

	Name	Manufa...	Target	Shelf	Calories	Carbs	Fat	Fiber	Potassium	Protein	Sodium	Sugars	Vitamins	CRRating	Cups	Weight
1	Cap'n'Cr...	Quaker O...	child	middle	120	12	2	0	35	1	220	12	25	18	0.75	1
2	Cocoa P...	General ...	child	middle	110	12	1	0	55	1	180	13	25	23	1	1
3	Trix	General ...	child	middle	110	13	1	0	25	1	140	12	25	28	1	1
4	Apple Ja...	Kelloggs	child	middle	110	11	0	1	30	2	125	14	25	33	1	1
5	Corn Chex	Ralston P...	adult	bottom	110	22	0	0	25	2	280	3	25	41	1	1
6	Corn Flak...	Kelloggs	adult	bottom	100	21	0	1	35	2	290	2	25	46	1	1
7	Nut&Hon...	Kelloggs	adult	middle	120	15	1	0	40	2	190	9	25	30	0.67	1
8	Smacks	Kelloggs	child	middle	110	9	1	1	40	2	70	15	25	31	0.75	1
9	Multi-Gra...	General ...	adult	bottom	100	15	1	2	90	2	220	6	25	40	1	1
10	Cracklin' ...	Kelloggs	adult	top	110	10	3	4	160	3	140	7	25	40	0.5	1
11	Grape-Nuts	Post	adult	top	110	17	0	3	90	3	170	3	25	53	0.25	1
12	Honey N...	General ...	child	bottom	110	11.5	1	1.5	90	3	250	10	25	31	0.75	1
13	Nutri-Gra...	Kelloggs	adult	top	140	21	2	3	130	3	220	7	25	41	0.67	1.33
14	Product 19	Kelloggs	adult	top	100	20	0	1	45	3	320	3	100	42	1	1
15	Total Rai...	General ...	adult	top	140	15	1	4	230	3	190	14	100	29	1	1.5
16	Wheat C...	Ralston P...	adult	bottom	100	17	1	3	115	3	230	3	25	50	0.67	1
17	Oatmeal ...	General ...	adult	top	130	13.5	2	1.5	120	3	170	10	25	30	0.5	1.25
18	Life	Quaker O...	child	middle	100	12	2	2	95	4	150	6	25	45	0.67	1
19	Maypo	America...	adult	middle	100	16	1	0	95	4	0	3	25	55	1	1
20	Quaker O...	Quaker O...	adult	top	100	14	1	2	110	4	135	6	25	50	0.5	1
21	Muesli R...	Ralston P...	adult	top	150	16	3	3	170	4	150	11	25	34	1	1
22	Quaker O...	Quaker O...	adult	bottom	100		2	2.7	110	5	0		0	51	0.67	1
23	Cheerios	General ...	child	bottom	110	17	2	2	105	6	290	1	25	51	1.25	1
24	Special K	Kelloggs	adult	bottom	110	16	0	1	55	6	230	3	25	53	1	1

**Name:** Name of cereal

**Manufacturer:** Manufacturer of cereal

**Target:** Target audience for cereal (adult, child)

**Shelf:** Display shelf at the grocery store

**Calories:** Calories per serving

**Carbs:** Grams of complex carbohydrates in one serving

**Fat:** Grams of fat in one serving

**Fiber:** Grams of dietary fiber in one serving

**Potassium:** Milligrams of potassium in one serving

**Protein:** Grams of protein in one serving

**Sodium:** Milligrams of sodium in one serving

**Sugars:** Grams of sugars in one serving

**Vitamins:** Vitamins and minerals - 0, 25, or 100% of daily need in one serving

**CRRating:** Consumer Report rating

**Cups:** Number of cups in one serving

**Weight:** Weight in ounces of one serving