

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	68.40
100% Natural Bran	Q	C	120	3	5	15	2	8	8	135	0	3	1	1	33.98
All-Bran	K	C	70	4	1	260	9	7	5	320	25	3	1	0.33	59.43
All-Bran with Extra Fiber	K	C	50	4	0	140	14	8	0	330	25	3	1	0.5	93.70
All-Bran with Extra Fiber	K	C	50	4	0	140	14	8	0	330	25	3	1	0.5	93.70
Almond Delight	R	C	110	2	2	200	1	14	8	-1	25	3	1	0.75	34.38
Apple Cinnamon Cheerios	G	C	110	2	2	180	1.5	10.5	10	70	25	1	1	0.75	29.51
Apple Jacks	K	C	110	2	0	125	1	11	14	30	25	2	1	1	33.17
Basic 4	G	C	130	3	2	210	2	18	8	100	25	3	1.33	0.75	37.04
Bran Chex	R	C	90	2	1	200	4	15	6	125	25	1	1	0.67	49.12
Bran Flakes	P	C	90	3	0	210	5	13	5	190	25	3	1	0.67	53.31
Cap'n'Crunch	Q	C	120	1	2	220	0	12	12	35	25	2	1	0.75	18.04
Cheerios	G	C	110	6	2	290	2	17	1	105	25	1	1	1.25	50.76
Cinnamon Toast Crunch	G	C	120	1	3	210	0	13	9	45	25	2	1	0.75	19.82
Clusters	G	C	110	3	2	140	2	13	7	105	25	3	1	0.5	40.40
Cocoa Puffs	G	C	110	1	1	180	0	12	13	55	25	2	1	1	22.74
Corn Chex	R	C	110	2	0	280	0	22	3	25	25	1	1	1	41.45
Corn Flakes	K	C	100	2	0	290	1	21	2	35	25	1	1	1	45.86
Corn Pops	K	C	110	1	0	90	1	13	12	20	25	2	1	1	35.78
Count Chocula	G	C	110	1	1	180	0	12	13	65	25	2	1	1	22.40
Cracklin' Oat Bran	K	C	110	3	3	140	4	10	7	160	25	3	1	0.5	40.45
Cream of Wheat (Quick)	N	H	100	3	0	80	1	21	0	-1	0	2	1	1	64.53
Crispix	K	C	110	2	0	220	1	21	3	30	25	3	1	1	46.90
Crispy Wheat & Raisins	G	C	100	2	1	140	2	11	10	120	25	3	1	0.75	36.18
Double Chex	R	C	100	2	0	190	1	18	5	80	25	3	1	0.75	44.33
Froot Loops	K	C	110	2	1	125	1	11	13	30	25	2	1	1	32.21
Frosted Flakes	K	C	110	1	0	200	1	14	11	25	25	1	1	0.75	31.44
Frosted Mini-Wheats	K	C	100	3	0	0	3	14	7	100	25	2	1	0.8	58.35
Fruit & Fibre Dates; Walnuts;	P	C	120	3	2	160	5	12	10	200	25	3	1.25	0.67	40.92
Fruitful Bran	K	C	120	3	0	240	5	14	12	190	25	3	1.33	0.67	41.02
Fruity Pebbles	P	C	110	1	1	135	0	13	12	25	25	2	1	0.75	28.03
Golden Crisp	P	C	100	2	0	45	0	11	15	40	25	1	1	0.88	35.25
Golden Grahams	G	C	110	1	1	280	0	15	9	45	25	2	1	0.75	23.80
Grape Nuts Flakes	P	C	100	3	1	140	3	15	5	85	25	3	1	0.88	52.08
Grape-Nuts	P	C	110	3	0	170	3	17	3	90	25	3	1	0.25	53.37
Great Grains Pecan	P	C	120	3	3	75	3	13	4	100	25	3	1	0.33	45.81
Honey Graham Ohs	Q	C	120	1	2	220	1	12	11	45	25	2	1	1	21.87
Honey Nut Cheerios	G	C	110	3	1	250	1.5	11.5	10	90	25	1	1	0.75	31.07
Honey-comb	P	C	110	1	0	180	0	14	11	35	25	1	1	1.33	28.74
Just Right Crunchy Nuggets	K	C	110	2	1	170	1	17	6	60	100	3	1	1	36.52
Just Right Fruit & Nut	K	C	140	3	1	170	2	20	9	95	100	3	1.3	0.75	36.47
Kix	G	C	110	2	1	260	0	21	3	40	25	2	1	1.5	39.24

Life	Q	C	100	4	2	150	2	12	6	95	25	2	1	0.67	45.33
Lucky Charms	G	C	110	2	1	180	0	12	12	55	25	2	1	1	26.73
Maypo	A	H	100	4	1	0	0	16	3	95	25	2	1	1	54.85
Muesli Raisins; Dates; & AlmcR	C	C	150	4	3	95	3	16	11	170	25	3	1	1	37.14
Muesli Raisins; Peaches; & PIR	C	C	150	4	3	150	3	16	11	170	25	3	1	1	34.14
Mueslix Crispy Blend	K	C	160	3	2	150	3	17	13	160	25	3	1.5	0.67	30.31
Multi-Grain Cheerios	G	C	100	2	1	220	2	15	6	90	25	1	1	1	40.11
Nut&Honey Crunch	K	C	120	2	1	190	0	15	9	40	25	2	1	0.67	29.92
Nutri-Grain Almond-Raisin	K	C	140	3	2	220	3	21	7	130	25	3	1.33	0.67	40.69
Nutri-grain Wheat	K	C	90	3	0	170	3	18	2	90	25	3	1	1	59.64
Oatmeal Raisin Crisp	G	C	130	3	2	170	1.5	13.5	10	120	25	3	1.25	0.5	30.45
Post Nat. Raisin Bran	P	C	120	3	1	200	6	11	14	260	25	3	1.33	0.67	37.84
Product 19	K	C	100	3	0	320	1	20	3	45	100	3	1	1	41.50
Puffed Rice	Q	C	50	1	0	0	0	13	0	15	0	3	0.5	1	60.76
Puffed Wheat	Q	C	50	2	0	0	1	10	0	50	0	3	0.5	1	63.01
Quaker Oat Squares	Q	C	100	4	1	135	2	14	6	110	25	3	1	0.5	49.51
Quaker Oatmeal	Q	H	100	5	2	0	2.7	-1	-1	110	0	1	1	0.67	50.83
Raisin Bran	K	C	120	3	1	210	5	14	12	240	25	2	1.33	0.75	39.26
Raisin Nut Bran	G	C	100	3	2	140	2.5	10.5	8	140	25	3	1	0.5	39.70
Raisin Squares	K	C	90	2	0	0	2	15	6	110	25	3	1	0.5	55.33
Rice Chex	R	C	110	1	0	240	0	23	2	30	25	1	1	1.13	42.00
Rice Krispies	K	C	110	2	0	290	0	22	3	35	25	1	1	1	40.56
Shredded Wheat	N	C	80	2	0	0	3	16	0	95	0	1	0.83	1	68.24
Shredded Wheat 'n'Bran	N	C	90	3	0	0	4	19	0	140	0	1	1	0.67	74.47
Shredded Wheat spoon size	N	C	90	3	0	0	3	20	0	120	0	1	1	0.67	72.80
Smacks	K	C	110	2	1	70	1	9	15	40	25	2	1	0.75	31.23
Special K	K	C	110	6	0	230	1	16	3	55	25	1	1	1	53.13
Strawberry Fruit Wheats	N	C	90	2	0	15	3	15	5	90	25	2	1	1	59.36
Total Corn Flakes	G	C	110	2	1	200	0	21	3	35	100	3	1	1	38.84
Total Raisin Bran	G	C	140	3	1	190	4	15	14	230	100	3	1.5	1	28.59
Total Whole Grain	G	C	100	3	1	200	3	16	3	110	100	3	1	1	46.66
Triples	G	C	110	2	1	250	0	21	3	60	25	3	1	0.75	39.11
Trix	G	C	110	1	1	140	0	13	12	25	25	2	1	1	27.75
Wheat Chex	R	C	100	3	1	230	3	17	3	115	25	1	1	0.67	49.79
Wheaties	G	C	100	3	1	200	3	17	3	110	25	1	1	1	51.59
Wheaties Honey Gold	G	C	110	2	1	200	1	16	8	60	25	1	1	0.75	36.19