

Description of columns

- Name: Name of cereal
- mfr: Manufacturer of cereal
 - A = American Home Food Products;
 - G = General Mills
 - K = Kelloggs
 - N = Nabisco
 - P = Post
 - Q = Quaker Oats
 - R = Ralston Purina
- type:
 - cold
 - hot
- calories: calories per serving
- protein: grams of protein
- fat: grams of fat
- sodium: milligrams of sodium
- fiber: grams of dietary fiber
- carbo: grams of complex carbohydrates
- sugars: grams of sugars
- potass: milligrams of potassium
- vitamins: vitamins and minerals - 0, 25, or 100, indicating the typical percentage of FDA recommended
- shelf: display shelf (1, 2, or 3, counting from the floor)
- weight: weight in ounces of one serving
- cups: number of cups in one serving
- rating: a rating of the cereals (Possibly from Consumer Reports?)