium	
Max	320
Min	-1
Vitamins	
Max	100
Min	0
Weight	
Max	1.5
Min	-1
Cups	
Max	1.5
Min	-1

Repeat for the remaining columns

Data Insights

- 1) Cereals with a high shelf life also tend to be high in vitamins
- 2) Manufacturer G tends to make cereal that is higher in sodium than other manufacturers
- 3) Oatmeal's nutrition facts seem to have a lot more negatives than any other cereal
- 4) Manufacturer K consistently produces cereals with the least fat
- 5) Most cereals that have a shelf life of 3 are relatively more well known cereals

Data Analysis Process

1.25	0.67
1	0.75
1	0.88
1	0.88
1	0.25
1	0.33
1	1.33
1.33	0.67
1	-1
1	0.75
1	1
1	0.67
0.5	1
0.5	-1
1	0.5
1	0.75
1	0.67
1	1
1	0.75
-1	-1
-1	-1
1	1.13
1	0.67
1	-1
1	1
1	0.67
	_

In order to analyze this data, I imported it into an excel file and used excel's analysis tool to quickly see which values were higher and lower than others in their respective catgeories

Challenges/Problems

Rather than any challens or problems, I found a couple of things that made this assignment more difficult than expected. First, the naming convention is not very specific. What exactly do 'cups' and 'shelf' refer to? If it's cups in a serving, or shelf life, perhaps including that in the header would be helpful

Second, some values had negative numbers in it. What exactly do these mean? How is it possible to have negative cups and a negative weight?

