No. of Cereals

77

Average of Weight

Average of Cups

0.82

Average of Protein

2.55

Average of Sugar

6.92

Average of Sodium

159.68

Average of Fiber

2.15

1.03

Average of Fat

1.01

**Average of Calories** 

106.88

Average of Potassium

96.08

Average of Carbs

14.60

**CEREALS DASHBOARD** 

TOP 5 Cereals by Rating

Cereal	<b>Rating ▼</b>
All-Bran with Extra Fiber	93.70
Shredded Wheat 'n'Bran	74.47
Shredded Wheat spoon size	72.80
100% Bran	68.40
Shredded Wheat	68.24

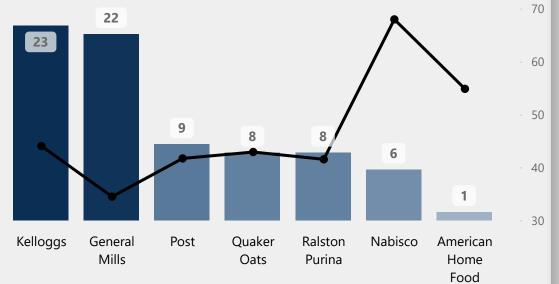
Potassium Category by Count of Cereals

(16.88%)

**BOTTOM 5 Cereals By Rating** 

Cereal	<b>Rating</b> ▼
Cocoa Puffs	22.74
Count Chocula	22.40
Honey Graham Ohs	21.87
Cinnamon Toast Crunch	19.82
Cap'n'Crunch	18.04

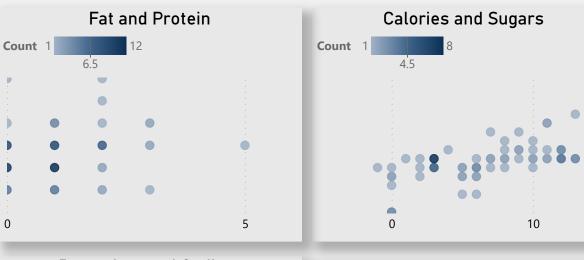
Count of Cereals and Average rating by Manufacturer

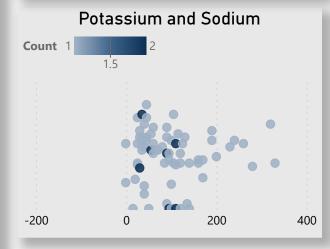


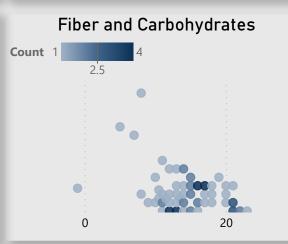
64

(83.12%)

### **COMPARISON BETWEEN NUTRITIONAL VALUES**

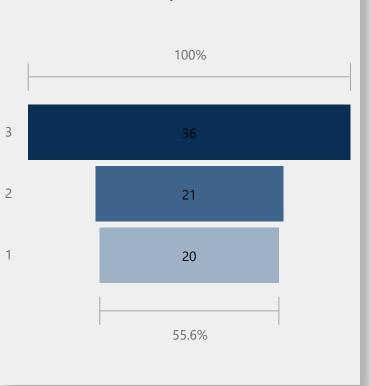






Manufacturer

### Shelf Number by Count of Cereals



# NUTRITIONAL CATEGORIES BY COUNT OF CEREALS

**Products** 

# Sodium Category by Count of Cereals (37.66%) 48 (62.34%)

# Calorie Category by Count of Cereals

