REFERENCE

COMPOSITION OF FOODS

BREAKFAST CEREALS
RAW • PROCESSED • PREPARED

AGRICULTURE HANDBOOK No. 8-8
UNITED STATES DEPARTMENT OF AGRICULTURE
HUMAN NUTRITION INFORMATION SERVICE

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RAW • PROCESSED • PREPARED

By Consumer Nutrition Center

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FOREWORD

Agriculture Handbook No. 8 represents a traditional function of the U.S. Department of Agriculture. The development of the basic food composition tables used in the United States commenced more than 80 years ago. Data on the nutritive value of foods were first compiled and evaluated in the Department by W. O. Atwater in the 1890's. This nutrition pioneer organized and became the first director of the Office of Experiment Stations in the USDA. In 1896, the now classic USDA Bulletin No. 28, "The Chemical Composition of American Food Materials," by W. O. Atwater and C. D. Woods was published. This document was the first in a long series of food composition tables that have been issued by the Department.

The scope of succeeding tables has been expanded with the discovery of the presence and role of vitamins, minerals, and other dietary essentials in foods. Values from these tables have been used in many other compilations, both in this country and abroad. Nutritionists and health-related scientists depend on these composition data. Increasing emphasis on food and nutrition in national policies and programs has accelerated the need for comprehensive, up-to-date tabulations of the nutrient content of foods. USDA is continuing to expand and improve these food data.

This publication is a major revision of the 1963 edition of USDA Agriculture Handbook No. 8, "Composition of Foods... Raw, Processed, Prepared," currently a basic source of food composition data in this country. Dr. Atwater stated in Bulletin No. 28, "This table is intended to replace previous ones and to serve as a standard reference until it shall in its turn be replaced by a larger and more complete compilation." It is envisaged that this edition of Agriculture Handbook No. 8 will in its turn also be replaced. The task of deriving representative nutritive values of foods is a historical responsibility of USDA. This task is never ending and is essential in providing more complete knowledge so that we can use our food resources wisely.

R. L. Rizek, Director
Consumer Nutrition Center

AGRICULTURE HANDBOOK NO. 8 SERIES

Series No.	Food group	Year issued	Number of items
8-1	Dairy and Egg Products	1976	144
8-2	Spices and Herbs	1977	43
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PREFACE

Revision and updating of the major nutrient tables issued by the U.S. Department of Agriculture are needed to provide current nutrient information on foods. This revision of Agriculture Handbook No. 8 is being issued in sections so as to expedite release of data to the public. Each section contains a table of nutrient data for a major food group. The entire series will cover a wide range of food products.

To facilitate continuous, rapid updating, the handbook is being prepared in looseleaf form. Each page in the table contains the nutrient profile of a single food item, given on the 100-gram food basis, in two common measures, and in the edible portion of 1 pound (453.6 grams) as purchased, a format permitting a concise presentation of the data and comparison of values from one unit of measure to another. The scope of the nutrient listing has been enlarged. Values are provided for refuse, energy, proximate composition [water, protein, fat, carbohydrate (including crude fiber and insoluble dietary fiber), and ash], 9 mineral elements (calcium, iron, magnesium, phosphorus, potassium, sodium, zinc, copper, and manganese), 9 vitamins (ascorbic acid, thiamin, riboflavin, niacin, pantothenic acid, vitamin B_6, folacin, vitamin B_{12}, vitamin A), individual fatty acids, total saturated, monounsaturated, and polyunsaturated fatty acids, cholesterol, total phytosterols, and 18 amino acids.

The nutritive values contained in the handbook reflect the increasing information available on nutrients and food products. It is hoped that the revised and enlarged compilation of data will meet the requirements for reliable food composition values, which are basic to nutritional and dietary evaluation.

ACKNOWLEDGMENTS

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COMPOSITION OF FOODS

BREAKFAST CEREALS
RAW • PROCESSED • PREPARED

This is the eighth in a series of publications designed to revise and expand the food composition values published in Agriculture Handbook No. 8, "Composition of Foods...Raw, Processed, Prepared," revised in 1963 (14).[1] This section was prepared to serve as a basic reference for data on nutrients in breakfast cereals. Preparation of the table was computer-assisted by use of the facilities of the Nutrient Data Bank (NDB) (10).

Data are presented for 142 items, more than twice the number of cereals included in the 1963 edition of the handbook. Several items in the previous edition are no longer marketed and have been omitted in this revision.

SOURCES OF DATA

The data presented here are based on values obtained primarily from personal communications. Sources of unpublished data include industry, government agencies, and studies conducted under contract with the Consumer Nutrition Center. Published sources consist of the scientific and technical literature.

EXPLANATION OF TABLE

Format

Breakfast cereals in the table are divided into two major sections: cereals, ready-to-eat and cereals, to-be-cooked. Within each section, items are arranged alphabetically. In the 1963 handbook, breakfast cereals were listed by generic name. In this edition, most cereals are listed by brand name. Manufacturer's name is included in some listings to clearly identify generically similar cereals that differ in nutrient content because of differences in the number or levels of nutrients added in fortification.

A guide containing the item name, corresponding item number in the 1963 edition, NDB number, and page number precedes the table. The guide contains cross references for 1963 generic cereal names and corresponding brand names.

The five-digit NDB numbers in the table are used for computer access to the data. The first two digits designate the section or major food group. The last three digits indicate the specific food. The NDB numbers are not consecutive.

Each page in the table is dated by year of preparation. When the table is updated or expanded, new pages will be issued with instructions for insertion.

Data are given per 100 grams of food in column B; in terms of one or two common measures of food in columns E and F; and as the amount in 1 pound (453.6 grams) of food as purchased in column G. For most ready-to-eat cereals, one common measure is the serving size (in ounces) recommended by the manufacturer. The other common measure is 1 cup or, when applicable, one individual serving package. Common measures for cereals to be cooked vary from item to item. All items reported in this table have refuse values of zero.

Data in column B are the sample means. Values in column C are the sample standard errors. The standard errors are given to three decimal places. Column D lists the number of samples upon which values in columns B and C are based.

Standard error could not be calculated when there were several data sources and the number of samples from any data source was one. In other cases, no standard error appears because data received from industry for mean nutrient content were not accompanied by a measure of variability.

The number of decimal places shown is based on the number used in the bulk of the analytical data collected. Appropriate relationships among the different weights of a food item were preserved by use of the same number of decimal places for data on the 100-gram basis and for data in other units of measure. The number of decimal places does not necessarily reflect the accuracy of the data.

The number of samples does not appear for nutrient values that were calculated from recipes, from label declarations,

[1] Underlined numbers in parentheses refer to Literature Cited, p. 5.

or from values for similar products.

Values in italics denote values based on the label declaration for added nutrients. Values based on the label declaration were used only when analytical data were not available.

Values for cooked cereals were calculated from data on the dry forms. Cooking yields determined in a laboratory were used in these calculations. Yield values appear in the appendix. Allowance for the thermal destruction of thiamin and folacin in cooked cereals was estimated by applying the following general retention factors developed by the Nutrient Data Research Group staff:

Cereal	Thiamin	Folacin
	Percent	
Cream of Wheat®, regular.....	90	75
All other cereals (cooked 30 seconds or more).....	95	75

A blank indicates that no data were available for that nutrient in the particular food.

Nutrients

Proximate components.--Proximate component values are rounded to one decimal place to reflect the limit of accuracy of analytical data. Food energy is expressed in terms of both kilocalories and kilojoules. The data are for physiological energy values and represent the gross energy value remaining after the losses in digestion and metabolism have been deducted. Calorie factors are based on the Atwater system for determining energy values. Details of the derivation of calorie factors are outlined in Agriculture Handbook No. 74 (9). Specific calorie factors used for breakfast cereals are given in the appendix. Kilocalories were converted to kilojoules by use of the factor 4.184.

Values for protein were calculated from determinations of the content of nitrogen (N) in the food; conversion factors recommended by Jones (5) were used. The specific factor applied to each food item is shown in the stub of the table of nutrient data following protein. Nitrogen conversion factors for cereals containing more than one source of protein were derived by estimating ingredient proportions and weighting factors for ingredients by the amount of protein contributed by each ingredient.

The carbohydrate value is the difference between 100 and the sum of the percentages of water, protein, fat, and ash. The value for total carbohydrate includes fiber.

Americans are expressing increasing interest in the contents of dietary fiber and of individual sugars in the diet. Contents of these substances were not reported in the previously revised sections of Handbook 8 because, for many foods, data were largely unavailable, and those available often were derived by inadequate methods. Within the past few years, however, methods of analysis for individual sugars and for insoluble dietary fiber in cereals have been greatly improved, and some of the data generated by those methods are included in this section (dietary fiber data in the table and individual sugar data in the appendix). Most of the dietary fiber data were obtained by use of the neutral detergent method of the American Association of Cereal Chemists (1). Individual sugars were determined by gas-liquid chromatography or high performance liquid chromatography. No data were available for individual sugars in cereals to-be-cooked.

Minerals.-- Data on the content of nine mineral elements are included in the table. Zinc, copper, and manganese have been added to the minerals that were reported in the 1963 handbook. Most of the mineral data were determined by atomic absorption or emission spectroscopy. The analytical mineral values represent the total amount present in the food and include those amounts, if any, added to the product in processing. The values do not necessarily represent the amount of the mineral element available to the body.

Vitamins.--Ascorbic acid values are expressed in terms of reduced ascorbic acid. Thiamin was determined chemically by the thiochrome procedure or by microbiological methods. Fluorometric or microbiological methods were used to measure riboflavin.

The values for niacin do not include the niacin that could be contributed by tryptophan, a niacin precursor. The

term "niacin equivalent" applies to the potential niacin value, that is, to the sum of the preformed niacin and the amount that could be derived from tryptophan. In estimating the amount of niacin available from foods, the mean value of 60 mg of tryptophan is considered equivalent to 1 mg of niacin (11).

Pantothenic acid and vitamin B_6 were determined microbiologically. Most analytical values shown for folacin were determined by use of conjugase and the Lactobacillus casei micro-organism.

The data for vitamin A include chemically determined preformed vitamin A and provitamin A carotenoids. For most cereals, vitamin A activity is expressed both in international units (IU) and in retinol equivalents (RE). One IU is equivalent to 0.3 mcg of retinol or 0.6 mcg of beta-carotene; one RE is equivalent to 1 mcg of retinol or 6 mcg of beta-carotene. One RE is equal to 3.33 IU of retinol or 10 IU of beta-carotene.

Most analytical vitamin values reported in the table reflect vitamin contents of the products shortly after processing. For some vitamins, values may be lower at the end of the product shelf life because of losses during storage.

Lipids.--Most fatty acid values were calculated by the breakfast cereal manufacturers from analytical fatty acid data on ingredients. Only data from gas-liquid chromatographic analyses were used in these calculations. The values shown are for the calculated quantity of each fatty acid in the food and do not represent fatty acid triglycerides.

Trivial or scientific names for the fatty acids were not used because the values for the unsaturated acids include positional and geometric isomers. In the list of fatty acids, the first number indicates the number of carbon atoms and the second the double bonds in the chain. For cereals containing fatty acids not given in the table, the total will exceed the sum of the individual fatty acids listed.

Amino Acids.--Most amino acid values were calculated by the breakfast cereal manufacturers from the amino acid patterns of the ingredients. Ingredient patterns were based on data obtained by chromatographic or microbiological methods. The values calculated for the breakfast cereals reflect potential contents expected under ideal processing conditions with no destruction of amino acids. The contents of some amino acids, such as lysine, arginine, and tryptophan, may be lowered by heat processing of breakfast cereals (6). Therefore, values given in this table may be overstated for some amino acids.

The amino acid values may be converted to the per-gram-of-nitrogen basis by dividing the amount in a specific quantity of food by the nitrogen content of the same specific quantity of food.

NOTES ON BREAKFAST CEREALS

Foods included in the breakfast cereals section may be eaten as snacks and at meals other than breakfast. Those foods are identified as breakfast cereals only to clearly distinguish them from cereal products used mainly as ingredients or typically consumed at meals other than breakfast.

In the years since the 1963 edition of Agriculture Handbook No. 8 was published, the nutrient content of breakfast cereals as a group has changed because nutrient-fortification of cereals has increased.

The first breakfast cereals containing added nutrients appeared on the market in the early 1940's. The nutrients added were limited to thiamin, riboflavin, niacin, and iron, and were added to the cereals in quantities that restored these nutrients to whole grain levels. Although cereals fortified to higher levels first appeared in the early 1950's, the "nutrients added" in 1963 Handbook items still were generally limited to thiamin, riboflavin, niacin, and iron in quantities to restore the levels to those found in the whole grain.

By 1969, at the time of the White House Conference on Food, Nutrition, and Health, about 16 percent of all ready-to-eat cereals were nutrient-fortified (4). The Final Report of the Conference (15) stated, "the widespread acceptance and consumption of breakfast cereals make them effective carriers of essential nutrients." Since the Report was published, the proportion of nutrient-fortified breakfast cereals has risen to over 90 percent. Nutrients added to cereals today include thiamin, riboflavin, niacin, and iron, as in 1963, and also often include vitamins B_6, B_{12}, A, C, D,

folacin, and the mineral element zinc. Vitamin E, pantothenic acid, and copper are added to a few cereals. For most fortified cereals, nutrients are added in quantities to provide 25 percent of the U.S. Recommended Daily Allowances (U.S. RDA) (13) per serving, according to label declarations. Label declarations for several cereals indicate fortification to 50-100 percent of the U.S. RDA per serving for one or more nutrients. Such cereals are considered dietary supplements (13), and may be labeled as such.

Analytical data on added nutrients were not available for all cereals. Values based on label declarations for added nutrients were substituted in such cases. These values appear in italics. By Federal regulation, the content of an added nutrient in a 12-sample composite must be at least equal to the value for that nutrient claimed on the label (13). Therefore, italicized values should be viewed as representing minimum nutrient content. Federal regulations on added nutrients state, "reasonable excesses of a vitamin, mineral, or protein over labeled amounts are acceptable within good manufacturing practices." Fortification overages assure that unstable nutrients will be present in amounts declared on the label at the end of product shelf life.

Federal Standards of Identity exist for enriched farina and for enriched corn grits (12). These standards do not mandate the enrichment of these cereals, but if the product is labeled "enriched", specified nutrient levels must be present. Laws requiring enrichment of farina, corn grits, and other standardized foods are enacted at the State or territorial level rather than at the Federal level. Although many States do not require enrichment of farina or corn grits, national brands generally are enriched.

The Federal Standard of Identity for corn grits specifies minimum and maximum enrichment levels for thiamin, riboflavin, niacin, and iron. For farina, minimum and maximum enrichment levels are specified for thiamin, riboflavin, and niacin, but only a minimum level is specified for iron. Iron enrichment levels for farina thus vary greatly from brand to brand.

For the 1963 handbook, data on cereals that were made from the same grains and which were similar in form, but manufactured by different companies, were combined and listed under generic cereal names. Today, however, the number and levels of nutrients added to generically similar cereals vary from one manufacturer to another. Because many generically similar cereals differ in nutrient content as a result of differences in fortification, brand name or both brand and manufacturer names were used in this revision to facilitate ready identification of cereals.

Breakfast cereals are usually eaten with milk. One-half cup is the amount of milk generally used by manufacturers in calculating the nutrient content of ready-to-eat cereal with milk; one-fourth cup of milk is used by manufacturers of some cereals to-be-cooked. For user convenience, the nutrient contents of various types of fluid milk per one-half cup measure appear in the appendix.

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APPENDIX

List of Abbreviations

approx	approximately
c	cup
g	gram
IU	international unit
kcal	kilocalorie
kJ	kilojoule
lb	pound
mcg	microgram
mg	milligram
N	nitrogen
NDB	Nutrient Data Bank
No.	number
oz	ounce
pkt	packet
RE	retinol equivalent
tbsp	tablespoonful

Yields of Cooked Breakfast Cereals

Food	Yield Percent by weight[1]
Corn grits:	
Regular and quick	614
Instant:	
Plain	606
With artificial cheese flavor	501
With imitation bacon or ham bits	497
Cream of Rice®	716
Cream of Wheat®:	
Regular	693
Quick	671
Instant	575
Mix n Eat:	
Plain	500
Flavored	423
Farina	737
Maltex®	487
Malt-O-Meal®, plain and chocolate products	722
Maypo®	543
Oats:	
Regular, quick, and instant (nonfortified)	621
Instant, fortified (Quaker® Oats):	
Plain	626
With apples and cinnamon	421
With bran and raisins	458
With cinnamon and spice	350
With maple and brown sugar flavors	365
With raisins and spice	371
Ralston®	646
Roman Meal®:	
Plain	526
With oats	482
Wheatena®	640
Whole Wheat Hot Natural Cereal	549

[1] (Total cooked cereal weight/total dry cereal weight) x 100.

Specific Factors for Calculating Energy Values[1]

	Protein (kcal/g)	Fat (kcal/g)	Carbohydrate (kcal/g)
Cereals, ready-to-eat:			
All-Bran®	1.82	8.37	2.8
Alpha-Bits®	3.46	8.37	4.0
Apple Jacks®	3.7	8.37	4.0
Bran Buds®	1.82	8.37	2.8
Bran Chex®	2.4	8.4	3.4
C.W. Post®, plain and with raisins	3.5	8.6	3.9
Cap'n Crunch®	3.46	8.7	4.0
Cap'n Crunch's® Crunchberries®	3.46	8.7	4.0
Cap'n Crunch's® Peanut Butter Cereal	3.5	8.6	4.0
Cheerios®	3.46	8.37	4.12
Cocoa Krispies®	3.7	8.6	4.0
Cocoa Pebbles®	3.7	8.8	4.0
Cookie-Crisp®, chocolate chip and vanilla wafer products	3.7	8.7	4.0
Corn Bran	3.0	8.5	3.5
Corn Chex®	3.46	8.37	4.16
Corn Flakes	3.46	8.37	4.16
Cracklin' Bran®	2.4	8.7	3.4
Crisp Rice, low sodium	3.82	8.37	4.16
Crispy Rice	3.82	8.37	4.16
Crispy Wheats 'n Raisins®	3.59	8.37	3.8
Fortified Oat Flakes	3.6	8.37	4.0
40% Bran Flakes	2.9	8.37	3.5
Froot Loops®	3.7	8.7	4.0
Frosted Mini-Wheats®, sugar frosted and brown sugar-cinnamon products	3.59	8.37	3.8
Frosted Rice Krinkles®	3.82	8.37	4.0
Frosted Rice Krispies®	3.82	8.37	4.0
Fruity Pebbles®	3.82	8.8	4.0
Golden Grahams®	3.6	8.7	3.9
Graham Crackos™	3.59	8.37	3.8
Granola, homemade	3.5	8.6	3.9
Grape-Nuts®	3.6	8.37	3.8
Grape-Nuts® Flakes	3.6	8.37	3.8
Heartland® Natural Cereal, all products	3.5	8.6	3.9
Honey and Nut Corn Flakes™	3.5	8.5	4.0
Honey Nut Cheerios®	3.5	8.37	4.0
HoneyBran	3.2	8.6	3.6
Honeycomb®	3.46	8.37	4.0
King Vitaman®	3.46	8.7	4.0
Kix®	3.46	8.37	4.1
Life®, plain and cinnamon products	3.6	8.37	4.0
Lucky Charms®	3.46	8.37	4.0
Most®	3.2	8.37	3.7
Nature Valley® Granola, toasted oat mixture	3.5	8.6	3.9

Continued--

Specific Factors for Calculating Energy Values--Continued

	Protein (kcal/g)	Fat (kcal/g)	Carbohydrate (kcal/g)
Nutri-Grain™:			
Barley	3.55	8.37	3.95
Corn	2.73	8.37	4.03
Rye	3.05	8.37	3.86
Wheat	3.59	8.37	3.78
100% Bran	1.82	8.37	2.8
100% Natural Cereal, all products	3.5	8.6	3.9
Product 19®	3.6	8.37	4.1
Quisp®	3.46	8.7	4.0
Raisin Bran	2.9	8.37	3.5
Raisins, Rice and Rye™	3.2	8.37	3.7
Rice Chex®	3.82	8.37	4.16
Rice Krispies®	3.82	8.37	4.16
Rice, puffed	3.82	8.37	4.16
Special K®	4.0	8.37	4.1
Sugar Corn Pops®	3.46	8.37	4.0
Sugar Frosted Flakes:			
Kellogg's®	3.46	8.37	4.0
Ralston Purina®	3.46	8.7	4.0
Sugar Smacks®	3.59	8.6	3.8
Sugar Sparkled Flakes	3.46	8.37	4.0
Super Sugar Crisp®	3.59	8.6	3.8
Tasteeos®	3.5	8.37	4.1
Team®	3.7	8.6	4.1
Toasties®	3.46	8.37	4.16
Total®	3.59	8.37	3.78
Trix®	3.46	8.37	4.0
Waffelos®	4.0	8.8	4.0
Wheat 'n Raisin Chex®	3.59	8.37	3.8
Wheat Chex®	3.59	8.5	3.78
Wheat germ, toasted, plain and brown sugar and honey products	3.59	8.37	3.78
Wheat, puffed, plain	3.59	8.37	3.78
Wheat, shredded	3.59	8.37	3.78
Wheaties®	3.59	8.37	3.78
Cereals, to-be-cooked:			
Corn grits:			
Regular and quick	3.46	8.37	4.16
Instant:			
Plain	3.46	8.37	4.16
With artificial cheese flavor	3.6	8.6	4.16
With imitation bacon or ham bits	3.46	8.37	4.16
Cream of Rice®	3.82	8.37	4.16
Cream of Wheat®:			
Regular, quick, and instant	4.05	8.37	4.12

Continued--

	Protein (kcal/g)	Fat (kcal/g)	Carbohydrate (kcal/g)
Mix 'n Eat:			
Plain	4.05	8.37	4.12
Flavored	4.05	8.37	4.1
Farina, regular and quick	4.05	8.37	4.12
Maltex®	3.6	8.37	3.8
Malt-O-Meal®, plain and chocolate products	4.0	8.37	4.1
Maypo®	3.46	8.37	4.1
Oats:			
Regular, quick, and instant (nonfortified)	3.46	8.37	4.12
Instant, fortified:			
Plain	3.46	8.37	4.12
Flavored	3.46	8.37	4.1
Ralston®	3.59	8.37	3.78
Roman Meal®:			
Plain	3.1	8.37	3.6
With oats	3.2	8.37	3.8
Wheatena®	3.59	8.37	3.78
Whole Wheat Hot Natural Cereal	3.59	8.37	3.78

[1] Factors for cereals containing more than one ingredient source of protein, fat, or carbohydrate were calculated and rounded to one decimal place.

Content of Sugars in Ready-to-Eat Breakfast Cereals[1] [2]

Food	(g/100g) Sucrose	Glucose	Fructose	Lactose	Maltose	Sum of Sugars	(g/serving)[3] Sucrose	Glucose	Fructose	Lactose	Maltose	Sum of Sugars
All-Bran®	15.87	0.94	1.13		1.40	19.1[4]	4.50	0.26	0.32		0.40	5.4[4]
Alpha-Bits®	37.77					37.8	10.71					10.7
Apple Jacks®	54.04					52.4[4]	15.32					14.9[4]
Cap'n Crunch®	39.85					40.4	11.30					11.4
Cap'n Crunch's® Crunchberries®	42.91	.59	.67			44.2	12.16	.17	.19			12.5
Cap'n Crunch's® Peanut Butter Cereal	31.02	.81				32.2	8.79	.23				9.1
Cheerios®	3.04					3.0	.86					.8
Cocoa Krispies®	41.75	.84		1.11		44.6[4]	11.84	.24		0.31		12.6[4]
Cocoa Pebbles®	42.13					42.1	11.94					11.9
Cookie-Crisp®, chocolate chip and vanilla wafer products	41.74	.33	.24			42.3[4]	11.80	.09	.07			12.0[4]
Corn Chex®	3.65					4.5[4]	1.03					1.3[4]
Corn Flakes, Kellogg's®	2.69	1.27	1.10			7.1[4]	.76	.36	.31			2.0[4]
Cracklin' Bran®	25.48	1.37	.66		.78	28.6[4]	7.22	.39	.19		.22	8.1[4]
Fortified Oat Flakes	17.60	.26	.22		.20	18.3	4.99	.07	.06		.06	5.2
40% Bran Flakes, Post®	9.92	.84	.98		.77	12.5	2.81	.24	.28		.22	3.5
Froot Loops®	48.29					48.9[4]	13.69					13.9[4]
Frosted Mini-Wheats®, sugar frosted and brown sugar-cinnamon products	25.52					26.1[4]	7.20					7.4[4]
Frosted Rice Krinkles®	42.17					42.2	11.96					12.0
Frosted Rice Krispies®	34.24	.86	.68			38.1[4]	9.71	.24	.19			10.8[4]
Fruity Pebbles®	41.77					41.8	11.84					11.8
Golden Grahams®	27.31	1.17	.92			29.4	7.74	.33	.26			8.3
Grape-Nuts®		1.40	.75		4.89	7.0		.40	.21		1.39	2.0
Grape-Nuts® Flakes	7.37	.78	.32		4.47	12.9	2.09	.22	.09		1.27	3.7
Heartland® Natural Cereal:												
With coconut	18.75	1.89	1.64			22.3	5.32	.54	.46			6.3
With raisins	18.28	3.97	3.77			26.0	5.18	1.12	1.07			7.4
Honeycomb®	36.76	.11	.13			37.0	10.42	.03	.04			10.5
Kix®	3.92	.53	.69			4.3	1.11	.15	.20			1.2
Life®, plain and cinnamon products	17.90					17.9	5.07					5.1
Lucky Charms®	36.17	5.07	.59			42.4	10.25	1.44	.17			12.0
100% Bran	19.05[5]	2.15[5]	1.02			22.2[4]	5.40[5]	.61[5]	.29			6.3[4]
100% Natural Cereal:												
Plain	17.90		.67	2.59		21.6	5.07		.19	.73		6.1
With apples and cinnamon	18.00	1.48	3.71	2.05		25.2	5.10	.42	1.05	.58		7.1
With raisins and dates	15.25	6.14	4.35	2.62		28.4	4.32	1.74	1.23	.74		8.0
Product 19®	8.11	.84	.88			10.4[4]	2.30	.24	.25			3.0[4]
Quisp®	39.99					40.7	11.34					11.5
Raisin Bran, Kellogg's®[6]	11.50	8.13	9.45			29.7[4]	4.23	2.99	3.48			10.9[4]
Raisin Bran, Post®	15.00	6.95	7.08		1.29	30.3	4.25	1.97	2.01		.36	8.6
Rice Chex®	4.14					5.1[4]	1.17					1.4[4]
Rice Krispies®	6.54		.54			8.2[4]	1.85		.15			2.3[4]
Rice, puffed						.3[4]						.1[4]
Special K®	4.88	.21	.24			7.6[4]	1.38	.06	.07			2.2[4]
Sugar Corn Pops®	39.10	6.05	1.14			46.5[4]	11.08	1.72	.32			13.2[4]
Sugar Frosted Flakes, Kellogg's®	38.53	.97	.83			39.2[4]	10.92	.27	.24			11.1[4]
Sugar Smacks®	42.47	11.55	1.28			55.8	12.04	3.27	.36			15.8[4]
Super Sugar Crisp®	35.37	4.71	2.33		2.16	45.2	10.03	1.34	.66		.61	12.8
Team®	14.06[5]	.74	.95			15.8[4]	3.99[5]	.21	.27			4.5[4]
Toasties®	2.79	1.43	1.18			5.4	.79	.41	.33			1.5
Total®	6.82	.56	.8			8.2	1.93	.16	.23			2.3
Wheat Chex®	2.08	.53	.75			4.5[4]	.59	.15	.21			1.3[4]
Wheat, puffed, plain						2.5[4]						.7[4]
Wheat, shredded	.47					.5	.13					.1
Wheaties®	7.07	.54	.79			8.2	2.00	.15	.22			2.3

[1] Unless otherwise indicated, values are from the USDA Nutrient Composition Laboratory, Beltsville, MD. (These data appeared in range form in Li, B. W. and Schuhmann, P. J., (7, 8).)

[2] Blanks indicate that sugar was not detected or was detected only in trace amounts.

[3] One serving consists of one ounce (28.4g) of cereal unless otherwise indicated.

[4] Sum of sugars value based both on data from the Nutrient Composition Laboratory and on data from the manufacturer. This value may be slightly greater or less than the actual sum of individual sugar values, since individual sugar values are from the Nutrient Composition Laboratory only.

[5] Sugar value based both on data from the Nutrient Composition Laboratory and on data from the manufacturer.

[6] One serving consists of 1.3 oz (36.8g).

Nutrient Contents of Fluid Milks[1] [2]

Nutrients and units		[per 1/2 c (122 g)] Whole, 3.3% fat	Lowfat, 2% fat	Lowfat, 1% fat	Skim
PROXIMATE:					
Water	g	107.35	108.84	109.90	111.23
Food energy	kcal	75	60	51	43
	kJ	314	254	214	179
Protein (N X 6.38)	g	4.02	4.06	4.02	4.18
Total lipid (fat)	g	4.08	2.34	1.30	.22
Carbohydrate, total	g	5.68	5.86	5.83	5.94
Fiber	g	0	0	0	0
Ash	g	.88	.90	.90	.93
MINERALS:					
Calcium	mg	146	148	150	151
Iron	mg	.06	.06	.06	.05
Magnesium	mg	16	16	17	14
Phosphorus	mg	114	116	118	124
Potassium	mg	185	188	190	203
Sodium	mg	60	61	62	63
Zinc	mg	.46	.48	.48	.49
VITAMINS:					
Ascorbic acid	mg	1.14	1.16	1.18	1.20
Thiamin	mg	.046	.048	.048	.044
Riboflavin	mg	.198	.202	.204	.172
Niacin	mg	.102	.105	.106	.108
Pantothenic acid	mg	.383	.390	.394	.403
Vitamin B_6	mg	.051	.052	.052	.049
Folacin	mcg	6	6	6	6
Vitamin B_{12}	mcg	.436	.444	.449	.463
Vitamin A	RE	38	70	72	74
	IU	154	250	250	250
LIPIDS:					
Fatty acids:					
Saturated, total	g	2.54	1.46	.80	.144
4:0	g	.13	.08	.04	.012
6:0	g	.08	.04	.02	.002
8:0	g	.04	.02	.02	.002
10:0	g	.10	.06	.03	.004
12:0	g	.12	.06	.04	.003
14:0	g	.41	.24	.13	.021
16:0	g	1.07	.62	.34	.064
18:0	g	.50	.28	.16	.023
Monounsaturated, total	g	1.18	.68	.38	.058
16:1	g	.09	.05	.03	.008
18:1	g	1.02	.59	.32	.046
20:1	g	Trace			
22:1	g	Trace			
Polyunsaturated, total	g	.15	.08	.05	.008
18:2	g	.09	.06	.03	.006
18:3	g	.06	.04	.02	.002
18:4	g	Trace			
20:4	g	Trace			
20:5	g	Trace			
22:5	g	Trace			
22:6	g	Trace			
Cholesterol	mg	16	9	5	2
Phytosterols	mg				
AMINO ACIDS:					
Tryptophan	g	.056	.058	.056	.059
Threonine	g	.181	.184	.181	.188
Isoleucine	g	.243	.246	.243	.252
Leucine	g	.393	.398	.393	.409
Lysine	g	.318	.322	.318	.332
Methionine	g	.100	.102	.100	.105
Cystine	g	.037	.038	.037	.038
Phenylalanine	g	.194	.196	.194	.202
Tyrosine	g	.194	.196	.194	.202
Valine	g	.268	.272	.268	.280
Arginine	g	.146	.147	.146	.151
Histidine	g	.109	.110	.109	.114
Alanine	g	.138	.140	.138	.144
Aspartic acid	g	.304	.308	.304	.317
Glutamic acid	g	.840	.850	.840	.874
Glycine	g	.085	.086	.085	.088
Proline	g	.389	.394	.389	.404
Serine	g	.218	.221	.218	.227

[1] If milk is vitamin D fortified, each 1/2 cup contains 50 IU.
[2] Values were calculated from data in Agriculture Handbook No. 8-1, Composition of foods: Dairy and egg products; raw, processed, prepared (2).

GUIDE TO BREAKFAST CEREALS

	AH-8 item (1963)	AH-8-8 NDB No.	Page
Cereals, ready-to-eat:			
All-Bran®	439	08001	19
Alpha-Bits®	1394	08002	20
Apple Jacks®		08003	21
Bran, added sugar and malt. [See All-Bran® (NDB No. 08001) and 100% Bran (NDB No. 08053).]			
Bran Buds®	440	08005	22
Bran Chex®		08006	23
Bran flakes (40% bran). [See 40% Bran Flakes (NDB Nos. 08028, 08029, and 08153).]			
Bran flakes with raisins. [See Raisin Bran (NDB Nos. 08060-08062).]			
C.W. Post®:			
Plain		08008	24
With raisins		08009	25
Cap'n Crunch®		08010	26
Cap'n Crunch's® Crunchberries®		08011	27
Cap'n Crunch's® Peanut Butter Cereal		08012	28
Cheerios®	1393	08013	29
Cocoa Krispies®	1887	08014	30
Cocoa Pebbles®	1887	08015	31
Cookie-Crisp®, chocolate chip and vanilla wafer products		08017	32
Corn Bran		08018	33
Corn Chex®	872	08019	34
Corn Flakes [See also Toasties® (NDB No. 08076)]:			
Kellogg's®	866	08020	35
Ralston Purina®	866	08021	36
Low sodium	866	08022	37
Corn flakes, sugar-covered. [See Sugar Frosted Flakes (NDB. Nos. 08069 and 08070) and Sugar Sparkled Flakes (NDB No. 08072).]			
Corn, puffed. [See Kix® (NDB No. 08048).]			
Corn, puffed, presweetened. [See Sugar Corn Pops® (NDB No. 08068).]			
Corn, puffed, presweetened, fruit-flavored. [See Trix® (NDB No. 08078).]			
Corn, shredded. [See Corn Chex® (NDB No. 08019).]			
Cracklin' Bran®		08023	38
Crisp Rice, low sodium	1884	08024	39
Crispy Rice	1884	08025	40
Crispy Wheats 'n Raisins®		08026	41
Fortified Oat Flakes	1395	08027	42
40% Bran Flakes:			
Kellogg's®	441	08028	43
Post®	441	08029	44
Ralston Purina®	441	08153	45

	AH-8 item (1963)	AH-8-8 NDB No.	Page
Froot Loops®		08030	46
Frosted Mini-Wheats®, sugar frosted and brown sugar-cinnamon products		08031	47
Frosted Rice Krinkles®	1886	08033	48
Frosted Rice Krispies®	1886	08032	49
Fruity Pebbles®		08034	50
Golden Grahams®		08035	51
Graham Crackos™		08036	52
Granola, homemade		08037	53
Grape-Nuts®	2463	08038	54
Grape-Nuts® Flakes	2462	08039	55
Heartland® Natural Cereal:			
Plain		08040	56
With coconut		08041	57
With raisins		08042	58
Honey and Nut Corn Flakes™		08043	59
Honey Nut Cheerios®		08045	60
HoneyBran		08044	61
Honeycomb®		08046	62
King Vitaman®		08047	63
Kix®	868	08048	64
Life®, plain and cinnamon products	1392	08049	65
Lucky Charms®		08050	66
Most®		08051	67
Nature Valley® Granola, toasted oat mixture		08052	68
Nutri-Grain™:			
Barley		08149	69
Corn		08150	70
Rye		08151	71
Wheat		08152	72
Oats, puffed. [See Cheerios® (NDB No. 08013).]			
Oats, shredded, added protein. [See Life® (NDB No. 08049).]			
Oats with corn, puffed, sugar-covered. [See Alpha-Bits® (NDB No. 08002).]			
Oats with soy flour, flaked. [See Fortified Oat Flakes (NDB No. 08027).]			
100% Bran	439	08053	73
100% Natural Cereal:			
Plain		08054	74
With apples and cinnamon		08055	75
With raisins and dates		08056	76
Product 19®		08058	77
Quisp®		08059	78
Raisin Bran:			
Kellogg's®	442	08060	79
Post®	442	08061	80
Ralston Purina®	442	08062	81
Raisins, Rice and Rye™		08063	82
Rice Chex®	1888	08064	83
Rice flakes. [See Crisp Rice, low sodium (NDB No. 08024); Crispy Rice (NDB No. 08025); and Rice Krispies® (NDB No. 08065).]			
Rice Krispies®	1884	08065	84

	AH-8 item (1963)	AH 8-8 NDB No.	Page
Rice, puffed	1885	08066	85
Rice, puffed, presweetened. [See Frosted Rice Krinkles® (NDB No. 08033) and Frosted Rice Krispies® (NDB No. 08032).]			
Rice, puffed or oven-popped, presweetened, with cocoa. [See Cocoa Krispies® (NDB No. 08014) and Cocoa Pebbles® (NDB No. 08015).]			
Rice, shredded. [See Rice Chex® (NDB No. 08064).]			
Rice with wheat gluten. [See Special K® (NDB No. 08067).]			
Special K®	1890	08067	86
Sugar Corn Pops®	869	08068	87
Sugar Frosted Flakes [See also Sugar Sparkled Flakes (NDB No. 08072)]:			
Kellogg's®	867	08069	88
Ralston Purina®	867	08070	89
Sugar Smacks®	2459	08071	90
Sugar Sparkled Flakes	867	08072	91
Super Sugar Crisp®	2459	08073	92
Tasteeos®		08074	93
Team®		08075	94
Toasties®	866	08076	95
Total®	2456	08077	96
Trix®	871	08078	97
Waffelos®		08079	98
Wheat and malted barley:			
Flakes. [See Grape-Nuts® Flakes (NDB No. 08039).]			
Granules. [See Grape-Nuts® (NDB No. 08038).]			
Wheat 'n Raisin Chex®		08080	99
Wheat Chex®	2461	08082	100
Wheat flakes. [See Total® (NDB No. 08077) and Wheaties® (NDB No. 08089).]			
Wheat germ, toasted:			
Plain	2457	08084	101
With brown sugar and honey		08085	102
Wheat, puffed:			
Plain	2458	08146	103
With sugar and honey. [See Sugar Smacks® (NDB No. 08071) and Super Sugar Crisp® (NDB No. 08073).]			
Wheat, shredded:			
Large biscuit	2460	08147	104
Small biscuit	2460	08148	105
With malt, salt, and sugar. [See Wheat Chex® (NDB No. 08081).]			
Wheaties®	2456	08089	106
Cereals, to-be-cooked:			
Corn grits:			
Regular and quick:			
Dry	862, 864	08090	107
Cooked	863, 865	08091	108
Instant:			
Plain:			
Dry		08092	109
Prepared		08093	110

	AH-8 item (1963)	AH 8 8 NDB No.	Page
With artificial cheese flavor:			
Dry		08094	111
Prepared		08095	112
With imitation bacon bits:			
Dry		08096	113
Prepared		08097	114
With imitation ham bits:			
Dry		08098	115
Prepared		08099	116
Cream of Rice®:			
Dry	1882	08100	117
Cooked	1883	08101	118
Cream of Wheat®:			
Regular:			
Dry	991	08102	119
Cooked	992	08103	120
Quick:			
Dry	993	08104	121
Cooked	994	08105	122
Instant:			
Dry	995	08106	123
Cooked	996	08107	124
Mix 'n Eat:			
Plain:			
Dry		08108	125
Prepared		08109	126
Flavored (baked apple with cinnamon; banana and spice; and maple and brown sugar products):			
Dry		08110	127
Prepared		08111	128
Farina [See also Cream of Wheat® (NDB Nos. 08102-08107)]:			
Dry	991, 993	08112	129
Cooked	992, 994	08113	130
Maltex®:			
Dry	2452, 2454	08114	131
Cooked	2453, 2455	08115	132
Malt-O-Meal®, plain and chocolate products:			
Dry		08116	133
Cooked		08117	134
Maypo®:			
Dry	1384, 1386	08118	135
Cooked	1385, 1387	08119	136
Oat flakes or granules, maple-flavored. [See Maypo® (NDB Nos. 08118 and 08119).]			
Oatmeal or rolled oats. [See Oats, regular, quick, and instant (NDB Nos. 08120 and 08121).]			
Oats:			
Regular, quick, and instant (nonfortified):			
Dry	1390	08120	137
Cooked	1391	08121	138
Instant, fortified (Quaker® Oats):			
Plain:			
Dry		08122	139
Prepared		08123	140

	AH-8 item (1963)	AH-8-8 NDB No.	Page
With apples and cinnamon:			
Dry		08124	141
Prepared		08125	142
With bran and raisins:			
Dry		08126	143
Prepared		08127	144
With cinnamon and spice:			
Dry		08128	145
Prepared		08129	146
With maple and brown sugar flavors:			
Dry		08130	147
Prepared		08131	148
With raisins and spice:			
Dry		08132	149
Prepared		08133	150
Ralston®:			
Dry	2450	08134	151
Cooked	2451	08135	152
Rice, granulated. [See Cream of Rice® (NDB Nos. 08100 and 08101).]			
Roman Meal®:			
Plain:			
Dry		08136	153
Cooked		08137	154
With oats:			
Dry		08154	155
Cooked		08155	156
Wheat, rolled. [See Whole Wheat Hot Natural Cereal (NDB Nos. 08144 and 08145).]			
Wheat, whole-meal. [See Ralston® (NDB Nos. 08134 and 08135) and Wheatena® (NDB Nos. 08142 and 08143).]			
Wheat and malted barley cereal, toasted. [See Maltex® (NDB Nos. 08114 and 08115).]			
Wheatena®:			
Dry	2450	08142	157
Cooked	2451	08143	158
Whole Wheat Hot Natural Cereal:			
Dry	2448	08144	159
Cooked	2449	08145	160

TABLE OF NUTRIENT DATA

(Blank spaces indicate a lack of data.)

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.4 g[1]	1-1/4 oz box = 35.4 g	Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	3.0		3	0.9	1.1	13.6
Food energy	kcal	249			71	88	1,131
	kJ	1,044			296	369	4,734
Protein (N X 6.31)	g	14.3		3	4.0	5.1	64.8
Total lipid (fat)	g	1.8		3	0.5	0.6	8.2
Carbohydrate, total	g	74.4			21.1	26.3	337.6
Crude fiber	g	7.0		3	2.0	2.5	31.8
Dietary fiber, insoluble	g	29.9		56	8.5	10.6	135.8
Ash	g	6.5		3	1.8	2.3	29.5
MINERALS:							
Calcium	mg	81		3	23	29	368
Iron	mg	*15.9*			*4.5*	*5.6*	*72.1*
Magnesium	mg	373		3	106	132	1,692
Phosphorus	mg	932		3	264	330	4,228
Potassium	mg	1,234		6	350	437	5,597
Sodium[2]	mg	1,128		6	320	399	5,117
Zinc	mg	*13.2*			*3.7*	*4.7*	*59.9*
Copper	mg	1.144		9	0.324	0.405	5.189
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg	*53*			*15*	*19*	*240*
Thiamin	mg	*1.3*			*0.4*	*0.5*	*5.9*
Riboflavin	mg	*1.5*			*0.4*	*0.5*	*6.8*
Niacin	mg	*17.6*			*5.0*	*6.2*	*79.8*
Pantothenic acid	mg	1.710	0.050	4	0.485	0.605	
Vitamin B_6	mg	*1.8*			*0.5*	*0.6*	*8.2*
Folacin	mcg	*353*			*100*	*125*	*1,601*
Vitamin B_{12}	mcg						
Vitamin A	RE	*1,324*			*375*	*469*	*6,006*
	IU	*4,409*			*1,250*	*1,561*	*19,999*
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

[1] 1 oz = approx. 1/3 cup.
[2] Source added.

Alpha-Bits®

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.4 g [1]	3/4 oz box = 21.3 g	Refuse: 0
A	B	C	D	E	F	G
PROXIMATE:						
Water . . . g	1.3		1	0.4	0.3	5.9
Food energy . . . kcal	392			111	83	1,778
Food energy . . . kJ	1,640			465	349	7,439
Protein (N X 5.9) . . . g	7.6		1	2.2	1.6	34.7
Total lipid (fat) . . . g	2.3		1	0.6	0.5	10.3
Carbohydrate, total . . . g	86.6			24.6	18.5	393.0
Crude fiber . . . g	0.5		1	0.2	0.1	2.4
Dietary fiber, insoluble . . . g	1.2	0.033	9	0.3	0.3	5.4
Ash . . . g	2.1		1	0.6	0.5	9.7
MINERALS:						
Calcium . . . mg	29		1	8	6	132
Iron . . . mg	*6.3*			*1.8*	*1.3*	*28.6*
Magnesium . . . mg	59	1.400	2	17	13	268
Phosphorus . . . mg	181		1	51	39	823
Potassium . . . mg	388		1	110	83	1,760
Sodium[2] . . . mg	772		1	219	164	3,500
Zinc . . . mg	*5.3*			*1.5*	*1.1*	*24.0*
Copper . . . mg	0.248	0.010	4	0.070	0.053	1.125
Manganese . . . mg						
VITAMINS:						
Ascorbic acid . . . mg						
Thiamin . . . mg	*1.3*			*0.4*	*0.3*	*5.9*
Riboflavin . . . mg	*1.5*			*0.4*	*0.3*	*6.8*
Niacin . . . mg	*17.6*			*5.0*	*3.7*	*79.8*
Pantothenic acid . . . mg	0.514	0.020	4	0.146	0.109	2.332
Vitamin B_6 . . . mg	*1.8*			*0.5*	*0.4*	*8.2*
Folacin . . . mcg	*353*			*100*	*75*	*1,601*
Vitamin B_{12} . . . mcg	*5.3*			*1.5*	*1.1*	*24.0*
Vitamin A . . . RE	*1,324*			*375*	*282*	*6,006*
Vitamin A . . . IU	*4,409*			*1,250*	*939*	*19,999*
LIPIDS:						
Fatty acids:						
Saturated, total . . . g						
4:0 . . . g						
6:0 . . . g						
8:0 . . . g						
10:0 . . . g						
12:0 . . . g						
14:0 . . . g						
16:0 . . . g						
18:0 . . . g						
Monounsaturated, total . . . g						
16:1 . . . g						
18:1 . . . g						
20:1 . . . g						
22:1 . . . g						
Polyunsaturated, total . . . g						
18:2 . . . g						
18:3 . . . g						
18:4 . . . g						
20:4 . . . g						
20:5 . . . g						
22:5 . . . g						
22:6 . . . g						
Cholesterol . . . mg						
Phytosterols . . . mg						
AMINO ACIDS:						
Tryptophan . . . g	0.091			0.026	0.019	0.413
Threonine . . . g	0.267			0.076	0.057	1.211
Isoleucine . . . g	0.341			0.097	0.073	1.547
Leucine . . . g	0.706			0.200	0.150	3.202
Lysine . . . g	0.279			0.079	0.059	1.266
Methionine . . . g	0.139			0.039	0.030	0.631
Cystine . . . g	0.187			0.053	0.040	0.848
Phenylalanine . . . g	0.413			0.117	0.088	1.873
Tyrosine . . . g	0.285			0.081	0.061	1.293
Valine . . . g	0.438			0.124	0.093	1.987
Arginine . . . g	0.505			0.143	0.108	2.291
Histidine . . . g	0.181			0.051	0.039	0.821
Alanine . . . g	0.464			0.132	0.099	2.105
Aspartic acid . . . g	0.629			0.178	0.134	2.853
Glutamic acid . . . g	1.743			0.494	0.371	7.906
Glycine . . . g	0.376			0.107	0.080	1.706
Proline . . . g	0.506			0.143	0.108	2.295
Serine . . . g	0.364			0.103	0.078	1.651

[1] 1 oz = approx. 1 cup.
[2] Source added.

CEREALS, READY–TO–EAT

Apple Jacks®

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion: Mean	Standard error	Number of samples	Amount in edible portion of common measures of food: Approximate measure and weight: 1 oz = 28.4 g[1]	5/8 oz box = 17.7 g	Amount in edible portion of 1 pound of food as purchased: Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	2.3		3	0.7	0.4	10.4
Food energy	kcal	387			110	68	1,754
	kJ	1,618			459	286	7,337
Protein (N X 5.9)	g	5.3		3	1.5	0.9	24.1
Total lipid (fat)	g	0.5		3	0.1	0.1	2.3
Carbohydrate, total	g	90.7			25.7	16.1	411.4
Crude fiber	g	0.3		3	0.1	0.1	1.4
Dietary fiber, insoluble	g	0.9		6	0.2	0.2	3.9
Ash	g	1.2		3	0.3	0.2	5.4
MINERALS:							
Calcium	mg	11		3	3	2	50
Iron	mg	*15.9*			*4.5*	*2.8*	*72.1*
Magnesium	mg	22		4	6	4	99
Phosphorus	mg	106		3	30	19	481
Potassium	mg	81		6	23	14	367
Sodium[2]	mg	440		6	125	78	1,996
Zinc	mg	*13.2*			*3.7*	*2.3*	*59.9*
Copper	mg	0.350		3	0.099	0.062	1.588
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg	*53*			*15*	*9*	*240*
Thiamin	mg	*1.3*			*0.4*	*0.2*	*5.9*
Riboflavin	mg	*1.5*			*0.4*	*0.3*	*6.8*
Niacin	mg	*17.6*			*5.0*	*3.1*	*79.8*
Pantothenic acid	mg	0.352		5	0.100	0.062	1.597
Vitamin B_6	mg	*1.8*			*0.5*	*0.3*	*8.2*
Folacin	mcg	*353*			*100*	*62*	*1,601*
Vitamin B_{12}	mcg						
Vitamin A	RE	*1,324*			*375*	*234*	*6,006*
	IU	*4,409*			*1,250*	*780*	*19,999*
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

[1] 1 oz = approx. 1 cup.
[2] Source added.

Bran Buds®

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion: Mean	Standard error	Number of samples	Amount in edible portion of common measures of food: Approximate measure and weight: 1 oz = 28.4 g[1]	1 c = 84 g	Amount in edible portion of 1 pound of food as purchased: Refuse:0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	2.8		3	0.8	2.4	12.7
Food energy	kcal	258			73	217	1,171
	kJ	1,080			306	907	4,900
Protein (N X 6.31)	g	13.9		3	3.9	11.7	63.0
Total lipid (fat)	g	2.4		3	0.7	2.0	10.9
Carbohydrate, total	g	76.0			21.6	63.9	344.8
Crude fiber	g	7.1		3	2.0	6.0	32.2
Dietary fiber, insoluble	g	27.7		25	7.9	23.3	125.8
Ash	g	4.9		3	1.4	4.1	22.2
MINERALS:							
Calcium	mg	67		3	19	56	304
Iron	mg	*15.9*			*4.5*	*13.4*	*72.1*
Magnesium	mg	318		3	90	267	1,440
Phosphorus	mg	868		3	246	729	3,937
Potassium	mg	1,672		3	474	1,404	7,584
Sodium[2]	mg	614		3	174	516	2,785
Zinc	mg	*13.2*			*3.7*	*11.1*	*59.9*
Copper	mg	1.060		3	0.301	0.890	4.808
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg	*53*			*15*	*45*	*240*
Thiamin	mg	*1.3*			*0.4*	*1.1*	*5.9*
Riboflavin	mg	*1.5*			*0.4*	*1.3*	*6.8*
Niacin	mg	*17.6*			*5.0*	*14.8*	*79.8*
Pantothenic acid	mg	1.940	0.095	4	0.550	1.630	8.800
Vitamin B_6	mg	*1.8*			*0.5*	*1.5*	*8.2*
Folacin	mcg	*353*			*100*	*297*	*1,601*
Vitamin B_{12}	mcg						
Vitamin A	RE	*1,324*			*375*	*1,112*	*6,006*
	IU	*4,409*			*1,250*	*3,704*	*19,999*
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

[1] 1 oz = approx. 1/3 cup.
[2] Source added.

CEREALS, READY—TO—EAT

Bran Chex®

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.4 g[1]	1 c = 49 g	Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	2.3	0.021	490	0.7	1.1	10.4
Food energy	kcal	319			91	156	1,448
	kJ	1,336			379	655	6,060
Protein (N X 6.3)	g	10.3		59	2.9	5.1	46.8
Total lipid (fat)	g	2.8		64	0.8	1.4	12.8
Carbohydrate, total	g	79.7			22.6	39.0	361.4
Crude fiber	g	4.6		81	1.3	2.2	20.8
Dietary fiber, insoluble	g	16.2		42	4.6	7.9	73.6
Ash	g	4.9		1	1.4	2.4	22.2
MINERALS:							
Calcium	mg	60		172	17	29	272
Iron	mg	*15.9*			*4.5*	*7.8*	*72.1*
Magnesium	mg	257		52	73	126	1,168
Phosphorus	mg	667		48	189	327	3,024
Potassium	mg	804		32	228	394	3,648
Sodium[2]	mg	928		60	263	455	4,208
Zinc	mg	4.37		45	1.24	2.14	19.84
Copper	mg	0.790		52	0.224	0.387	3.583
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg	*53*			*15*	*26*	*240*
Thiamin	mg	*1.3*			*0.4*	*0.6*	*5.9*
Riboflavin[2]	mg	0.54		6	0.15	0.26	2.45
Niacin	mg	*17.6*			*5.0*	*8.6*	*79.8*
Pantothenic acid	mg	1.022		49	0.290	0.501	4.636
Vitamin B_6	mg	*1.8*			*0.5*	*0.9*	*8.2*
Folacin	mcg	*353*			*100*	*173*	*1,601*
Vitamin B_{12}	mcg	*5.3*			*1.5*	*2.6*	*24.0*
Vitamin A	RE	22			6	11	99
	IU	219		11	62	107	992
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

[1] 1 oz = approx. 2/3 cup.
[2] Source added.

CEREALS, READY–TO–EAT

C.W. Post®, plain

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight 1 oz = 28.4 g[1]	1 c = 97 g	Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	2.3	0.150	2	0.7	2.3	10.6
Food energy	kcal	445			126	432	2,019
	kJ	1,862			528	1,806	8,447
Protein (N X 5.8)	g	9.0	0.055	2	2.6	8.7	40.9
Total lipid (fat)	g	15.6	0.130	2	4.4	15.2	70.9
Carbohydrate, total	g	71.6			20.3	69.4	324.6
Crude fiber	g	1.2	0.230	2	0.3	1.2	5.6
Dietary fiber, insoluble	g	2.3	0.047	9	0.7	2.2	10.4
Ash	g	1.5	0.025	2	0.4	1.4	6.6
MINERALS:							
Calcium	mg	48	3.350	2	14	47	219
Iron	mg	*15.9*			*4.5*	*15.4*	*72.1*
Magnesium	mg	69		1	20	67	314
Phosphorus	mg	231	0.150	2	66	224	1,049
Potassium	mg	204	5.800	2	58	198	924
Sodium[2]	mg	172		1	49	167	780
Zinc	mg	1.69	0.031	4	0.48	1.64	7.67
Copper	mg	0.388	0.013	4	0.110	0.376	1.760
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg	*1.3*			*0.4*	*1.3*	*5.9*
Riboflavin	mg	*1.5*			*0.4*	*1.5*	*6.8*
Niacin	mg	*17.6*			*5.0*	*17.1*	*79.8*
Pantothenic acid	mg						
Vitamin B_6	mg	*1.8*			*0.5*	*1.7*	*8.2*
Folacin	mcg	*353*			*100*	*342*	*1,601*
Vitamin B_{12}	mcg	*5.3*			*1.5*	*5.1*	*24.0*
Vitamin A	RE	*1,324*			*375*	*1,284*	*6,006*
	IU	*4,409*			*1,250*	*4,277*	*19,999*
LIPIDS:							
Fatty acids:							
Saturated, total	g	11.66			3.31	11.31	52.89
4:0	g						
6:0	g	0.10			0.03	0.09	0.43
8:0	g	0.96			0.27	0.93	4.37
10:0	g	0.75			0.21	0.73	3.42
12:0	g	5.62			1.59	5.45	25.51
14:0	g	2.12			0.60	2.05	9.61
16:0	g	1.55			0.44	1.50	7.03
18:0	g	0.42			0.12	0.41	1.91
Monounsaturated, total	g	1.78			0.50	1.72	8.06
16:1	g	0.06			0.02	0.05	0.25
18:1	g	1.72			0.49	1.67	7.80
20:1	g						
22:1	g						
Polyunsaturated, total	g	1.47			0.42	1.42	6.66
18:2	g	1.40			0.40	1.36	6.36
18:3	g	0.07			0.02	0.06	0.30
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.131			0.037	0.127	0.594
Threonine	g	0.336			0.095	0.326	1.524
Isoleucine	g	0.424			0.120	0.411	1.923
Leucine	g	0.701			0.199	0.680	3.180
Lysine	g	0.365			0.103	0.354	1.656
Methionine	g	0.169			0.048	0.164	0.767
Cystine	g	0.211			0.060	0.205	0.957
Phenylalanine	g	0.475			0.135	0.461	2.155
Tyrosine	g	0.344			0.098	0.334	1.560
Valine	g	0.532			0.151	0.516	2.413
Arginine	g	0.660			0.187	0.640	2.994
Histidine	g	0.217			0.062	0.210	0.984
Alanine	g	0.455			0.129	0.441	2.064
Aspartic acid	g	0.769			0.218	0.746	3.488
Glutamic acid	g	2.106			0.597	2.043	9.553
Glycine	g	0.482			0.137	0.468	2.186
Proline	g	0.551			0.156	0.534	2.499
Serine	g	0.436			0.124	0.423	1.978

[1] 1 oz = approx. 1/4 cup.
[2] Source added.

C.W. Post® with raisins

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.4 g[1]	1 c = 103 g	Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	3.9	0.610	2	1.1	4.0	17.5
Food energy	kcal	433			123	446	1,963
	kJ	1,811			513	1,865	8,213
Protein (N X 5.8)	g	8.6	0.185	2	2.4	8.9	39.1
Total lipid (fat)	g	14.3	0.245	2	4.0	14.7	64.7
Carbohydrate, total	g	71.8			20.3	73.9	325.5
Crude fiber	g	1.2	0.235	2	0.3	1.2	5.4
Dietary fiber, insoluble	g	1.9	0.170	8	0.5	2.0	8.6
Ash	g	1.5	0.025	2	0.4	1.5	6.8
MINERALS:							
Calcium	mg	49	2.650	2	14	51	224
Iron	mg	*15.9*			*4.5*	*16.4*	*72.1*
Magnesium	mg	72		1	20	74	325
Phosphorus	mg	225	4.050	2	64	232	1,022
Potassium	mg	253	5.450	2	72	260	1,147
Sodium[2]	mg	156		1	44	160	706
Zinc	mg	1.59	0.063	4	0.45	1.64	7.20
Copper	mg	0.386	0.020	4	0.109	0.398	1.751
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg	*1.3*			*0.4*	*1.3*	*5.9*
Riboflavin	mg	*1.5*			*0.4*	*1.5*	*6.8*
Niacin	mg	*17.6*			*5.0*	*18.1*	*79.8*
Pantothenic acid	mg						
Vitamin B_6	mg	*1.8*			*0.5*	*1.9*	*8.2*
Folacin	mcg	*353*			*100*	*364*	*1,601*
Vitamin B_{12}	mcg	*5.3*			*1.5*	*5.5*	*24.0*
Vitamin A	RE	*1,324*			*375*	*1,364*	*6,006*
	IU	*4,409*			*1,250*	*4,541*	*19,999*
LIPIDS:							
Fatty acids:							
Saturated, total	g	10.65			3.02	10.97	48.30
4:0	g						
6:0	g	0.09			0.02	0.09	0.39
8:0	g	0.88			0.25	0.91	3.99
10:0	g	0.69			0.20	0.71	3.13
12:0	g	5.14			1.46	5.29	23.30
14:0	g	1.94			0.55	1.99	8.78
16:0	g	1.41			0.40	1.46	6.41
18:0	g	0.39			0.11	0.40	1.75
Monounsaturated, total	g	1.62			0.46	1.67	7.34
16:1	g	0.05			0.01	0.05	0.23
18:1	g	1.57			0.44	1.62	7.11
20:1	g						
22:1	g						
Polyunsaturated, total	g	1.34			0.38	1.38	6.07
18:2	g	1.28			0.36	1.32	5.79
18:3	g	0.06			0.02	0.06	0.28
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.120			0.034	0.124	0.544
Threonine	g	0.314			0.089	0.323	1.424
Isoleucine	g	0.394			0.112	0.406	1.787
Leucine	g	0.654			0.185	0.674	2.967
Lysine	g	0.340			0.096	0.350	1.542
Methionine	g	0.159			0.045	0.164	0.721
Cystine	g	0.196			0.056	0.202	0.889
Phenylalanine	g	0.441			0.125	0.454	2.000
Tyrosine	g	0.320			0.091	0.330	1.452
Valine	g	0.495			0.140	0.510	2.245
Arginine	g	0.610			0.173	0.628	2.767
Histidine	g	0.202			0.057	0.208	0.916
Alanine	g	0.425			0.120	0.438	1.928
Aspartic acid	g	0.717			0.203	0.739	3.252
Glutamic acid	g	1.962			0.556	2.021	8.900
Glycine	g	0.451			0.128	0.465	2.046
Proline	g	0.514			0.146	0.529	2.332
Serine	g	0.406			0.115	0.418	1.842

[1] 1 oz = approx. 1/4 cup.
[2] Source added.

CEREALS, READY—TO—EAT

Cap'n Crunch®

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
					Approximate measure and weight		Refuse: 0
		Mean	Standard error	Number of samples	1 oz = 28.4 g[1]	1 c = 37 g	
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	2.5	0.064	49	0.7	0.9	11.3
Food energy	kcal	421			119	156	1,911
	kJ	1,763			500	652	7,995
Protein (N X 6.1)	g	5.1	0.037	49	1.5	1.9	23.2
Total lipid (fat)	g	9.2	0.224	49	2.6	3.4	41.7
Carbohydrate, total	g	80.9			22.9	29.9	366.9
Crude fiber	g	0.6	0.017	49	0.2	0.2	2.7
Dietary fiber, insoluble	g	1.2	0.046	3	0.3	0.4	5.4
Ash	g	2.3	0.016	49	0.7	0.9	10.4
MINERALS:							
Calcium[2]	mg	17	0.632	10	5	6	77
Iron[2]	mg	26.57	0.833	49	7.53	9.83	120.51
Magnesium	mg	41	0.819	25	12	15	188
Phosphorus	mg	126	5.314	25	36	47	573
Potassium	mg	129	3.825	5	36	48	584
Sodium[2]	mg	751	20.331	5	213	278	3,405
Zinc[2]	mg	10.84	0.155	25	3.07	4.01	49.18
Copper	mg	0.120		1	0.034	0.044	0.544
Manganese	mg	0.530		1	0.150	0.196	2.404
VITAMINS:							
Ascorbic acid	mg						
Thiamin[2]	mg	1.78	0.051	49	0.50	0.66	8.05
Riboflavin[2]	mg	1.93	0.083	49	0.55	0.71	8.74
Niacin[2]	mg	23.34	0.634	49	6.62	8.64	105.87
Pantothenic acid[2]	mg	13.611	0.391	25	3.859	5.036	61.739
Vitamin B_6[2]	mg	2.708	0.084	48	0.768	1.002	12.283
Folacin[2]	mcg	643	30.176	24	182	238	2,918
Vitamin B_{12}[2]	mcg	6.321	0.421	48	1.792	2.339	28.672
Vitamin A	RE						
	IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g	6.04			1.71	2.23	27.37
4:0	g						
6:0	g	0.05			0.01	0.02	0.22
8:0	g	0.49			0.14	0.18	2.22
10:0	g	0.38			0.11	0.14	1.74
12:0	g	2.86			0.81	1.06	12.96
14:0	g	1.08			0.31	0.40	4.88
16:0	g	0.87			0.25	0.32	3.96
18:0	g	0.24			0.07	0.09	1.07
Monounsaturated, total	g	1.19			0.34	0.44	5.38
16:1	g	0.03			0.01	0.01	0.13
18:1	g	1.16			0.33	0.43	5.25
20:1	g						
22:1	g						
Polyunsaturated, total	g	1.45			0.41	0.54	6.59
18:2	g	1.42			0.40	0.52	6.43
18:3	g	0.04			0.01	0.01	0.16
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.043			0.012	0.016	0.195
Threonine	g	0.179			0.051	0.066	0.812
Isoleucine	g	0.215			0.061	0.080	0.975
Leucine	g	0.648			0.184	0.240	2.939
Lysine	g	0.136			0.039	0.050	0.617
Methionine	g	0.110			0.031	0.041	0.499
Cystine	g	0.119			0.034	0.044	0.540
Phenylalanine	g	0.269			0.076	0.100	1.220
Tyrosine	g	0.207			0.059	0.077	0.939
Valine	g	0.275			0.078	0.102	1.247
Arginine	g	0.238			0.067	0.088	1.080
Histidine	g	0.131			0.037	0.048	0.594
Alanine	g	0.385			0.109	0.142	1.746
Aspartic acid	g	0.355			0.101	0.131	1.610
Glutamic acid	g	1.147			0.325	0.424	5.203
Glycine	g	0.194			0.055	0.072	0.880
Proline	g	0.447			0.127	0.165	2.028
Serine	g	0.249			0.071	0.092	1.129

[1] 1 oz = approx. 3/4 cup.
[2] Source added.

CEREALS, READY–TO–EAT

Cap'n Crunch's® Crunchberries®

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight 1 oz = 28.4 g[1]	1 c = 35 g	Refuse:0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	2.6	0.058	24	0.7	0.9	12.0
Food energy	kcal	417			118	146	1,893
	kJ	1,746			495	611	7,919
Protein (N X 6.1)	g	5.2	0.039	24	1.5	1.8	23.4
Total lipid (fat)	g	8.4	0.238	24	2.4	2.9	38.2
Carbohydrate, total	g	81.5			23.1	28.5	369.8
Crude fiber	g	0.6	0.034	24	0.2	0.2	2.8
Dietary fiber, insoluble	g	1.1	0.035	3	0.3	0.4	5.0
Ash	g	2.3	0.017	24	0.6	0.8	10.2
MINERALS:							
Calcium[2]	mg	31	0.949	10	9	11	141
Iron[2]	mg	25.82	1.185	24	7.32	9.04	117.12
Magnesium	mg	39	0.937	12	11	14	179
Phosphorus	mg	133	13.007	12	38	47	605
Potassium	mg	140	5.544	3	40	49	635
Sodium[2]	mg	696	23.571	3	197	243	3,156
Zinc[2]	mg	10.17	0.511	12	2.88	3.56	46.15
Copper	mg						
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin[2]	mg	1.70	0.048	24	0.48	0.59	7.69
Riboflavin[2]	mg	1.92	0.122	24	0.54	0.67	8.72
Niacin[2]	mg	23.24	0.822	24	6.59	8.13	105.39
Pantothenic acid[2]	mg	8.548	0.555	12	2.423	2.992	38.774
Vitamin B_6[2]	mg	2.648	0.142	24	0.751	0.927	12.011
Folacin[2]	mcg	365	29.698	14	103	128	1,656
Vitamin B_{12}[2]	mcg	7.157	0.411	22	2.029	2.505	32.464
Vitamin A	RE						
	IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g	5.52			1.56	1.93	25.02
4:0	g	0.00			0.00	0.00	0.00
6:0	g	0.04			0.01	0.02	0.20
8:0	g	0.45			0.13	0.16	2.02
10:0	g	0.35			0.10	0.12	1.58
12:0	g	2.60			0.74	0.91	11.79
14:0	g	0.98			0.28	0.34	4.45
16:0	g	0.81			0.23	0.28	3.67
18:0	g	0.22			0.06	0.08	0.99
Monounsaturated, total	g	1.10			0.31	0.38	4.97
16:1	g	0.03			0.01	0.01	0.12
18:1	g	1.07			0.30	0.37	4.85
20:1	g						
22:1	g						
Polyunsaturated, total	g	1.34			0.38	0.47	6.06
18:2	g	1.30			0.37	0.46	5.90
18:3	g	0.03			0.01	0.01	0.15
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.045			0.013	0.016	0.204
Threonine	g	0.183			0.052	0.064	0.830
Isoleucine	g	0.221			0.063	0.077	1.002
Leucine	g	0.647			0.183	0.226	2.935
Lysine	g	0.149			0.042	0.052	0.676
Methionine	g	0.112			0.032	0.039	0.508
Cystine	g	0.117			0.033	0.041	0.531
Phenylalanine	g	0.270			0.077	0.095	1.225
Tyrosine	g	0.210			0.060	0.074	0.953
Valine	g	0.280			0.079	0.098	1.270
Arginine	g	0.237			0.067	0.083	1.075
Histidine	g	0.133			0.038	0.047	0.603
Alanine	g	0.379			0.107	0.133	1.719
Aspartic acid	g	0.359			0.102	0.126	1.628
Glutamic acid	g	1.153			0.327	0.404	5.230
Glycine	g	0.191			0.054	0.067	0.866
Proline	g	0.452			0.128	0.158	2.050
Serine	g	0.252			0.071	0.088	1.143

[1] 1 oz = approx. 3/4 cup.
[2] Source added.

Cap'n Crunch's® Peanut Butter Cereal

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight 1 oz = 28.4 g[1]	1 c = 35 g	Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	1.8	0.072	24	0.5	0.6	8.2
Food energy	kcal	439			124	154	1,991
	kJ	1,836			521	643	8,330
Protein (N X 5.9)	g	7.2	0.075	24	2.0	2.5	32.5
Total lipid (fat)	g	12.9	0.092	24	3.7	4.5	58.5
Carbohydrate, total	g	75.7			21.5	26.5	343.4
Crude fiber	g	0.6	0.024	24	0.2	0.2	2.8
Dietary fiber, insoluble	g	1.2	0.046	3	0.3	0.4	5.4
Ash	g	2.4	0.013	24	0.7	0.8	11.0
MINERALS:							
Calcium[2]	mg	20	0.258	15	6	7	91
Iron[2]	mg	26.03	1.254	24	7.38	9.11	118.06
Magnesium	mg	53	1.771	12	15	19	240
Phosphorus	mg	139	4.109	12	40	49	633
Potassium	mg	162	9.728	3	46	57	733
Sodium[2]	mg	765	27.973	3	217	268	3,470
Zinc[2]	mg	10.82	0.131	12	3.07	3.79	49.08
Copper	mg						
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin[2]	mg	1.72	0.050	24	0.49	0.60	7.78
Riboflavin[2]	mg	2.00	0.114	24	0.57	0.70	9.07
Niacin[2]	mg	25.64	1.013	24	7.27	8.97	116.29
Pantothenic acid[2]	mg	13.633	0.398	12	3.865	4.772	61.839
Vitamin B_6[2]	mg	2.978	0.142	24	0.844	1.042	13.508
Folacin[2]	mcg	696	44.554	12	197	244	3,156
Vitamin B_{12}[2]	mcg	6.574	0.412	24	1.864	2.301	29.820
Vitamin A	RE						
	IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g	5.44			1.54	1.90	24.67
4:0	g						
6:0	g	0.03			0.01	0.01	0.15
8:0	g	0.33			0.09	0.11	1.49
10:0	g	0.26			0.07	0.09	1.17
12:0	g	1.92			0.54	0.67	8.69
14:0	g	0.72			0.20	0.25	3.27
16:0	g	1.34			0.38	0.47	6.08
18:0	g	0.50			0.14	0.17	2.25
Monounsaturated, total	g	3.92			1.11	1.37	17.77
16:1	g	0.02			0.01	0.01	0.08
18:1	g	3.84			1.09	1.34	17.42
20:1	g	0.06			0.02	0.02	0.27
22:1	g						
Polyunsaturated, total	g	2.89			0.82	1.01	13.09
18:2	g	2.87			0.81	1.00	13.01
18:3	g	0.02			0.00	0.01	0.08
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.070			0.020	0.025	0.318
Threonine	g	0.239			0.068	0.084	1.084
Isoleucine	g	0.299			0.085	0.105	1.356
Leucine	g	0.740			0.210	0.259	3.357
Lysine	g	0.231			0.065	0.081	1.048
Methionine	g	0.125			0.035	0.044	0.567
Cystine	g	0.137			0.039	0.048	0.621
Phenylalanine	g	0.380			0.108	0.133	1.724
Tyrosine	g	0.303			0.086	0.106	1.374
Valine	g	0.372			0.105	0.130	1.687
Arginine	g	0.578			0.164	0.202	2.622
Histidine	g	0.190			0.054	0.067	0.862
Alanine	g	0.437			0.124	0.153	1.982
Aspartic acid	g	0.678			0.192	0.237	3.075
Glutamic acid	g	1.527			0.433	0.534	6.926
Glycine	g	0.350			0.099	0.123	1.588
Proline	g	0.504			0.143	0.176	2.286
Serine	g	0.365			0.103	0.128	1.656

[1] 1 oz = approx. 3/4 cup.
[2] Source added.

Cheerios®

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.4 g[1]	3/4 oz box = 21.3 g	Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	5.0	0.438	11	1.4	1.1	22.6
Food energy	kcal	391			111	83	1,772
	kJ	1,634			463	348	7,414
Protein (N X 5.83)	g	15.1	0.129	19	4.3	3.2	68.4
Total lipid (fat)	g	6.4	0.066	19	1.8	1.4	29.1
Carbohydrate, total	g	69.1			19.6	14.7	313.4
Crude fiber	g	1.3	0.053	19	0.4	0.3	6.1
Dietary fiber, insoluble	g	3.8	0.139	3	1.1	0.8	17.2
Ash	g	4.4	0.083	10	1.2	0.9	20.0
MINERALS:							
Calcium[2]	mg	171	5.276	12	48	36	775
Iron	mg	*15.9*			*4.5*	*3.4*	*72.1*
Magnesium	mg	138	1.529	15	39	29	625
Phosphorus[2]	mg	472	5.020	20	134	101	2,141
Potassium	mg	357	1.858	37	101	76	1,619
Sodium[2]	mg	1,083	12.988	37	307	231	4,914
Zinc	mg	2.77	0.042	21	0.79	0.59	12.56
Copper	mg	0.506	0.009	15	0.143	0.108	2.295
Manganese	mg	2.700		1	0.765	0.575	12.247
VITAMINS:							
Ascorbic acid	mg	*53*			*15*	*11*	*240*
Thiamin	mg	*1.3*			*0.4*	*0.3*	*5.9*
Riboflavin	mg	*1.5*			*0.4*	*0.3*	*6.8*
Niacin	mg	*17.6*			*5.0*	*3.7*	*79.8*
Pantothenic acid	mg	1.008		5	0.286	0.215	4.572
Vitamin B_6	mg	*1.8*			*0.5*	*0.4*	*8.2*
Folacin	mcg	22	2.353	3	6	5	101
Vitamin B_{12}	mcg	*5.3*			*1.5*	*1.1*	*24.0*
Vitamin A	RE	*1,324*			*375*	*282*	*6,006*
	IU	*4,409*			*1,250*	*939*	*19,999*
LIPIDS:							
Fatty acids:							
Saturated, total	g	1.19			0.34	0.25	5.40
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.02			0.01	0.00	0.09
16:0	g	1.05			0.30	0.22	4.76
18:0	g	0.09			0.03	0.02	0.41
Monounsaturated, total	g	2.27			0.64	0.48	10.30
16:1	g	0.02			0.01	0.00	0.09
18:1	g	2.25			0.64	0.48	10.21
20:1	g						
22:1	g						
Polyunsaturated, total	g	2.63			0.75	0.56	11.93
18:2	g	2.49			0.71	0.53	11.29
18:3	g	0.14			0.04	0.03	0.64
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.205			0.058	0.044	0.930
Threonine	g	0.525			0.149	0.112	2.381
Isoleucine	g	0.693			0.196	0.148	3.143
Leucine	g	1.155			0.327	0.246	5.239
Lysine	g	0.616			0.175	0.131	2.794
Methionine	g	0.251			0.071	0.053	1.139
Cystine	g	0.376			0.107	0.080	1.706
Phenylalanine	g	0.823			0.233	0.175	3.733
Tyrosine	g	0.538			0.153	0.115	2.440
Valine	g	0.886			0.251	0.189	4.019
Arginine	g	1.129			0.320	0.240	5.121
Histidine	g	0.342			0.097	0.073	1.551
Alanine	g	0.813			0.230	0.173	3.688
Aspartic acid	g	1.328			0.376	0.283	6.024
Glutamic acid	g	3.458			0.980	0.737	15.685
Glycine	g	0.818			0.232	0.174	3.710
Proline	g	0.849			0.241	0.181	3.851
Serine	g	0.710			0.201	0.151	3.221

[1] 1 oz = approx. 1-1/4 cups.
[2] Source added.

Cocoa Krispies®

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight 1 oz = 28.4 g[1]	1 c = 36 g	Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	2.5		3	0.7	0.9	11.3
Food energy	kcal	387			110	139	1,755
	kJ	1,619			459	583	7,342
Protein (N X 5.9)	g	5.3		3	1.5	1.9	24.1
Total lipid (fat)	g	1.4		3	0.4	0.5	6.4
Carbohydrate, total	g	88.8			25.2	32.0	402.8
Crude fiber	g	0.4		3	0.1	0.1	1.8
Dietary fiber, insoluble	g	0.5		6	0.1	0.2	2.3
Ash	g	2.0		3	0.6	0.7	9.1
MINERALS:							
Calcium	mg	18		3	5	6	82
Iron	mg	*6.3*			*1.8*	*2.3*	*28.6*
Magnesium	mg	33		3	9	12	149
Phosphorus	mg	130		3	37	47	590
Potassium	mg	148		8	42	53	671
Sodium[2]	mg	765		8	217	275	3,470
Zinc	mg	*5.3*			*1.5*	*1.9*	*24.0*
Copper	mg						
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg	*53*			*15*	*19*	*240*
Thiamin	mg	*1.3*			*0.4*	*0.5*	*5.9*
Riboflavin	mg	*1.5*			*0.4*	*0.5*	*6.8*
Niacin	mg	*17.6*			*5.0*	*6.3*	*79.8*
Pantothenic acid	mg						
Vitamin B_6	mg	*1.8*			*0.5*	*0.6*	*8.2*
Folacin	mcg	*353*			*100*	*127*	*1,601*
Vitamin B_{12}	mcg						
Vitamin A	RE	*1,324*			*375*	*477*	*6,006*
	IU	*4,409*			*1,250*	*1,587*	*19,999*
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

[1] 1 oz = approx. 3/4 cup.
[2] Source added.

CEREALS, READY–TO–EAT

Cocoa Pebbles®

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.4 g[1]	3/4 oz box = 21.3 g	Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	2.1	0.135	2	0.6	0.4	9.4
Food energy	kcal	408			116	87	1,852
	kJ	1,708			484	364	7,748
Protein (N X 5.9)	g	4.7	0.198	2	1.3	1.0	21.4
Total lipid (fat)	g	5.4	0.425	2	1.5	1.1	24.4
Carbohydrate, total	g	85.9			24.3	18.3	389.4
Crude fiber	g	0.4	0.110	2	0.1	0.1	1.9
Dietary fiber, insoluble	g	0.2	0.027	9	0.1	0.0	0.9
Ash	g	2.0	0.000	2	0.6	0.4	9.0
MINERALS:							
Calcium	mg	17	1.500	2	5	4	78
Iron	mg	*6.3*			*1.8*	*1.3*	*28.6*
Magnesium	mg	41	9.900	2	12	9	188
Phosphorus	mg	77	3.500	2	22	16	350
Potassium	mg	165	51.500	2	47	35	746
Sodium[2]	mg	478		1	136	102	2,168
Zinc	mg	*5.3*			*1.5*	*1.1*	*24.0*
Copper	mg	0.219	0.024	4	0.062	0.047	0.993
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg	*1.3*			*0.4*	*0.3*	*5.9*
Riboflavin	mg	*1.5*			*0.4*	*0.3*	*6.8*
Niacin	mg	*17.6*			*5.0*	*3.7*	*79.8*
Pantothenic acid	mg						
Vitamin B_6	mg	*1.8*			*0.5*	*0.4*	*8.2*
Folacin	mcg	*353*			*100*	*75*	*1,601*
Vitamin B_{12}	mcg	*5.3*			*1.5*	*1.1*	*24.0*
Vitamin A	RE	*1,324*			*375*	*282*	*6,006*
	IU	*4,409*			*1,250*	*939*	*19,999*
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.064			0.018	0.014	0.290
Threonine	g	0.231			0.065	0.049	1.048
Isoleucine	g	0.242			0.069	0.052	1.098
Leucine	g	0.381			0.108	0.081	1.728
Lysine	g	0.199			0.056	0.042	0.903
Methionine	g	0.133			0.038	0.028	0.603
Cystine	g	0.078			0.022	0.017	0.354
Phenylalanine	g	0.203			0.058	0.043	0.921
Tyrosine	g	0.257			0.073	0.055	1.166
Valine	g	0.302			0.086	0.064	1.370
Arginine	g	0.375			0.106	0.080	1.701
Histidine	g	0.137			0.039	0.029	0.621
Alanine	g	0.195			0.055	0.042	0.885
Aspartic acid	g	0.433			0.123	0.092	1.964
Glutamic acid	g	0.746			0.211	0.159	3.384
Glycine	g	0.266			0.075	0.057	1.207
Proline	g	0.196			0.056	0.042	0.889
Serine	g	0.209			0.059	0.045	0.948

[1] 1 oz = approx. 7/8 cup.
[2] Source added.

CEREALS, READY–TO–EAT

Cookie-Crisp®, chocolate chip and vanilla wafer products

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
					Approximate measure and weight		Refuse: 0
		Mean	Standard error	Number of samples	1 oz = 28.4 g[1]	1 c = 30 g	
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	1.9		1	0.5	0.6	8.6
Food energy	kcal	400			114	120	1,816
	kJ	1,675			475	503	7,598
Protein (N X 6.0)	g	5.1		65	1.4	1.5	23.0
Total lipid (fat)	g	3.6		63	1.0	1.1	16.5
Carbohydrate, total	g	87.5			24.8	26.2	396.9
Crude fiber	g	0.4		71	0.1	0.1	1.6
Dietary fiber, insoluble	g	0.9		11	0.2	0.3	3.9
Ash	g	1.9		1	0.5	0.6	8.6
MINERALS:							
Calcium	mg	19		13	5	6	85
Iron	mg	*15.9*			*4.5*	*4.8*	*72.1*
Magnesium	mg	28		5	8	8	128
Phosphorus	mg	80		15	23	24	363
Potassium	mg	98		14	28	29	442
Sodium[2]	mg	689		66	195	207	3,124
Zinc	mg	0.96		15	0.27	0.29	4.37
Copper	mg	0.300		10	0.085	0.090	1.361
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg	*53*			*15*	*16*	*240*
Thiamin	mg	*1.3*			*0.4*	*0.4*	*5.9*
Riboflavin	mg	*1.5*			*0.4*	*0.5*	*6.8*
Niacin	mg	*17.6*			*5.0*	*5.3*	*79.8*
Pantothenic acid	mg	0.212		15	0.060	0.064	0.962
Vitamin B_6	mg	*1.8*			*0.5*	*0.5*	*8.2*
Folacin	mcg	11		10	3	3	48
Vitamin B_{12}	mcg	*5.3*			*1.5*	*1.6*	*24.0*
Vitamin A	RE	*1,324*			*375*	*397*	*6,006*
	IU	*4,409*			*1,250*	*1,323*	*19,999*
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

[1] 1 oz = approx. 1 cup.
[2] Source added.

CEREALS, READY–TO–EAT

Corn Bran®

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion: Mean	Standard error	Number of samples	Amount in edible portion of common measures of food: Approximate measure and weight 1 oz = 28.4 g[1]	1 c = 36 g	Amount in edible portion of 1 pound of food as purchased: Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	2.5	0.473	5	0.7	0.9	11.4
Food energy	kcal	346			98	124	1,568
	kJ	1,446			410	521	6,559
Protein (N X 6.1)	g	6.8	0.236	5	1.9	2.5	30.9
Total lipid (fat)	g	3.5	0.307	5	1.0	1.3	16.0
Carbohydrate, total	g	84.3			23.9	30.4	382.5
Crude fiber	g	3.8	0.139	5	1.1	1.4	17.1
Dietary fiber, insoluble	g	19.0	0.360	9	5.4	6.8	86.0
Ash	g	2.8	0.038	5	0.8	1.0	12.8
MINERALS:							
Calcium[2]	mg	115	33.767	5	33	41	520
Iron[2]	mg	34.00	1.319	5	9.64	12.24	154.22
Magnesium	mg	51	3.612	5	14	18	231
Phosphorus	mg	144	4.781	5	41	52	651
Potassium	mg	195	4.591	4	55	70	886
Sodium[2]	mg	860	12.399	4	244	310	3,902
Zinc[2]	mg	11.12	0.153	5	3.15	4.00	50.44
Copper	mg						
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg	1.04	0.271	5	0.30	0.38	4.73
Thiamin[2]	mg	1.94	0.132	5	0.55	0.70	8.81
Riboflavin[2]	mg	30.16	2.062	5	8.55	10.86	136.81
Niacin[2]	mg	11.960	1.822	5	3.391	4.306	54.251
Pantothenic acid[2]	mg	2.382	0.081	5	0.675	0.858	10.805
Vitamin B_6[2]	mg	645	55.829	5	183	232	2,926
Folacin[2]	mcg	3.870	0.765	5	1.097	1.393	17.554
Vitamin B_{12}[2]	mcg						
Vitamin A	RE						
	IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

[1] 1 oz = approx. 2/3 cup.
[2] Source added.

CEREALS, READY-TO-EAT

Corn Chex®

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.4 g[1]	3/4 oz box = 21.3 g	Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	1.9	0.013	701	0.5	0.4	8.6
Food energy	kcal	392			111	84	1,779
	kJ	1,641			465	349	7,443
Protein (N X 6.25)	g	7.1		119	2.0	1.5	32.0
Total lipid (fat)	g	0.4		50	0.1	0.1	1.6
Carbohydrate, total	g	87.7			24.9	18.7	397.8
Crude fiber	g	0.4		81	0.1	0.1	1.6
Dietary fiber, insoluble	g	1.8		10	0.5	0.4	8.1
Ash	g	3.0		1	0.9	0.6	13.6
MINERALS:							
Calcium	mg	11		38	3	2	48
Iron	mg	*6.3*			*1.8*	*1.3*	*28.6*
Magnesium	mg	14		30	4	3	63
Phosphorus[2]	mg	39		60	11	8	176
Potassium	mg	81		35	23	17	368
Sodium[2]	mg	956		112	271	204	4,336
Zinc	mg	0.35		36	0.10	0.07	1.60
Copper	mg	0.083		35	0.024	0.018	0.376
Manganese	mg	0.086	0.008	4	0.024	0.018	0.390
VITAMINS:							
Ascorbic acid	mg	*53*			*15*	*11*	*240*
Thiamin	mg	*1.3*			*0.4*	*0.3*	*5.9*
Riboflavin	mg	0.24		8	0.07	0.05	1.07
Niacin	mg	*17.6*			*5.0*	*3.7*	*79.8*
Pantothenic acid	mg	0.163		4	0.046	0.035	0.739
Vitamin B_6	mg	*1.8*			*0.5*	*0.4*	*8.2*
Folacin	mcg	*353*			*100*	*75*	*1,601*
Vitamin B_{12}	mcg	*5.3*			*1.5*	*1.1*	*24.0*
Vitamin A	RE	50			14	11	229
	IU	504		8	143	107	2,288
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

[1] 1 oz = approx. 1 cup.
[2] Source added.

CEREALS, READY—TO—EAT

Corn Flakes, Kellogg's®

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.4 g[1]	3/4 oz box = 21.3 g	Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	2.6		4	0.7	0.5	11.7
Food energy	kcal	389			110	83	1,764
	kJ	1,627			461	346	7,379
Protein (N X 6.25)	g	8.1		3	2.3	1.7	36.9
Total lipid (fat)	g	0.3		3	0.1	0.1	1.4
Carbohydrate, total	g	86.1			24.4	18.3	390.5
Crude fiber	g	0.4		3	0.1	0.1	1.8
Dietary fiber, insoluble	g	1.1		18	0.3	0.2	4.8
Ash	g	2.9		3	0.8	0.6	13.2
MINERALS:							
Calcium	mg	3		3	1	1	14
Iron	mg	*6.3*			*1.8*	*1.3*	*28.6*
Magnesium	mg	12		3	3	2	53
Phosphorus	mg	63		3	18	13	286
Potassium	mg	92		10	26	20	417
Sodium[2]	mg	1,238		10	351	264	5,616
Zinc	mg	0.28		13	0.08	0.06	1.25
Copper	mg	0.068		13	0.019	0.014	0.308
Manganese	mg	0.082	0.008	7	0.023	0.017	0.372
VITAMINS:							
Ascorbic acid	mg	*53*			*15*	*11*	*240*
Thiamin	mg	*1.3*			*0.4*	*0.3*	*5.9*
Riboflavin	mg	*1.5*			*0.4*	*0.3*	*6.8*
Niacin	mg	*17.6*			*5.0*	*3.7*	*79.8*
Pantothenic acid	mg	0.176		1	0.050	0.037	0.798
Vitamin B_6	mg	*1.8*			*0.5*	*0.4*	*8.2*
Folacin	mcg	*353*			*100*	*75*	*1,601*
Vitamin B_{12}	mcg						
Vitamin A	RE	*1,324*			*375*	*282*	*6,006*
	IU	*4,409*			*1,250*	*939*	*19,999*
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

[1] 1 oz = approx. 1-1/4 cups.
[2] Source added.

CEREALS, READY–TO–EAT

Corn Flakes, Ralston Purina®

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
					Approximate measure and weight		Refuse:0
		Mean	Standard error	Number of samples	1 oz = 28.4 g[1]	1 c = 25 g	
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	2.7	0.014	784	0.8	0.7	12.0
Food energy	kcal	390			111	98	1,770
	kJ	1,633			463	408	7,406
Protein (N X 6.25)	g	7.8		131	2.2	1.9	35.2
Total lipid (fat)	g	0.4		105	0.1	0.1	1.6
Carbohydrate, total	g	86.6			24.6	21.7	393.0
Crude fiber	g	0.4		98	0.1	0.1	1.6
Dietary fiber, insoluble	g	2.1		10	0.6	0.5	9.6
Ash	g	2.6		1	0.7	0.7	11.8
MINERALS:							
Calcium	mg	7		34	2	2	32
Iron	mg	*2.5*			*0.7*	*0.6*	*11.3*
Magnesium	mg	11		60	3	3	48
Phosphorus[2]	mg	39		40	11	10	176
Potassium	mg	88		46	25	22	400
Sodium[2]	mg	956		123	271	239	4,336
Zinc	mg	0.25		27	0.07	0.06	1.12
Copper	mg	0.088		28	0.025	0.022	0.399
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg	*0.5*			*0.1*	*0.1*	*2.3*
Riboflavin	mg	*0.1*			*0.0*	*0.0*	*0.5*
Niacin	mg	*4.2*			*1.2*	*1.1*	*19.1*
Pantothenic acid	mg	0.070		27	0.020	0.018	0.318
Vitamin B_6	mg	0.063		25	0.018	0.016	0.286
Folacin	mcg	7		28	2	2	32
Vitamin B_{12}	mcg						
Vitamin A	RE	38			11	10	173
	IU	381		46	108	95	1,728
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

[1] 1 oz = approx. 1 cup.
[2] Source added.

CEREALS, READY—TO—EAT

Corn Flakes, low sodium

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.4 g[1]	1 c = 25 g	Refuse:0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	3.0		1	0.9	0.8	13.6
Food energy	kcal	399			113	100	1,808
	kJ	1,668			473	417	7,564
Protein (N X 6.25)	g	7.7		1	2.2	1.9	35.0
Total lipid (fat)	g	0.3		1	0.1	0.1	1.4
Carbohydrate, total	g	88.8			25.2	22.2	402.7
Crude fiber	g	0.6		1	0.2	0.2	2.7
Dietary fiber, insoluble	g						
Ash	g	0.2		1	0.1	0.1	0.9
MINERALS:							
Calcium	mg	43	12.792	2	12	11	194
Iron	mg	2.22	0.177	2	0.63	0.56	10.07
Magnesium	mg	13			4	3	59
Phosphorus	mg	49			14	12	222
Potassium	mg	73		1	21	18	332
Sodium	mg	10		1	3	3	45
Zinc	mg	0.27			0.08	0.07	1.22
Copper	mg	0.088			0.025	0.022	0.399
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg	0.01	0.000	2	0.00	0.00	0.05
Riboflavin	mg	0.18	0.064	2	0.05	0.05	0.83
Niacin	mg	0.42	0.090	2	0.12	0.11	1.91
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

[1] 1 oz = approx. 1 cup.

CEREALS, READY–TO–EAT

Cracklin' Bran®

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight 1 oz = 28.4 g[1]	1 c = 60 g	Refuse: 0
		B	C	D	E	F	G
PROXIMATE:							
Water	g	3.7		3	1.0	2.2	16.8
Food energy	kcal	382			108	229	1,733
	kJ	1,598			453	959	7,251
Protein (N X 6.1)	g	9.2		3	2.6	5.5	41.5
Total lipid (fat)	g	14.6		3	4.1	8.8	66.2
Carbohydrate, total	g	68.6			19.4	41.1	310.9
Crude fiber	g	3.5		3	1.0	2.1	15.9
Dietary fiber, insoluble	g	15.1		25	4.3	9.1	68.6
Ash	g	4.0		3	1.1	2.4	18.1
MINERALS:							
Calcium	mg	66		3	19	40	299
Iron	mg	*6.3*			*1.8*	*3.8*	*28.6*
Magnesium	mg	194		3	55	116	880
Phosphorus	mg	402		3	114	241	1,823
Potassium	mg	591		3	168	355	2,681
Sodium[2]	mg	811		3	230	487	3,679
Zinc	mg	*5.3*			*1.5*	*3.2*	*24.0*
Copper	mg	0.560		3	0.159	0.336	2.540
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg	*53*			*15*	*32*	*240*
Thiamin	mg	*1.3*			*0.4*	*0.8*	*5.9*
Riboflavin	mg	*1.5*			*0.4*	*0.9*	*6.8*
Niacin	mg	*17.6*			*5.0*	*10.6*	*79.8*
Pantothenic acid	mg	1.110	0.060	4	0.315	0.666	5.035
Vitamin B_6	mg	*1.8*			*0.5*	*1.1*	*8.2*
Folacin	mcg	*353*			*100*	*212*	*1,601*
Vitamin B_{12}	mcg						
Vitamin A	RE	*1,324*			*375*	*794*	*6,006*
	IU	*4,409*			*1,250*	*2,645*	*19,999*
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

[1] 1 oz = approx. 1/3 cup.
[2] Source added.

Crisp Rice, low sodium

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.4 g[1]	1 c = 26 g	Refuse:0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	3.0		1	0.9	0.8	13.6
Food energy	kcal	402			114	105	1,824
	kJ	1,682			477	437	7,631
Protein (N X 5.95)	g	5.5		1	1.6	1.4	25.0
Total lipid (fat)	g	0.3		1	0.1	0.1	1.4
Carbohydrate, total	g	91.0			25.8	23.7	412.7
Crude fiber	g	0.5		1	0.1	0.1	2.3
Dietary fiber, insoluble	g						
Ash	g	0.2		1	0.1	0.1	0.9
MINERALS:							
Calcium	mg	67	7.637	2	19	17	302
Iron	mg	3.07	0.460	2	0.87	0.80	13.93
Magnesium	mg	39			11	10	177
Phosphorus	mg	104			29	27	472
Potassium	mg	78		1	22	20	355
Sodium	mg	10		1	3	3	45
Zinc	mg	1.50			0.43	0.39	6.80
Copper	mg	0.242			0.069	0.063	1.098
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg	0.01	0.000	2	0.00	0.00	0.05
Riboflavin	mg	0.19	0.042	2	0.05	0.05	0.88
Niacin	mg	1.37	0.028	2	0.39	0.36	6.21
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

[1] 1 oz = approx. 1 cup.

CEREALS, READY—TO—EAT

Crispy Rice

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
					Approximate measure and weight		Refuse: 0
		Mean	Standard error	Number of samples	1 oz = 28.4 g[1]	1 c = 28 g	
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	2.5	0.067	20	0.7	0.7	11.3
Food energy	kcal	396			112	111	1,795
	kJ	1,656			469	464	7,511
Protein (N X 5.95)	g	6.4		76	1.8	1.8	28.9
Total lipid (fat)	g	0.4		95	0.1	0.1	1.6
Carbohydrate, total	g	88.6			25.1	24.8	401.8
Crude fiber	g	2.8		79	0.8	0.8	12.8
Dietary fiber, insoluble	g	1.4		8	0.4	0.4	6.4
Ash	g	2.2		1	0.6	0.6	10.0
MINERALS:							
Calcium	mg	18		29	5	5	80
Iron	mg	*2.5*			*0.7*	*0.7*	*11.3*
Magnesium	mg	42		5	12	12	192
Phosphorus[2]	mg	109		79	31	31	496
Potassium	mg	95		26	27	27	432
Sodium[2]	mg	734		104	208	205	3,328
Zinc	mg	1.66		60	0.47	0.46	7.52
Copper	mg	0.219		56	0.062	0.061	0.993
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg	4		21	1	1	16
Thiamin	mg	*0.4*			*0.1*	*0.1*	*1.8*
Riboflavin	mg	*0.1*			*0.0*	*0.0*	*0.5*
Niacin	mg	*7.1*			*2.0*	*2.0*	*32.2*
Pantothenic acid	mg	0.387		25	0.110	0.108	1.755
Vitamin B_6	mg	0.158		23	0.045	0.044	0.717
Folacin	mcg	11		25	3	3	48
Vitamin B_{12}	mcg	0.293		26	0.083	0.082	1.329
Vitamin A	RE						
	IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

[1] 1 oz = approx. 1 cup.
[2] Source added.

CEREALS, READY–TO–EAT

Crispy Wheats 'n Raisins®

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight 1 oz = 28.4 g[1]	1 c = 43 g	Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	7.1	0.249	6	2.0	3.0	32.1
Food energy	kcal	349			99	150	1,582
	kJ	1,459			414	627	6,619
Protein (N X 5.83)	g	6.9	0.111	6	2.0	3.0	31.4
Total lipid (fat)	g	1.6	0.062	6	0.5	0.7	7.4
Carbohydrate, total	g	81.6			23.1	35.1	370.3
Crude fiber	g	1.4	0.036	6	0.4	0.6	6.4
Dietary fiber, insoluble	g	4.6	0.089	6	1.3	2.0	21.1
Ash	g	2.7	0.063	6	0.8	1.2	12.4
MINERALS:							
Calcium[2]	mg	165		1	47	71	748
Iron	mg	*15.9*			*4.5*	*6.8*	*72.1*
Magnesium	mg	80	1.979	6	23	35	365
Phosphorus[2]	mg	273	7.555	6	77	117	1,238
Potassium	mg	404	13.592	6	115	174	1,833
Sodium[2]	mg	475	32.991	6	135	204	2,156
Zinc	mg	1.19	0.044	6	0.34	0.51	5.39
Copper	mg	0.300	0.011	6	0.085	0.129	1.361
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg	*1.3*			*0.4*	*0.6*	*5.9*
Riboflavin	mg	*1.5*			*0.4*	*0.6*	*6.8*
Niacin	mg	*17.6*			*5.0*	*7.6*	*79.8*
Pantothenic acid	mg						
Vitamin B_6	mg	*1.8*			*0.5*	*0.8*	*8.2*
Folacin	mcg						
Vitamin B_{12}	mcg	*5.3*			*1.5*	*2.3*	*24.0*
Vitamin A	RE	*1,324*			*375*	*569*	*6,006*
	IU	*4,409*			*1,250*	*1,896*	*19,999*
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.115			0.033	0.049	0.522
Threonine	g	0.204			0.058	0.088	0.925
Isoleucine	g	0.263			0.075	0.113	1.193
Leucine	g	0.455			0.129	0.196	2.064
Lysine	g	0.187			0.053	0.080	0.848
Methionine	g	0.109			0.031	0.047	0.494
Cystine	g	0.133			0.038	0.057	0.603
Phenylalanine	g	0.324			0.092	0.139	1.470
Tyrosine	g	0.193			0.055	0.083	0.875
Valine	g	0.318			0.090	0.137	1.442
Arginine	g	0.316			0.090	0.136	1.433
Histidine	g	0.152			0.043	0.065	0.689
Alanine	g	0.243			0.069	0.104	1.102
Aspartic acid	g	0.347			0.098	0.149	1.574
Glutamic acid	g	2.092			0.593	0.900	9.489
Glycine	g	0.280			0.079	0.120	1.270
Proline	g	0.681			0.193	0.293	3.089
Serine	g	0.352			0.100	0.151	1.597

[1] 1 oz = approx. 3/4 cup.
[2] Source added.

CEREALS, READY–TO–EAT

Fortified Oat Flakes

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
					Approximate measure and weight		Refuse: 0
		Mean	Standard error	Number of samples	1 oz = 28.4 g[1]	1 c = 48 g	
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	3.1	0.043	4	0.9	1.5	14.0
Food energy	kcal	369			105	177	1,675
	kJ	1,545			438	741	7,007
Protein (N X 5.8)	g	18.7	0.163	4	5.3	9.0	84.9
Total lipid (fat)	g	1.5	0.071	4	0.4	0.7	6.7
Carbohydrate, total	g	72.4			20.5	34.7	328.2
Crude fiber	g	1.5	0.376	4	0.4	0.7	6.7
Dietary fiber, insoluble	g	2.6	0.030	9	0.7	1.2	11.8
Ash	g	4.4	0.116	4	1.2	2.1	19.8
MINERALS:							
Calcium[2]	mg	142	10.083	4	40	68	643
Iron	mg	*28.6*			*8.1*	*13.7*	*129.7*
Magnesium	mg	120		1	34	58	546
Phosphorus	mg	367	22.468	4	104	176	1,665
Potassium	mg	715	290.230	4	203	343	3,242
Sodium[2]	mg	894		1	253	429	4,055
Zinc	mg	3.13	0.087	4	0.89	1.50	14.19
Copper	mg	0.532	0.028	6	0.151	0.255	2.413
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg	*1.3*			*0.4*	*0.6*	*5.9*
Riboflavin	mg	*1.5*			*0.4*	*0.7*	*6.8*
Niacin	mg	*17.6*			*5.0*	*8.4*	*79.8*
Pantothenic acid	mg						
Vitamin B_6	mg	*1.8*			*0.5*	*0.9*	*8.2*
Folacin	mcg	*353*			*100*	*169*	*1,601*
Vitamin B_{12}	mcg	*5.3*			*1.5*	*2.5*	*24.0*
Vitamin A	RE	*1,324*			*375*	*636*	*6,006*
	IU	*4,409*			*1,250*	*2,116*	*19,999*
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.326			0.092	0.156	1.479
Threonine	g	0.889			0.252	0.427	4.033
Isoleucine	g	1.041			0.295	0.500	4.722
Leucine	g	1.730			0.490	0.830	7.847
Lysine	g	1.215			0.344	0.583	5.511
Methionine	g	0.349			0.099	0.168	1.583
Cystine	g	0.461			0.131	0.221	2.091
Phenylalanine	g	0.979			0.278	0.470	4.441
Tyrosine	g	0.705			0.200	0.338	3.198
Valine	g	1.120			0.318	0.538	5.080
Arginine	g	1.206			0.342	0.579	5.470
Histidine	g	0.457			0.130	0.219	2.073
Alanine	g	0.982			0.278	0.471	4.454
Aspartic acid	g	2.005			0.568	0.962	9.095
Glutamic acid	g	4.090			1.160	1.963	18.552
Glycine	g	0.829			0.235	0.398	3.760
Proline	g	1.155			0.327	0.554	5.239
Serine	g	0.994			0.282	0.477	4.509

[1] 1 oz = approx. 2/3 cup.
[2] Source added.

CEREALS, READY—TO—EAT

40% Bran Flakes, Kellogg's®

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.4 g[1]	1 c = 39 g	Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	3.2		3	0.9	1.2	14.5
Food energy	kcal	326			93	127	1,481
	kJ	1,366			387	533	6,196
Protein (N X 6.0)	g	12.6		3	3.6	4.9	57.2
Total lipid (fat)	g	1.9		3	0.5	0.7	8.6
Carbohydrate, total	g	78.3			22.2	30.5	355.2
Crude fiber	g	3.6		3	1.0	1.4	16.3
Dietary fiber, insoluble	g	14.1		101	4.0	5.5	64.0
Ash	g	4.0		3	1.1	1.6	18.1
MINERALS:							
Calcium	mg	49		3	14	19	221
Iron	mg	*28.6*			*8.1*	*11.2*	*129.7*
Magnesium	mg	182		3	52	71	826
Phosphorus	mg	492		3	139	192	2,232
Potassium	mg	635		15	180	248	2,880
Sodium[2]	mg	931		15	264	363	4,223
Zinc	mg	*13.2*			*3.7*	*5.1*	*59.9*
Copper	mg	0.740		3	0.210	0.289	3.357
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg	*1.3*			*0.4*	*0.5*	*5.9*
Riboflavin	mg	*1.5*			*0.4*	*0.6*	*6.8*
Niacin	mg	*17.6*			*5.0*	*6.9*	*79.8*
Pantothenic acid	mg						
Vitamin B_6	mg	*1.8*			*0.5*	*0.7*	*8.2*
Folacin	mcg	*353*			*100*	*138*	*1,601*
Vitamin B_{12}	mcg	*5.3*			*1.5*	*2.1*	*24.0*
Vitamin A	RE	*1,324*			*375*	*516*	*6,006*
	IU	*4,409*			*1,250*	*1,720*	*19,999*
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18.4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

[1] 1 oz = approx. 3/4 cup.
[2] Source added.

CEREALS, READY—TO—EAT

40% Bran Flakes, Post®

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units	Amount in 100 grams, edible portion: Mean	Standard error	Number of samples	Amount in edible portion of common measures of food: Approximate measure and weight 1 oz = 28.4 g[1]	1 c = 47 g	Amount in edible portion of 1 pound of food as purchased: Refuse: 0
A	B	C	D	E	F	G
PROXIMATE:						
Water . . . g	3.0	0.033	4	0.9	1.4	13.7
Food energy . . . kcal	324			92	152	1,468
Food energy . . . kJ	1,354			384	637	6,143
Protein (N X 6.0) . . . g	11.3	0.403	4	3.2	5.3	51.3
Total lipid (fat) . . . g	1.6	0.127	4	0.5	0.8	7.3
Carbohydrate, total . . . g	79.3			22.5	37.3	359.6
Crude fiber . . . g	3.8	0.158	4	1.1	1.8	17.4
Dietary fiber, insoluble . . . g	13.8	0.163	9	3.9	6.5	62.6
Ash . . . g	4.8	0.123	4	1.4	2.3	21.8
MINERALS:						
Calcium . . . mg	44	5.913	4	12	21	198
Iron . . . mg	*15.9*			*4.5*	*7.5*	*72.1*
Magnesium . . . mg	216		1	61	102	980
Phosphorus . . . mg	630	61.770	4	178	296	2,855
Potassium . . . mg	533	112.941	4	151	251	2,418
Sodium[2] . . . mg	917		1	260	431	4,159
Zinc . . . mg	*5.3*			*1.5*	*2.5*	*24.0*
Copper . . . mg	0.684	0.077	6	0.194	0.321	3.103
Manganese . . . mg						
VITAMINS:						
Ascorbic acid . . . mg						
Thiamin . . . mg	*1.3*			*0.4*	*0.6*	*5.9*
Riboflavin . . . mg	*1.5*			*0.4*	*0.7*	*6.8*
Niacin . . . mg	*17.6*			*5.0*	*8.3*	*79.8*
Pantothenic acid . . . mg						
Vitamin B_6 . . . mg	*1.8*			*0.5*	*0.8*	*8.2*
Folacin . . . mcg	*353*			*100*	*166*	*1,601*
Vitamin B_{12} . . . mcg	*5.3*			*1.5*	*2.5*	*24.0*
Vitamin A . . . RE	*1,324*			*375*	*622*	*6,006*
Vitamin A . . . IU	*4,409*			*1,250*	*2,072*	*19,999*
LIPIDS:						
Fatty acids:						
Saturated, total . . . g						
4:0 . . . g						
6:0 . . . g						
8:0 . . . g						
10:0 . . . g						
12:0 . . . g						
14:0 . . . g						
16:0 . . . g						
18:0 . . . g						
Monounsaturated, total . . . g						
16:1 . . . g						
18:1 . . . g						
20:1 . . . g						
22:1 . . . g						
Polyunsaturated, total . . . g						
18:2 . . . g						
18:3 . . . g						
18:4 . . . g						
20:4 . . . g						
20:5 . . . g						
22:5 . . . g						
22:6 . . . g						
Cholesterol . . . mg						
Phytosterols . . . mg						
AMINO ACIDS:						
Tryptophan . . . g	0.197			0.056	0.093	0.894
Threonine . . . g	0.363			0.103	0.171	1.647
Isoleucine . . . g	0.424			0.120	0.199	1.923
Leucine . . . g	0.754			0.214	0.354	3.420
Lysine . . . g	0.376			0.107	0.177	1.706
Methionine . . . g	0.177			0.050	0.083	0.803
Cystine . . . g	0.229			0.065	0.108	1.039
Phenylalanine . . . g	0.520			0.147	0.244	2.359
Tyrosine . . . g	0.338			0.096	0.159	1.533
Valine . . . g	0.551			0.156	0.259	2.499
Arginine . . . g	0.669			0.190	0.314	3.035
Histidine . . . g	0.289			0.082	0.136	1.311
Alanine . . . g	0.480			0.136	0.226	2.177
Aspartic acid . . . g	0.699			0.198	0.329	3.171
Glutamic acid . . . g	3.106			0.881	1.460	14.089
Glycine . . . g	0.562			0.159	0.264	2.549
Proline . . . g	1.007			0.285	0.473	4.568
Serine . . . g	0.580			0.164	0.273	2.631

[1] 1 oz = approx. 2/3 cup.
[2] Source added.

CEREALS, READY—TO—EAT

40% Bran Flakes, Ralston Purina®

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.4 g[1]	1 c = 49 g	Refuse:0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	2.5		1	0.7	1.2	11.3
Food energy	kcal	324			92	159	1,470
	kJ	1,357			385	665	6,155
Protein (N X 6.0)	g	11.5		14	3.3	5.6	52.2
Total lipid (fat)	g	1.4		13	0.4	0.7	6.4
Carbohydrate, total	g	79.8			22.6	39.1	362.0
Crude fiber	g	4.2		13	1.2	2.1	19.1
Dietary fiber, insoluble	g	12.3		8	3.5	6.0	55.8
Ash	g	4.8		1	1.4	2.4	21.8
MINERALS:							
Calcium	mg						
Iron	mg	*15.9*			*4.5*	*7.8*	*72.1*
Magnesium	mg	240		2	68	118	1,089
Phosphorus	mg	557		5	158	273	2,527
Potassium	mg						
Sodium[2]	mg	931		6	264	456	4,223
Zinc	mg	4.16		2	1.18	2.04	18.87
Copper	mg	0.730		3	0.207	0.358	3.311
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg	*53*			*15*	*26*	*240*
Thiamin	mg	*1.3*			*0.4*	*0.6*	*5.9*
Riboflavin	mg	*1.5*			*0.4*	*0.7*	*6.8*
Niacin	mg	*17.6*			*5.0*	*8.6*	*79.8*
Pantothenic acid	mg						
Vitamin B_6	mg	*1.8*			*0.5*	*0.9*	*8.2*
Folacin	mcg	*353*			*100*	*173*	*1,601*
Vitamin B_{12}	mcg	*5.3*			*1.5*	*2.6*	*24.0*
Vitamin A	RE	*1,324*			*375*	*649*	*6,006*
	IU	*4,409*			*1,250*	*2,160*	*19,999*
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

[1] 1 oz = approx. 3/4 cup.
[2] Source added.

CEREALS, READY–TO–EAT

Froot Loops®

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion: Mean	Standard error	Number of samples	Amount in edible portion of common measures of food: Approximate measure and weight: 1 oz = 28.4 g[1]	3/4 oz box = 21.3 g	Amount in edible portion of 1 pound of food as purchased: Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	2.5		3	0.7	0.5	11.3
Food energy	kcal	392			111	83	1,776
	kJ	1,638			464	349	7,431
Protein (N X 5.9)	g	5.9		3	1.7	1.3	26.8
Total lipid (fat)	g	1.9		3	0.5	0.4	8.6
Carbohydrate, total	g	88.3			25.0	18.8	400.5
Crude fiber	g	1.0		3	0.3	0.2	4.5
Dietary fiber, insoluble	g	0.8		6	0.2	0.2	3.6
Ash	g	1.4		3	0.4	0.3	6.4
MINERALS:							
Calcium	mg	10		3	3	2	45
Iron	mg	*15.9*			*4.5*	*3.4*	*72.1*
Magnesium	mg	25		4	7	5	115
Phosphorus	mg	85		3	24	18	386
Potassium	mg	92		4	26	20	417
Sodium[2]	mg	510		4	145	109	2,313
Zinc	mg	*13.2*			*3.7*	*2.8*	*59.9*
Copper	mg	0.210		3	0.060	0.045	0.953
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg	*53*			*15*	*11*	*240*
Thiamin	mg	*1.3*			*0.4*	*0.3*	*5.9*
Riboflavin	mg	*1.5*			*0.4*	*0.3*	*6.8*
Niacin	mg	*17.6*			*5.0*	*3.7*	*79.8*
Pantothenic acid	mg	0.365		5	0.103	0.078	1.656
Vitamin B_6	mg	*1.8*			*0.5*	*0.4*	*8.2*
Folacin	mcg	*353*			*100*	*75*	*1,601*
Vitamin B_{12}	mcg						
Vitamin A	RE	*1,324*			*375*	*282*	*6,006*
	IU	*4,409*			*1,250*	*939*	*19,999*
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

[1] 1 oz = approx. 1 cup.
[2] Source added.

Frosted Mini-Wheats®, sugar frosted and brown sugar-cinnamon products

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.4 g[1]	4 biscuits = 31.0 g	Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	5.1		6	1.4	1.6	23.0
Food energy	kcal	359			102	111	1,627
	kJ	1,501			425	465	6,808
Protein (N X 5.83)	g	10.3		6	2.9	3.2	46.5
Total lipid (fat)	g	1.0		6	0.3	0.3	4.5
Carbohydrate, total	g	82.5			23.4	25.6	374.2
Crude fiber	g	1.7		6	0.5	0.5	7.7
Dietary fiber, insoluble	g	7.6		18	2.1	2.3	34.3
Ash	g	1.2		6	0.3	0.4	5.4
MINERALS:							
Calcium	mg	33		6	9	10	152
Iron	mg	*6.3*			*1.8*	*2.0*	*28.6*
Magnesium	mg	82		6	23	26	373
Phosphorus	mg	261		6	74	81	1,182
Potassium	mg	341		8	97	106	1,549
Sodium[2]	mg	29		8	8	9	130
Zinc	mg	*5.3*			*1.5*	*1.6*	*24.0*
Copper	mg	0.460		6	0.130	0.143	2.087
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg	*53*			*15*	*16*	*240*
Thiamin	mg	*1.3*			*0.4*	*0.4*	*5.9*
Riboflavin	mg	*1.5*			*0.4*	*0.5*	*6.8*
Niacin	mg	*17.6*			*5.0*	*5.5*	*79.8*
Pantothenic acid	mg						
Vitamin B_6	mg	*1.8*			*0.5*	*0.6*	*8.2*
Folacin	mcg	*353*			*100*	*109*	*1,601*
Vitamin B_{12}	mcg						
Vitamin A	RE	*1,324*			*375*	*410*	*6,006*
	IU	*4,409*			*1,250*	*1,367*	*19,999*
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

[1] 1 oz = approx. 4 biscuits.
[2] Source added.

CEREALS, READY–TO–EAT

Frosted Rice Krinkles®

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
					Approximate measure and weight		Refuse: 0
		Mean	Standard error	Number of samples	1 oz = 28.4 g[1]	3/4 oz box = 21.3 g	
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	1.9		1	0.5	0.4	8.8
Food energy	kcal	385			109	82	1,745
	kJ	1,609			456	343	7,300
Protein (N X 5.95)	g	4.8		1	1.4	1.0	22.0
Total lipid (fat)	g	0.2		1	0.1	0.0	0.9
Carbohydrate, total	g	91.1			25.8	19.4	413.4
Crude fiber	g	0.2		1	0.0	0.0	0.7
Dietary fiber, insoluble	g	0.1	0.027	9	0.0	0.0	0.5
Ash	g	1.9		1	0.5	0.4	8.6
MINERALS:							
Calcium	mg	14		1	4	3	64
Iron	mg	*6.3*			*1.8*	*1.3*	*28.6*
Magnesium	mg	27		1	8	6	124
Phosphorus	mg	70		1	20	15	315
Potassium	mg	51		1	14	11	230
Sodium[2]	mg	630		1	179	134	2,858
Zinc	mg	*5.3*			*1.5*	*1.1*	*24.0*
Copper	mg	0.167	0.019	4	0.047	0.036	0.758
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg	*1.3*			*0.4*	*0.3*	*5.9*
Riboflavin	mg	*1.5*			*0.4*	*0.3*	*6.8*
Niacin	mg	*17.6*			*5.0*	*3.7*	*79.8*
Pantothenic acid	mg						
Vitamin B_6	mg	*1.8*			*0.5*	*0.4*	*8.2*
Folacin	mcg	*353*			*100*	*75*	*1,601*
Vitamin B_{12}	mcg	*5.3*			*1.5*	*1.1*	*24.0*
Vitamin A	RE	*1,324*			*375*	*282*	*6,006*
	IU	*4,409*			*1,250*	*939*	*19,999*
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.072			0.020	0.015	0.327
Threonine	g	0.243			0.069	0.052	1.102
Isoleucine	g	0.257			0.073	0.055	1.166
Leucine	g	0.403			0.114	0.086	1.828
Lysine	g	0.205			0.058	0.044	0.930
Methionine	g	0.145			0.041	0.031	0.658
Cystine	g	0.083			0.024	0.018	0.376
Phenylalanine	g	0.207			0.059	0.044	0.939
Tyrosine	g	0.272			0.077	0.058	1.234
Valine	g	0.315			0.089	0.067	1.429
Arginine	g	0.397			0.113	0.085	1.801
Histidine	g	0.146			0.041	0.031	0.662
Alanine	g	0.200			0.057	0.043	0.907
Aspartic acid	g	0.446			0.126	0.095	2.023
Glutamic acid	g	0.777			0.220	0.166	3.524
Glycine	g	0.280			0.079	0.060	1.270
Proline	g	0.204			0.058	0.043	0.925
Serine	g	0.220			0.062	0.047	0.998

[1] 1 oz = approx. 7/8 cup.
[2] Source added.

CEREALS, READY—TO—EAT

Frosted Rice Krispies®

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.4 g[1]	7/8 oz box = 24.8 g	Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	2.6		3	0.7	0.6	11.8
Food energy	kcal	383			109	95	1,737
	kj	1,602			454	397	7,266
Protein (N X 5.95)	g	4.8		3	1.3	1.2	21.6
Total lipid (fat)	g	0.3		3	0.1	0.1	1.4
Carbohydrate, total	g	90.5			25.7	22.5	410.7
Crude fiber	g	0.2		3	0.1	0.0	0.9
Dietary fiber, insoluble	g	0.2		6	0.1	0.0	0.9
Ash	g	1.8		3	0.5	0.4	8.2
MINERALS:							
Calcium	mg	4		3	1	1	16
Iron	mg	*6.3*			*1.8*	*1.6*	*28.6*
Magnesium	mg	18		3	5	5	83
Phosphorus	mg	95		3	27	24	431
Potassium	mg	74		9	21	18	336
Sodium[2]	mg	845		9	240	210	3,833
Zinc	mg	1.10		3	0.31	0.27	4.99
Copper	mg	0.250		3	0.071	0.062	1.134
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg	*53*			*15*	*13*	*240*
Thiamin	mg	*1.3*			*0.4*	*0.3*	*5.9*
Riboflavin	mg	*1.5*			*0.4*	*0.4*	*6.8*
Niacin	mg	*17.6*			*5.0*	*4.4*	*79.8*
Pantothenic acid	mg	0.452	0.026	4	0.128	0.112	2.050
Vitamin B_6	mg	*1.8*			*0.5*	*0.4*	*8.2*
Folacin	mcg	*353*			*100*	*88*	*1,601*
Vitamin B_{12}	mcg						
Vitamin A	RE	*1,324*			*375*	*328*	*6,006*
	IU	*4,409*			*1,250*	*1,093*	*19,999*
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

[1] 1 oz = approx. 1 cup.
[2] Source added.

CEREALS, READY–TO–EAT

Fruity Pebbles®

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.4 g[1]	3/4 oz box = 21.3 g	Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	2.9	0.080	2	0.8	0.6	13.2
Food energy	kcal	405			115	86	1,838
	kJ	1,696			481	361	7,691
Protein (N X 5.95)	g	4.0	0.321	2	1.1	0.9	18.2
Total lipid (fat)	g	5.2	0.290	2	1.5	1.1	23.4
Carbohydrate, total	g	86.1			24.4	18.3	390.7
Crude fiber	g	0.2	0.025	2	0.0	0.0	0.7
Dietary fiber, insoluble	g	0.0	0.020	9	0.0	0.0	0.0
Ash	g	1.8	0.035	2	0.5	0.4	8.1
MINERALS:							
Calcium	mg	12	0.250	2	3	3	56
Iron	mg	*6.3*			*1.8*	*1.3*	*28.6*
Magnesium	mg	29		1	8	6	130
Phosphorus	mg	59	2.900	2	17	13	268
Potassium	mg	76	31.050	2	21	16	343
Sodium[2]	mg	555		1	157	118	2,518
Zinc	mg	*5.3*			*1.5*	*1.1*	*24.0*
Copper	mg	0.127	0.009	4	0.036	0.027	0.576
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg	*1.3*			*0.4*	*0.3*	*5.9*
Riboflavin	mg	*1.5*			*0.4*	*0.3*	*6.8*
Niacin	mg	*17.6*			*5.0*	*3.7*	*79.8*
Pantothenic acid	mg						
Vitamin B_6	mg	*1.8*			*0.5*	*0.4*	*8.2*
Folacin	mcg	*353*			*100*	*75*	*1,601*
Vitamin B_{12}	mcg	*5.3*			*1.5*	*1.1*	*24.0*
Vitamin A	RE	*1,324*			*375*	*282*	*6,006*
	IU	*4,409*			*1,250*	*939*	*19,999*
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.059			0.017	0.013	0.268
Threonine	g	0.202			0.057	0.043	0.916
Isoleucine	g	0.213			0.060	0.045	0.966
Leucine	g	0.334			0.095	0.071	1.515
Lysine	g	0.170			0.048	0.036	0.771
Methionine	g	0.120			0.034	0.026	0.544
Cystine	g	0.069			0.020	0.015	0.313
Phenylalanine	g	0.171			0.048	0.036	0.776
Tyrosine	g	0.225			0.064	0.048	1.021
Valine	g	0.261			0.074	0.056	1.184
Arginine	g	0.329			0.093	0.070	1.492
Histidine	g	0.121			0.034	0.026	0.549
Alanine	g	0.166			0.047	0.035	0.753
Aspartic acid	g	0.369			0.105	0.079	1.674
Glutamic acid	g	0.644			0.183	0.137	2.921
Glycine	g	0.232			0.066	0.049	1.052
Proline	g	0.168			0.048	0.036	0.762
Serine	g	0.182			0.052	0.039	0.826

[1] 1 oz = approx. 7/8 cup.
[2] Source added.

CEREALS, READY—TO—EAT

Golden Grahams®

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight 1 oz = 28.4 g[1]	1 c = 39 g	Refuse:0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	2.0	0.222	7	0.6	0.8	9.0
Food energy	kcal	385			109	150	1,747
	kJ	1,611			457	628	7,309
Protein (N X 6.0)	g	5.6	0.048	9	1.6	2.2	25.3
Total lipid (fat)	g	3.8	0.183	9	1.1	1.5	17.3
Carbohydrate, total	g	85.1			24.1	33.2	385.9
Crude fiber	g	0.8	0.048	9	0.2	0.3	3.7
Dietary fiber, insoluble	g	1.7	0.075	3	0.5	0.7	7.7
Ash	g	3.5	0.041	7	1.0	1.4	16.0
MINERALS:							
Calcium[2]	mg	61	1.354	11	17	24	276
Iron	mg	*15.9*			*4.5*	*6.2*	*72.1*
Magnesium	mg	41	0.384	8	12	16	188
Phosphorus[2]	mg	143	3.557	14	41	56	648
Potassium	mg	221	5.216	11	63	86	1,002
Sodium[2]	mg	1,220	12.413	12	346	476	5,533
Zinc	mg	0.88	0.030	8	0.25	0.34	4.00
Copper	mg	0.798	0.251	8	0.226	0.311	3.620
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg	*53*			*15*	*21*	*240*
Thiamin	mg	*1.3*			*0.4*	*0.5*	*5.9*
Riboflavin	mg	*1.5*			*0.4*	*0.6*	*6.8*
Niacin	mg	*17.6*			*5.0*	*6.9*	*79.8*
Pantothenic acid	mg	0.433	0.040	4	0.123	0.169	1.964
Vitamin B_6	mg	*1.8*			*0.5*	*0.7*	*8.2*
Folacin	mcg						
Vitamin B_{12}	mcg	*5.3*			*1.5*	*2.1*	*24.0*
Vitamin A	RE	*1,324*			*375*	*516*	*6,006*
	IU	*4,409*			*1,250*	*1,720*	*19,999*
LIPIDS:							
Fatty acids:							
Saturated, total	g	2.63			0.75	1.03	11.93
4:0	g						
6:0	g	0.02			0.01	0.01	0.09
8:0	g	0.22			0.06	0.09	1.00
10:0	g	0.17			0.05	0.07	0.77
12:0	g	1.27			0.36	0.50	5.76
14:0	g	0.48			0.14	0.19	2.18
16:0	g	0.35			0.10	0.14	1.59
18:0	g	0.10			0.03	0.04	0.45
Monounsaturated, total	g	0.33			0.09	0.13	1.50
16:1	g	0.01			0.00	0.00	0.05
18:1	g	0.31			0.09	0.12	1.41
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.54			0.15	0.21	2.45
18:2	g	0.52			0.15	0.20	2.36
18:3	g	0.02			0.01	0.01	0.09
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.062			0.018	0.024	0.281
Threonine	g	0.198			0.056	0.077	0.898
Isoleucine	g	0.237			0.067	0.092	1.075
Leucine	g	0.681			0.193	0.266	3.089
Lysine	g	0.162			0.046	0.063	0.735
Methionine	g	0.123			0.035	0.048	0.558
Cystine	g	0.117			0.033	0.046	0.531
Phenylalanine	g	0.290			0.082	0.113	1.315
Tyrosine	g	0.224			0.064	0.087	1.016
Valine	g	0.298			0.084	0.116	1.352
Arginine	g	0.222			0.063	0.087	1.007
Histidine	g	0.148			0.042	0.058	0.671
Alanine	g	0.370			0.105	0.144	1.678
Aspartic acid	g	0.338			0.096	0.132	1.533
Glutamic acid	g	1.461			0.414	0.570	6.627
Glycine	g	0.191			0.054	0.074	0.866
Proline	g	0.591			0.168	0.230	2.681
Serine	g	0.295			0.084	0.115	1.338

[1] 1 oz = approx. 3/4 cup.
[2] Source added.

CEREALS, READY–TO–EAT

Graham Crackos™

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.4 g[1]	1 c = 30 g	Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	3.0		2	0.9	0.9	13.6
Food energy	kcal	361			102	108	1,636
	kJ	1,509			428	453	6,843
Protein (N X 5.83)	g	7.5		2	2.1	2.3	34.1
Total lipid (fat)	g	0.6		2	0.2	0.2	2.9
Carbohydrate, total	g	86.4			24.5	25.9	391.9
Crude fiber	g	1.5		2	0.4	0.4	6.6
Dietary fiber, insoluble	g	6.1		2	1.7	1.8	27.6
Ash	g	2.5		2	0.7	0.7	11.1
MINERALS:							
Calcium	mg	46		2	13	14	207
Iron	mg	*6.3*			*1.8*	*1.9*	*28.6*
Magnesium	mg	83		2	24	25	379
Phosphorus	mg	219		2	62	66	992
Potassium	mg	361		2	102	108	1,637
Sodium[2]	mg	653		2	185	196	2,960
Zinc	mg	*5.3*			*1.5*	*1.6*	*24.0*
Copper	mg	0.260		2	0.074	0.078	1.179
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg	*53*			*15*	*16*	*240*
Thiamin	mg	*1.3*			*0.4*	*0.4*	*5.9*
Riboflavin	mg	*1.5*			*0.4*	*0.5*	*6.8*
Niacin	mg	*17.6*			*5.0*	*5.3*	*79.8*
Pantothenic acid	mg						
Vitamin B_6	mg	*1.8*			*0.5*	*0.5*	*8.2*
Folacin	mcg	*353*			*100*	*106*	*1,601*
Vitamin B_{12}	mcg						
Vitamin A	RE	*1,324*			*375*	*397*	*6,006*
	IU	*4,409*			*1,250*	*1,323*	*19,999*
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

[1] 1 oz = approx. 3/4 cup.
[2] Source added.

CEREALS, READY–TO–EAT

Granola, homemade[1]

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.4 g[2]	1 c = 122 g	Refuse: 0
A	B	C	D	E	F	G
PROXIMATE:						
Water . . . g	3.3			0.9	4.0	15.0
Food energy . . . kcal	487			138	595	2,211
Food energy . . . kJ	2,039			578	2,488	9,251
Protein (N X 5.8) . . . g	12.3			3.5	15.0	55.8
Total lipid (fat) . . . g	27.2			7.7	33.1	123.2
Carbohydrate, total . . . g	55.2			15.6	67.3	250.2
Crude fiber . . . g	1.4			0.4	1.7	6.5
Dietary fiber, insoluble . . . g						
Ash . . . g	2.1			0.6	2.6	9.6
MINERALS:						
Calcium . . . mg	62			18	76	282
Iron . . . mg	3.97			1.13	4.84	18.01
Magnesium . . . mg	116			33	141	524
Phosphorus . . . mg	405			115	494	1,838
Potassium . . . mg	502			142	612	2,275
Sodium . . . mg	10			3	12	46
Zinc . . . mg	3.66			1.04	4.47	16.60
Copper . . . mg	0.573			0.162	0.699	2.599
Manganese . . . mg						
VITAMINS:						
Ascorbic acid . . . mg	1			0	1	2
Thiamin . . . mg	0.60			0.17	0.73	2.72
Riboflavin . . . mg	0.25			0.07	0.31	1.13
Niacin . . . mg	1.75			0.50	2.14	7.94
Pantothenic acid . . . mg	0.603			0.171	0.736	2.735
Vitamin B_6 . . . mg	0.351			0.100	0.428	1.592
Folacin . . . mcg	81			23	99	368
Vitamin B_{12} . . . mcg						
Vitamin A . . . RE						
Vitamin A . . . IU	35			10	43	159
LIPIDS:						
Fatty acids:						
Saturated, total . . . g	4.79			1.36	5.84	21.70
4:0 . . . g						
6:0 . . . g	0.01			0.00	0.02	0.06
8:0 . . . g	0.14			0.04	0.17	0.63
10:0 . . . g	0.11			0.03	0.13	0.49
12:0 . . . g	0.81			0.23	0.99	3.67
14:0 . . . g	0.37			0.10	0.45	1.66
16:0 . . . g	2.68			0.76	3.27	12.16
18:0 . . . g	0.61			0.17	0.74	2.74
Monounsaturated, total . . . g	7.68			2.18	9.37	34.83
16:1 . . . g	0.05			0.01	0.06	0.22
18:1 . . . g	7.63			2.16	9.31	34.61
20:1 . . . g						
22:1 . . . g						
Polyunsaturated, total . . . g	14.11			4.00	17.21	63.98
18:2 . . . g	13.43			3.81	16.39	60.93
18:3 . . . g	0.67			0.19	0.82	3.05
18:4 . . . g						
20:4 . . . g						
20:5 . . . g						
22:5 . . . g						
22:6 . . . g						
Cholesterol . . . mg						
Phytosterols . . . mg						
AMINO ACIDS:						
Tryptophan . . . g	0.148			0.042	0.181	0.671
Threonine . . . g	0.449			0.127	0.548	2.037
Isoleucine . . . g	0.540			0.153	0.659	2.449
Leucine . . . g	0.880			0.249	1.074	3.992
Lysine . . . g	0.534			0.151	0.651	2.422
Methionine . . . g	0.210			0.060	0.256	0.953
Cystine . . . g	0.252			0.071	0.307	1.143
Phenylalanine . . . g	0.591			0.168	0.721	2.681
Tyrosine . . . g	0.389			0.110	0.475	1.765
Valine . . . g	0.666			0.189	0.813	3.021
Arginine . . . g	1.097			0.311	1.338	4.976
Histidine . . . g	0.306			0.087	0.373	1.388
Alanine . . . g	0.594			0.168	0.725	2.694
Aspartic acid . . . g	0.852			0.242	1.039	3.865
Glutamic acid . . . g	1.940			0.550	2.367	8.800
Glycine . . . g	0.533			0.151	0.650	2.418
Proline . . . g	0.520			0.147	0.634	2.359
Serine . . . g	0.427			0.121	0.521	1.937

[1] Values calculated using the recipe for Crunchy Cereal (3).
[2] 1 oz = approx. 1/4 cup.

CEREALS, READY—TO—EAT

Grape-Nuts®

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.4 g[1]	1-1/3 oz box = 37.8 g	Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	3.2	0.086	4	0.9	1.2	14.3
Food energy	kcal	357			101	135	1,619
	kJ	1,494			423	565	6,776
Protein (N X 5.83)	g	11.7	0.284	4	3.3	4.4	53.2
Total lipid (fat)	g	0.4	0.014	4	0.1	0.1	1.7
Carbohydrate, total	g	82.0			23.2	31.0	371.9
Crude fiber	g	1.6	0.233	4	0.5	0.6	7.3
Dietary fiber, insoluble	g	4.8	0.053	9	1.4	1.8	21.8
Ash	g	2.7	0.094	4	0.8	1.0	12.4
MINERALS:							
Calcium	mg	38	0.694	4	11	15	174
Iron	mg	4.34	0.211	4	1.23	1.64	19.66
Magnesium	mg	67	0.350	2	19	25	305
Phosphorus	mg	251	28.489	4	71	95	1,138
Potassium	mg	334	99.423	4	95	126	1,516
Sodium[2]	mg	695		1	197	263	3,153
Zinc	mg	2.20	0.127	5	0.62	0.83	9.98
Copper	mg	0.330	0.058	7	0.094	0.125	1.497
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg	*1.3*			*0.4*	*0.5*	*5.9*
Riboflavin	mg	*1.5*			*0.4*	*0.6*	*6.8*
Niacin	mg	*17.6*			*5.0*	*6.7*	*79.8*
Pantothenic acid	mg	0.954		5	0.270	0.361	4.327
Vitamin B_6	mg	*1.8*			*0.5*	*0.7*	*8.2*
Folacin	mcg	*353*			*100*	*133*	*1,601*
Vitamin B_{12}	mcg	*5.3*			*1.5*	*2.0*	*24.0*
Vitamin A	RE	*1,324*			*375*	*500*	*6,006*
	IU	*4,409*			*1,250*	*1,667*	*19,999*
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.213			0.060	0.081	0.966
Threonine	g	0.374			0.106	0.141	1.696
Isoleucine	g	0.478			0.136	0.181	2.168
Leucine	g	0.830			0.235	0.314	3.765
Lysine	g	0.358			0.101	0.135	1.624
Methionine	g	0.197			0.056	0.074	0.894
Cystine	g	0.232			0.066	0.088	1.052
Phenylalanine	g	0.593			0.168	0.224	2.690
Tyrosine	g	0.359			0.102	0.136	1.628
Valine	g	0.585			0.166	0.221	2.654
Arginine	g	0.595			0.169	0.225	2.699
Histidine	g	0.281			0.080	0.106	1.275
Alanine	g	0.450			0.128	0.170	2.041
Aspartic acid	g	0.667			0.189	0.252	3.026
Glutamic acid	g	3.722			1.055	1.407	16.883
Glycine	g	0.507			0.144	0.192	2.300
Proline	g	1.239			0.351	0.468	5.620
Serine	g	0.636			0.180	0.240	2.885

[1] 1 oz = approx. 1/4 cup.
[2] Source added.

CEREALS, READY–TO–EAT

Grape-Nuts® Flakes

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion: Mean	Standard error	Number of samples	Amount in edible portion of common measures of food: Approximate measure and weight: 1 oz = 28.4 g[1]	3/4 oz box = 21.3 g	Amount in edible portion of 1 pound of food as purchased: Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	3.4		1	1.0	0.7	15.6
Food energy	kcal	358			102	76	1,625
	kJ	1,499			425	319	6,801
Protein (N X 5.83)	g	10.7		1	3.0	2.3	48.7
Total lipid (fat)	g	1.1		1	0.3	0.2	4.9
Carbohydrate, total	g	81.8			23.2	17.4	370.8
Crude fiber	g	1.6		1	0.4	0.3	7.0
Dietary fiber, insoluble	g	6.4	0.047	9	1.8	1.4	29.0
Ash	g	3.0		1	0.9	0.6	13.6
MINERALS:							
Calcium	mg	40		1	11	8	181
Iron	mg	*15.9*			*4.5*	*3.4*	*72.1*
Magnesium	mg	110		1	31	23	499
Phosphorus	mg	298		1	84	63	1,349
Potassium	mg	348		1	99	74	1,579
Sodium[2]	mg	768		1	218	164	3,484
Zinc	mg	2.00	0.035	4	0.57	0.43	9.09
Copper	mg	0.407	0.032	4	0.115	0.087	1.846
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg	*1.3*			*0.4*	*0.3*	*5.9*
Riboflavin	mg	*1.5*			*0.4*	*0.3*	*6.8*
Niacin	mg	*17.6*			*5.0*	*3.7*	*79.8*
Pantothenic acid	mg	1.030	0.030	4	0.292	0.219	4.672
Vitamin B_6	mg	*1.8*			*0.5*	*0.4*	*8.2*
Folacin	mcg	*353*			*100*	*75*	*1,601*
Vitamin B_{12}	mcg	*5.3*			*1.5*	*1.1*	*24.0*
Vitamin A	RE	*1,324*			*375*	*282*	*6,006*
	IU	*4,409*			*1,250*	*939*	*19,999*
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.194			0.055	0.041	0.880
Threonine	g	0.342			0.097	0.073	1.551
Isoleucine	g	0.437			0.124	0.093	1.982
Leucine	g	0.760			0.215	0.162	3.447
Lysine	g	0.327			0.093	0.070	1.483
Methionine	g	0.180			0.051	0.038	0.816
Cystine	g	0.213			0.060	0.045	0.966
Phenylalanine	g	0.543			0.154	0.116	2.463
Tyrosine	g	0.329			0.093	0.070	1.492
Valine	g	0.535			0.152	0.114	2.427
Arginine	g	0.545			0.155	0.116	2.472
Histidine	g	0.257			0.073	0.055	1.166
Alanine	g	0.411			0.117	0.088	1.864
Aspartic acid	g	0.610			0.173	0.130	2.767
Glutamic acid	g	3.413			0.968	0.727	15.481
Glycine	g	0.465			0.132	0.099	2.109
Proline	g	1.136			0.322	0.242	5.153
Serine	g	0.583			0.165	0.124	2.644

[1] 1 oz = approx. 7/8 cup.
[2] Source added.

CEREALS, READY-TO-EAT

Heartland® Natural Cereal, plain

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.4 g[1]	1 c = 115 g	Refuse:0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	4.1	0.145	3	1.2	4.7	18.7
Food energy	kcal	434			123	499	1,967
	kJ	1,815			514	2,087	8,232
Protein (N X 5.8)	g	10.1	0.017	3	2.9	11.6	45.7
Total lipid (fat)	g	15.4	0.084	3	4.4	17.7	69.7
Carbohydrate, total	g	68.3			19.4	78.6	309.9
Crude fiber	g	0.9		1	0.3	1.0	4.1
Dietary fiber, insoluble	g	4.7			1.3	5.4	21.3
Ash	g	2.1	0.032	3	0.6	2.5	9.7
MINERALS:							
Calcium	mg	65	9.376	4	19	75	297
Iron	mg	3.77	0.148	4	1.07	4.33	17.08
Magnesium	mg	128		1	36	147	579
Phosphorus	mg	362	6.348	3	103	416	1,642
Potassium	mg	335	60.630	2	95	385	1,518
Sodium[2]	mg	255	39.472	3	72	294	1,158
Zinc	mg	2.64		1	0.75	3.04	11.98
Copper	mg						
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg	0.31	0.029	3	0.09	0.36	1.42
Riboflavin	mg	0.14	0.022	3	0.04	0.16	0.62
Niacin	mg	1.40		1	0.40	1.61	6.35
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg	56	0.901	3	16	64	253
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

[1] 1 oz = approx. 1/4 cup.
[2] Source added.

CEREALS, READY–TO–EAT

Heartland® Natural Cereal with coconut

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.4 g[1]	1 c = 105 g	Refuse:0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	3.3	0.341	3	0.9	3.4	14.8
Food energy	kcal	441			125	463	2,002
	kJ	1,846			523	1,939	8,375
Protein (N X 5.8)	g	10.4	0.324	3	3.0	10.9	47.3
Total lipid (fat)	g	16.3	0.200	3	4.6	17.1	73.8
Carbohydrate, total	g	67.9			19.2	71.3	308.0
Crude fiber	g	0.9		1	0.3	0.9	4.1
Dietary fiber, insoluble	g	4.8	0.214	3	1.4	5.0	21.8
Ash	g	2.1	0.032	3	0.6	2.2	9.7
MINERALS:							
Calcium	mg	63	9.062	4	18	67	288
Iron	mg	5.13	0.785	4	1.45	5.39	23.28
Magnesium	mg	131		1	37	138	596
Phosphorus	mg	362	9.514	3	103	380	1,643
Potassium	mg	366	51.865	2	104	385	1,662
Sodium[2]	mg	203	76.240	2	57	213	919
Zinc	mg	2.61		1	0.74	2.74	11.84
Copper	mg						
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg	0.33	0.050	3	0.09	0.35	1.51
Riboflavin	mg	0.14	0.022	3	0.04	0.14	0.62
Niacin	mg	1.70		1	0.48	1.79	7.71
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg	54	6.929	3	15	57	246
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

[1] 1 oz = approx. 1/4 cup.
[2] Source added.

Heartland® Natural Cereal with raisins

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight 1 oz = 28.4 g[1]	1 c = 110 g	Refuse:0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	5.0	0.230	3	1.4	5.5	22.6
Food energy	kcal	425			120	467	1,927
	kJ	1,777			504	1,955	8,062
Protein (N X 5.8)	g	9.7	0.023	3	2.8	10.7	44.0
Total lipid (fat)	g	14.2	0.318	3	4.0	15.6	64.2
Carbohydrate, total	g	69.0			19.6	75.9	313.0
Crude fiber	g	0.9		1	0.3	1.0	4.1
Dietary fiber, insoluble	g	4.6	0.156	3	1.3	5.1	20.9
Ash	g	2.1	0.012	3	0.6	2.4	9.7
MINERALS:							
Calcium	mg	60	8.165	4	17	66	273
Iron	mg	3.65	0.165	4	1.04	4.02	16.57
Magnesium	mg	128		1	36	141	583
Phosphorus	mg	342	2.051	3	97	377	1,553
Potassium	mg	377	33.145	2	107	415	1,711
Sodium[2]	mg	205	58.810	2	58	225	929
Zinc	mg	2.57		1	0.73	2.83	11.66
Copper	mg						
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg	0.29	0.055	3	0.08	0.32	1.32
Riboflavin	mg	0.13	0.025	3	0.04	0.14	0.59
Niacin	mg	1.40		1	0.40	1.54	6.35
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg	40	4.464	3	11	45	184
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

[1] 1 oz = approx. 1/4 cup.
[2] Source added.

CEREALS, READY–TO–EAT

Honey and Nut Corn Flakes™

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.4 g[1]	7/8 oz box = 24.8 g	Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	4.0		6	1.1	1.0	18.0
Food energy	kcal	398			113	99	1,804
	kj	1,664			472	413	7,547
Protein (N X 6.0)	g	6.4		6	1.8	1.6	29.1
Total lipid (fat)	g	5.5		6	1.5	1.4	24.7
Carbohydrate, total	g	82.2			23.3	20.4	372.9
Crude fiber	g	0.5		6	0.1	0.1	2.3
Dietary fiber, insoluble	g	1.1		9	0.3	0.3	4.8
Ash	g	2.0		6	0.6	0.5	8.8
MINERALS:							
Calcium	mg	12		6	3	3	55
Iron	mg	*6.3*			*1.8*	*1.6*	*28.6*
Magnesium	mg	20		6	6	5	90
Phosphorus	mg	46		6	13	11	209
Potassium	mg	126		6	36	31	571
Sodium[2]	mg	794		6	225	197	3,600
Zinc	mg	0.38		6	0.11	0.09	1.72
Copper	mg						
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg	*53*			*15*	*13*	*240*
Thiamin	mg	*1.3*			*0.4*	*0.3*	*5.9*
Riboflavin	mg	*1.5*			*0.4*	*0.4*	*6.8*
Niacin	mg	*17.6*			*5.0*	*4.4*	*79.8*
Pantothenic acid	mg						
Vitamin B_6	mg	*1.8*			*0.5*	*0.4*	*8.2*
Folacin	mcg	*353*			*100*	*88*	*1,601*
Vitamin B_{12}	mcg						
Vitamin A	RE	*1,324*			*375*	*328*	*6,006*
	IU	*4,409*			*1,250*	*1,093*	*19,999*
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

[1] 1 oz = approx. 3/4 cup.
[2] Source added.

CEREALS, READY-TO-EAT

Honey Nut Cheerios®

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
					Approximate measure and weight		Refuse: 0
		Mean	Standard error	Number of samples	1 oz = 28.4 g[1]	1 c = 33 g	
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	3.2	0.204	6	0.9	1.0	14.4
Food energy	kcal	378			107	125	1,716
	kj	1,583			449	522	7,180
Protein (N X 5.8)	g	11.0	0.099	6	3.1	3.6	49.9
Total lipid (fat)	g	2.3	0.250	6	0.7	0.8	10.4
Carbohydrate, total	g	80.3			22.8	26.5	364.0
Crude fiber	g	1.1	0.049	6	0.3	0.4	4.8
Dietary fiber, insoluble	g						
Ash	g	3.3	0.030	6	0.9	1.1	14.9
MINERALS:							
Calcium[2]	mg	70	3.782	7	20	23	316
Iron	mg	*15.9*			*4.5*	*5.2*	*72.1*
Magnesium	mg	117	2.216	6	33	39	529
Phosphorus[2]	mg	371	2.461	6	105	122	1,683
Potassium	mg	349	7.522	10	99	115	1,581
Sodium[2]	mg	905	26.973	10	257	299	4,106
Zinc	mg	2.62	0.020	6	0.74	0.87	11.90
Copper	mg	0.700	0.068	6	0.198	0.231	3.175
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg	*53*			*15*	*17*	*240*
Thiamin	mg	*1.3*			*0.4*	*0.4*	*5.9*
Riboflavin	mg	*1.5*			*0.4*	*0.5*	*6.8*
Niacin	mg	*17.6*			*5.0*	*5.8*	*79.8*
Pantothenic acid	mg						
Vitamin B_6	mg	*1.8*			*0.5*	*0.6*	*8.2*
Folacin	mcg						
Vitamin B_{12}	mcg	*5.3*			*1.5*	*1.7*	*24.0*
Vitamin A	RE	*1,324*			*375*	*437*	*6,006*
	IU	*4,409*			*1,250*	*1,455*	*19,999*
LIPIDS:							
Fatty acids:							
Saturated, total	g	0.40			0.11	0.13	1.81
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.01			0.00	0.00	0.02
16:0	g	0.33			0.09	0.11	1.50
18:0	g	0.05			0.01	0.02	0.23
Monounsaturated, total	g	0.94			0.27	0.31	4.26
16:1	g	0.01			0.00	0.00	0.05
18:1	g	0.94			0.27	0.31	4.26
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.92			0.26	0.30	4.17
18:2	g	0.86			0.24	0.28	3.90
18:3	g	0.05			0.01	0.02	0.23
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.277			0.079	0.091	1.256
Threonine	g	0.403			0.114	0.133	1.828
Isoleucine	g	0.480			0.136	0.158	2.177
Leucine	g	1.295			0.367	0.427	5.874
Lysine	g	0.513			0.145	0.169	2.327
Methionine	g	0.191			0.054	0.063	0.866
Cystine	g	0.263			0.075	0.087	1.193
Phenylalanine	g	0.564			0.160	0.186	2.558
Tyrosine	g	0.382			0.108	0.126	1.733
Valine	g	0.623			0.177	0.206	2.826
Arginine	g	0.847			0.240	0.280	3.842
Histidine	g	0.267			0.076	0.088	1.211
Alanine	g	0.625			0.177	0.206	2.835
Aspartic acid	g	0.980			0.278	0.323	4.445
Glutamic acid	g	2.369			0.672	0.782	10.746
Glycine	g	0.620			0.176	0.205	2.812
Proline	g	0.613			0.174	0.202	2.781
Serine	g	0.520			0.147	0.172	2.359

[1] 1 oz = approx. 3/4 cup.
[2] Source added.

CEREALS. READY—TO—EAT

HoneyBran®

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.4 g[1]	1 c = 35 g	Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	2.5		1	0.7	0.9	11.3
Food energy	kcal	341			97	119	1,546
	kJ	1,426			404	499	6,467
Protein (N x 6.0)	g	8.8		22	2.5	3.1	39.9
Total lipid (fat)	g	2.1		21	0.6	0.7	9.6
Carbohydrate, total	g	81.8			23.2	28.6	371.0
Crude fiber	g	4.6		22	1.3	1.6	20.8
Dietary fiber, insoluble	g	11.1		11	3.1	3.9	50.3
Ash	g	4.8		1	1.4	1.7	21.8
MINERALS:							
Calcium	mg	46		8	13	16	208
Iron	mg	*15.9*			*4.5*	*5.6*	*72.1*
Magnesium	mg	131		22	37	46	592
Phosphorus	mg	377		22	107	132	1,712
Potassium	mg	430		8	122	151	1,952
Sodium[2]	mg	578		22	164	202	2,624
Zinc	mg	2.58		20	0.73	0.90	11.68
Copper	mg	0.476		22	0.135	0.167	2.159
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg	*53*			*15*	*19*	*240*
Thiamin	mg	*1.3*			*0.4*	*0.5*	*5.9*
Riboflavin	mg	*1.5*			*0.4*	*0.5*	*6.8*
Niacin	mg	*17.6*			*5.0*	*6.2*	*79.8*
Pantothenic acid	mg	0.564		1	0.160	0.197	2.558
Vitamin B_6	mg	*1.8*			*0.5*	*0.6*	*8.2*
Folacin	mcg	67		1	19	23	304
Vitamin B_{12}	mcg	*5.3*			*1.5*	*1.9*	*24.0*
Vitamin A	RE	*1,324*			*375*	*463*	*6,006*
	IU	*4,409*			*1,250*	*1,543*	*19,999*
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

[1] 1 oz = approx. 7/8 cup.
[2] Source added.

CEREALS, READY–TO–EAT

Honeycomb®

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion: Mean	Standard error	Number of samples	Amount in edible portion of common measures of food: Approximate measure and weight: 1 oz = 28.4 g[1]	1 c = 22 g	Amount in edible portion of 1 pound of food as purchased: Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	1.4		1	0.4	0.3	6.4
Food energy	kcal	391			111	86	1,774
	kj	1,636			464	360	7,422
Protein (N X 6.1)	g	5.8		1	1.6	1.3	26.1
Total lipid (fat)	g	1.8		1	0.5	0.4	8.0
Carbohydrate, total	g	89.1			25.3	19.6	404.2
Crude fiber	g	0.4		1	0.1	0.1	1.8
Dietary fiber, insoluble	g	1.3	0.017	9	0.4	0.3	5.9
Ash	g	2.0		1	0.6	0.4	9.0
MINERALS:							
Calcium	mg	17		1	5	4	75
Iron	mg	*6.3*			*1.8*	*1.4*	*28.6*
Magnesium	mg	34	0.550	2	10	8	155
Phosphorus	mg	99		1	28	22	448
Potassium	mg	320		1	91	70	1,452
Sodium[2]	mg	753		1	213	166	3,414
Zinc	mg	*5.3*			*1.5*	*1.2*	*24.0*
Copper	mg	0.174		1	0.049	0.038	0.789
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg	*1.3*			*0.4*	*0.3*	*5.9*
Riboflavin	mg	*1.5*			*0.4*	*0.3*	*6.8*
Niacin	mg	*17.6*			*5.0*	*3.9*	*79.8*
Pantothenic acid	mg	0.393	0.005	4	0.111	0.086	1.783
Vitamin B_6	mg	*1.8*			*0.5*	*0.4*	*8.2*
Folacin	mcg	*353*			*100*	*78*	*1,601*
Vitamin B_{12}	mcg	*5.3*			*1.5*	*1.2*	*24.0*
Vitamin A	RE	*1,324*			*375*	*291*	*6,006*
	IU	*4,409*			*1,250*	*970*	*19,999*
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.048			0.014	0.011	0.218
Threonine	g	0.201			0.057	0.044	0.912
Isoleucine	g	0.237			0.067	0.052	1.075
Leucine	g	0.730			0.207	0.161	3.311
Lysine	g	0.152			0.043	0.033	0.689
Methionine	g	0.124			0.035	0.027	0.562
Cystine	g	0.133			0.038	0.029	0.603
Phenylalanine	g	0.301			0.085	0.066	1.365
Tyrosine	g	0.232			0.066	0.051	1.052
Valine	g	0.307			0.087	0.068	1.393
Arginine	g	0.264			0.075	0.058	1.198
Histidine	g	0.148			0.042	0.033	0.671
Alanine	g	0.432			0.122	0.095	1.960
Aspartic acid	g	0.396			0.112	0.087	1.796
Glutamic acid	g	1.286			0.365	0.283	5.833
Glycine	g	0.216			0.061	0.048	0.980
Proline	g	0.503			0.143	0.111	2.282
Serine	g	0.279			0.079	0.061	1.266

[1] 1 oz = approx. 1-1/3 cups.
[2] Source added.

King Vitaman®

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
					Approximate measure and weight		Refuse: 0
		Mean	Standard error	Number of samples	1 oz = 28.4 g[1]	1 c = 21 g	
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	1.8	0.098	15	0.5	0.4	8.1
Food energy	kcal	406			115	85	1,842
	kJ	1,699			482	357	7,706
Protein (N X 6.1)	g	5.2	0.115	15	1.5	1.1	23.7
Total lipid (fat)	g	5.5	0.202	15	1.6	1.2	25.1
Carbohydrate, total	g	84.9			24.1	17.8	385.3
Crude fiber	g	0.6	0.032	15	0.2	0.1	2.9
Dietary fiber, insoluble	g						
Ash	g	2.5	0.031	15	0.7	0.5	11.4
MINERALS:							
Calcium	mg						
Iron[2]	mg	60.66	1.214	15	17.20	12.74	275.15
Magnesium	mg	34		1	10	7	156
Phosphorus	mg						
Potassium	mg	123	10.957	3	35	26	558
Sodium[2]	mg	769	7.572	3	218	161	3,488
Zinc	mg	0.78	0.078	3	0.22	0.16	3.54
Copper	mg	0.133	0.073	3	0.038	0.028	0.603
Manganese	mg	0.440	0.135	3	0.125	0.092	1.996
VITAMINS:							
Ascorbic acid[2]	mg	158	4.387	15	45	33	718
Thiamin[2]	mg	4.40	0.136	15	1.25	0.92	19.98
Riboflavin[2]	mg	5.05	0.116	15	1.43	1.06	22.90
Niacin[2]	mg	61.48	2.166	15	17.43	12.91	278.86
Pantothenic acid	mg	0.200		1	0.057	0.042	0.907
Vitamin B_6[2]	mg	5.620	0.411	15	1.593	1.180	25.492
Folacin[2]	mcg	1,362	53.758	15	386	286	6,179
Vitamin B_{12}[2]	mcg	19.645	1.433	15	5.569	4.125	89.110
Vitamin A[2]	RE	3,414			968	717	15,488
	IU	11,370	419.338	15	3,223	2,388	51,574
LIPIDS:							
Fatty acids:							
Saturated, total	g	3.51			0.99	0.74	15.90
4:0	g						
6:0	g	0.03			0.01	0.01	0.13
8:0	g	0.28			0.08	0.06	1.27
10:0	g	0.22			0.06	0.05	1.00
12:0	g	1.64			0.47	0.35	7.46
14:0	g	0.62			0.18	0.13	2.81
16:0	g	0.53			0.15	0.11	2.40
18:0	g	0.14			0.04	0.03	0.64
Monounsaturated, total	g	0.76			0.22	0.16	3.44
16:1	g	0.02			0.00	0.00	0.07
18:1	g	0.74			0.21	0.16	3.37
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.95			0.27	0.20	4.32
18:2	g	0.93			0.26	0.20	4.22
18:3	g	0.02			0.01	0.00	0.10
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.043			0.012	0.009	0.195
Threonine	g	0.184			0.052	0.039	0.835
Isoleucine	g	0.218			0.062	0.046	0.989
Leucine	g	0.673			0.191	0.141	3.053
Lysine	g	0.136			0.039	0.029	0.617
Methionine	g	0.115			0.033	0.024	0.522
Cystine	g	0.120			0.034	0.025	0.544
Phenylalanine	g	0.273			0.077	0.057	1.238
Tyrosine	g	0.214			0.061	0.045	0.971
Valine	g	0.279			0.079	0.059	1.266
Arginine	g	0.236			0.067	0.050	1.070
Histidine	g	0.135			0.038	0.028	0.612
Alanine	g	0.397			0.113	0.083	1.801
Aspartic acid	g	0.357			0.101	0.075	1.619
Glutamic acid	g	1.164			0.330	0.244	5.280
Glycine	g	0.194			0.055	0.041	0.880
Proline	g	0.462			0.131	0.097	2.096
Serine	g	0.254			0.072	0.053	1.152

[1] 1 oz = approx. 1-1/4 cups.
[2] Source added.

CEREALS, READY–TO–EAT

Kix®

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.4 g[1]	3/4 oz box = 21.3 g	Refuse:0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	3.2	0.396	5	0.9	0.7	14.6
Food energy	kcal	389			110	83	1,764
	kJ	1,627			461	346	7,379
Protein (N X 6.2)	g	9.0	0.216	11	2.5	1.9	40.7
Total lipid (fat)	g	2.3	0.329	11	0.7	0.5	10.4
Carbohydrate, total	g	82.6			23.4	17.6	374.5
Crude fiber	g	0.6	0.050	11	0.2	0.1	2.9
Dietary fiber, insoluble	g	1.4	0.087	3	0.4	0.3	6.4
Ash	g	3.0	0.126	5	0.8	0.6	13.4
MINERALS:							
Calcium[2]	mg	125		1	35	27	567
Iron	mg	*28.6*			*8.1*	*6.1*	*129.7*
Magnesium	mg	43	2.830	12	12	9	193
Phosphorus	mg	138	9.484	12	39	29	626
Potassium	mg	157	4.994	12	44	33	710
Sodium[2]	mg	1,196	37.157	10	339	255	5,425
Zinc	mg	0.87	0.062	12	0.25	0.19	3.96
Copper	mg	0.165	0.016	12	0.047	0.035	0.748
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg	*53*			*15*	*11*	*240*
Thiamin	mg	*1.3*			*0.4*	*0.3*	*5.9*
Riboflavin	mg	*1.5*			*0.4*	*0.3*	*6.8*
Niacin	mg	*17.6*			*5.0*	*3.7*	*79.8*
Pantothenic acid	mg						
Vitamin B_6	mg	*1.8*			*0.5*	*0.4*	*8.2*
Folacin	mcg						
Vitamin B_{12}	mcg	*5.3*			*1.5*	*1.1*	*24.0*
Vitamin A	RE	*1,324*			*375*	*282*	*6,006*
	IU	*4,409*			*1,250*	*939*	*19,999*
LIPIDS:							
Fatty acids:							
Saturated, total	g	0.63			0.18	0.13	2.86
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g	0.30			0.09	0.06	1.36
18:0	g	0.32			0.09	0.07	1.45
Monounsaturated, total	g	0.56			0.16	0.12	2.54
16:1	g						
18:1	g	0.56			0.16	0.12	2.54
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.87			0.25	0.19	3.95
18:2	g	0.83			0.24	0.18	3.76
18:3	g	0.03			0.01	0.01	0.14
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.072			0.020	0.015	0.327
Threonine	g	0.310			0.088	0.066	1.406
Isoleucine	g	0.363			0.103	0.077	1.647
Leucine	g	1.145			0.325	0.244	5.194
Lysine	g	0.228			0.065	0.049	1.034
Methionine	g	0.193			0.055	0.041	0.875
Cystine	g	0.205			0.058	0.044	0.930
Phenylalanine	g	0.463			0.131	0.099	2.100
Tyrosine	g	0.360			0.102	0.077	1.633
Valine	g	0.473			0.134	0.101	2.146
Arginine	g	0.396			0.112	0.084	1.796
Histidine	g	0.229			0.065	0.049	1.039
Alanine	g	0.676			0.192	0.144	3.066
Aspartic acid	g	0.604			0.171	0.129	2.740
Glutamic acid	g	1.982			0.562	0.422	8.990
Glycine	g	0.327			0.093	0.070	1.483
Proline	g	0.789			0.224	0.168	3.579
Serine	g	0.431			0.122	0.092	1.955

[1] 1 oz = approx. 1-1/2 cups.
[2] Source added.

Life®, plain and cinnamon products

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0
					1 oz = 28.4 g[1]	1 c = 44 g	
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	4.5	0.052	50	1.3	2.0	20.5
Food energy	kcal	369			104	162	1,672
	kJ	1,542			437	679	6,995
Protein (N X 5.8)	g	18.4	0.073	50	5.2	8.1	83.5
Total lipid (fat)	g	1.9	0.109	50	0.5	0.8	8.6
Carbohydrate, total	g	71.6			20.3	31.5	324.8
Crude fiber	g	1.3	0.030	50	0.4	0.6	5.9
Dietary fiber, insoluble	g	3.2	0.051	15	0.9	1.4	14.5
Ash	g	3.6	0.040	50	1.0	1.6	16.2
MINERALS:							
Calcium[2]	mg	350	9.746	49	99	154	1,590
Iron[2]	mg	26.42	0.388	50	7.49	11.62	119.82
Magnesium	mg	32		1	9	14	147
Phosphorus[2]	mg	540	4.769	50	153	238	2,449
Potassium	mg	447	8.317	13	127	197	2,028
Sodium[2]	mg	521	10.401	13	148	229	2,366
Zinc	mg	3.30	0.560	14	0.93	1.45	14.95
Copper	mg	0.537	0.035	17	0.152	0.236	2.436
Manganese	mg	3.440		1	0.975	1.514	15.604
VITAMINS:							
Ascorbic acid	mg						
Thiamin[2]	mg	2.17	0.044	50	0.61	0.95	9.82
Riboflavin[2]	mg	2.27	0.061	50	0.64	1.00	10.31
Niacin[2]	mg	26.44	0.471	50	7.50	11.63	119.94
Pantothenic acid	mg	1.110	0.030	4	0.315	0.488	5.035
Vitamin B_6	mg						
Folacin	mcg	84	6.097	12	24	37	383
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.264			0.075	0.116	1.198
Threonine	g	0.740			0.210	0.326	3.357
Isoleucine	g	0.977			0.277	0.430	4.432
Leucine	g	1.573			0.446	0.692	7.135
Lysine	g	1.047			0.297	0.461	4.749
Methionine	g	0.340			0.096	0.150	1.542
Cystine	g	0.378			0.107	0.166	1.715
Phenylalanine	g	1.001			0.284	0.440	4.541
Tyrosine	g	0.728			0.206	0.320	3.302
Valine	g	1.103			0.313	0.485	5.003
Arginine	g	1.298			0.368	0.571	5.888
Histidine	g	0.468			0.133	0.206	2.123
Alanine	g	0.926			0.263	0.407	4.200
Aspartic acid	g	1.817			0.515	0.799	8.242
Glutamic acid	g	4.053			1.149	1.783	18.384
Glycine	g	0.864			0.245	0.380	3.919
Proline	g	1.212			0.344	0.533	5.498
Serine	g	0.971			0.275	0.427	4.404

[1] 1 oz = approx. 2/3 cup.
[2] Source added.

CEREALS, READY–TO–EAT

Lucky Charms®

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight 1 oz = 28.4 g[1]	1 c = 32 g	Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	2.8	0.220	5	0.8	0.9	12.9
Food energy	kcal	390			110	125	1,768
	kJ	1,631			462	522	7,396
Protein (N X 5.83)	g	9.1	0.191	11	2.6	2.9	41.3
Total lipid (fat)	g	3.8	0.294	11	1.1	1.2	17.0
Carbohydrate, total	g	81.7			23.2	26.1	370.6
Crude fiber	g	0.8	0.049	11	0.2	0.3	3.6
Dietary fiber, insoluble	g	2.0	0.115	3	0.6	0.6	9.1
Ash	g	2.6	0.113	5	0.7	0.8	11.8
MINERALS:							
Calcium[2]	mg	113	7.197	10	32	36	513
Iron	mg	*15.9*			*4.5*	*5.1*	*72.1*
Magnesium	mg	84	1.649	10	24	27	381
Phosphorus[2]	mg	277	5.651	13	78	88	1,254
Potassium	mg	207	4.828	15	59	66	941
Sodium[2]	mg	710	27.601	15	201	227	3,221
Zinc	mg	1.76	0.027	10	0.50	0.56	7.97
Copper	mg	0.344	0.012	10	0.098	0.110	1.560
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg	*53*			*15*	*17*	*240*
Thiamin	mg	*1.3*			*0.4*	*0.4*	*5.9*
Riboflavin	mg	*1.5*			*0.4*	*0.5*	*6.8*
Niacin	mg	*17.6*			*5.0*	*5.6*	*79.8*
Pantothenic acid	mg	0.633	0.032	4	0.179	0.203	2.871
Vitamin B_6	mg	*1.8*			*0.5*	*0.6*	*8.2*
Folacin	mcg						
Vitamin B_{12}	mcg	*5.3*			*1.5*	*1.7*	*24.0*
Vitamin A	RE	*1,324*			*375*	*424*	*6,006*
	IU	*4,409*			*1,250*	*1,411*	*19,999*
LIPIDS:							
Fatty acids:							
Saturated, total	g	0.70			0.20	0.22	3.18
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.01			0.00	0.00	0.05
16:0	g	0.61			0.17	0.20	2.77
18:0	g	0.05			0.01	0.02	0.23
Monounsaturated, total	g	1.33			0.38	0.43	6.03
16:1	g	0.01			0.00	0.00	0.05
18:1	g	1.32			0.37	0.42	5.99
20:1	g						
22:1	g						
Polyunsaturated, total	g	1.54			0.44	0.49	6.99
18:2	g	1.45			0.41	0.46	6.58
18:3	g	0.08			0.02	0.03	0.36
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.124			0.035	0.040	0.562
Threonine	g	0.317			0.090	0.101	1.438
Isoleucine	g	0.418			0.119	0.134	1.896
Leucine	g	0.697			0.198	0.223	3.162
Lysine	g	0.372			0.105	0.119	1.687
Methionine	g	0.151			0.043	0.048	0.685
Cystine	g	0.226			0.064	0.072	1.025
Phenylalanine	g	0.497			0.141	0.159	2.254
Tyrosine	g	0.325			0.092	0.104	1.474
Valine	g	0.534			0.151	0.171	2.422
Arginine	g	0.681			0.193	0.218	3.089
Histidine	g	0.206			0.058	0.066	0.934
Alanine	g	0.490			0.139	0.157	2.223
Aspartic acid	g	0.802			0.227	0.257	3.638
Glutamic acid	g	2.087			0.592	0.668	9.467
Glycine	g	0.494			0.140	0.158	2.241
Proline	g	0.512			0.145	0.164	2.322
Serine	g	0.428			0.121	0.137	1.941

[1] 1 oz = approx. 1 cup.
[2] Source added.

Most®

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.4 g[1]	1 c = 52 g	Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	4.6		3	1.3	2.4	20.9
Food energy	kcal	337			95	175	1,527
	kJ	1,408			399	732	6,388
Protein (N X 5.9)	g	14.2		3	4.0	7.4	64.2
Total lipid (fat)	g	1.1		3	0.3	0.6	5.0
Carbohydrate, total	g	76.2			21.6	39.6	345.8
Crude fiber	g	3.5		3	1.0	1.8	15.9
Dietary fiber, insoluble	g	12.4		7	3.5	6.5	56.4
Ash	g	3.9		3	1.1	2.0	17.7
MINERALS:							
Calcium	mg	152		3	43	79	689
Iron	mg	*63.5*			*18.0*	*33.0*	*288.0*
Magnesium	mg	198		3	56	103	898
Phosphorus	mg	695		3	197	361	3,153
Potassium[2]	mg	653		3	185	340	2,962
Sodium[2]	mg	530		3	150	276	2,404
Zinc	mg	*5.3*			*1.5*	*2.8*	*24.0*
Copper	mg	0.560		3	0.159	0.291	2.540
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg	*212*			*60*	*110*	*962*
Thiamin	mg	*5.3*			*1.5*	*2.8*	*24.0*
Riboflavin	mg	*6.0*			*1.7*	*3.1*	*27.2*
Niacin	mg	*70.5*			*20.0*	*36.7*	*319.8*
Pantothenic acid	mg						
Vitamin B_6	mg	*7.1*			*2.0*	*3.7*	*32.2*
Folacin	mcg	*1,411*			*400*	*734*	*6,400*
Vitamin B_{12}	mcg	*21.2*			*6.0*	*11.0*	*96.2*
Vitamin A	RE	*5,296*			*1,502*	*2,754*	*24,024*
	IU	*17,637*			*5,000*	*9,171*	*80,001*
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

[1] 1 oz = approx. 2/3 cup.
[2] Source added.

Nature Valley® Granola, toasted oat mixture

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
					Approximate measure and weight		Refuse: 0
		Mean	Standard error	Number of samples	1 oz = 28.4 g[1]	1 c = 113 g	
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	4.0	0.178	13	1.1	4.6	18.3
Food energy	kcal	445			126	503	2,021
	kJ	1,864			528	2,106	8,455
Protein (N X 5.8)	g	10.2	0.143	10	2.9	11.5	46.2
Total lipid (fat)	g	17.4	0.248	10	4.9	19.6	78.8
Carbohydrate, total	g	66.8			18.9	75.5	303.0
Crude fiber	g	0.9	0.072	9	0.3	1.1	4.3
Dietary fiber, insoluble	g	3.7	0.306	3	1.0	4.2	16.8
Ash	g	1.6	0.069	4	0.5	1.8	7.4
MINERALS:							
Calcium	mg	63	1.779	10	18	71	286
Iron	mg	3.34	0.094	10	0.95	3.78	15.16
Magnesium	mg	102	1.085	7	29	116	464
Phosphorus	mg	313	2.321	9	89	354	1,421
Potassium	mg	344	2.333	3	98	389	1,562
Sodium[2]	mg	206	40.622	3	58	232	933
Zinc	mg	1.94	0.060	7	0.55	2.19	8.80
Copper	mg	0.325	0.019	7	0.092	0.367	1.474
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg	0.35	0.016	10	0.10	0.39	1.58
Riboflavin	mg	0.17	0.015	10	0.05	0.19	0.77
Niacin	mg	0.73	0.088	6	0.21	0.83	3.32
Pantothenic acid	mg	0.824		1	0.234	0.931	3.738
Vitamin B_6	mg						
Folacin	mcg	75	28.792	3	21	85	340
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g	11.53			3.27	13.03	52.30
4:0	g						
6:0	g	0.09			0.03	0.10	0.41
8:0	g	0.91			0.26	1.03	4.13
10:0	g	0.72			0.20	0.81	3.27
12:0	g	5.35			1.52	6.05	24.27
14:0	g	2.02			0.57	2.28	9.16
16:0	g	1.85			0.52	2.09	8.39
18:0	g	0.45			0.13	0.51	2.04
Monounsaturated, total	g	2.59			0.73	2.93	11.75
16:1	g	0.06			0.02	0.07	0.27
18:1	g	2.53			0.72	2.86	11.48
20:1	g						
22:1	g						
Polyunsaturated, total	g	2.43			0.69	2.75	11.02
18:2	g	2.32			0.66	2.62	10.52
18:3	g	0.12			0.03	0.14	0.54
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.138			0.039	0.156	0.626
Threonine	g	0.358			0.101	0.405	1.624
Isoleucine	g	0.471			0.134	0.532	2.136
Leucine	g	0.783			0.222	0.885	3.552
Lysine	g	0.417			0.118	0.471	1.892
Methionine	g	0.172			0.049	0.194	0.780
Cystine	g	0.254			0.072	0.287	1.152
Phenylalanine	g	0.558			0.158	0.631	2.531
Tyrosine	g	0.365			0.103	0.412	1.656
Valine	g	0.600			0.170	0.678	2.722
Arginine	g	0.770			0.218	0.870	3.493
Histidine	g	0.232			0.066	0.262	1.052
Alanine	g	0.551			0.156	0.623	2.499
Aspartic acid	g	0.900			0.255	1.017	4.082
Glutamic acid	g	2.340			0.663	2.644	10.614
Glycine	g	0.556			0.158	0.628	2.522
Proline	g	0.575			0.163	0.650	2.608
Serine	g	0.481			0.136	0.544	2.182

[1] 1 oz = approx. 1/3 cup.
[2] Source added.

CEREALS, READY—TO—EAT

Nutri-Grain™, barley

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units	Amount in 100 grams, edible portion: Mean	Standard error	Number of samples	Amount in edible portion of common measures of food: 1 oz = 28.4 g[1]	1 c = 41 g	Amount in edible portion of 1 pound of food as purchased (Refuse: 0)
A	B	C	D	E	F	G
PROXIMATE:						
Water . . . g	2.9		12	0.8	1.2	13.2
Food energy . . . kcal	372			106	153	1,689
Food energy . . . kJ	1,558			442	639	7,066
Protein (N X 5.83) . . . g	10.9		12	3.1	4.5	49.4
Total lipid (fat) . . . g	0.8		12	0.2	0.3	3.6
Carbohydrate, total . . . g	82.8			23.5	33.9	375.4
Crude fiber . . . g	1.4		12	0.4	0.6	6.4
Dietary fiber, insoluble . . . g	5.8		12	1.7	2.4	26.4
Ash . . . g	2.6		12	0.7	1.1	11.9
MINERALS:						
Calcium . . . mg	27		12	8	11	120
Iron . . . mg	3.53		12	1.00	1.45	16.01
Magnesium . . . mg	79		12	22	32	357
Phosphorus . . . mg	308		12	87	126	1,399
Potassium . . . mg	263		12	75	108	1,193
Sodium[2] . . . mg	676		12	192	277	3,067
Zinc . . . mg	*13.2*			*3.7*	*5.4*	*59.9*
Copper . . . mg	0.600		12	0.170	0.246	2.722
Manganese . . . mg						
VITAMINS:						
Ascorbic acid . . . mg	*53*			*15*	*22*	*240*
Thiamin . . . mg	*1.3*			*0.4*	*0.5*	*5.9*
Riboflavin . . . mg	*1.5*			*0.4*	*0.6*	*6.8*
Niacin . . . mg	*17.6*			*5.0*	*7.2*	*79.8*
Pantothenic acid . . . mg						
Vitamin B_6 . . . mg	*1.8*			*0.5*	*0.7*	*8.2*
Folacin . . . mcg	*353*			*100*	*145*	*1,601*
Vitamin B_{12} . . . mcg	*5.3*			*1.5*	*2.2*	*24.0*
Vitamin A . . . RE	*1,324*			*375*	*543*	*6,006*
Vitamin A . . . IU	*4,409*			*1,250*	*1,808*	*19,999*
LIPIDS:						
Fatty acids:						
Saturated, total . . . g						
4:0 . . . g						
6:0 . . . g						
8:0 . . . g						
10:0 . . . g						
12:0 . . . g						
14:0 . . . g						
16:0 . . . g						
18:0 . . . g						
Monounsaturated, total . . . g						
16:1 . . . g						
18:1 . . . g						
20:1 . . . g						
22:1 . . . g						
Polyunsaturated, total . . . g						
18:2 . . . g						
18:3 . . . g						
18:4 . . . g						
20:4 . . . g						
20:5 . . . g						
22:5 . . . g						
22:6 . . . g						
Cholesterol . . . mg						
Phytosterols . . . mg						
AMINO ACIDS:						
Tryptophan . . . g						
Threonine . . . g						
Isoleucine . . . g						
Leucine . . . g						
Lysine . . . g						
Methionine . . . g						
Cystine . . . g						
Phenylalanine . . . g						
Tyrosine . . . g						
Valine . . . g						
Arginine . . . g						
Histidine . . . g						
Alanine . . . g						
Aspartic acid . . . g						
Glutamic acid . . . g						
Glycine . . . g						
Proline . . . g						
Serine . . . g						

[1] 1 oz = approx. 3/4 cup.
[2] Source added.

CEREALS, READY–TO–EAT

Nutri-Grain™, corn

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
					Approximate measure and weight		Refuse:0
		Mean	Standard error	Number of samples	1 oz = 28.4 g[1]	1 c = 42 g	
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	2.9		12	0.8	1.2	13.2
Food energy	kcal	381			108	160	1,730
	kJ	1,596			452	670	7,239
Protein (N X 6.25)	g	8.0		12	2.3	3.4	36.3
Total lipid (fat)	g	2.3		12	0.7	1.0	10.5
Carbohydrate, total	g	84.4			23.9	35.5	382.9
Crude fiber	g	1.7		12	0.5	0.7	7.8
Dietary fiber, insoluble	g	6.2		12	1.8	2.6	28.3
Ash	g	2.4		12	0.7	1.0	10.8
MINERALS:							
Calcium	mg	3		12	1	1	13
Iron	mg	2.12		12	0.60	0.89	9.62
Magnesium	mg	64		12	18	27	288
Phosphorus	mg	287		12	81	120	1,300
Potassium	mg	233		12	66	98	1,056
Sodium[2]	mg	658		12	187	276	2,986
Zinc	mg	*13.2*			*3.7*	*5.5*	*59.9*
Copper	mg	0.290		12	0.082	0.122	1.315
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg	*53*			*15*	*22*	*240*
Thiamin	mg	*1.3*			*0.4*	*0.5*	*5.9*
Riboflavin	mg	*1.5*			*0.4*	*0.6*	*6.8*
Niacin	mg	*17.6*			*5.0*	*7.4*	*79.8*
Pantothenic acid	mg						
Vitamin B_6	mg	*1.8*			*0.5*	*0.8*	*8.2*
Folacin	mcg	*353*			*100*	*148*	*1,601*
Vitamin B_{12}	mcg	*5.3*			*1.5*	*2.2*	*24.0*
Vitamin A	RE	*1,324*			*375*	*556*	*6,006*
	IU	*4,409*			*1,250*	*1,852*	*19,999*
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

[1] 1 oz = approx. 2/3 cup.
[2] Source added.

CEREALS, READY–TO–EAT

Nutri-Grain™, rye

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.4 g[1]	1 c = 40 g	Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	3.3		12	0.9	1.3	15.0
Food energy	kcal	359			102	144	1,630
	kJ	1,504			426	601	6,821
Protein (N X 5.83)	g	8.7		12	2.5	3.5	39.7
Total lipid (fat)	g	0.7		12	0.2	0.3	3.2
Carbohydrate, total	g	84.7			24.0	33.9	384.0
Crude fiber	g	1.3		12	0.4	0.5	6.0
Dietary fiber, insoluble	g	6.4		12	1.8	2.6	29.0
Ash	g	2.6		12	0.7	1.0	11.7
MINERALS:							
Calcium	mg	21		12	6	8	96
Iron	mg	2.82		12	0.80	1.13	12.79
Magnesium	mg	76		12	22	31	347
Phosphorus	mg	260		12	74	104	1,178
Potassium	mg	179		12	51	72	813
Sodium[2]	mg	680		12	193	272	3,085
Zinc	mg	*13.2*			*3.7*	*5.3*	*59.9*
Copper	mg	0.342		12	0.097	0.137	1.551
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg	*53*			*15*	*21*	*240*
Thiamin	mg	*1.3*			*0.4*	*0.5*	*5.9*
Riboflavin	mg	*1.5*			*0.4*	*0.6*	*6.8*
Niacin	mg	*17.6*			*5.0*	*7.0*	*79.8*
Pantothenic acid	mg						
Vitamin B_6	mg	*1.8*			*0.5*	*0.7*	*8.2*
Folacin	mcg	*353*			*100*	*141*	*1,601*
Vitamin B_{12}	mcg	*5.3*			*1.5*	*2.1*	*24.0*
Vitamin A	RE	*1,324*			*375*	*530*	*6,006*
	IU	*4,409*			*1,250*	*1,764*	*19,999*
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

[1] 1 oz = approx. 3/4 cup.
[2] Source added.

CEREALS, READY–TO–EAT

Nutri-Grain™, wheat

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units	Amount in 100 grams, edible portion: Mean	Standard error	Number of samples	Amount in edible portion of common measures of food: Approximate measure and weight: 1 oz = 28.4 g[1]	1 c = 44 g	Amount in edible portion of 1 pound of food as purchased: Refuse: 0
A	B	C	D	E	F	G
PROXIMATE:						
Water . . . g	3.0		12	0.9	1.3	13.6
Food energy . . . kcal	360			102	158	1,632
Food energy . . . kJ	1,505			427	662	6,828
Protein (N X 5.83) . . . g	8.7		12	2.5	3.8	39.7
Total lipid (fat) . . . g	1.0		12	0.3	0.5	4.7
Carbohydrate, total . . . g	84.6			24.0	37.2	383.7
Crude fiber . . . g	1.8		12	0.5	0.8	8.3
Dietary fiber, insoluble . . . g	6.3		12	1.8	2.8	28.6
Ash . . . g	2.6		12	0.7	1.2	11.9
MINERALS:						
Calcium . . . mg	28		12	8	12	125
Iron . . . mg	2.82		12	0.80	1.24	12.79
Magnesium . . . mg	78		12	22	34	352
Phosphorus . . . mg	374		12	106	164	1,694
Potassium . . . mg	272		12	77	120	1,235
Sodium[2] . . . mg	680		12	193	299	3,085
Zinc . . . mg	*13.2*			*3.7*	*5.8*	*59.9*
Copper . . . mg	0.540		12	0.153	0.238	2.449
Manganese . . . mg						
VITAMINS:						
Ascorbic acid . . . mg	*53*			*15*	*23*	*240*
Thiamin . . . mg	*1.3*			*0.4*	*0.6*	*5.9*
Riboflavin . . . mg	*1.5*			*0.4*	*0.7*	*6.8*
Niacin . . . mg	*17.6*			*5.0*	*7.7*	*79.8*
Pantothenic acid . . . mg						
Vitamin B_6 . . . mg	*1.8*			*0.5*	*0.8*	*8.2*
Folacin . . . mcg	*353*			*100*	*155*	*1,601*
Vitamin B_{12} . . . mcg	*5.3*			*1.5*	*2.3*	*24.0*
Vitamin A . . . RE	*1,324*			*375*	*583*	*6,006*
Vitamin A . . . IU	*4,409*			*1,250*	*1,940*	*19,999*
LIPIDS:						
Fatty acids:						
Saturated, total . . . g						
4:0 . . . g						
6:0 . . . g						
8:0 . . . g						
10:0 . . . g						
12:0 . . . g						
14:0 . . . g						
16:0 . . . g						
18:0 . . . g						
Monounsaturated, total . . . g						
16:1 . . . g						
18:1 . . . g						
20:1 . . . g						
22:1 . . . g						
Polyunsaturated, total . . . g						
18:2 . . . g						
18:3 . . . g						
18:4 . . . g						
20:4 . . . g						
20:5 . . . g						
22:5 . . . g						
22:6 . . . g						
Cholesterol . . . mg						
Phytosterols . . . mg						
AMINO ACIDS:						
Tryptophan . . . g						
Threonine . . . g						
Isoleucine . . . g						
Leucine . . . g						
Lysine . . . g						
Methionine . . . g						
Cystine . . . g						
Phenylalanine . . . g						
Tyrosine . . . g						
Valine . . . g						
Arginine . . . g						
Histidine . . . g						
Alanine . . . g						
Aspartic acid . . . g						
Glutamic acid . . . g						
Glycine . . . g						
Proline . . . g						
Serine . . . g						

[1] 1 oz = approx. 3/4 cup.
[2] Source added.

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.4 g[1]	1 c = 66 g	Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	3.0	0.126	29	0.8	1.9	13.4
Food energy	kcal	269			76	178	1,221
	kj	1,126			319	743	5,107
Protein (N X 6.31)	g	12.5	0.052	29	3.5	8.3	56.8
Total lipid (fat)	g	5.0	0.116	29	1.4	3.3	22.9
Carbohydrate, total	g	72.9			20.7	48.1	330.7
Crude fiber	g	7.5		1	2.1	5.0	34.0
Dietary fiber, insoluble	g	29.6	0.358	12	8.4	19.5	134.3
Ash	g	6.6	0.033	29	1.9	4.3	29.9
MINERALS:							
Calcium	mg	70	1.706	18	20	46	315
Iron	mg	12.30	0.250	18	3.49	8.12	55.79
Magnesium	mg	473	8.933	18	134	312	2,144
Phosphorus	mg	1,214	13.977	18	344	801	5,507
Potassium	mg	1,248	19.102	35	354	824	5,663
Sodium[2]	mg	693	13.600	74	196	457	3,143
Zinc	mg	8.69	0.107	19	2.46	5.74	39.43
Copper	mg	1.577	0.065	19	0.447	1.041	7.153
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg	*95*			*27*	*63*	*431*
Thiamin	mg	*2.4*			*0.7*	*1.6*	*10.9*
Riboflavin	mg	*2.7*			*0.8*	*1.8*	*12.2*
Niacin	mg	*31.7*			*9.0*	*20.9*	*143.8*
Pantothenic acid	mg	1.930	0.060	4	0.547	1.274	8.754
Vitamin B_6	mg	*3.2*			*0.9*	*2.1*	*14.5*
Folacin	mcg						
Vitamin B_{12}	mcg	*9.5*			*2.7*	*6.3*	*43.1*
Vitamin A	RE						
	IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g	0.89			0.25	0.59	4.04
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.01			0.00	0.01	0.05
16:0	g	0.83			0.24	0.55	3.76
18:0	g	0.05			0.01	0.03	0.23
Monounsaturated, total	g	0.87			0.25	0.57	3.95
16:1	g	0.02			0.01	0.01	0.09
18:1	g	0.85			0.24	0.56	3.86
20:1	g						
22:1	g						
Polyunsaturated, total	g	2.84			0.81	1.87	12.88
18:2	g	2.65			0.75	1.75	12.02
18:3	g	0.19			0.05	0.13	0.86
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.193			0.055	0.127	0.875
Threonine	g	0.406			0.115	0.268	1.842
Isoleucine	g	0.399			0.113	0.263	1.810
Leucine	g	0.742			0.210	0.490	3.366
Lysine	g	0.485			0.137	0.320	2.200
Methionine	g	0.177			0.050	0.117	0.803
Cystine	g	0.243			0.069	0.160	1.102
Phenylalanine	g	0.481			0.136	0.317	2.182
Tyrosine	g	0.355			0.101	0.234	1.610
Valine	g	0.586			0.166	0.387	2.658
Arginine	g	0.876			0.248	0.578	3.974
Histidine	g	0.342			0.097	0.226	1.551
Alanine	g	0.611			0.173	0.403	2.771
Aspartic acid	g	0.914			0.259	0.603	4.146
Glutamic acid	g	2.429			0.689	1.603	11.018
Glycine	g	0.725			0.206	0.479	3.289
Proline	g	0.771			0.219	0.509	3.497
Serine	g	0.561			0.159	0.370	2.545

[1] 1 oz = approx. 1/2 cup.
[2] Source added.

CEREALS, READY-TO-EAT

100% Natural Cereal, plain

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
					Approximate measure and weight		Refuse: 0
		Mean	Standard error	Number of samples	1 oz = 28.4 g[1]	1 c = 104 g	
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	2.2	0.131	22	0.6	2.2	9.8
Food energy	kcal	470			133	489	2,134
	kJ	1,968			558	2,047	8,927
Protein (N X 5.8)	g	11.7	0.142	19	3.3	12.1	53.0
Total lipid (fat)	g	21.5	0.371	19	6.1	22.4	97.6
Carbohydrate, total	g	62.7			17.8	65.2	284.3
Crude fiber	g	1.2	0.041	19	0.3	1.2	5.4
Dietary fiber, insoluble	g	3.7	0.104	3	1.0	3.8	16.8
Ash	g	2.0	0.028	19	0.6	2.0	8.9
MINERALS:							
Calcium	mg	174	17.034	19	49	181	790
Iron	mg	2.95	0.064	19	0.84	3.07	13.39
Magnesium	mg	120		1	34	125	544
Phosphorus	mg	368	6.042	6	104	383	1,668
Potassium	mg	494	13.124	3	140	514	2,242
Sodium	mg	43	1.562	3	12	45	195
Zinc	mg	2.26	0.012	12	0.64	2.35	10.26
Copper	mg	0.442	0.008	12	0.125	0.460	2.005
Manganese	mg	1.720		1	0.488	1.789	7.802
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg	0.30	0.012	19	0.08	0.31	1.35
Riboflavin	mg	0.54	0.040	19	0.15	0.56	2.43
Niacin	mg	2.28	0.278	19	0.65	2.37	10.33
Pantothenic acid	mg	0.799	0.011	12	0.227	0.831	3.624
Vitamin B_6	mg	0.180		1	0.051	0.187	0.816
Folacin	mcg	30	1.185	3	9	31	137
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g	14.47			4.10	15.05	65.64
4:0	g	0.00			0.00	0.00	0.01
6:0	g	0.12			0.03	0.12	0.54
8:0	g	1.19			0.34	1.24	5.41
10:0	g	0.94			0.27	0.97	4.24
12:0	g	6.95			1.97	7.22	31.51
14:0	g	2.62			0.74	2.73	11.89
16:0	g	1.92			0.54	1.99	8.69
18:0	g	0.57			0.16	0.59	2.58
Monounsaturated, total	g	4.11			1.16	4.27	18.63
16:1	g	0.09			0.03	0.09	0.41
18:1	g	4.02			1.14	4.18	18.22
20:1	g						
22:1	g						
Polyunsaturated, total	g	1.93			0.55	2.01	8.75
18:2	g	1.86			0.53	1.93	8.41
18:3	g	0.07			0.02	0.08	0.34
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.162			0.046	0.168	0.735
Threonine	g	0.435			0.123	0.452	1.973
Isoleucine	g	0.588			0.167	0.612	2.667
Leucine	g	0.963			0.273	1.002	4.368
Lysine	g	0.565			0.160	0.588	2.563
Methionine	g	0.217			0.062	0.226	0.984
Cystine	g	0.221			0.063	0.230	1.002
Phenylalanine	g	0.615			0.174	0.640	2.790
Tyrosine	g	0.440			0.125	0.458	1.996
Valine	g	0.694			0.197	0.722	3.148
Arginine	g	0.800			0.227	0.832	3.629
Histidine	g	0.290			0.082	0.302	1.315
Alanine	g	0.546			0.155	0.568	2.477
Aspartic acid	g	0.988			0.280	1.028	4.482
Glutamic acid	g	2.848			0.807	2.962	12.919
Glycine	g	0.531			0.151	0.552	2.409
Proline	g	0.876			0.248	0.911	3.974
Serine	g	0.589			0.167	0.613	2.672

[1] 1 oz = approx. 1/4 cup.

CEREALS, READY-TO-EAT

100% Natural Cereal with apples and cinnamon

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.4 g[1]	1 c = 104 g	Refuse: 0
A	B	C	D	E	F	G
PROXIMATE:						
Water . . . g	1.9	0.105	19	0.5	2.0	8.6
Food energy . . . kcal	459			130	478	2,083
Food energy . . . kJ	1,922			545	1,998	8,716
Protein (N X 5.8) . . . g	10.3	0.144	19	2.9	10.7	46.6
Total lipid (fat) . . . g	18.8	0.257	19	5.3	19.5	85.3
Carbohydrate, total . . . g	67.1			19.0	69.8	304.4
Crude fiber . . . g	1.4	0.060	19	0.4	1.5	6.4
Dietary fiber, insoluble . . . g	4.6	0.242	3	1.3	4.8	20.9
Ash . . . g	2.0	0.030	19	0.6	2.0	8.8
MINERALS:						
Calcium . . . mg	151	3.823	19	43	157	686
Iron . . . mg	2.78	0.049	18	0.79	2.89	12.59
Magnesium . . . mg	69	24.914	3	19	71	311
Phosphorus . . . mg	337	7.251	9	96	350	1,528
Potassium . . . mg	494	11.456	5	140	513	2,239
Sodium . . . mg	50	3.689	5	14	52	226
Zinc . . . mg	1.92	0.115	3	0.55	2.00	8.72
Copper . . . mg	0.407	0.018	3	0.115	0.423	1.846
Manganese . . . mg	1.810	0.156	3	0.513	1.882	8.210
VITAMINS:						
Ascorbic acid . . . mg						
Thiamin . . . mg	0.32	0.019	19	0.09	0.33	1.43
Riboflavin . . . mg	0.55	0.055	19	0.16	0.58	2.51
Niacin . . . mg	1.80	0.212	19	0.51	1.88	8.18
Pantothenic acid . . . mg	1.050	0.029	3	0.298	1.092	4.763
Vitamin B_6 . . . mg	0.103	0.003	3	0.029	0.107	0.467
Folacin . . . mcg	16	1.386	3	5	17	73
Vitamin B_{12} . . . mcg	0.287	0.007	3	0.081	0.298	1.302
Vitamin A . . . RE						
Vitamin A . . . IU						
LIPIDS:						
Fatty acids:						
Saturated, total . . . g	14.87			4.22	15.46	67.45
4:0 . . . g	0.00			0.00	0.00	0.01
6:0 . . . g	0.12			0.04	0.13	0.56
8:0 . . . g	1.25			0.35	1.30	5.67
10:0 . . . g	0.98			0.28	1.02	4.45
12:0 . . . g	7.29			2.07	7.58	33.07
14:0 . . . g	2.75			0.78	2.86	12.46
16:0 . . . g	1.77			0.50	1.84	8.02
18:0 . . . g	0.53			0.15	0.56	2.42
Monounsaturated, total . . . g	1.76			0.50	1.83	7.97
16:1 . . . g	0.07			0.02	0.07	0.32
18:1 . . . g	1.68			0.48	1.75	7.63
20:1 . . . g						
22:1 . . . g						
Polyunsaturated, total . . . g	1.28			0.36	1.34	5.82
18:2 . . . g	1.23			0.35	1.27	5.56
18:3 . . . g	0.06			0.02	0.06	0.26
18:4 . . . g						
20:4 . . . g						
20:5 . . . g						
22:5 . . . g						
22:6 . . . g						
Cholesterol . . . mg						
Phytosterols . . . mg						
AMINO ACIDS:						
Tryptophan . . . g	0.149			0.042	0.155	0.676
Threonine . . . g	0.392			0.111	0.408	1.778
Isoleucine . . . g	0.529			0.150	0.550	2.400
Leucine . . . g	0.861			0.244	0.895	3.905
Lysine . . . g	0.526			0.149	0.547	2.386
Methionine . . . g	0.203			0.058	0.211	0.921
Cystine . . . g	0.202			0.057	0.210	0.916
Phenylalanine . . . g	0.544			0.154	0.566	2.468
Tyrosine . . . g	0.398			0.113	0.414	1.805
Valine . . . g	0.624			0.177	0.649	2.830
Arginine . . . g	0.641			0.182	0.667	2.908
Histidine . . . g	0.254			0.072	0.264	1.152
Alanine . . . g	0.480			0.136	0.499	2.177
Aspartic acid . . . g	0.846			0.240	0.880	3.837
Glutamic acid . . . g	2.497			0.708	2.597	11.326
Glycine . . . g	0.450			0.128	0.468	2.041
Proline . . . g	0.786			0.223	0.817	3.565
Serine . . . g	0.533			0.151	0.554	2.418

[1] 1 oz = approx. 1/4 cup.

100% Natural Cereal with raisins and dates

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0
					1 oz = 28.4 g[1]	1 c = 110 g	
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	3.5	0.146	20	1.0	3.9	16.0
Food energy	kcal	451			128	496	2,047
	kJ	1,888			535	2,077	8,565
Protein (N X 5.8)	g	10.2	0.126	23	2.9	11.2	46.3
Total lipid (fat)	g	18.5	0.303	23	5.2	20.3	83.8
Carbohydrate, total	g	65.8			18.7	72.4	298.6
Crude fiber	g	1.3	0.031	20	0.4	1.4	5.7
Dietary fiber, insoluble	g	3.8	0.104	3	1.1	4.2	17.2
Ash	g	2.0	0.017	20	0.6	2.2	8.9
MINERALS:							
Calcium	mg	145	2.459	22	41	160	659
Iron	mg	2.84	0.042	23	0.80	3.12	12.87
Magnesium	mg	113		1	32	124	513
Phosphorus	mg	316	13.307	8	89	347	1,432
Potassium	mg	489	26.597	3	139	538	2,219
Sodium	mg	43	1.569	3	12	47	195
Zinc	mg	1.92	0.025	12	0.54	2.11	8.72
Copper	mg	0.440	0.008	12	0.125	0.484	1.996
Manganese	mg	1.670		1	0.473	1.837	7.575
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg	0.28	0.010	23	0.08	0.30	1.25
Riboflavin	mg	0.59	0.051	21	0.17	0.64	2.65
Niacin	mg	1.90	0.215	24	0.54	2.08	8.60
Pantothenic acid	mg	0.854	0.030	11	0.242	0.939	3.874
Vitamin B_6	mg	0.150		1	0.043	0.165	0.680
Folacin	mcg	41	1.505	11	12	45	186
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g	12.44			3.53	13.68	56.41
4:0	g	0.00			0.00	0.00	0.01
6:0	g	0.10			0.03	0.11	0.46
8:0	g	1.03			0.29	1.13	4.65
10:0	g	0.81			0.23	0.89	3.65
12:0	g	5.99			1.70	6.58	27.15
14:0	g	2.26			0.64	2.48	10.25
16:0	g	1.62			0.46	1.78	7.35
18:0	g	0.49			0.14	0.54	2.21
Monounsaturated, total	g	3.38			0.96	3.72	15.32
16:1	g	0.08			0.02	0.08	0.34
18:1	g	3.30			0.94	3.63	14.97
20:1	g						
22:1	g						
Polyunsaturated, total	g	1.55			0.44	1.71	7.04
18:2	g	1.49			0.42	1.64	6.77
18:3	g	0.06			0.02	0.07	0.27
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.140			0.040	0.154	0.635
Threonine	g	0.375			0.106	0.413	1.701
Isoleucine	g	0.503			0.143	0.553	2.282
Leucine	g	0.825			0.234	0.908	3.742
Lysine	g	0.488			0.138	0.537	2.214
Methionine	g	0.188			0.053	0.207	0.853
Cystine	g	0.188			0.053	0.207	0.853
Phenylalanine	g	0.524			0.149	0.576	2.377
Tyrosine	g	0.375			0.106	0.413	1.701
Valine	g	0.595			0.169	0.655	2.699
Arginine	g	0.678			0.192	0.746	3.075
Histidine	g	0.249			0.071	0.274	1.129
Alanine	g	0.470			0.133	0.517	2.132
Aspartic acid	g	0.851			0.241	0.936	3.860
Glutamic acid	g	2.420			0.686	2.662	10.977
Glycine	g	0.455			0.129	0.501	2.064
Proline	g	0.752			0.213	0.827	3.411
Serine	g	0.504			0.143	0.554	2.286

[1] 1 oz = approx. 1/4 cup.

CEREALS, READY–TO–EAT

Product 19®

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion: Mean	Standard error	Number of samples	Amount in edible portion of common measures of food — Approximate measure and weight: 1 oz = 28.4 g[1]	1 c = 33 g	Amount in edible portion of 1 pound of food as purchased — Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	3.2		3	0.9	1.1	14.5
Food energy	kcal	381			108	126	1,730
	kJ	1,596			452	527	7,240
Protein (N X 6.1)	g	9.8		3	2.8	3.2	44.3
Total lipid (fat)	g	0.7		3	0.2	0.2	3.2
Carbohydrate, total	g	83.0			23.5	27.4	376.7
Crude fiber	g	0.5		3	0.1	0.2	2.3
Dietary fiber, insoluble	g	1.1		6	0.3	0.4	5.0
Ash	g	3.3		3	0.9	1.1	15.0
MINERALS:							
Calcium	mg	12		3	3	4	54
Iron	mg	*63.5*			*18.0*	*21.0*	*288.0*
Magnesium	mg	37		4	11	12	170
Phosphorus	mg	141		3	40	47	640
Potassium	mg	156		6	44	51	706
Sodium[2]	mg	1,146		6	325	378	5,197
Zinc	mg	1.50		3	0.43	0.50	6.80
Copper	mg	0.280		3	0.079	0.092	1.270
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg	*212*			*60*	*70*	*962*
Thiamin	mg	*5.3*			*1.5*	*1.7*	*24.0*
Riboflavin	mg	*6.0*			*1.7*	*2.0*	*27.2*
Niacin	mg	*70.5*			*20.0*	*23.3*	*319.8*
Pantothenic acid	mg	0.634		5	0.180	0.209	2.876
Vitamin B_6	mg	*7.1*			*2.0*	*2.3*	*32.2*
Folacin	mcg	*1,411*			*400*	*466*	*6,400*
Vitamin B_{12}	mcg	*21.2*			*6.0*	*7.0*	*96.2*
Vitamin A	RE	*5,296*			*1,502*	*1,748*	*24,024*
	IU	*17,637*			*5,000*	*5,820*	*80,001*
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

[1] 1 oz = approx. 3/4 cup.
[2] Source added.

Quisp®

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.4 g[1]	1 c = 30 g	Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	2.0	0.091	30	0.6	0.6	9.3
Food energy	kcal	414			117	124	1,876
	kJ	1,730			491	519	7,848
Protein (N X 6.1)	g	5.0	0.050	30	1.4	1.5	22.7
Total lipid (fat)	g	7.2	0.294	30	2.1	2.2	32.8
Carbohydrate, total	g	83.3			23.6	25.0	377.9
Crude fiber	g	0.6	0.022	30	0.2	0.2	2.5
Dietary fiber, insoluble	g	1.3	0.046	3	0.4	0.4	5.9
Ash	g	2.4	0.040	30	0.7	0.7	10.9
MINERALS:							
Calcium	mg	31	0.949	10	9	9	141
Iron[2]	mg	21.05	0.386	30	5.97	6.31	95.46
Magnesium	mg	41		1	12	12	185
Phosphorus	mg	83	5.376	10	24	25	376
Potassium	mg	149	11.034	3	42	45	678
Sodium[2]	mg	803	9.178	3	228	241	3,642
Zinc	mg	0.61	0.016	10	0.17	0.18	2.77
Copper	mg	0.034	0.009	10	0.010	0.010	0.154
Manganese	mg	0.480		1	0.136	0.144	2.177
VITAMINS:							
Ascorbic acid	mg						
Thiamin[2]	mg	1.79	0.071	30	0.51	0.54	8.13
Riboflavin[2]	mg	2.53	0.054	30	0.72	0.76	11.49
Niacin[2]	mg	19.34	0.479	29	5.48	5.80	87.74
Pantothenic acid	mg	0.125	0.003	10	0.035	0.038	0.567
Vitamin B_6[2]	mg	3.031	0.065	30	0.859	0.909	13.749
Folacin	mcg	27	0.833	10	8	8	121
Vitamin B_{12}[2]	mcg	8.609	0.290	30	2.441	2.583	39.050
Vitamin A	RE						
	IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g	4.94			1.40	1.48	22.43
4:0	g						
6:0	g	0.04			0.01	0.01	0.18
8:0	g	0.41			0.11	0.12	1.84
10:0	g	0.32			0.09	0.10	1.44
12:0	g	2.37			0.67	0.71	10.73
14:0	g	0.89			0.25	0.27	4.04
16:0	g	0.68			0.19	0.20	3.08
18:0	g	0.19			0.05	0.06	0.86
Monounsaturated, total	g	0.88			0.25	0.26	3.97
16:1	g	0.02			0.01	0.01	0.10
18:1	g	0.85			0.24	0.26	3.87
20:1	g						
22:1	g						
Polyunsaturated, total	g	1.02			0.29	0.31	4.64
18:2	g	1.00			0.28	0.30	4.53
18:3	g	0.03			0.01	0.01	0.11
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.042			0.012	0.013	0.191
Threonine	g	0.175			0.050	0.053	0.794
Isoleucine	g	0.210			0.060	0.063	0.953
Leucine	g	0.632			0.179	0.190	2.867
Lysine	g	0.134			0.038	0.040	0.608
Methionine	g	0.108			0.031	0.032	0.490
Cystine	g	0.116			0.033	0.035	0.526
Phenylalanine	g	0.263			0.075	0.079	1.193
Tyrosine	g	0.202			0.057	0.061	0.916
Valine	g	0.269			0.076	0.081	1.220
Arginine	g	0.233			0.066	0.070	1.057
Histidine	g	0.128			0.036	0.038	0.581
Alanine	g	0.376			0.107	0.113	1.706
Aspartic acid	g	0.347			0.098	0.104	1.574
Glutamic acid	g	1.122			0.318	0.337	5.089
Glycine	g	0.190			0.054	0.057	0.862
Proline	g	0.437			0.124	0.131	1.982
Serine	g	0.243			0.069	0.073	1.102

[1] 1 oz = approx. 1 cup.
[2] Source added.

Raisin Bran, Kellogg's®

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1.3 oz = 36.9 g[1]	1-1/4 oz box = 35.4 g	Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	8.3		3	3.1	2.9	37.6
Food energy	kcal	312			115	111	1,417
	kJ	1,307			482	463	5,927
Protein (N X 6.0)	g	10.8		3	4.0	3.8	49.0
Total lipid (fat)	g	2.0		3	0.7	0.7	9.1
Carbohydrate, total	g	75.5			27.9	26.7	342.5
Crude fiber	g	2.9		3	1.1	1.0	13.2
Dietary fiber, insoluble	g	10.8		104	4.0	3.8	49.2
Ash	g	3.4		3	1.3	1.2	15.4
MINERALS:							
Calcium	mg	35		3	13	12	159
Iron	mg	*12.2*			*4.5*	*4.3*	*55.3*
Magnesium	mg	129		3	48	46	585
Phosphorus	mg	372		3	137	132	1,689
Potassium	mg	520		15	192	184	2,359
Sodium[2]	mg	730		15	269	258	3,311
Zinc	mg	*10.2*			*3.8*	*3.6*	*46.3*
Copper	mg	0.580		3	0.214	0.205	2.631
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg	*1.0*			*0.4*	*0.4*	*4.5*
Riboflavin	mg	*1.2*			*0.4*	*0.4*	*5.4*
Niacin	mg	*13.6*			*5.0*	*4.8*	*61.7*
Pantothenic acid	mg						
Vitamin B_6	mg	*1.4*			*0.5*	*0.5*	*6.4*
Folacin	mcg	*271*			*100*	*96*	*1,229*
Vitamin B_{12}	mcg	*4.1*			*1.5*	*1.5*	*18.6*
Vitamin A	RE	*1,017*			*375*	*360*	*4,615*
	IU	*3,388*			*1,250*	*1,199*	*15,368*
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

[1] 1.3 oz = approx. 3/4 cup.
[2] Source added.

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.4 g[1]	1-1/4 oz box = 35.4 g	Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	9.2	0.300	2	2.6	3.3	41.8
Food energy	kcal	307			87	109	1,394
	kj	1,286			365	455	5,832
Protein (N X 6.0)	g	9.3	0.321	2	2.6	3.3	42.3
Total lipid (fat)	g	1.9	0.680	2	0.5	0.7	8.4
Carbohydrate, total	g	75.6			21.4	26.8	343.1
Crude fiber	g	3.2	0.275	2	0.9	1.1	14.7
Dietary fiber, insoluble	g	10.5	0.137	9	3.0	3.7	47.6
Ash	g	4.0	0.205	2	1.1	1.4	18.0
MINERALS:							
Calcium	mg	47	2.500	2	13	17	212
Iron	mg	*15.9*			*4.5*	*5.6*	*72.1*
Magnesium	mg	170		1	48	60	769
Phosphorus	mg	419	25.400	2	119	148	1,899
Potassium	mg	616	2.650	2	175	218	2,794
Sodium[2]	mg	652		1	185	231	2,958
Zinc	mg	*5.3*			*1.5*	*1.9*	*24.0*
Copper	mg	0.547	0.064	4	0.155	0.194	2.481
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg	*1.3*			*0.4*	*0.5*	*5.9*
Riboflavin	mg	*1.5*			*0.4*	*0.5*	*6.8*
Niacin	mg	*17.6*			*5.0*	*6.2*	*79.8*
Pantothenic acid	mg						
Vitamin B_6	mg	*1.8*			*0.5*	*0.6*	*8.2*
Folacin	mcg	*353*			*100*	*125*	*1,601*
Vitamin B_{12}	mcg	*5.3*			*1.5*	*1.9*	*24.0*
Vitamin A	RE	*1,324*			*375*	*469*	*6,006*
	IU	*4,409*			*1,250*	*1,561*	*19,999*
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.138			0.039	0.049	0.626
Threonine	g	0.260			0.074	0.092	1.179
Isoleucine	g	0.304			0.086	0.108	1.379
Leucine	g	0.538			0.153	0.190	2.440
Lysine	g	0.270			0.077	0.096	1.225
Methionine	g	0.129			0.037	0.046	0.585
Cystine	g	0.164			0.046	0.058	0.744
Phenylalanine	g	0.370			0.105	0.131	1.678
Tyrosine	g	0.240			0.068	0.085	1.089
Valine	g	0.394			0.112	0.139	1.787
Arginine	g	0.470			0.133	0.166	2.132
Histidine	g	0.205			0.058	0.073	0.930
Alanine	g	0.346			0.098	0.122	1.569
Aspartic acid	g	0.504			0.143	0.178	2.286
Glutamic acid	g	2.207			0.626	0.781	10.011
Glycine	g	0.402			0.114	0.142	1.823
Proline	g	0.714			0.202	0.253	3.239
Serine	g	0.412			0.117	0.146	1.869

[1] 1 oz = approx. 1/2 cup.
[2] Source added.

CEREALS, READY–TO–EAT

Raisin Bran, Ralston Purina®

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion: Mean	Standard error	Number of samples	Amount in edible portion of common measures of food: Approximate measure and weight 1-1/3 oz = 37.8 g[1]	1 c = 56 g	Amount in edible portion of 1 pound of food as purchased: Refuse:0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	7.3	0.033	241	2.8	4.1	33.1
Food energy	kcal	318			120	178	1,441
	kj	1,330			503	745	6,031
Protein (N X 6.0)	g	7.8		43	3.0	4.4	35.6
Total lipid (fat)	g	0.5		40	0.2	0.3	2.4
Carbohydrate, total	g	83.0			31.4	46.5	376.6
Crude fiber	g	2.9		44	1.1	1.6	13.2
Dietary fiber, insoluble	g	12.7		5	4.8	7.1	57.6
Ash	g	1.3		1	0.5	0.7	5.9
MINERALS:							
Calcium	mg	48		19	18	27	216
Iron	mg	*11.9*			*4.5*	*6.7*	*54.0*
Magnesium	mg	151		69	57	84	684
Phosphorus	mg	442		61	167	247	2,004
Potassium	mg	513		23	194	287	2,328
Sodium[2]	mg	868		60	328	486	3,936
Zinc	mg	2.99		70	1.13	1.67	13.56
Copper	mg	0.545		63	0.206	0.305	2.472
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg	*3*			*1*	*2*	*14*
Thiamin	mg	*1.0*			*0.4*	*0.6*	*4.5*
Riboflavin	mg	*1.1*			*0.4*	*0.6*	*5.0*
Niacin	mg	*13.2*			*5.0*	*7.4*	*59.9*
Pantothenic acid	mg	0.741		23	0.280	0.415	3.361
Vitamin B_6	mg	*1.3*			*0.5*	*0.7*	*5.9*
Folacin	mcg	*265*			*100*	*148*	*1,202*
Vitamin B_{12}	mcg	*4.0*			*1.5*	*2.2*	*18.1*
Vitamin A	RE	*993*			*375*	*556*	*4,505*
	IU	*3,307*			*1,250*	*1,852*	*15,001*
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

[1] 1-1/3 oz = approx. 3/4 cup.
[2] Source added.

CEREALS, READY—TO—EAT

Raisins, Rice and Rye™

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
				Approximate measure and weight		Refuse: 0
	Mean	Standard error	Number of samples	1.3 oz = 36.9 g[1]	1 c = 46 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water . . . g	6.0		1	2.2	2.8	27.2
Food energy . . . kcal	336			124	155	1,525
Food energy . . . kJ	1,407			519	647	6,381
Protein (N X 5.9) . . . g	5.7		1	2.1	2.6	25.7
Total lipid (fat) . . . g	0.3		1	0.1	0.1	1.2
Carbohydrate, total . . . g	85.4			31.5	39.3	387.2
Crude fiber . . . g	1.1		1	0.4	0.5	5.0
Dietary fiber, insoluble . . . g						
Ash . . . g	2.7		1	1.0	1.2	12.2
MINERALS:						
Calcium . . . mg	22		1	8	10	101
Iron . . . mg	*12.2*			*4.5*	*5.6*	*55.3*
Magnesium . . . mg	43		1	16	20	197
Phosphorus . . . mg	108		1	40	50	492
Potassium . . . mg	312		1	115	144	1,415
Sodium[2] . . . mg	760		1	280	350	3,447
Zinc . . . mg	*10.2*			*3.8*	*4.7*	*46.3*
Copper . . . mg						
Manganese . . . mg						
VITAMINS:						
Ascorbic acid . . . mg	1		1	0	0	4
Thiamin . . . mg	*1.0*			*0.4*	*0.5*	*4.5*
Riboflavin . . . mg	*1.2*			*0.4*	*0.6*	*5.4*
Niacin . . . mg	*13.6*			*5.0*	*6.3*	*61.7*
Pantothenic acid . . . mg						
Vitamin B_6 . . . mg	*1.4*			*0.5*	*0.6*	*6.4*
Folacin . . . mcg	*271*			*100*	*125*	*1,229*
Vitamin B_{12} . . . mcg	*4.1*			*1.5*	*1.9*	*18.6*
Vitamin A . . . RE	*1,017*			*375*	*468*	*4,615*
Vitamin A . . . IU	*3,388*			*1,250*	*1,558*	*15,368*
LIPIDS:						
Fatty acids:						
Saturated, total . . . g						
4:0 . . . g						
6:0 . . . g						
8:0 . . . g						
10:0 . . . g						
12:0 . . . g						
14:0 . . . g						
16:0 . . . g						
18:0 . . . g						
Monounsaturated, total . . . g						
16:1 . . . g						
18:1 . . . g						
20:1 . . . g						
22:1 . . . g						
Polyunsaturated, total . . . g						
18:2 . . . g						
18:3 . . . g						
18:4 . . . g						
20:4 . . . g						
20:5 . . . g						
22:5 . . . g						
22:6 . . . g						
Cholesterol . . . mg						
Phytosterols . . . mg						
AMINO ACIDS:						
Tryptophan . . . g						
Threonine . . . g						
Isoleucine . . . g						
Leucine . . . g						
Lysine . . . g						
Methionine . . . g						
Cystine . . . g						
Phenylalanine . . . g						
Tyrosine . . . g						
Valine . . . g						
Arginine . . . g						
Histidine . . . g						
Alanine . . . g						
Aspartic acid . . . g						
Glutamic acid . . . g						
Glycine . . . g						
Proline . . . g						
Serine . . . g						

[1] 1.3 oz = approx. 1 cup.
[2] Source added.

CEREALS, READY–TO–EAT

Rice Chex®

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.4 g[1]	7/8 oz box = 24.8 g	Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	2.6	0.019	409	0.7	0.6	11.8
Food energy	kcal	395			112	98	1,790
	kJ	1,651			468	409	7,489
Protein (N X 5.95)	g	5.3		90	1.5	1.3	24.1
Total lipid (fat)	g	0.4		74	0.1	0.1	1.7
Carbohydrate, total	g	89.2			25.3	22.1	404.6
Crude fiber	g	0.4		57	0.1	0.1	1.6
Dietary fiber, insoluble	g	0.6		19	0.2	0.1	2.7
Ash	g	2.5		1	0.7	0.6	11.3
MINERALS:							
Calcium	mg	14		54	4	3	61
Iron	mg	*6.3*			*1.8*	*1.6*	*28.6*
Magnesium	mg	25		57	7	6	112
Phosphorus	mg	98		144	28	24	446
Potassium	mg	116		59	33	29	527
Sodium[2]	mg	836		143	237	207	3,792
Zinc	mg	1.38		78	0.39	0.34	6.24
Copper	mg	0.265		109	0.075	0.066	1.202
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg	*53*			*15*	*13*	*240*
Thiamin	mg	*1.3*			*0.4*	*0.3*	*5.9*
Riboflavin	mg						
Niacin	mg	*17.6*			*5.0*	*4.4*	*79.8*
Pantothenic acid	mg	0.353		45	0.100	0.088	1.601
Vitamin B_6	mg	*1.8*			*0.5*	*0.4*	*8.2*
Folacin	mcg	*353*			*100*	*88*	*1,601*
Vitamin B_{12}	mcg	*5.3*			*1.5*	*1.3*	*24.0*
Vitamin A	RE						
	IU	60		11	17	15	272
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

[1] 1 oz = approx. 1-1/8 cups.
[2] Source added.

CEREALS, READY–TO–EAT

Rice Krispies®

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units	Amount in 100 grams, edible portion: Mean	Standard error	Number of samples	Amount in edible portion of common measures of food: Approximate measure and weight: 1 oz = 28.4 g[1]	5/8 oz box = 17.7 g	Amount in edible portion of 1 pound of food as purchased: Refuse: 0
A	B	C	D	E	F	G
PROXIMATE:						
Water . . . g	2.3		3	0.7	0.4	10.4
Food energy . . . kcal	395			112	70	1,792
Food energy . . . kJ	1,653			468	293	7,496
Protein (N X 5.95) . . . g	6.8		14	1.9	1.2	30.6
Total lipid (fat) . . . g	0.7		12	0.2	0.1	3.1
Carbohydrate, total . . . g	87.4			24.8	15.5	396.2
Crude fiber . . . g	0.3		3	0.1	0.1	1.4
Dietary fiber, insoluble . . . g	0.2		6	0.1	0.0	0.9
Ash . . . g	2.9		3	0.8	0.5	13.2
MINERALS:						
Calcium . . . mg	14		13	4	2	64
Iron . . . mg	*6.3*			*1.8*	*1.1*	*28.6*
Magnesium . . . mg	36		13	10	6	162
Phosphorus . . . mg	121		14	34	21	550
Potassium . . . mg	104		19	30	18	473
Sodium[2] . . . mg	1,200		8	340	212	5,443
Zinc . . . mg	1.70		3	0.48	0.30	7.71
Copper . . . mg	0.250		3	0.071	0.044	1.134
Manganese . . . mg	0.990		1	0.281	0.175	4.491
VITAMINS:						
Ascorbic acid . . . mg	*53*			*15*	*9*	*240*
Thiamin . . . mg	*1.3*			*0.4*	*0.2*	*5.9*
Riboflavin . . . mg	*1.5*			*0.4*	*0.3*	*6.8*
Niacin . . . mg	*17.6*			*5.0*	*3.1*	*79.8*
Pantothenic acid . . . mg	0.697	0.032	4	0.198	0.123	3.162
Vitamin B_6 . . . mg	*1.8*			*0.5*	*0.3*	*8.2*
Folacin . . . mcg	*353*			*100*	*62*	*1,601*
Vitamin B_{12} . . . mcg						
Vitamin A . . . RE	*1,324*			*375*	*234*	*6,006*
Vitamin A . . . IU	*4,409*			*1,250*	*780*	*19,999*
LIPIDS:						
Fatty acids:						
Saturated, total . . . g						
4:0 . . . g						
6:0 . . . g						
8:0 . . . g						
10:0 . . . g						
12:0 . . . g						
14:0 . . . g						
16:0 . . . g						
18:0 . . . g						
Monounsaturated, total . . . g						
16:1 . . . g						
18:1 . . . g						
20:1 . . . g						
22:1 . . . g						
Polyunsaturated, total . . . g						
18:2 . . . g						
18:3 . . . g						
18:4 . . . g						
20:4 . . . g						
20:5 . . . g						
22:5 . . . g						
22:6 . . . g						
Cholesterol . . . mg						
Phytosterols . . . mg						
AMINO ACIDS:						
Tryptophan . . . g						
Threonine . . . g						
Isoleucine . . . g						
Leucine . . . g						
Lysine . . . g						
Methionine . . . g						
Cystine . . . g						
Phenylalanine . . . g						
Tyrosine . . . g						
Valine . . . g						
Arginine . . . g						
Histidine . . . g						
Alanine . . . g						
Aspartic acid . . . g						
Glutamic acid . . . g						
Glycine . . . g						
Proline . . . g						
Serine . . . g						

[1] 1 oz = approx. 1 cup.
[2] Source added.

CEREALS, READY–TO–EAT

Rice, puffed

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
				Approximate measure and weight		Refuse: 0
	Mean	Standard error	Number of samples	1/2 oz = 14.2 g[1]	1 c = 14 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water g	3.0	0.139	32	0.4	0.4	13.6
Food energy kcal	402			57	56	1,821
Food energy kJ	1,680			239	235	7,620
Protein (N X 5.95) g	6.3	0.065	32	0.9	0.9	28.7
Total lipid (fat) g	0.5	0.032	32	0.1	0.1	2.1
Carbohydrate, total g	89.8			12.8	12.6	407.3
Crude fiber g	0.4	0.037	30	0.0	0.0	1.6
Dietary fiber, insoluble g	0.5	0.475	4	0.1	0.1	2.2
Ash g	0.4	0.011	32	0.1	0.1	2.0
MINERALS:						
Calcium mg	6		1	1	1	27
Iron[2] mg	1.06		1	0.15	0.15	4.81
Magnesium mg	25		1	3	3	111
Phosphorus mg	98		1	14	14	443
Potassium mg	113	2.482	5	16	16	511
Sodium mg	3	0.277	30	0	0	12
Zinc mg	1.03	0.021	10	0.15	0.14	4.69
Copper mg	0.169	0.004	10	0.024	0.024	0.767
Manganese mg	1.500		1	0.213	0.210	6.804
VITAMINS:						
Ascorbic acid mg						
Thiamin[2] mg	0.11		1	0.02	0.02	0.50
Riboflavin[2] mg	0.10		1	0.01	0.01	0.45
Niacin[2] mg	3.00		1	0.43	0.42	13.61
Pantothenic acid mg	0.320	0.028	4	0.045	0.045	1.452
Vitamin B_6 mg	0.075		1	0.011	0.011	0.340
Folacin mcg	19	3.354	10	3	3	87
Vitamin B_{12} mcg						
Vitamin A RE						
Vitamin A IU						
LIPIDS:						
Fatty acids:						
Saturated, total g						
4:0 g						
6:0 g						
8:0 g						
10:0 g						
12:0 g						
14:0 g						
16:0 g						
18:0 g						
Monounsaturated, total g						
16:1 g						
18:1 g						
20:1 g						
22:1 g						
Polyunsaturated, total g						
18:2 g						
18:3 g						
18:4 g						
20:4 g						
20:5 g						
22:5 g						
22:6 g						
Cholesterol mg						
Phytosterols mg						
AMINO ACIDS:						
Tryptophan g	0.094			0.013	0.013	0.426
Threonine g	0.318			0.045	0.045	1.442
Isoleucine g	0.336			0.048	0.047	1.524
Leucine g	0.526			0.075	0.074	2.386
Lysine g	0.268			0.038	0.038	1.216
Methionine g	0.189			0.027	0.026	0.857
Cystine g	0.108			0.015	0.015	0.490
Phenylalanine g	0.270			0.038	0.038	1.225
Tyrosine g	0.355			0.050	0.050	1.610
Valine g	0.411			0.058	0.058	1.864
Arginine g	0.519			0.074	0.073	2.354
Histidine g	0.191			0.027	0.027	0.866
Alanine g	0.261			0.037	0.037	1.184
Aspartic acid g	0.583			0.083	0.082	2.644
Glutamic acid g	1.015			0.144	0.142	4.604
Glycine g	0.366			0.052	0.051	1.660
Proline g	0.266			0.038	0.037	1.207
Serine g	0.287			0.041	0.040	1.302

[1] 1/2 oz = approx. 1 cup.

[2] Values based on products to which iron, thiamin, and niacin sources are added at levels providing less than 2% of the U.S. RDA per 0.5 oz serving, according to label declarations. Puffed rice products fortified to 25% of the U.S. RDA per 0.5 oz for iron, thiamin, and niacin, and 15% of the U.S. RDA per 0.5 oz for riboflavin, would contain 31.7, 2.6, 35.3, and 1.8 mg/100 g, respectively.

CEREALS, READY–TO–EAT

Special K®

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.4 g[1]	5/8 oz box = 17.7 g	Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	2.2		3	0.6	0.4	10.0
Food energy	kcal	390			111	69	1,769
	kJ	1,632			463	289	7,403
Protein (N X 5.8)	g	19.7		3	5.6	3.5	89.4
Total lipid (fat)	g	0.4		3	0.1	0.1	1.8
Carbohydrate, total	g	75.1			21.3	13.3	340.6
Crude fiber	g	0.5		3	0.1	0.1	2.3
Dietary fiber, insoluble	g	0.8		18	0.2	0.1	3.8
Ash	g	2.6		3	0.7	0.5	11.8
MINERALS:							
Calcium[2]	mg	29		3	8	5	132
Iron	mg	*15.9*			*4.5*	*2.8*	*72.1*
Magnesium	mg	55		3	16	10	249
Phosphorus	mg	194		3	55	34	880
Potassium	mg	173		6	49	31	785
Sodium[2]	mg	935		6	265	165	4,241
Zinc	mg	*13.2*			*3.7*	*2.3*	*59.9*
Copper	mg	0.450		6	0.128	0.080	2.041
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg	*53*			*15*	*9*	*240*
Thiamin	mg	*1.3*			*0.4*	*0.2*	*5.9*
Riboflavin	mg	*1.5*			*0.4*	*0.3*	*6.8*
Niacin	mg	*17.6*			*5.0*	*3.1*	*79.8*
Pantothenic acid	mg	0.525	0.058	4	0.149	0.093	2.381
Vitamin B_6	mg	*1.8*			*0.5*	*0.3*	*8.2*
Folacin	mcg	*353*			*100*	*62*	*1,601*
Vitamin B_{12}	mcg						
Vitamin A	RE	*1,324*			*375*	*234*	*6,006*
	IU	*4,409*			*1,250*	*780*	*19,999*
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

[1] 1 oz = approx. 1-1/3 cups.
[2] Source added.

CEREALS, READY—TO—EAT

Sugar Corn Pops®

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.4 g[1]	3/4 oz box = 21.3 g	Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	3.4		4	1.0	0.7	15.5
Food energy	kcal	382			108	81	1,731
	kJ	1,597			453	340	7,244
Protein (N X 6.25)	g	5.0		3	1.4	1.1	22.7
Total lipid (fat)	g	0.3		3	0.1	0.1	1.4
Carbohydrate, total	g	90.5			25.6	19.3	410.4
Crude fiber	g	0.3		3	0.1	0.1	1.4
Dietary fiber, insoluble	g	0.6		6	0.2	0.1	2.5
Ash	g	0.8		3	0.2	0.2	3.6
MINERALS:							
Calcium	mg	4		3	1	1	16
Iron	mg	*6.3*			*1.8*	*1.3*	*28.6*
Magnesium	mg	7		3	2	1	32
Phosphorus	mg	99		3	28	21	449
Potassium	mg	61		2	17	13	277
Sodium[2]	mg	365		2	103	78	1,656
Zinc	mg	*5.3*			*1.5*	*1.1*	*24.0*
Copper	mg	0.210		3	0.060	0.045	0.953
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg	*53*			*15*	*11*	*240*
Thiamin	mg	*1.3*			*0.4*	*0.3*	*5.9*
Riboflavin	mg	*1.5*			*0.4*	*0.3*	*6.8*
Niacin	mg	*17.6*			*5.0*	*3.7*	*79.8*
Pantothenic acid	mg	0.220	0.020	4	0.062	0.047	0.998
Vitamin B_6	mg	*1.8*			*0.5*	*0.4*	*8.2*
Folacin	mcg	*353*			*100*	*75*	*1,601*
Vitamin B_{12}	mcg						
Vitamin A	RE	*1,324*			*375*	*282*	*6,006*
	IU	*4,409*			*1,250*	*939*	*19,999*
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

[1] 1 oz = approx. 1 cup.
[2] Source added.

CEREALS, READY–TO–EAT

Sugar Frosted Flakes, Kellogg's®

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
					Approximate measure and weight		Refuse:0
		Mean	Standard error	Number of samples	1 oz = 28.4 g[1]	1 c = 35 g	
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	2.5		3	0.7	0.9	11.3
Food energy	kcal	381			108	133	1,730
	kJ	1,596			452	558	7,238
Protein (N X 6.25)	g	5.0		3	1.4	1.8	22.7
Total lipid (fat)	g	0.2		3	0.1	0.1	0.9
Carbohydrate, total	g	90.6			25.7	31.7	411.0
Crude fiber	g	0.3		3	0.1	0.1	1.4
Dietary fiber, insoluble	g	1.1		6	0.3	0.4	4.8
Ash	g	1.7		3	0.5	0.6	7.7
MINERALS:							
Calcium	mg	4		3	1	1	16
Iron	mg	*6.3*			*1.8*	*2.2*	*28.6*
Magnesium	mg	8		3	2	3	35
Phosphorus	mg	74		3	21	26	336
Potassium	mg	64		8	18	22	290
Sodium[2]	mg	810		8	230	284	3,674
Zinc	mg	0.14		6	0.04	0.05	0.64
Copper	mg	0.210		3	0.060	0.074	0.953
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg	*53*			*15*	*19*	*240*
Thiamin	mg	*1.3*			*0.4*	*0.5*	*5.9*
Riboflavin	mg	*1.5*			*0.4*	*0.5*	*6.8*
Niacin	mg	*17.6*			*5.0*	*6.2*	*79.8*
Pantothenic acid	mg						
Vitamin B_6	mg	*1.8*			*0.5*	*0.6*	*8.2*
Folacin	mcg	*353*			*100*	*124*	*1,601*
Vitamin B_{12}	mcg						
Vitamin A	RE	*1,324*			*375*	*463*	*6,006*
	IU	*4,409*			*1,250*	*1,543*	*19,999*
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

[1] 1 oz = approx. 3/4 cup.
[2] Source added.

CEREALS, READY–TO–EAT

Sugar Frosted Flakes, Ralston Purina®

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.4 g[1]	1 c = 38 g	Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	1.5	0.014	543	0.4	0.6	6.8
Food energy	kcal	391			111	149	1,773
	kJ	1,636			464	622	7,420
Protein (N X 6.25)	g	5.3		83	1.5	2.0	24.0
Total lipid (fat)	g	1.4		83	0.4	0.5	6.4
Carbohydrate, total	g	90.1			25.5	34.2	408.7
Crude fiber	g	0.4		68	0.1	0.1	1.6
Dietary fiber, insoluble	g	1.4		7	0.4	0.5	6.4
Ash	g	1.7		1	0.5	0.6	7.7
MINERALS:							
Calcium	mg	11		26	3	4	48
Iron	mg	*2.5*			*0.7*	*1.0*	*11.3*
Magnesium	mg	7		22	2	3	32
Phosphorus[2]	mg	25		30	7	9	112
Potassium	mg	63		36	18	24	288
Sodium[2]	mg	649		89	184	247	2,944
Zinc	mg	2.15		7	0.61	0.82	9.76
Copper	mg	0.067		25	0.019	0.025	0.304
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg	*53*			*15*	*20*	*240*
Thiamin	mg	*1.3*			*0.4*	*0.5*	*5.9*
Riboflavin	mg	*1.5*			*0.4*	*0.6*	*6.8*
Niacin	mg	*17.6*			*5.0*	*6.7*	*79.8*
Pantothenic acid	mg	0.035		21	0.010	0.013	0.159
Vitamin B_6	mg	*1.8*			*0.5*	*0.7*	*8.2*
Folacin	mcg	7		21	2	3	32
Vitamin B_{12}	mcg	*5.3*			*1.5*	*2.0*	*24.0*
Vitamin A	RE	*1,324*			*375*	*503*	*6,006*
	IU	*4,409*			*1,250*	*1,675*	*19,999*
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

[1] 1 oz = approx. 3/4 cup.
[2] Source added.

CEREALS, READY—TO—EAT

Sugar Smacks®

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units	Amount in 100 grams, edible portion: Mean	Standard error	Number of samples	Amount in edible portion of common measures of food: Approximate measure and weight: 1 oz = 28.4 g[1]	7/8 oz box = 24.8 g	Amount in edible portion of 1 pound of food as purchased: Refuse: 0
A	B	C	D	E	F	G
PROXIMATE:						
Water g	3.0		4	0.9	0.8	13.7
Food energy kcal	373			106	92	1,691
Food energy kJ	1,560			442	387	7,074
Protein (N X 5.83) g	7.0		3	2.0	1.7	31.7
Total lipid (fat) g	1.9		3	0.5	0.5	8.6
Carbohydrate, total g	87.2			24.7	21.6	395.4
Crude fiber g	0.6		3	0.2	0.1	2.7
Dietary fiber, insoluble g	1.4		6	0.4	0.3	6.4
Ash g	0.9		3	0.3	0.2	4.1
MINERALS:						
Calcium mg	11		3	3	3	50
Iron mg	*6.3*			*1.8*	*1.6*	*28.6*
Magnesium mg	48		3	13	12	216
Phosphorus mg	109		3	31	27	494
Potassium mg	148		3	42	37	671
Sodium[2] mg	265		3	75	66	1,202
Zinc mg	1.00		3	0.28	0.25	4.54
Copper mg	0.280		3	0.079	0.069	1.270
Manganese mg						
VITAMINS:						
Ascorbic acid mg	*53*			*15*	*13*	*240*
Thiamin mg	*1.3*			*0.4*	*0.3*	*5.9*
Riboflavin mg	*1.5*			*0.4*	*0.4*	*6.8*
Niacin mg	*17.6*			*5.0*	*4.4*	*79.8*
Pantothenic acid mg	0.441		5	0.125	0.109	2.000
Vitamin B_6 mg	*1.8*			*0.5*	*0.4*	*8.2*
Folacin mcg	*353*			*100*	*88*	*1,601*
Vitamin B_{12} mcg						
Vitamin A RE	*1,324*			*375*	*328*	*6,006*
Vitamin A IU	*4,409*			*1,250*	*1,093*	*19,999*
LIPIDS:						
Fatty acids:						
Saturated, total g						
4:0 g						
6:0 g						
8:0 g						
10:0 g						
12:0 g						
14:0 g						
16:0 g						
18:0 g						
Monounsaturated, total g						
16:1 g						
18:1 g						
20:1 g						
22:1 g						
Polyunsaturated, total g						
18:2 g						
18:3 g						
18:4 g						
20:4 g						
20:5 g						
22:5 g						
22:6 g						
Cholesterol mg						
Phytosterols mg						
AMINO ACIDS:						
Tryptophan g						
Threonine g						
Isoleucine g						
Leucine g						
Lysine g						
Methionine g						
Cystine g						
Phenylalanine g						
Tyrosine g						
Valine g						
Arginine g						
Histidine g						
Alanine g						
Aspartic acid g						
Glutamic acid g						
Glycine g						
Proline g						
Serine g						

[1] 1 oz = approx. 3/4 cup.
[2] Source added.

CEREALS, READY–TO–EAT

Sugar Sparkled Flakes

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion: Mean	Standard error	Number of samples	Amount in edible portion of common measures of food: Approximate measure and weight		Amount in edible portion of 1 pound of food as purchased: Refuse: 0
					1 oz box = 28.4 g		
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	1.7		1	0.5		7.5
Food energy	kcal	384			109		1,742
	kJ	1,607			455		7,287
Protein (N X 6.25)	g	5.2		1	1.5		23.7
Total lipid (fat)	g	0.2		1	0.1		0.9
Carbohydrate, total	g	91.1			25.8		413.1
Crude fiber	g	0.4		1	0.1		1.9
Dietary fiber, insoluble	g						
Ash	g	1.9		1	0.5		8.4
MINERALS:							
Calcium	mg	13		1	4		57
Iron	mg	*1.3*			*0.4*		*5.9*
Magnesium	mg	10		1	3		46
Phosphorus	mg	26		1	7		120
Potassium	mg	225		1	64		1,021
Sodium[1]	mg	565		1	160		2,564
Zinc	mg	0.19		1	0.05		0.86
Copper	mg	0.186		1	0.053		0.844
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg	*1.3*			*0.4*		*5.9*
Riboflavin	mg	*1.5*			*0.4*		*6.8*
Niacin	mg	*17.6*			*5.0*		*79.8*
Pantothenic acid	mg						
Vitamin B_6	mg	*1.8*			*0.5*		*8.2*
Folacin	mcg	*353*			*100*		*1,601*
Vitamin B_{12}	mcg	*5.3*			*1.5*		*24.0*
Vitamin A	RE	*1,324*			*375*		*6,006*
	IU	*4,409*			*1,250*		*19,999*
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.031			0.009		0.141
Threonine	g	0.183			0.052		0.830
Isoleucine	g	0.203			0.058		0.921
Leucine	g	0.785			0.223		3.561
Lysine	g	0.103			0.029		0.467
Methionine	g	0.124			0.035		0.562
Cystine	g	0.117			0.033		0.531
Phenylalanine	g	0.268			0.076		1.216
Tyrosine	g	0.222			0.063		1.007
Valine	g	0.267			0.076		1.211
Arginine	g	0.170			0.048		0.771
Histidine	g	0.141			0.040		0.640
Alanine	g	0.446			0.126		2.023
Aspartic acid	g	0.314			0.089		1.424
Glutamic acid	g	1.155			0.327		5.239
Glycine	g	0.156			0.044		0.708
Proline	g	0.533			0.151		2.418
Serine	g	0.257			0.073		1.166

[1] Source added.

CEREALS, READY–TO–EAT

Super Sugar Crisp®

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.4 g[1]	1 c = 33 g	Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	1.5		1	0.4	0.5	6.8
Food energy	kcal	374			106	123	1,696
	kJ	1,565			444	516	7,097
Protein (N X 5.83)	g	6.5		1	1.8	2.1	29.3
Total lipid (fat)	g	0.9		1	0.3	0.3	4.2
Carbohydrate, total	g	90.2			25.6	29.8	409.2
Crude fiber	g	1.0		1	0.3	0.3	4.4
Dietary fiber, insoluble	g	1.4	0.047	9	0.4	0.5	6.4
Ash	g	0.9		1	0.3	0.3	4.2
MINERALS:							
Calcium	mg	21		1	6	7	93
Iron	mg	*6.3*			*1.8*	*2.1*	*28.6*
Magnesium	mg	60		1	17	20	270
Phosphorus	mg	182		1	51	60	824
Potassium	mg	372		1	105	123	1,687
Sodium[2]	mg	88		1	25	29	399
Zinc	mg	*5.3*			*1.5*	*1.7*	*24.0*
Copper	mg	0.273	0.021	4	0.077	0.090	1.238
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg	*1.3*			*0.4*	*0.4*	*5.9*
Riboflavin	mg	*1.5*			*0.4*	*0.5*	*6.8*
Niacin	mg	*17.6*			*5.0*	*5.8*	*79.8*
Pantothenic acid	mg	0.368	0.014	4	0.104	0.121	1.669
Vitamin B_6	mg	*1.8*			*0.5*	*0.6*	*8.2*
Folacin	mcg	*353*			*100*	*116*	*1,601*
Vitamin B_{12}	mcg	*5.3*			*1.5*	*1.7*	*24.0*
Vitamin A	RE	*1,324*			*375*	*437*	*6,006*
	IU	*4,409*			*1,250*	*1,455*	*19,999*
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.100			0.028	0.033	0.454
Threonine	g	0.198			0.056	0.065	0.898
Isoleucine	g	0.276			0.078	0.091	1.252
Leucine	g	0.468			0.133	0.154	2.123
Lysine	g	0.178			0.050	0.059	0.807
Methionine	g	0.113			0.032	0.037	0.513
Cystine	g	0.127			0.036	0.042	0.576
Phenylalanine	g	0.335			0.095	0.111	1.520
Tyrosine	g	0.196			0.056	0.065	0.889
Valine	g	0.309			0.088	0.102	1.402
Arginine	g	0.313			0.089	0.103	1.420
Histidine	g	0.167			0.047	0.055	0.758
Alanine	g	0.241			0.068	0.080	1.093
Aspartic acid	g	0.362			0.103	0.119	1.642
Glutamic acid	g	2.187			0.620	0.722	9.920
Glycine	g	0.254			0.072	0.084	1.152
Proline	g	0.676			0.192	0.223	3.066
Serine	g	0.355			0.101	0.117	1.610

[1] 1 oz = approx. 7/8 cup.
[2] Source added.

CEREALS, READY–TO–EAT

Tasteeos®

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units	Amount in 100 grams, edible portion: Mean	Standard error	Number of samples	Amount in edible portion of common measures of food: Approximate measure and weight: 1 oz = 28.4 g[1]	1 c = 24 g	Amount in edible portion of 1 pound of food as purchased: Refuse: 0
A	B	C	D	E	F	G
PROXIMATE:						
Water . . . g	2.1	0.012	972	0.6	0.5	9.5
Food energy . . . kcal	393			111	94	1,781
Food energy . . . kJ	1,643			466	394	7,452
Protein (N X 5.8) . . . g	12.8		53	3.6	3.1	57.9
Total lipid (fat) . . . g	2.8		50	0.8	0.7	12.8
Carbohydrate, total . . . g	79.1			22.4	19.0	358.9
Crude fiber . . . g	1.4		45	0.4	0.3	6.4
Dietary fiber, insoluble . . . g	3.5		10	1.0	0.8	16.0
Ash . . . g	3.2		1	0.9	0.8	14.5
MINERALS:						
Calcium . . . mg	46		27	13	11	208
Iron . . . mg	*15.9*			*4.5*	*3.8*	*72.1*
Magnesium . . . mg	109		43	31	26	496
Phosphorus[2] . . . mg	399		38	113	96	1,808
Potassium . . . mg	296		32	84	71	1,344
Sodium[2] . . . mg	762		43	216	183	3,456
Zinc . . . mg	2.86		43	0.81	0.69	12.95
Copper . . . mg	0.589		42	0.167	0.141	2.672
Manganese . . . mg						
VITAMINS:						
Ascorbic acid . . . mg	*53*			*15*	*13*	*240*
Thiamin . . . mg	*1.3*			*0.4*	*0.3*	*5.9*
Riboflavin . . . mg	*1.5*			*0.4*	*0.4*	*6.8*
Niacin . . . mg	*17.6*			*5.0*	*4.2*	*79.8*
Pantothenic acid . . . mg	0.493		24	0.140	0.118	2.236
Vitamin B_6 . . . mg	*1.8*			*0.5*	*0.4*	*8.2*
Folacin . . . mcg	39		25	11	9	176
Vitamin B_{12} . . . mcg	*5.3*			*1.5*	*1.3*	*24.0*
Vitamin A . . . RE	*1,324*			*375*	*318*	*6,006*
Vitamin A . . . IU	*4,409*			*1,250*	*1,058*	*19,999*
LIPIDS:						
Fatty acids:						
Saturated, total . . . g						
4:0 . . . g						
6:0 . . . g						
8:0 . . . g						
10:0 . . . g						
12:0 . . . g						
14:0 . . . g						
16:0 . . . g						
18:0 . . . g						
Monounsaturated, total . . . g						
16:1 . . . g						
18:1 . . . g						
20:1 . . . g						
22:1 . . . g						
Polyunsaturated, total . . . g						
18:2 . . . g						
18:3 . . . g						
18:4 . . . g						
20:4 . . . g						
20:5 . . . g						
22:5 . . . g						
22:6 . . . g						
Cholesterol . . . mg						
Phytosterols . . . mg						
AMINO ACIDS:						
Tryptophan . . . g						
Threonine . . . g						
Isoleucine . . . g						
Leucine . . . g						
Lysine . . . g						
Methionine . . . g						
Cystine . . . g						
Phenylalanine . . . g						
Tyrosine . . . g						
Valine . . . g						
Arginine . . . g						
Histidine . . . g						
Alanine . . . g						
Aspartic acid . . . g						
Glutamic acid . . . g						
Glycine . . . g						
Proline . . . g						
Serine . . . g						

[1] 1 oz = approx. 1-1/4 cups.
[2] Source added.

CEREALS, READY–TO–EAT

Team®

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight 1 oz = 28.4 g[1]	1 c = 42 g	Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	3.8	0.107	14	1.1	1.6	17.3
Food energy	kcal	391			111	164	1,773
	kJ	1,635			464	687	7,418
Protein (N X 5.9)	g	6.4	0.079	14	1.8	2.7	29.2
Total lipid (fat)	g	1.8	0.045	14	0.5	0.7	8.0
Carbohydrate, total	g	85.8			24.3	36.0	389.2
Crude fiber	g	1.0	0.147	7	0.3	0.4	4.4
Dietary fiber, insoluble	g	0.9	0.040	3	0.3	0.4	4.1
Ash	g	2.2	0.031	14	0.6	0.9	9.8
MINERALS:							
Calcium	mg	15	1.047	18	4	6	69
Iron[2]	mg	6.12	0.176	21	1.74	2.57	27.76
Magnesium	mg	44	1.218	21	13	19	201
Phosphorus[2]	mg	155	2.924	21	44	65	704
Potassium	mg	169	6.152	18	48	71	764
Sodium[2]	mg	618	20.709	21	175	259	2,801
Zinc	mg	1.39	0.026	21	0.39	0.58	6.31
Copper	mg	0.514	0.027	21	0.146	0.216	2.332
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg	*53*			*15*	*22*	*240*
Thiamin	mg	*1.3*			*0.4*	*0.5*	*5.9*
Riboflavin	mg	*1.5*			*0.4*	*0.6*	*6.8*
Niacin	mg	*17.6*			*5.0*	*7.4*	*79.8*
Pantothenic acid	mg	0.735	0.038	4	0.208	0.309	3.334
Vitamin B_6	mg	*1.8*			*0.5*	*0.8*	*8.2*
Folacin	mcg						
Vitamin B_{12}	mcg	*5.3*			*1.5*	*2.2*	*24.0*
Vitamin A	RE	*1,324*			*375*	*556*	*6,006*
	IU	*4,409*			*1,250*	*1,852*	*19,999*
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.092			0.026	0.039	0.417
Threonine	g	0.272			0.077	0.114	1.234
Isoleucine	g	0.308			0.087	0.129	1.397
Leucine	g	0.550			0.156	0.231	2.495
Lysine	g	0.243			0.069	0.102	1.102
Methionine	g	0.156			0.044	0.066	0.708
Cystine	g	0.126			0.036	0.053	0.572
Phenylalanine	g	0.307			0.087	0.129	1.393
Tyrosine	g	0.295			0.084	0.124	1.338
Valine	g	0.384			0.109	0.161	1.742
Arginine	g	0.447			0.127	0.188	2.028
Histidine	g	0.175			0.050	0.074	0.794
Alanine	g	0.303			0.086	0.127	1.374
Aspartic acid	g	0.524			0.149	0.220	2.377
Glutamic acid	g	1.386			0.393	0.582	6.287
Glycine	g	0.337			0.096	0.142	1.529
Proline	g	0.417			0.118	0.175	1.892
Serine	g	0.311			0.088	0.131	1.411

[1] 1 oz = approx. 1 cup.
[2] Source added.

CEREALS, READY-TO-EAT

Toasties®

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion: Mean	Standard error	Number of samples	Amount in edible portion of common measures of food: Approximate measure and weight: 1 oz = 28.4 g[1]	3/4 oz box = 21.3 g	Amount in edible portion of 1 pound of food as purchased: Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	3.0		1	0.8	0.6	13.6
Food energy	kcal	387			110	82	1,754
	kJ	1,618			459	345	7,341
Protein (N X 6.25)	g	8.1		1	2.3	1.7	36.5
Total lipid (fat)	g	0.2		1	0.1	0.1	1.1
Carbohydrate, total	g	85.8			24.3	18.3	389.2
Crude fiber	g	0.5		1	0.2	0.1	2.4
Dietary fiber, insoluble	g	1.7	0.053	9	0.5	0.4	7.7
Ash	g	2.9		1	0.8	0.6	13.2
MINERALS:							
Calcium	mg	4		1	1	1	20
Iron[2]	mg	2.63		1	0.75	0.56	11.93
Magnesium	mg	15		1	4	3	70
Phosphorus	mg	44		1	13	9	200
Potassium	mg	116		1	33	25	526
Sodium[2]	mg	1,048		1	297	223	4,754
Zinc	mg	0.29	0.011	4	0.08	0.06	1.31
Copper	mg	0.106	0.018	4	0.030	0.023	0.481
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg	*1.3*			*0.4*	*0.3*	*5.9*
Riboflavin	mg	*1.5*			*0.4*	*0.3*	*6.8*
Niacin	mg	*17.6*			*5.0*	*3.7*	*79.8*
Pantothenic acid	mg						
Vitamin B_6	mg	*1.8*			*0.5*	*0.4*	*8.2*
Folacin	mcg	*353*			*100*	*75*	*1,601*
Vitamin B_{12}	mcg	*5.3*			*1.5*	*1.1*	*24.0*
Vitamin A	RE	*1,324*			*375*	*282*	*6,006*
	IU	*4,409*			*1,250*	*939*	*19,999*
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.048			0.014	0.010	0.218
Threonine	g	0.282			0.080	0.060	1.279
Isoleucine	g	0.313			0.089	0.067	1.420
Leucine	g	1.209			0.343	0.258	5.484
Lysine	g	0.158			0.045	0.034	0.717
Methionine	g	0.192			0.054	0.041	0.871
Cystine	g	0.180			0.051	0.038	0.816
Phenylalanine	g	0.413			0.117	0.088	1.873
Tyrosine	g	0.343			0.097	0.073	1.556
Valine	g	0.412			0.117	0.088	1.869
Arginine	g	0.263			0.075	0.056	1.193
Histidine	g	0.218			0.062	0.046	0.989
Alanine	g	0.686			0.194	0.146	3.112
Aspartic acid	g	0.484			0.137	0.103	2.195
Glutamic acid	g	1.780			0.505	0.379	8.074
Glycine	g	0.241			0.068	0.051	1.093
Proline	g	0.822			0.233	0.175	3.729
Serine	g	0.397			0.113	0.085	1.801

[1] 1 oz = approx. 1-1/4 cups.
[2] Source added.

CEREALS, READY–TO–EAT

Total®

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.4 g[1]	1 c = 33 g	Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	4.0	0.392	9	1.1	1.3	18.2
Food energy	kcal	352			100	116	1,596
	kj	1,472			417	486	6,677
Protein (N X 5.83)	g	10.0	0.201	15	2.8	3.3	45.4
Total lipid (fat)	g	2.1	0.062	15	0.6	0.7	9.7
Carbohydrate, total	g	78.8			22.3	26.0	357.5
Crude fiber	g	1.9	0.041	15	0.5	0.6	8.4
Dietary fiber, insoluble	g	7.2	0.060	24	2.0	2.4	32.6
Ash	g	5.0	0.086	9	1.4	1.7	22.7
MINERALS:							
Calcium[2]	mg	169	5.978	9	48	56	766
Iron	mg	*63.5*			*18.0*	*21.0*	*288.0*
Magnesium	mg	112	2.039	12	32	37	508
Phosphorus[2]	mg	415	8.910	17	118	137	1,880
Potassium	mg	373	6.295	26	106	123	1,693
Sodium[2]	mg	1,240	22.279	26	352	409	5,624
Zinc	mg	2.36	0.080	15	0.67	0.78	10.70
Copper	mg	0.431	0.014	15	0.122	0.142	1.955
Manganese	mg	1.500		1	0.425	0.495	6.804
VITAMINS:							
Ascorbic acid	mg	*212*			*60*	*70*	*962*
Thiamin	mg	*5.3*			*1.5*	*1.7*	*24.0*
Riboflavin	mg	*6.0*			*1.7*	*2.0*	*27.2*
Niacin	mg	*70.5*			*20.0*	*23.3*	*319.8*
Pantothenic acid	mg	0.716		1	0.203	0.236	3.248
Vitamin B_6	mg	*7.1*			*2.0*	*2.3*	*32.2*
Folacin	mcg	*1,411*			*400*	*466*	*6,400*
Vitamin B_{12}	mcg	*21.2*			*6.0*	*7.0*	*96.2*
Vitamin A	RE	*5,296*			*1,502*	*1,748*	*24,024*
	IU	*17,637*			*5,000*	*5,820*	*80,001*
LIPIDS:							
Fatty acids:							
Saturated, total	g	0.30			0.09	0.10	1.36
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g	0.29			0.08	0.10	1.32
18:0	g	0.01			0.00	0.00	0.05
Monounsaturated, total	g	0.20			0.06	0.07	0.91
16:1	g	0.01			0.00	0.00	0.05
18:1	g	0.20			0.06	0.07	0.91
20:1	g						
22:1	g						
Polyunsaturated, total	g	1.04			0.29	0.34	4.72
18:2	g	0.96			0.27	0.32	4.35
18:3	g	0.08			0.02	0.03	0.36
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22.6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.190			0.054	0.063	0.862
Threonine	g	0.333			0.094	0.110	1.510
Isoleucine	g	0.393			0.111	0.130	1.783
Leucine	g	0.688			0.195	0.227	3.121
Lysine	g	0.307			0.087	0.101	1.393
Methionine	g	0.173			0.049	0.057	0.785
Cystine	g	0.190			0.054	0.063	0.862
Phenylalanine	g	0.480			0.136	0.158	2.177
Tyrosine	g	0.292			0.083	0.096	1.325
Valine	g	0.492			0.139	0.162	2.232
Arginine	g	0.518			0.147	0.171	2.350
Histidine	g	0.232			0.066	0.077	1.052
Alanine	g	0.388			0.110	0.128	1.760
Aspartic acid	g	0.559			0.158	0.184	2.536
Glutamic acid	g	2.915			0.826	0.962	13.222
Glycine	g	0.427			0.121	0.141	1.937
Proline	g	0.990			0.281	0.327	4.491
Serine	g	0.553			0.157	0.182	2.508

[1] 1 oz = approx. 1 cup.
[2] Source added.

CEREALS, READY–TO–EAT

Trix®

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.4 g[1]	1 c = 28 g	Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	2.5	0.182	6	0.7	0.7	11.3
Food energy	kcal	385			109	108	1,747
	kJ	1,612			457	451	7,311
Protein (N X 6.1)	g	5.4	0.215	6	1.5	1.5	24.3
Total lipid (fat)	g	1.4	0.102	6	0.4	0.4	6.1
Carbohydrate, total	g	88.8			25.2	24.9	403.0
Crude fiber	g	0.4	0.021	6	0.1	0.1	1.7
Dietary fiber, insoluble	g	0.5	0.040	3	0.1	0.1	2.3
Ash	g	2.0	0.124	6	0.6	0.5	8.9
MINERALS:							
Calcium[2]	mg	20	0.470	6	6	6	91
Iron	mg	*15.9*			*4.5*	*4.5*	*72.1*
Magnesium	mg	22	1.363	6	6	6	100
Phosphorus	mg	67	3.192	6	19	19	302
Potassium	mg	94	3.220	6	27	26	426
Sodium[2]	mg	638	36.456	6	181	179	2,892
Zinc	mg	0.46	0.009	6	0.13	0.13	2.10
Copper	mg	0.157	0.009	6	0.045	0.044	0.712
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg	*53*			*15*	*15*	*240*
Thiamin	mg	*1.3*			*0.4*	*0.4*	*5.9*
Riboflavin	mg	*1.5*			*0.4*	*0.4*	*6.8*
Niacin	mg	*17.6*			*5.0*	*4.9*	*79.8*
Pantothenic acid	mg	0.292	0.016	4	0.083	0.082	1.325
Vitamin B_6	mg	*1.8*			*0.5*	*0.5*	*8.2*
Folacin	mcg						
Vitamin B_{12}	mcg	*5.3*			*1.5*	*1.5*	*24.0*
Vitamin A	RE	*1,324*			*375*	*371*	*6,006*
	IU	*4,409*			*1,250*	*1,235*	*19,999*
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.040			0.011	0.011	0.181
Threonine	g	0.194			0.055	0.054	0.880
Isoleucine	g	0.222			0.063	0.062	1.007
Leucine	g	0.754			0.214	0.211	3.420
Lysine	g	0.131			0.037	0.037	0.594
Methionine	g	0.124			0.035	0.035	0.562
Cystine	g	0.127			0.036	0.036	0.576
Phenylalanine	g	0.288			0.082	0.081	1.306
Tyrosine	g	0.228			0.065	0.064	1.034
Valine	g	0.290			0.082	0.081	1.315
Arginine	g	0.228			0.065	0.064	1.034
Histidine	g	0.145			0.041	0.041	0.658
Alanine	g	0.439			0.124	0.123	1.991
Aspartic acid	g	0.362			0.103	0.101	1.642
Glutamic acid	g	1.231			0.349	0.345	5.584
Glycine	g	0.190			0.054	0.053	0.862
Proline	g	0.517			0.147	0.145	2.345
Serine	g	0.270			0.077	0.076	1.225

[1] 1 oz = approx. 1 cup.
[2] Source added.

Waffelos®

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion: Mean	Standard error	Number of samples	Amount in edible portion of common measures of food: Approximate measure and weight: 1 oz = 28.4 g[1]	1 c = 30 g	Amount in edible portion of 1 pound of food as purchased: Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	2.5		1	0.7	0.8	11.3
Food energy	kcal	405			115	121	1,836
	kJ	1,693			480	508	7,681
Protein (N X 5.8)	g	5.6		12	1.6	1.7	25.2
Total lipid (fat)	g	4.2		14	1.2	1.3	19.2
Carbohydrate, total	g	86.3			24.5	25.9	391.5
Crude fiber	g	0.4		13	0.1	0.1	1.6
Dietary fiber, insoluble	g	1.1		9	0.3	0.3	4.8
Ash	g	1.4		1	0.4	0.4	6.4
MINERALS:							
Calcium	mg	28		13	8	8	128
Iron	mg	*15.9*			*4.5*	*4.8*	*72.1*
Magnesium	mg	21		13	6	6	96
Phosphorus	mg	815		12	231	244	3,696
Potassium	mg	88		7	25	26	400
Sodium[2]	mg	416		13	118	125	1,888
Zinc	mg	0.81		13	0.23	0.24	3.68
Copper	mg	0.113		10	0.032	0.034	0.513
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg	*53*			*15*	*16*	*240*
Thiamin	mg	*1.3*			*0.4*	*0.4*	*5.9*
Riboflavin	mg	*1.5*			*0.4*	*0.5*	*6.8*
Niacin	mg	*17.6*			*5.0*	*5.3*	*79.8*
Pantothenic acid	mg	0.176		6	0.050	0.053	0.798
Vitamin B_6	mg	*1.8*			*0.5*	*0.5*	*8.2*
Folacin	mcg	11		6	3	3	48
Vitamin B_{12}	mcg	*5.3*			*1.5*	*1.6*	*24.0*
Vitamin A	RE	*1,324*			*375*	*397*	*6,006*
	IU	*4,409*			*1,250*	*1,323*	*19,999*
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

[1] 1 oz = approx. 1 cup.
[2] Source added.

CEREALS, READY–TO–EAT

Wheat 'n Raisin Chex®

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1-1/3 oz = 37.8 g[1]	1 c = 54 g	Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	7.0		1	2.6	3.8	31.8
Food energy	kcal	343			130	185	1,555
	kJ	1,435			542	775	6,508
Protein (N X 5.83)	g	9.4		4	3.5	5.1	42.5
Total lipid (fat)	g	0.8		8	0.3	0.4	3.6
Carbohydrate, total	g	79.6			30.1	43.0	361.2
Crude fiber	g	1.6		7	0.6	0.9	7.2
Dietary fiber, insoluble	g	6.6		5	2.5	3.6	30.0
Ash	g	3.2		1	1.2	1.7	14.5
MINERALS:							
Calcium	mg						
Iron	mg	*14.3*			*5.4*	*7.7*	*64.9*
Magnesium	mg	98		5	37	53	444
Phosphorus	mg	302		6	114	163	1,368
Potassium	mg						
Sodium[2]	mg	566		5	214	306	2,568
Zinc	mg	2.20		5	0.83	1.19	9.96
Copper	mg	0.524		5	0.198	0.283	2.377
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg	*3*			*1*	*2*	*15*
Thiamin	mg	*1.0*			*0.4*	*0.5*	*4.5*
Riboflavin	mg	*1.1*			*0.4*	*0.6*	*5.0*
Niacin	mg	*13.2*			*5.0*	*7.1*	*59.9*
Pantothenic acid	mg	0.291		5	0.110	0.157	1.320
Vitamin B_6	mg	*1.3*			*0.5*	*0.7*	*5.9*
Folacin	mcg	*265*			*100*	*143*	*1,202*
Vitamin B_{12}	mcg	*4.0*			*1.5*	*2.2*	*18.1*
Vitamin A	RE						
	IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

[1] 1-1/3 oz = approx. 3/4 cup.
[2] Source added.

Wheat Chex®

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.4 g[1]	1 c = 46 g	Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	2.5	0.025	395	0.7	1.1	11.2
Food energy	kcal	367			104	169	1,665
	kJ	1,536			435	707	6,967
Protein (N X 5.83)	g	9.9		115	2.8	4.5	44.7
Total lipid (fat)	g	2.5		94	0.7	1.1	11.2
Carbohydrate, total	g	82.2			23.3	37.8	372.9
Crude fiber	g	2.1		75	0.6	1.0	9.6
Dietary fiber, insoluble	g	7.4		28	2.1	3.4	33.3
Ash	g	3.0		1	0.9	1.4	13.6
MINERALS:							
Calcium	mg	39		57	11	18	176
Iron	mg	*15.9*			*4.5*	*7.3*	*72.1*
Magnesium	mg	127		135	36	58	576
Phosphorus	mg	395		127	112	182	1,792
Potassium	mg	377		61	107	174	1,712
Sodium[2]	mg	670		147	190	308	3,040
Zinc	mg	2.68		113	0.76	1.23	12.16
Copper	mg	0.585		73	0.166	0.269	2.654
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg	*53*			*15*	*24*	*240*
Thiamin	mg	*1.3*			*0.4*	*0.6*	*5.9*
Riboflavin	mg	0.36		12	0.10	0.17	1.65
Niacin	mg	*17.6*			*5.0*	*8.1*	*79.8*
Pantothenic acid	mg	0.466		12	0.132	0.214	2.114
Vitamin B_6	mg	*1.8*			*0.5*	*0.8*	*8.2*
Folacin	mcg	*353*			*100*	*162*	*1,601*
Vitamin B_{12}	mcg	*5.3*			*1.5*	*2.4*	*24.0*
Vitamin A	RE						
	IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

[1] 1 oz = approx. 2/3 cup.
[2] Source added.

CEREALS, READY–TO–EAT

Wheat germ, toasted, plain

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
				Approximate measure and weight		Refuse: 0
	Mean	Standard error	Number of samples	1 oz = 28.4 g[1]	1 c = 113 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water . . . g	5.6	0.251	14	1.6	6.3	25.3
Food energy . . . kcal	382			108	431	1,732
Food energy . . . kJ	1,597			453	1,805	7,246
Protein (N X 5.8) . . . g	29.1	0.514	14	8.3	32.9	132.1
Total lipid (fat) . . . g	10.7	0.326	13	3.0	12.1	48.6
Carbohydrate, total . . . g	49.6			14.1	56.1	225.1
Crude fiber . . . g	2.3	0.109	7	0.7	2.6	10.4
Dietary fiber, insoluble . . . g						
Ash . . . g	5.0	0.094	7	1.4	5.6	22.5
MINERALS:						
Calcium . . . mg	45	4.500	2	13	50	202
Iron . . . mg	9.10	0.437	12	2.58	10.28	41.25
Magnesium . . . mg	320	16.369	5	91	362	1,453
Phosphorus . . . mg	1,146	28.137	10	325	1,294	5,196
Potassium . . . mg	947		1	268	1,070	4,296
Sodium . . . mg	4	0.403	7	1	4	18
Zinc . . . mg	16.67	0.915	9	4.73	18.83	75.61
Copper . . . mg	0.620	0.110	9	0.176	0.701	2.812
Manganese . . . mg	19.956	0.282	4	5.658	22.550	90.520
VITAMINS:						
Ascorbic acid . . . mg	6	1.440	9	2	7	28
Thiamin . . . mg	1.67	0.069	10	0.47	1.89	7.57
Riboflavin . . . mg	0.83	0.025	10	0.23	0.93	3.74
Niacin . . . mg	5.59	0.224	12	1.58	6.31	25.34
Pantothenic acid . . . mg	1.387	0.184	9	0.393	1.567	6.291
Vitamin B_6 . . . mg	0.978	0.072	12	0.277	1.105	4.436
Folacin . . . mcg	352	20.218	4	100	398	1,596
Vitamin B_{12} . . . mcg						
Vitamin A . . . RE						
Vitamin A . . . IU						
LIPIDS:						
Fatty acids:						
Saturated, total . . . g	1.85			0.52	2.09	8.38
4:0 . . . g						
6:0 . . . g						
8:0 . . . g						
10:0 . . . g						
12:0 . . . g						
14:0 . . . g	0.01			0.00	0.01	0.05
16:0 . . . g	1.78			0.50	2.01	8.07
18:0 . . . g	0.06			0.02	0.07	0.27
Monounsaturated, total . . . g	1.55			0.44	1.75	7.04
16:1 . . . g	0.04			0.01	0.04	0.18
18:1 . . . g	1.51			0.43	1.71	6.86
20:1 . . . g						
22:1 . . . g						
Polyunsaturated, total . . . g	6.48			1.84	7.33	29.41
18:2 . . . g	5.76			1.63	6.51	26.11
18:3 . . . g	0.73			0.21	0.82	3.30
18:4 . . . g						
20:4 . . . g						
20:5 . . . g						
22:5 . . . g						
22:6 . . . g						
Cholesterol . . . mg						
Phytosterols . . . mg						
AMINO ACIDS:						
Tryptophan . . . g	0.336			0.095	0.380	1.524
Threonine . . . g	1.200			0.340	1.356	5.443
Isoleucine . . . g	1.039			0.295	1.174	4.713
Leucine . . . g	1.918			0.544	2.167	8.700
Lysine . . . g	1.833			0.520	2.071	8.314
Methionine . . . g	0.552			0.156	0.624	2.504
Cystine . . . g	0.592			0.168	0.669	2.685
Phenylalanine . . . g	1.185			0.336	1.339	5.375
Tyrosine . . . g	0.904			0.256	1.022	4.101
Valine . . . g	1.446			0.410	1.634	6.559
Arginine . . . g	2.385			0.676	2.695	10.818
Histidine . . . g	0.828			0.235	0.936	3.756
Alanine . . . g	1.868			0.530	2.111	8.473
Aspartic acid . . . g	2.631			0.746	2.973	11.934
Glutamic acid . . . g	4.971			1.409	5.617	22.548
Glycine . . . g	1.792			0.508	2.025	8.129
Proline . . . g	1.551			0.440	1.753	7.035
Serine . . . g	1.376			0.390	1.555	6.242

[1] 1 oz = approx. 1/4 cup.

Wheat germ, toasted, with brown sugar and honey

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
					Approximate measure and weight		Refuse: 0
		Mean	Standard error	Number of samples	1 oz = 28.4 g[1]	1 c = 113 g	
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	5.6			1.6	6.3	25.3
Food energy	kcal	377			107	426	1,709
	kJ	1,576			447	1,781	7,151
Protein (N X 5.8)	g	21.8			6.2	24.7	99.1
Total lipid (fat)	g	8.0			2.3	9.1	36.4
Carbohydrate, total	g	60.8			17.2	68.7	275.9
Crude fiber	g	1.7			0.5	1.9	7.8
Dietary fiber, insoluble	g						
Ash	g	3.7			1.1	4.2	16.9
MINERALS:							
Calcium	mg	33			9	38	151
Iron	mg	6.82			1.93	7.71	30.94
Magnesium	mg	240			68	272	1,090
Phosphorus	mg	859			244	971	3,897
Potassium	mg	710			201	803	3,222
Sodium	mg	3			1	3	13
Zinc	mg	12.50			3.54	14.13	56.70
Copper	mg	0.465			0.132	0.525	2.109
Manganese	mg	14.967			4.243	16.913	67.890
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg	1.25			0.35	1.41	5.68
Riboflavin	mg	0.62			0.18	0.70	2.81
Niacin	mg	4.19			1.19	4.73	19.01
Pantothenic acid	mg	1.040			0.295	1.175	4.717
Vitamin B_6	mg	0.734			0.208	0.829	3.329
Folacin	mcg	264			75	298	1,197
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g	1.39			0.39	1.57	6.28
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.01			0.00	0.01	0.03
16:0	g	1.33			0.38	1.51	6.05
18:0	g	0.04			0.01	0.05	0.20
Monounsaturated, total	g	1.16			0.33	1.32	5.28
16:1	g	0.03			0.01	0.03	0.13
18:1	g	1.14			0.32	1.28	5.15
20:1	g						
22:1	g						
Polyunsaturated, total	g	4.86			1.38	5.50	22.06
18:2	g	4.32			1.22	4.88	19.59
18:3	g	0.55			0.15	0.62	2.47
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.252			0.071	0.285	1.143
Threonine	g	0.900			0.255	1.017	4.082
Isoleucine	g	0.780			0.221	0.881	3.538
Leucine	g	1.438			0.408	1.625	6.523
Lysine	g	1.375			0.390	1.554	6.237
Methionine	g	0.414			0.117	0.468	1.878
Cystine	g	0.444			0.126	0.502	2.014
Phenylalanine	g	0.889			0.252	1.005	4.033
Tyrosine	g	0.678			0.192	0.766	3.075
Valine	g	1.085			0.308	1.226	4.922
Arginine	g	1.789			0.507	2.022	8.115
Histidine	g	0.621			0.176	0.702	2.817
Alanine	g	1.401			0.397	1.583	6.355
Aspartic acid	g	1.973			0.559	2.229	8.950
Glutamic acid	g	3.728			1.057	4.213	16.910
Glycine	g	1.344			0.381	1.519	6.096
Proline	g	1.164			0.330	1.315	5.280
Serine	g	1.032			0.293	1.166	4.681

[1] 1 oz = approx. 1/4 cup.

Wheat, puffed, plain

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 oz = 14.2 g[1]	1 c = 12 g	Refuse:0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	3.0		28	0.4	0.4	13.8
Food energy	kcal	364			52	44	1,650
	kj	1,522			216	183	6,904
Protein (N X 5.83)	g	14.7	0.142	38	2.1	1.8	66.5
Total lipid (fat)	g	1.2	0.048	37	0.2	0.1	5.6
Carbohydrate, total	g	79.6			11.3	9.5	360.9
Crude fiber	g	1.9	0.040	27	0.3	0.2	8.6
Dietary fiber, insoluble	g	3.4	0.023	3	0.5	0.4	15.4
Ash	g	1.5		28	0.2	0.2	6.7
MINERALS:							
Calcium	mg	28	1.208	10	4	3	127
Iron[2]	mg	4.73	0.215	35	0.67	0.57	21.46
Magnesium	mg	145	4.802	11	21	17	658
Phosphorus	mg	355	17.240	10	50	43	1,612
Potassium	mg	348	12.369	16	49	42	1,580
Sodium	mg	4	0.438	30	1	0	17
Zinc	mg	2.36	0.035	10	0.33	0.28	10.70
Copper	mg	0.409	0.013	10	0.058	0.049	1.855
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin[2]	mg	0.20		1	0.03	0.02	0.91
Riboflavin	mg	0.23		1	0.03	0.03	1.04
Niacin[2]	mg	10.80		1	1.53	1.30	48.99
Pantothenic acid	mg	0.518	0.022	4	0.074	0.062	2.350
Vitamin B_6	mg	0.170		1	0.024	0.020	0.771
Folacin	mcg	32	4.821	10	5	4	145
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.226			0.032	0.027	1.025
Threonine	g	0.450			0.064	0.054	2.041
Isoleucine	g	0.626			0.089	0.075	2.840
Leucine	g	1.064			0.151	0.128	4.826
Lysine	g	0.405			0.058	0.049	1.837
Methionine	g	0.257			0.036	0.031	1.166
Cystine	g	0.289			0.041	0.035	1.311
Phenylalanine	g	0.762			0.108	0.091	3.456
Tyrosine	g	0.445			0.063	0.053	2.019
Valine	g	0.702			0.100	0.084	3.184
Arginine	g	0.712			0.101	0.085	3.230
Histidine	g	0.380			0.054	0.046	1.724
Alanine	g	0.548			0.078	0.066	2.486
Aspartic acid	g	0.823			0.117	0.099	3.733
Glutamic acid	g	4.972			0.706	0.597	22.553
Glycine	g	0.576			0.082	0.069	2.613
Proline	g	1.537			0.218	0.184	6.972
Serine	g	0.808			0.115	0.097	3.665

[1] 1/2 oz = approx. 1 cup (heaping).

[2] Values based on products to which iron, thiamin, and niacin sources are added at levels providing less than 2% of the U.S. RDA per 0.5 oz serving, according to label declarations. Puffed wheat products fortified to 25% of the U.S. RDA per 0.5 oz for iron, thiamin, and niacin, and 15% of the U.S. RDA per 0.5 oz for riboflavin, would contain 31.7, 2.6, 35.3, and 1.8 mg/100 g, respectively.

Wheat, shredded, large biscuit

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 rectangular biscuit = 23.6 g	2 round biscuits = 37.8 g	Refuse:0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	6.4	0.223	54	1.5	2.4	29.1
Food energy	kcal	352			83	133	1,597
	kJ	1,473			348	557	6,680
Protein (N X 5.83)	g	10.9		52	2.6	4.1	49.5
Total lipid (fat)	g	1.3		52	0.3	0.5	6.0
Carbohydrate, total	g	79.8			18.8	30.2	362
Crude fiber	g	2.3		18	0.5	0.9	10.3
Dietary fiber, insoluble	g	9.3	0.130	15	2.2	3.5	42.2
Ash	g	1.5	0.026	54	0.4	0.6	6.8
MINERALS:							
Calcium	mg	41	1.485	18	10	15	184
Iron	mg	3.15	0.033	36	0.74	1.19	14.27
Magnesium	mg	170	7.557	20	40	64	773
Phosphorus	mg	363	7.666	37	86	137	1,648
Potassium	mg	327	2.473	17	77	124	1,486
Sodium	mg	2	0.259	35	0	1	9
Zinc	mg	2.51	0.036	32	0.59	0.95	11.39
Copper	mg	0.502	0.011	32	0.118	0.190	2.277
Manganese	mg	3.070	0.106	3	0.725	1.160	13.926
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg	0.28	0.020	44	0.07	0.11	1.28
Riboflavin	mg	0.28	0.053	8	0.06	0.10	1.25
Niacin	mg	4.57	0.074	44	1.08	1.73	20.72
Pantothenic acid	mg	0.814	0.030	4	0.192	0.308	3.692
Vitamin B_6	mg	0.253	0.014	3	0.060	0.096	1.148
Folacin	mcg	50	4.050	4	12	19	228
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.208			0.049	0.079	0.943
Threonine	g	0.363			0.086	0.137	1.647
Isoleucine	g	0.429			0.101	0.162	1.946
Leucine	g	0.751			0.177	0.284	3.407
Lysine	g	0.335			0.079	0.127	1.520
Methionine	g	0.189			0.045	0.071	0.857
Cystine	g	0.208			0.049	0.079	0.943
Phenylalanine	g	0.524			0.124	0.198	2.377
Tyrosine	g	0.318			0.075	0.120	1.442
Valine	g	0.537			0.127	0.203	2.436
Arginine	g	0.565			0.133	0.214	2.563
Histidine	g	0.253			0.060	0.096	1.148
Alanine	g	0.423			0.100	0.160	1.919
Aspartic acid	g	0.610			0.144	0.231	2.767
Glutamic acid	g	3.180			0.750	1.202	14.424
Glycine	g	0.466			0.110	0.176	2.114
Proline	g	1.080			0.255	0.408	4.899
Serine	g	0.603			0.142	0.228	2.735

CEREALS, READY–TO–EAT

Wheat, shredded, small biscuit

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.4 g[1]	7/8 oz box = 24.8 g	Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	5.3	0.178	21	1.5	1.3	24.2
Food energy	kcal	359			102	89	1,630
	kJ	1,503			426	373	6,819
Protein (N X 5.83)	g	11.0	0.083	21	3.1	2.7	49.9
Total lipid (fat)	g	2.2	0.141	21	0.6	0.5	9.8
Carbohydrate, total	g	79.8			22.6	19.8	362.0
Crude fiber	g	2.0		1	0.6	0.5	9.1
Dietary fiber, insoluble	g	9.3	0.130	15	2.6	2.3	42.2
Ash	g	1.7	0.041	21	0.5	0.4	7.6
MINERALS:							
Calcium	mg	38	1.552	15	11	9	172
Iron	mg	4.22	0.134	16	1.20	1.05	19.12
Magnesium	mg	132	4.944	16	37	33	599
Phosphorus	mg	353	4.811	16	100	87	1,599
Potassium	mg	361	9.196	11	102	90	1,637
Sodium	mg	10	1.112	70	3	3	46
Zinc	mg	3.30	0.106	19	0.93	0.82	14.96
Copper	mg	0.664	0.039	19	0.188	0.165	3.012
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg	0.26	0.007	19	0.07	0.06	1.16
Riboflavin	mg	0.28	0.053	8	0.08	0.07	1.25
Niacin	mg	5.25	0.084	23	1.49	1.30	23.81
Pantothenic acid	mg	0.828	0.026	4	0.235	0.205	3.756
Vitamin B_6	mg	0.253	0.014	3	0.072	0.063	1.148
Folacin	mcg	50	4.050	4	14	12	228
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.210			0.060	0.052	0.953
Threonine	g	0.366			0.104	0.091	1.660
Isoleucine	g	0.433			0.123	0.107	1.964
Leucine	g	0.757			0.215	0.188	3.434
Lysine	g	0.338			0.096	0.084	1.533
Methionine	g	0.191			0.054	0.047	0.866
Cystine	g	0.210			0.060	0.052	0.953
Phenylalanine	g	0.529			0.150	0.131	2.400
Tyrosine	g	0.321			0.091	0.080	1.456
Valine	g	0.542			0.154	0.134	2.459
Arginine	g	0.570			0.162	0.141	2.586
Histidine	g	0.255			0.072	0.063	1.157
Alanine	g	0.427			0.121	0.106	1.937
Aspartic acid	g	0.616			0.175	0.153	2.794
Glutamic acid	g	3.209			0.910	0.796	14.556
Glycine	g	0.470			0.133	0.117	2.132
Proline	g	1.090			0.309	0.270	4.944
Serine	g	0.608			0.172	0.151	2.758

[1] 1 oz = approx. 2/3 cup.

CEREALS, READY–TO–EAT

Wheaties®

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
					Approximate measure and weight		Refuse: 0
		Mean	Standard error	Number of samples	1 oz = 28.4 g[1]	1 c = 29 g	
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	4.6	0.410	8	1.3	1.3	20.9
Food energy	kcal	349			99	101	1,585
	kJ	1,462			414	424	6,630
Protein (N X 5.83)	g	9.5	0.149	21	2.7	2.8	43.2
Total lipid (fat)	g	1.7	0.072	20	0.5	0.5	7.8
Carbohydrate, total	g	79.5			22.6	23.1	360.8
Crude fiber	g	1.9	0.043	12	0.5	0.6	8.8
Dietary fiber, insoluble	g	7.0	0.132	12	2.0	2.0	31.9
Ash	g	4.6	0.107	5	1.3	1.3	20.9
MINERALS:							
Calcium[2]	mg	151	7.309	7	43	44	684
Iron	mg	*15.9*			*4.5*	*4.6*	*72.1*
Magnesium	mg	109	1.732	22	31	32	495
Phosphorus[2]	mg	346	6.311	25	98	100	1,571
Potassium	mg	374	3.415	42	106	108	1,697
Sodium[2]	mg	1,250	17.890	32	354	363	5,671
Zinc	mg	2.23	0.085	13	0.63	0.65	10.12
Copper	mg	0.463	0.013	13	0.131	0.134	2.100
Manganese	mg	1.500		1	0.425	0.435	6.804
VITAMINS:							
Ascorbic acid	mg	*53*			*15*	*15*	*240*
Thiamin	mg	*1.3*			*0.4*	*0.4*	*5.9*
Riboflavin	mg	*1.5*			*0.4*	*0.4*	*6.8*
Niacin	mg	*17.6*			*5.0*	*5.1*	*79.8*
Pantothenic acid	mg	0.723		1	0.205	0.210	3.280
Vitamin B_6	mg	*1.8*			*0.5*	*0.5*	*8.2*
Folacin	mcg	30	4.162	3	9	9	138
Vitamin B_{12}	mcg	*5.3*			*1.5*	*1.5*	*24.0*
Vitamin A	RE	*1,324*			*375*	*384*	*6,006*
	IU	*4,409*			*1,250*	*1,279*	*19,999*
LIPIDS:							
Fatty acids:							
Saturated, total	g	0.24			0.07	0.07	1.09
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g	0.23			0.07	0.07	1.04
18:0	g	0.01			0.00	0.00	0.05
Monounsaturated, total	g	0.16			0.05	0.05	0.73
16:1	g	0.01			0.00	0.00	0.05
18:1	g	0.16			0.05	0.05	0.73
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.83			0.24	0.24	3.76
18:2	g	0.77			0.22	0.22	3.49
18:3	g	0.06			0.02	0.02	0.27
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.181			0.051	0.052	0.821
Threonine	g	0.317			0.090	0.092	1.438
Isoleucine	g	0.374			0.106	0.108	1.696
Leucine	g	0.655			0.186	0.190	2.971
Lysine	g	0.292			0.083	0.085	1.325
Methionine	g	0.165			0.047	0.048	0.748
Cystine	g	0.181			0.051	0.052	0.821
Phenylalanine	g	0.458			0.130	0.133	2.077
Tyrosine	g	0.278			0.079	0.081	1.261
Valine	g	0.469			0.133	0.136	2.127
Arginine	g	0.493			0.140	0.143	2.236
Histidine	g	0.220			0.062	0.064	0.998
Alanine	g	0.369			0.105	0.107	1.674
Aspartic acid	g	0.533			0.151	0.155	2.418
Glutamic acid	g	2.776			0.787	0.805	12.592
Glycine	g	0.407			0.115	0.118	1.846
Proline	g	0.943			0.267	0.273	4.277
Serine	g	0.526			0.149	0.153	2.386

[1] 1 oz = approx. 1 cup.
[2] Source added.

CEREALS, TO—BE—COOKED

Corn grits, regular and quick, dry

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
					Approximate measure and weight		Refuse: 0
		Mean	Standard error	Number of samples	1 c = 156 g	1 tbsp = 9.7 g	
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	10.0		157	15.6	1.0	45.4
Food energy	kcal	371			579	36	1,684
	kJ	1,553			2,423	151	7,046
Protein (N X 6.25)	g	8.8		156	13.7	0.9	39.8
Total lipid (fat)	g	1.2		156	1.8	0.1	5.3
Carbohydrate, total	g	79.6			124.1	7.7	361.0
Crude fiber	g	0.5	0.010	155	0.8	0.0	2.3
Dietary fiber, insoluble	g	1.6		1	2.5	0.2	7.2
Ash	g	0.4		156	0.7	0.0	2.0
MINERALS:							
Calcium	mg	2		1	3	0	9
Iron[1]	mg	3.91	0.076	176	6.10	0.38	17.74
Magnesium	mg	27		1	42	3	122
Phosphorus	mg	73		1	114	7	331
Potassium	mg	137	7.569	22	213	13	619
Sodium	mg	1	0.076	154	1	0	4
Zinc	mg	0.41	0.010	4	0.64	0.04	1.87
Copper	mg	0.075	0.003	4	0.117	0.007	0.340
Manganese	mg	0.106	0.005	4	0.165	0.010	0.481
VITAMINS:							
Ascorbic acid	mg						
Thiamin[1]	mg	0.64	0.014	163	1.00	0.06	2.89
Riboflavin[1]	mg	0.38	0.008	169	0.59	0.04	1.71
Niacin[1]	mg	4.96	0.115	169	7.73	0.48	22.48
Pantothenic acid	mg						
Vitamin B_6	mg	0.147		1	0.229	0.014	0.667
Folacin	mcg	5	0.536	3	7	0	21
Vitamin B_{12}	mcg						
Vitamin A[2]	RE						
	IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.052			0.081	0.005	0.236
Threonine	g	0.307			0.479	0.030	1.393
Isoleucine	g	0.341			0.532	0.033	1.547
Leucine	g	1.318			2.056	0.128	5.978
Lysine	g	0.173			0.270	0.017	0.785
Methionine	g	0.209			0.326	0.020	0.948
Cystine	g	0.197			0.307	0.019	0.894
Phenylalanine	g	0.451			0.704	0.044	2.046
Tyrosine	g	0.373			0.582	0.036	1.692
Valine	g	0.449			0.700	0.044	2.037
Arginine	g	0.286			0.446	0.028	1.297
Histidine	g	0.237			0.370	0.023	1.075
Alanine	g	0.748			1.167	0.073	3.393
Aspartic acid	g	0.528			0.824	0.051	2.395
Glutamic acid	g	1.940			3.026	0.188	8.800
Glycine	g	0.263			0.410	0.026	1.193
Proline	g	0.896			1.398	0.087	4.064
Serine	g	0.432			0.674	0.042	1.960

[1] Values for enriched corn grits. Unenriched grits contain 1.0 mg iron, 0.13 mg thiamin, 0.04 mg riboflavin, and 1.2 mg niacin per 100 g.

[2] White corn grits contain only a trace of vitamin A activity. Yellow grits contain 440 IU/100 g.

Corn grits, regular and quick, cooked

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0
A		B	C	D	E	F	G
					1 c = 242 g	3/4 c = 182 g	
PROXIMATE:							
Water	g	85.3			206.5	155.3	387.1
Food energy	kcal	60			146	110	274
	kJ	253			612	461	1,148
Protein (N X 6.25)	g	1.4			3.5	2.6	6.5
Total lipid (fat)	g	0.2			0.5	0.3	0.9
Carbohydrate, total	g	13.0			31.4	23.6	58.8
Crude fiber	g	0.1			0.2	0.1	0.4
Dietary fiber, insoluble	g	0.3			0.6	0.5	1.2
Ash	g	0.1			0.2	0.1	0.3
MINERALS:							
Calcium	mg	0			1	1	1
Iron [1]	mg	0.64			1.55	1.16	2.90
Magnesium	mg	4			11	8	20
Phosphorus	mg	12			29	22	54
Potassium	mg	22			54	40	101
Sodium [2]	mg	0			0	0	1
Zinc	mg	0.07			0.17	0.13	0.32
Copper	mg	0.012			0.029	0.022	0.054
Manganese	mg	0.017			0.041	0.031	0.077
VITAMINS:							
Ascorbic acid	mg						
Thiamin [1]	mg	0.10			0.24	0.18	0.45
Riboflavin [1]	mg	0.06			0.15	0.11	0.27
Niacin [1]	mg	0.81			1.96	1.47	3.67
Pantothenic acid	mg						
Vitamin B_6	mg	0.024			0.058	0.044	0.109
Folacin	mcg	1			1	1	3
Vitamin B_{12}	mcg						
Vitamin A [3]	RE						
	IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.008			0.019	0.015	0.036
Threonine	g	0.050			0.121	0.091	0.227
Isoleucine	g	0.056			0.136	0.102	0.254
Leucine	g	0.215			0.520	0.391	0.975
Lysine	g	0.028			0.068	0.051	0.127
Methionine	g	0.034			0.082	0.062	0.154
Cystine	g	0.032			0.077	0.058	0.145
Phenylalanine	g	0.073			0.177	0.133	0.331
Tyrosine	g	0.061			0.148	0.111	0.277
Valine	g	0.073			0.177	0.133	0.331
Arginine	g	0.047			0.114	0.086	0.213
Histidine	g	0.039			0.094	0.071	0.177
Alanine	g	0.122			0.295	0.222	0.553
Aspartic acid	g	0.086			0.208	0.157	0.390
Glutamic acid	g	0.316			0.765	0.575	1.433
Glycine	g	0.043			0.104	0.078	0.195
Proline	g	0.146			0.353	0.266	0.662
Serine	g	0.070			0.169	0.127	0.318

[1] Values for cooked enriched corn grits. Cooked unenriched grits contain 0.2 mg iron, 0.02 mg thiamin, 0.01 mg riboflavin, and 0.2 mg niacin per 100 g.

[2] Values based on product cooked without salt. If salt is added according to label recommendations, the sodium content is 223 mg/100 g.

[3] Cooked white corn grits contain only a trace of vitamin A activity. Cooked yellow grits contain 60 IU/100 g.

CEREALS, TO-BE-COOKED

Corn grits, instant, plain, dry

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food	Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 pkt = 22.7 g	Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:						
Water	g	7.3	0.164	21	1.7	33.1
Food energy	kcal	363			82	1,648
	kJ	1,520			345	6,896
Protein (N X 6.25)	g	9.2	0.107	21	2.1	41.9
Total lipid (fat)	g	0.7	0.055	21	0.2	3.3
Carbohydrate, total	g	78.2			17.8	354.8
Crude fiber	g	0.5	0.033	21	0.1	2.3
Dietary fiber, insoluble	g					
Ash	g	4.5	0.096	21	1.0	20.5
MINERALS:						
Calcium	mg	33	1.897	10	7	150
Iron[1]	mg	4.49	0.212	21	1.02	20.36
Magnesium	mg	23	2.564	11	5	102
Phosphorus	mg	74	0.949	10	17	336
Potassium	mg	129	17.575	3	29	587
Sodium[1]	mg	1,516	129.902	3	344	6,878
Zinc	mg	0.39	0.007	10	0.09	1.76
Copper	mg	0.063	0.003	10	0.014	0.286
Manganese	mg					
VITAMINS:						
Ascorbic acid	mg	0.77	0.088	21	0.18	3.51
Thiamin[1]	mg	0.39	0.021	21	0.09	1.76
Riboflavin[1]	mg	5.74	0.260	21	1.30	26.05
Niacin[1]	mg	1.900	0.086	10	0.431	8.618
Pantothenic acid	mg					
Vitamin B_6	mg	4	1.478	3	1	17
Folacin	mcg					
Vitamin B_{12}	mcg					
Vitamin A	RE					
	IU					
LIPIDS:						
Fatty acids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
16:0	g					
18:0	g					
Monounsaturated, total	g					
16:1	g					
18:1	g					
20:1	g					
22:1	g					
Polyunsaturated, total	g					
18:2	g					
18:3	g					
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg					
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

[1] Source added.

Corn grits, instant, plain, prepared

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food	Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 pkt prepared = 137 g	Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:						
Water	g	84.7			116.4	384.2
Food energy	kcal	60			82	272
	kJ	251			345	1,139
Protein (N X 6.25)	g	1.5			2.1	6.9
Total lipid (fat)	g	0.1			0.2	0.5
Carbohydrate, total	g	12.9			17.8	58.6
Crude fiber	g	0.1			0.1	0.4
Dietary fiber, insoluble	g					
Ash	g	0.7			1.0	3.4
MINERALS:						
Calcium	mg	5			7	25
Iron[1]	mg	0.74			1.02	3.36
Magnesium	mg	4			5	17
Phosphorus	mg	12			17	55
Potassium	mg	21			29	97
Sodium[1]	mg	250			344	1,136
Zinc	mg	0.06			0.09	0.29
Copper	mg	0.010			0.014	0.045
Manganese	mg					
VITAMINS:						
Ascorbic acid	mg					
Thiamin[1]	mg	0.13			0.17	0.58
Riboflavin[1]	mg	0.06			0.09	0.29
Niacin[1]	mg	0.95			1.30	4.30
Pantothenic acid	mg	0.314			0.432	1.424
Vitamin B_6	mg					
Folacin	mcg	1			1	3
Vitamin B_{12}	mcg					
Vitamin A	RE					
	IU					
LIPIDS:						
Fatty acids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
16:0	g					
18:0	g					
Monounsaturated, total	g					
16:1	g					
18:1	g					
20:1	g					
22:1	g					
Polyunsaturated, total	g					
18:2	g					
18:3	g					
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg					
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

[1] Source added to dry product.

Corn grits, instant, with artificial cheese flavor, dry

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food	Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight	Refuse: 0
A		B	C	D	E (1 pkt = 28.4 g)	F / G
PROXIMATE:						
Water	g	6.8	0.123	17	1.9	30.8
Food energy	kcal	376			107	1,706
	kJ	1,573			446	7,136
Protein (N X 6.3)	g	9.7	0.094	17	2.8	44.0
Total lipid (fat)	g	3.3	0.066	17	0.9	15.1
Carbohydrate, total	g	75.1			21.3	340.7
Crude fiber	g	0.6	0.032	17	0.2	2.7
Dietary fiber, insoluble	g					
Ash	g	5.1	0.063	17	1.4	23.1
MINERALS:						
Calcium	mg	50	0.000	10	14	227
Iron[1]	mg	4.08	0.196	17	1.16	18.52
Magnesium	mg					
Phosphorus	mg					
Potassium	mg	141	9.099	4	40	638
Sodium[1]	mg	1,697	34.577	4	481	7,695
Zinc	mg					
Copper	mg					
Manganese	mg					
VITAMINS:						
Ascorbic acid	mg					
Thiamin[1]	mg	0.61	0.032	17	0.17	2.75
Riboflavin[1]	mg	0.46	0.016	17	0.13	2.10
Niacin[1]	mg	5.12	0.283	17	1.45	23.21
Pantothenic acid	mg					
Vitamin B_6	mg					
Folacin	mcg					
Vitamin B_{12}	mcg					
Vitamin A	RE					
	IU					
LIPIDS:						
Fatty acids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
16:0	g					
18:0	g					
Monounsaturated, total	g					
16:1	g					
18:1	g					
20:1	g					
22:1	g					
Polyunsaturated, total	g					
18:2	g					
18:3	g					
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg					
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

[1] Source added.

Corn grits, instant, with artificial cheese flavor, prepared

(Italicized numbers denote values based on the label declaration for added nutrients)

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food	Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight 1 pkt prepared = 142 g	Refuse: 0
A		B	C	D	E	G
PROXIMATE:						
Water	g	81.4			115.6	369.2
Food energy	kcal	75			107	340
	kJ	314			446	1,424
Protein (N X 6.3)	g	1.9			2.8	8.8
Total lipid (fat)	g	0.7			0.9	3.0
Carbohydrate, total	g	15.0			21.3	68.0
Crude fiber	g	0.1			0.2	0.5
Dietary fiber, insoluble	g					
Ash	g	1.0			1.4	4.6
MINERALS:						
Calcium	mg	10			14	45
Iron[1]	mg	0.82			1.16	3.70
Magnesium	mg					
Phosphorus	mg					
Potassium	mg	28			40	127
Sodium[1]	mg	339			481	1,536
Zinc	mg					
Copper	mg					
Manganese	mg					
VITAMINS:						
Ascorbic acid	mg					
Thiamin[1]	mg	0.12			0.17	0.55
Riboflavin[1]	mg	0.09			0.13	0.42
Niacin[1]	mg	1.02			1.45	4.63
Pantothenic acid	mg					
Vitamin B_6	mg					
Folacin	mcg					
Vitamin B_{12}	mcg					
Vitamin A	RE					
	IU					
LIPIDS:						
Fatty acids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
16:0	g					
18:0	g					
Monounsaturated, total	g					
16:1	g					
18:1	g					
20:1	g					
22:1	g					
Polyunsaturated, total	g					
18:2	g					
18:3	g					
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg					
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

[1] Source added to dry product.

Corn grits, instant, with imitation bacon bits, dry

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food	Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight 1 pkt = 28.4 g	Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:						
Water	g	6.0	0.123	17	1.7	27.2
Food energy	kcal	368			104	1,668
	kJ	1,539			436	6,980
Protein (N X 6.1)	g	10.6	0.146	17	3.0	48.3
Total lipid (fat)	g	1.9	0.064	17	0.5	8.6
Carbohydrate, total	g	75.8			21.5	343.7
Crude fiber	g	0.6	0.024	17	0.2	2.9
Dietary fiber, insoluble	g					
Ash	g	5.7	0.057	17	1.6	25.9
MINERALS:						
Calcium	mg	21	7.159	10	6	97
Iron[1]	mg	4.55	0.180	17	1.29	20.66
Magnesium	mg	33	1.581	10	9	150
Phosphorus	mg	98	12.500	4	28	445
Potassium	mg	213	7.325	3	60	965
Sodium[1]	mg	1,872	14.786	3	531	8,494
Zinc	mg	0.63	0.014	10	0.18	2.84
Copper	mg	0.117	0.002	10	0.033	0.531
Manganese	mg					
VITAMINS:						
Ascorbic acid	mg					
Thiamin[1]	mg	0.70	0.032	17	0.20	3.16
Riboflavin[1]	mg	0.42	0.020	17	0.12	1.92
Niacin[1]	mg	5.73	0.215	17	1.62	25.97
Pantothenic acid	mg	0.213	0.002	10	0.060	0.966
Vitamin B_6	mg					
Folacin	mcg	28	1.927	10	8	128
Vitamin B_{12}	mcg					
Vitamin A	RE					
	IU					
LIPIDS:						
Fatty acids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
16:0	g					
18:0	g					
Monounsaturated, total	g					
16:1	g					
18:1	g					
20:1	g					
22:1	g					
Polyunsaturated, total	g					
18:2	g					
18:3	g					
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg					
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

[1] Source added.

Corn grits, instant, with imitation bacon bits, prepared

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food	Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight 1 pkt prepared = 141 g	Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:						
Water	g	81.1			114.2	367.8
Food energy	kcal	74			104	336
	kJ	310			436	1,405
Protein (N X 6.1)	g	2.1			3.0	9.7
Total lipid (fat)	g	0.4			0.5	1.7
Carbohydrate, total	g	15.2			21.5	69.2
Crude fiber	g	0.1			0.2	0.6
Dietary fiber, insoluble	g					
Ash	g	1.2			1.6	5.2
MINERALS:						
Calcium	mg	4			6	20
Iron[1]	mg	0.92			1.29	4.16
Magnesium	mg	7			9	30
Phosphorus	mg	20			28	89
Potassium	mg	43			60	194
Sodium[1]	mg	377			531	1,709
Zinc	mg	0.13			0.18	0.57
Copper	mg	0.024			0.034	0.109
Manganese	mg					
VITAMINS:						
Ascorbic acid	mg					
Thiamin[1]	mg	0.14			0.20	0.64
Riboflavin[1]	mg	0.09			0.12	0.39
Niacin[1]	mg	1.15			1.62	5.23
Pantothenic acid	mg	0.043			0.061	0.195
Vitamin B_6	mg					
Folacin	mcg	6			8	26
Vitamin B_{12}	mcg					
Vitamin A	RE					
	IU					
LIPIDS:						
Fatty acids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
16:0	g					
18:0	g					
Monounsaturated, total	g					
16:1	g					
18:1	g					
20:1	g					
22:1	g					
Polyunsaturated, total	g					
18:2	g					
18:3	g					
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg					
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

[1] Source added to dry product.

CEREALS, TO—BE—COOKED

Corn grits, instant, with imitation ham bits, dry

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food	Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight 1 pkt = 28.4 g	Refuse:0
A		B	C	D	E	F	G
PROXIMATE:						
Water	g	6.0	0.093	19	1.7	27.3
Food energy	kcal	362			103	1,644
	kJ	1,516			430	6,877
Protein (N X 6.1)	g	10.4	0.171	19	2.9	47.1
Total lipid (fat)	g	1.4	0.069	19	0.4	6.4
Carbohydrate, total	g	75.6			21.4	343.1
Crude fiber	g	0.6	0.022	19	0.2	2.6
Dietary fiber, insoluble	g					
Ash	g	6.6	0.073	19	1.9	29.7
MINERALS:						
Calcium[1]	mg	26	8.942	10	7	117
Iron[1]	mg	5.32	0.137	19	1.51	24.15
Magnesium	mg	30	0.000	10	9	136
Phosphorus	mg	115	1.500	4	33	522
Potassium	mg	185	10.982	3	52	839
Sodium[1]	mg	2,317	61.386	3	657	10,512
Zinc	mg	0.60	0.024	10	0.17	2.72
Copper	mg	0.094	0.002	10	0.027	0.426
Manganese	mg					
VITAMINS:						
Ascorbic acid	mg					
Thiamin[1]	mg	0.87	0.064	19	0.25	3.96
Riboflavin[1]	mg	0.55	0.023	19	0.16	2.48
Niacin[1]	mg	6.11	0.139	19	1.73	27.71
Pantothenic acid	mg	2.600	0.181	10	0.737	11.794
Vitamin B_6	mg					
Folacin	mcg	37	1.365	10	10	168
Vitamin B_{12}	mcg					
Vitamin A	RE					
	IU					
LIPIDS:						
Fatty acids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
16:0	g					
18:0	g					
Monounsaturated, total	g					
16:1	g					
18:1	g					
20:1	g					
22:1	g					
Polyunsaturated, total	g					
18:2	g					
18:3	g					
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg					
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

[1] Source added.

Corn grits, instant, with imitation ham bits, prepared

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food	Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 pkt prepared = 141 g	Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:						
Water	g	81.1			114.2	367.8
Food energy	kcal	73			103	331
	kJ	305			430	1,384
Protein (N X 6.1)	g	2.1			2.9	9.5
Total lipid (fat)	g	0.3			0.4	1.3
Carbohydrate, total	g	15.2			21.4	69.1
Crude fiber	g	0.1			0.2	0.5
Dietary fiber, insoluble	g					
Ash	g	1.3			1.9	6.0
MINERALS:						
Calcium[1]	mg	5			7	24
Iron[1]	mg	1.07			1.51	4.86
Magnesium	mg	6			9	27
Phosphorus	mg	23			33	105
Potassium	mg	37			52	169
Sodium[1]	mg	466			657	2,116
Zinc	mg	0.12			0.17	0.55
Copper	mg	0.019			0.027	0.086
Manganese	mg					
VITAMINS:						
Ascorbic acid	mg					
Thiamin[1]	mg	0.18			0.25	0.79
Riboflavin[1]	mg	0.11			0.15	0.50
Niacin[1]	mg	1.23			1.73	5.58
Pantothenic acid	mg	0.523			0.737	2.372
Vitamin B_6	mg					
Folacin	mcg	7			10	34
Vitamin B_{12}	mcg					
Vitamin A	RE					
	IU					
LIPIDS:						
Fatty acids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
16:0	g					
18:0	g					
Monounsaturated, total	g					
16:1	g					
18:1	g					
20:1	g					
22:1	g					
Polyunsaturated, total	g					
18:2	g					
18:3	g					
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg					
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

[1] Source added to dry product.

Cream of Rice®, dry

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
				Approximate measure and weight		Refuse: 0
	Mean	Standard error	Number of samples	1 c = 173 g	1 tbsp = 10.2 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water . . . g	10.5	1.392	3	18.2	1.1	47.8
Food energy . . . kcal	370			641	38	1,680
Food energy . . . kJ	1,550			2,681	158	7,031
Protein (N X 5.95) . . . g	6.3	0.496	3	10.8	0.6	28.4
Total lipid (fat) . . . g	0.5	0.050	2	0.8	0.0	2.0
Carbohydrate, total . . . g	82.4			142.6	8.4	373.8
Crude fiber . . . g	0.3	0.050	2	0.4	0.0	1.1
Dietary fiber, insoluble . . . g						
Ash . . . g	0.4	0.130	3	0.6	0.0	1.6
MINERALS:						
Calcium . . . mg	24			42	2	109
Iron . . . mg	*1.3*			*2.2*	*0.1*	*5.9*
Magnesium . . . mg	23			40	2	106
Phosphorus[1] . . . mg	124			214	13	561
Potassium . . . mg	143			247	15	648
Sodium . . . mg	6			10	1	25
Zinc . . . mg	1.12			1.94	0.11	5.09
Copper . . . mg	0.244			0.422	0.025	1.107
Manganese . . . mg	1.033			1.787	0.105	4.686
VITAMINS:						
Ascorbic acid . . . mg						
Thiamin . . . mg	*0.2*			*0.3*	*0.0*	*0.9*
Riboflavin . . . mg	*0.1*			*0.2*	*0.0*	*0.5*
Niacin . . . mg	*3.0*			*5.2*	*0.3*	*13.6*
Pantothenic acid . . . mg						
Vitamin B_6 . . . mg	0.195			0.337	0.020	0.885
Folacin . . . mcg	29			51	3	134
Vitamin B_{12} . . . mcg						
Vitamin A . . . RE						
Vitamin A . . . IU						
LIPIDS:						
Fatty acids:						
Saturated, total . . . g						
4:0 . . . g						
6:0 . . . g						
8:0 . . . g						
10:0 . . . g						
12:0 . . . g						
14:0 . . . g						
16:0 . . . g						
18:0 . . . g						
Monounsaturated, total . . . g						
16:1 . . . g						
18:1 . . . g						
20:1 . . . g						
22:1 . . . g						
Polyunsaturated, total . . . g						
18:2 . . . g						
18:3 . . . g						
18:4 . . . g						
20:4 . . . g						
20:5 . . . g						
22:5 . . . g						
22:6 . . . g						
Cholesterol . . . mg						
Phytosterols . . . mg						
AMINO ACIDS:						
Tryptophan . . . g	0.092			0.159	0.009	0.417
Threonine . . . g	0.314			0.543	0.032	1.424
Isoleucine . . . g	0.332			0.574	0.034	1.506
Leucine . . . g	0.520			0.900	0.053	2.359
Lysine . . . g	0.265			0.458	0.027	1.202
Methionine . . . g	0.187			0.324	0.019	0.848
Cystine . . . g	0.107			0.185	0.011	0.485
Phenylalanine . . . g	0.267			0.462	0.027	1.211
Tyrosine . . . g	0.351			0.607	0.036	1.592
Valine . . . g	0.407			0.704	0.042	1.846
Arginine . . . g	0.513			0.887	0.052	2.327
Histidine . . . g	0.189			0.327	0.019	0.857
Alanine . . . g	0.259			0.448	0.026	1.175
Aspartic acid . . . g	0.576			0.996	0.059	2.613
Glutamic acid . . . g	1.004			1.737	0.102	4.554
Glycine . . . g	0.362			0.626	0.037	1.642
Proline . . . g	0.263			0.455	0.027	1.193
Serine . . . g	0.284			0.491	0.029	1.288

[1] Source added.

Cream of Rice®, cooked

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 c = 244 g	3/4 c = 183 g	Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	87.5			213.5	160.1	396.9
Food energy	kcal	52			126	95	235
	kJ	216			528	396	982
Protein (N X 5.95)	g	0.9			2.1	1.6	3.9
Total lipid (fat)	g	0.1			0.1	0.1	0.3
Carbohydrate, total	g	11.5			28.1	21.1	52.2
Crude fiber	g	0.0			0.1	0.1	0.1
Dietary fiber, insoluble	g						
Ash	g	0.1			0.1	0.1	0.2
MINERALS:							
Calcium	mg	3			8	6	15
Iron	mg	*0.2*			*0.4*	*0.3*	*0.8*
Magnesium	mg	3			8	6	15
Phosphorus[1]	mg	17			42	32	78
Potassium	mg	20			49	37	91
Sodium[2]	mg	1			2	1	4
Zinc	mg	0.16			0.39	0.29	0.73
Copper	mg	0.034			0.083	0.062	0.154
Manganese	mg	0.144			0.351	0.264	0.653
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg	*0.0*			*0.1*	*0.1*	*0.1*
Riboflavin	mg	*0.0*			*0.0*	*0.0*	*0.0*
Niacin	mg	*0.4*			*1.0*	*0.8*	*1.9*
Pantothenic acid	mg						
Vitamin B_6	mg	0.027			0.066	0.049	0.122
Folacin	mcg	3			8	6	14
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.013			0.032	0.024	0.059
Threonine	g	0.044			0.107	0.081	0.200
Isoleucine	g	0.015			0.037	0.027	0.068
Leucine	g	0.073			0.178	0.134	0.331
Lysine	g	0.037			0.090	0.068	0.168
Methionine	g	0.026			0.063	0.048	0.118
Cystine	g	0.015			0.037	0.027	0.068
Phenylalanine	g	0.037			0.090	0.068	0.168
Tyrosine	g	0.049			0.120	0.090	0.222
Valine	g	0.057			0.139	0.104	0.259
Arginine	g	0.072			0.176	0.132	0.327
Histidine	g	0.026			0.063	0.048	0.118
Alanine	g	0.036			0.088	0.066	0.163
Aspartic acid	g	0.080			0.195	0.146	0.363
Glutamic acid	g	0.140			0.342	0.256	0.635
Glycine	g	0.050			0.122	0.092	0.227
Proline	g	0.037			0.090	0.068	0.168
Serine	g	0.040			0.098	0.073	0.181

[1] Source added to dry product.
[2] Values based on product cooked without salt. If salt is added according to label recommendations, the sodium content is 173 mg/100 g.

CEREALS, TO-BE-COOKED

Cream of Wheat®, regular, dry

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 c = 173 g	1 tbsp = 10.6 g	Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	10.9	0.183	23	18.8	1.2	49.4
Food energy	kcal	370			640	39	1,679
	kJ	1,548			2,679	164	7,024
Protein (N X 5.7)	g	10.5	0.075	23	18.2	1.1	47.7
Total lipid (fat)	g	1.5	0.066	22	2.5	0.2	6.6
Carbohydrate, total	g	76.5			132.4	8.1	347.1
Crude fiber	g						
Dietary fiber, insoluble	g						
Ash	g	0.6	0.019	23	1.0	0.1	2.7
MINERALS:							
Calcium[1]	mg	*141*			*244*	*15*	*640*
Iron	mg	*28.6*			*49.4*	*3.0*	*129.6*
Magnesium	mg	27		1	46	3	122
Phosphorus[1]	mg	115	2.887	3	199	12	522
Potassium	mg	120		1	208	13	544
Sodium	mg	7		1	11	1	30
Zinc	mg	0.88		1	1.52	0.09	4.00
Copper	mg	0.206		1	0.356	0.022	0.934
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg	*0.5*			*0.9*	*0.1*	*2.4*
Riboflavin	mg	*0.2*			*0.4*	*0.0*	*1.1*
Niacin	mg	*4.2*			*7.3*	*0.4*	*19.2*
Pantothenic acid	mg	0.518	0.017	4	0.896	0.055	2.350
Vitamin B_6	mg						
Folacin	mcg	34	4.850	4	59	4	155
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.145			0.251	0.015	0.658
Threonine	g	0.330			0.571	0.035	1.497
Isoleucine	g	0.461			0.798	0.049	2.091
Leucine	g	0.796			1.377	0.084	3.611
Lysine	g	0.271			0.469	0.029	1.229
Methionine	g	0.196			0.339	0.021	0.889
Cystine	g	0.237			0.410	0.025	1.075
Phenylalanine	g	0.568			0.983	0.060	2.576
Tyrosine	g	0.334			0.578	0.035	1.515
Valine	g	0.510			0.882	0.054	2.313
Arginine	g	0.455			0.787	0.048	2.064
Histidine	g	0.242			0.419	0.026	1.098
Alanine	g	0.367			0.635	0.039	1.665
Aspartic acid	g	0.495			0.856	0.052	2.245
Glutamic acid	g	3.903			6.752	0.414	17.704
Glycine	g	0.406			0.702	0.043	1.842
Proline	g	1.285			2.223	0.136	5.829
Serine	g	0.593			1.026	0.063	2.690

[1] Source added.

Cream of Wheat®, regular, cooked

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units	Amount in 100 grams, edible portion: Mean	Standard error	Number of samples	Amount in edible portion of common measures of food: Approximate measure and weight: 1 c = 251 g	3/4 c = 188 g	Amount in edible portion of 1 pound of food as purchased: Refuse: 0
A	B	C	D	E	F	G
PROXIMATE:						
Water g	87.1			218.7	163.8	395.3
Food energy kcal	53			134	100	242
Food energy kJ	223			561	420	1,013
Protein (N X 5.7) g	1.5			3.8	2.9	6.9
Total lipid (fat) g	0.2			0.5	0.4	1.0
Carbohydrate, total g	11.0			27.7	20.8	50.1
Crude fiber g						
Dietary fiber, insoluble g						
Ash g	0.1			0.2	0.2	0.4
MINERALS:						
Calcium[1] mg	*20*			*51*	*38*	*92*
Iron mg	*4.1*			*10.3*	*7.7*	*18.7*
Magnesium mg	4			10	7	18
Phosphorus[1] mg	17			42	31	75
Potassium mg	17			43	33	79
Sodium[2] mg	1			2	2	4
Zinc mg	0.13			0.33	0.24	0.59
Copper mg	0.030			0.075	0.056	0.136
Manganese mg						
VITAMINS:						
Ascorbic acid mg						
Thiamin mg	*0.1*			*0.2*	*0.1*	*0.3*
Riboflavin mg	*0.0*			*0.1*	*0.1*	*0.1*
Niacin mg	*0.6*			*1.5*	*1.1*	*2.8*
Pantothenic acid mg	0.075			0.188	0.141	0.340
Vitamin B_6 mg						
Folacin mcg	4			9	7	17
Vitamin B_{12} mcg						
Vitamin A RE						
Vitamin A IU						
LIPIDS:						
Fatty acids:						
Saturated, total g						
4:0 g						
6:0 g						
8:0 g						
10:0 g						
12:0 g						
14:0 g						
16:0 g						
18:0 g						
Monounsaturated, total g						
16:1 g						
18:1 g						
20:1 g						
22:1 g						
Polyunsaturated, total g						
18:2 g						
18:3 g						
18:4 g						
20:4 g						
20:5 g						
22:5 g						
22:6 g						
Cholesterol mg						
Phytosterols mg						
AMINO ACIDS:						
Tryptophan g	0.021			0.053	0.039	0.095
Threonine g	0.048			0.120	0.090	0.218
Isoleucine g	0.067			0.168	0.126	0.304
Leucine g	0.115			0.289	0.216	0.522
Lysine g	0.039			0.098	0.073	0.177
Methionine g	0.028			0.070	0.053	0.127
Cystine g	0.034			0.085	0.064	0.154
Phenylalanine g	0.082			0.206	0.154	0.372
Tyrosine g	0.048			0.120	0.090	0.218
Valine g	0.073			0.183	0.137	0.331
Arginine g	0.066			0.166	0.124	0.299
Histidine g	0.035			0.088	0.066	0.159
Alanine g	0.053			0.133	0.100	0.240
Aspartic acid g	0.071			0.178	0.133	0.322
Glutamic acid g	0.563			1.413	1.058	2.554
Glycine g	0.059			0.148	0.111	0.268
Proline g	0.185			0.464	0.348	0.839
Serine g	0.085			0.213	0.160	0.386

[1] Source added to dry product.
[2] Values based on product cooked without salt. If salt is added according to label recommendations, the sodium content is 134 mg/100 g.

Cream of Wheat®, quick, dry

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0
A		B	C	D	E (1 c = 175 g)	F (1 tbsp = 10.6 g)	G
PROXIMATE:							
Water	g	10.4	0.212	26	18.1	1.1	47.0
Food energy	kcal	361			632	38	1,638
	kJ	1,511			2,644	160	6,853
Protein (N X 5.7)	g	10.2	0.142	26	17.8	1.1	46.1
Total lipid (fat)	g	1.3	0.062	24	2.3	0.1	6.0
Carbohydrate, total	g	75.0			131.2	7.9	340.0
Crude fiber	g						
Dietary fiber, insoluble	g						
Ash	g	3.2	0.130	26	5.6	0.3	14.5
MINERALS:							
Calcium	mg	*141*			*247*	*15*	*640*
Iron	mg	*28.6*			*50.0*	*3.0*	*129.6*
Magnesium	mg	33		1	58	4	151
Phosphorus	mg	*282*			*494*	*30*	*1,280*
Potassium	mg	130		1	228	14	590
Sodium[1]	mg	391	75.593	3	684	41	1,774
Zinc	mg	0.97		1	1.70	0.10	4.40
Copper	mg	0.185		1	0.324	0.020	0.839
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg	*0.5*			*0.9*	*0.1*	*2.4*
Riboflavin	mg	*0.2*			*0.4*	*0.0*	*1.1*
Niacin	mg	*4.2*			*7.4*	*0.4*	*19.2*
Pantothenic acid	mg	0.474	0.014	4	0.830	0.050	2.150
Vitamin B_6	mg						
Folacin	mcg	34	4.850	4	60	4	155
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.140			0.245	0.015	0.635
Threonine	g	0.323			0.565	0.034	1.465
Isoleucine	g	0.448			0.784	0.047	2.032
Leucine	g	0.774			1.355	0.082	3.511
Lysine	g	0.265			0.464	0.028	1.202
Methionine	g	0.190			0.333	0.020	0.862
Cystine	g	0.230			0.403	0.024	1.043
Phenylalanine	g	0.552			0.966	0.059	2.504
Tyrosine	g	0.324			0.567	0.034	1.470
Valine	g	0.496			0.868	0.053	2.250
Arginine	g	0.444			0.777	0.047	2.014
Histidine	g	0.235			0.411	0.025	1.066
Alanine	g	0.359			0.628	0.038	1.628
Aspartic acid	g	0.485			0.849	0.051	2.200
Glutamic acid	g	3.797			6.645	0.402	17.223
Glycine	g	0.396			0.693	0.042	1.796
Proline	g	1.250			2.188	0.133	5.670
Serine	g	0.576			1.008	0.061	2.613

[1] Source added.

CEREALS, TO—BE—COOKED

Cream of Wheat®, quick, cooked

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
					Approximate measure and weight		Refuse: 0
		Mean	Standard error	Number of samples	1 c = 239 g	3/4 c = 179 g	
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	86.6			207.1	155.1	393.0
Food energy	kcal	54			129	96	244
	kJ	225			538	403	1,021
Protein (N X 5.7)	g	1.5			3.6	2.7	6.8
Total lipid (fat)	g	0.2			0.5	0.4	0.9
Carbohydrate, total	g	11.2			26.7	20.0	50.7
Crude fiber	g						
Dietary fiber, insoluble	g						
Ash	g	0.5			1.1	0.9	2.2
MINERALS:							
Calcium	mg	*21*			*50*	*38*	*95*
Iron	mg	*4.3*			*10.2*	*7.6*	*19.3*
Magnesium	mg	5			12	9	22
Phosphorus	mg	*42*			*100*	*75*	*191*
Potassium	mg	19			46	35	88
Sodium[1]	mg	58			139	104	264
Zinc	mg	0.14			0.34	0.26	0.65
Copper	mg	0.028			0.067	0.050	0.127
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg	*0.1*			*0.2*	*0.1*	*0.3*
Riboflavin	mg	*0.0*			*0.1*	*0.1*	*0.2*
Niacin	mg	*0.6*			*1.5*	*1.1*	*2.9*
Pantothenic acid	mg	0.071			0.170	0.127	0.322
Vitamin B_6	mg						
Folacin	mcg	4			9	7	17
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.021			0.050	0.038	0.095
Threonine	g	0.048			0.115	0.086	0.218
Isoleucine	g	0.067			0.160	0.120	0.304
Leucine	g	0.115			0.275	0.206	0.522
Lysine	g	0.039			0.093	0.070	0.177
Methionine	g	0.028			0.067	0.050	0.127
Cystine	g	0.034			0.081	0.061	0.154
Phenylalanine	g	0.082			0.196	0.147	0.372
Tyrosine	g	0.048			0.115	0.086	0.218
Valine	g	0.074			0.177	0.132	0.336
Arginine	g	0.066			0.158	0.118	0.299
Histidine	g	0.035			0.084	0.063	0.159
Alanine	g	0.053			0.127	0.095	0.240
Aspartic acid	g	0.072			0.172	0.129	0.327
Glutamic acid	g	0.566			1.353	1.013	2.567
Glycine	g	0.059			0.141	0.106	0.268
Proline	g	0.186			0.445	0.333	0.844
Serine	g	0.086			0.206	0.154	0.390

[1] Source added to dry quick Cream of Wheat. Values based on product cooked without salt. If salt is added according to label recommendations, the sodium content is 194 mg/100 g.

Cream of Wheat®, instant, dry

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 c = 178 g	1 tbsp = 11.5 g	Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	10.4	0.165	23	18.5	1.2	47.3
Food energy	kcal	366			651	42	1,658
	kJ	1,529			2,722	176	6,938
Protein (N X 5.7)	g	10.6	0.083	23	18.9	1.2	48.0
Total lipid (fat)	g	1.4	0.071	23	2.5	0.2	6.4
Carbohydrate, total	g	75.5			134.3	8.7	342.3
Crude fiber	g						
Dietary fiber, insoluble	g						
Ash	g	2.1	0.033	23	3.8	0.2	9.6
MINERALS:							
Calcium	mg	*141*			*251*	*16*	*640*
Iron	mg	*28.6*			*50.9*	*3.3*	*129.6*
Magnesium	mg	34		1	61	4	156
Phosphorus	mg	103		1	183	12	467
Potassium	mg	115		1	205	13	522
Sodium	mg	15		1	27	2	68
Zinc	mg	0.98		1	1.74	0.11	4.43
Copper	mg	0.216		1	0.384	0.025	0.980
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg	*0.5*			*0.9*	*0.1*	*2.4*
Riboflavin	mg	*0.2*			*0.4*	*0.0*	*1.1*
Niacin	mg	*4.2*			*7.5*	*0.5*	*19.2*
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg	34	4.850	4	61	4	155
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.145			0.258	0.017	0.658
Threonine	g	0.332			0.591	0.038	1.506
Isoleucine	g	0.460			0.819	0.053	2.087
Leucine	g	0.800			1.424	0.092	3.629
Lysine	g	0.272			0.484	0.031	1.234
Methionine	g	0.196			0.349	0.023	0.889
Cystine	g	0.238			0.424	0.027	1.080
Phenylalanine	g	0.571			1.016	0.066	2.590
Tyrosine	g	0.335			0.596	0.039	1.520
Valine	g	0.513			0.913	0.059	2.327
Arginine	g	0.457			0.813	0.053	2.073
Histidine	g	0.242			0.431	0.028	1.098
Alanine	g	0.369			0.657	0.042	1.674
Aspartic acid	g	0.498			0.886	0.057	2.259
Glutamic acid	g	3.928			6.992	0.452	17.817
Glycine	g	0.408			0.726	0.047	1.851
Proline	g	1.289			2.294	0.148	5.847
Serine	g	0.596			1.061	0.069	2.703

Cream of Wheat®, instant, cooked

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0
				1 c = 241 g	3/4 c = 181 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water g	84.4			203.5	152.8	382.9
Food energy kcal	64			153	115	288
Food energy kJ	266			641	481	1,206
Protein (N X 5.7) g	1.8			4.4	3.3	8.3
Total lipid (fat) g	0.2			0.6	0.4	1.1
Carbohydrate, total g	13.1			31.6	23.8	59.6
Crude fiber g						
Dietary fiber, insoluble g						
Ash g	0.4			0.9	0.7	1.7
MINERALS:						
Calcium mg	*25*			*59*	*44*	*111*
Iron mg	*5.0*			*12.0*	*9.0*	*22.5*
Magnesium mg	6			14	11	27
Phosphorus mg	18			43	32	81
Potassium mg	20			48	36	91
Sodium[1] mg	3			6	5	12
Zinc mg	0.17			0.41	0.31	0.77
Copper mg	0.038			0.092	0.069	0.172
Manganese mg						
VITAMINS:						
Ascorbic acid mg						
Thiamin mg	*0.1*			*0.2*	*0.2*	*0.4*
Riboflavin mg	*0.0*			*0.1*	*0.1*	*0.2*
Niacin mg	*0.7*			*1.8*	*1.3*	*3.4*
Pantothenic acid mg						
Vitamin B_6 mg	4			11	8	20
Folacin mcg						
Vitamin B_{12} mcg						
Vitamin A RE						
Vitamin A IU						
LIPIDS:						
Fatty acids:						
Saturated, total g						
4:0 g						
6:0 g						
8:0 g						
10:0 g						
12:0 g						
14:0 g						
16:0 g						
18:0 g						
Monounsaturated, total g						
16:1 g						
18:1 g						
20:1 g						
22:1 g						
Polyunsaturated, total g						
18:2 g						
18:3 g						
18:4 g						
20:4 g						
20:5 g						
22:5 g						
22:6 g						
Cholesterol mg						
Phytosterols mg						
AMINO ACIDS:						
Tryptophan g	0.025			0.060	0.045	0.113
Threonine g	0.058			0.140	0.105	0.263
Isoleucine g	0.080			0.193	0.145	0.363
Leucine g	0.139			0.335	0.252	0.631
Lysine g	0.047			0.113	0.085	0.213
Methionine g	0.034			0.082	0.062	0.154
Cystine g	0.041			0.099	0.074	0.186
Phenylalanine g	0.099			0.239	0.179	0.449
Tyrosine g	0.058			0.140	0.105	0.263
Valine g	0.089			0.214	0.161	0.404
Arginine g	0.079			0.190	0.143	0.358
Histidine g	0.042			0.101	0.076	0.191
Alanine g	0.064			0.154	0.116	0.290
Aspartic acid g	0.087			0.210	0.157	0.395
Glutamic acid g	0.683			1.646	1.236	3.098
Glycine g	0.071			0.171	0.129	0.322
Proline g	0.224			0.540	0.405	1.016
Serine g	0.104			0.251	0.188	0.472

[1] Values based on product cooked without salt. If salt is added according to label recommendations, the sodium content is 151 mg/100 g.

Cream of Wheat®, Mix 'n Eat, plain, dry

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight		Refuse:0
					1 pkt = 28.4 g		
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	10.7	0.094	31	3.0		48.4
Food energy	kcal	361			102		1,638
	kJ	1,510			428		6,851
Protein (N X 5.7)	g	9.7	0.074	31	2.8		44.1
Total lipid (fat)	g	1.2	0.056	31	0.3		5.5
Carbohydrate, total	g	75.6			21.4		343.0
Crude fiber	g						
Dietary fiber, insoluble	g						
Ash	g	2.8	0.072	31	0.8		12.6
MINERALS:							
Calcium	mg	*71*			*20*		*320*
Iron	mg	*28.6*			*8.1*		*129.7*
Magnesium	mg	27		1	8		122
Phosphorus	mg	*71*			*20*		*320*
Potassium	mg	135		1	38		612
Sodium[1]	mg	850		1	241		3,856
Zinc	mg	0.85		1	0.24		3.85
Copper	mg	0.144		1	0.041		0.653
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg	*1.3*			*0.4*		*5.9*
Riboflavin	mg	*0.9*			*0.3*		*4.1*
Niacin	mg	*17.6*			*5.0*		*79.8*
Pantothenic acid	mg	0.462	0.027	4	0.131		2.096
Vitamin B_6	mg	*1.8*			*0.5*		*8.2*
Folacin	mcg	*353*			*100*		*1,601*
Vitamin B_{12}	mcg						
Vitamin A	RE	*1,324*			*375*		*6,006*
	IU	*4,409*			*1,250*		*19,999*
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.134			0.038		0.608
Threonine	g	0.306			0.087		1.388
Isoleucine	g	0.425			0.120		1.928
Leucine	g	0.735			0.208		3.334
Lysine	g	0.254			0.072		1.152
Methionine	g	0.180			0.051		0.816
Cystine	g	0.218			0.062		0.989
Phenylalanine	g	0.524			0.149		2.377
Tyrosine	g	0.309			0.088		1.402
Valine	g	0.471			0.134		2.136
Arginine	g	0.431			0.122		1.955
Histidine	g	0.223			0.063		1.012
Alanine	g	0.341			0.097		1.547
Aspartic acid	g	0.465			0.132		2.109
Glutamic acid	g	3.575			1.014		16.216
Glycine	g	0.377			0.107		1.710
Proline	g	1.177			0.334		5.339
Serine	g	0.546			0.155		2.477

[1] Source added.

Cream of Wheat®, Mix 'n Eat, plain, prepared

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food	Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight 1 pkt prepared = 142 g	Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:						
Water	g	82.1			116.4	372.6
Food energy	kcal	72			102	328
	kJ	302			428	1,370
Protein (N X 5.7)	g	1.9			2.8	8.8
Total lipid (fat)	g	0.2			0.3	1.1
Carbohydrate, total	g	15.1			21.4	68.6
Crude fiber	g					
Dietary fiber, insoluble	g					
Ash	g	0.6			0.8	2.5
MINERALS:						
Calcium	mg	*14*			*20*	*64*
Iron	mg	*5.7*			*8.1*	*25.9*
Magnesium	mg	5			8	24
Phosphorus	mg	*14*			*20*	*64*
Potassium	mg	27			38	122
Sodium[1]	mg	170			241	771
Zinc	mg	0.17			0.24	0.77
Copper	mg	0.029			0.041	0.132
Manganese	mg					
VITAMINS:						
Ascorbic acid	mg					
Thiamin	mg	*0.3*			*0.4*	*1.2*
Riboflavin	mg	*0.2*			*0.3*	*0.8*
Niacin	mg	*3.5*			*5.0*	*16.0*
Pantothenic acid	mg	0.092			0.131	0.417
Vitamin B_6	mg	*0.4*			*0.5*	*1.6*
Folacin	mcg	*71*			*100*	*320*
Vitamin B_{12}	mcg					
Vitamin A	RE	*265*			*375*	*1,201*
	IU	*882*			*1,250*	*4,000*
LIPIDS:						
Fatty acids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
16:0	g					
18:0	g					
Monounsaturated, total	g					
16:1	g					
18:1	g					
20:1	g					
22:1	g					
Polyunsaturated, total	g					
18:2	g					
18:3	g					
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg					
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.027			0.038	0.122
Threonine	g	0.061			0.086	0.277
Isoleucine	g	0.085			0.120	0.386
Leucine	g	0.147			0.208	0.667
Lysine	g	0.051			0.072	0.231
Methionine	g	0.036			0.051	0.163
Cystine	g	0.044			0.062	0.200
Phenylalanine	g	0.105			0.149	0.476
Tyrosine	g	0.062			0.088	0.281
Valine	g	0.095			0.135	0.431
Arginine	g	0.086			0.122	0.390
Histidine	g	0.044			0.062	0.200
Alanine	g	0.068			0.096	0.308
Aspartic acid	g	0.093			0.132	0.422
Glutamic acid	g	0.715			1.014	3.243
Glycine	g	0.075			0.106	0.340
Proline	g	0.236			0.335	1.070
Serine	g	0.109			0.155	0.494

[1] Source added to dry product.

Cream of Wheat®, Mix 'n Eat, flavored

(baked apple with cinnamon; banana and spice; and maple and brown sugar products), dry

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food	Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight 1 pkt = 35.4 g	Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:						
Water	g	8.0	0.061	65	2.8	36.3
Food energy	kcal	373			132	1,693
	kJ	1,562			553	7,083
Protein (N X 5.7)	g	6.9	0.048	67	2.5	31.5
Total lipid (fat)	g	1.1	0.035	64	0.4	4.9
Carbohydrate, total	g	81.6			28.9	369.9
Crude fiber	g					
Dietary fiber, insoluble	g					
Ash	g	2.4	0.026	67	0.9	10.9
MINERALS:						
Calcium	mg	*113*			*40*	*513*
Iron	mg	*22.9*			*8.1*	*103.9*
Magnesium	mg	26		1	9	117
Phosphorus	mg	*57*			*20*	*256*
Potassium	mg	155		1	55	703
Sodium[1]	mg	680		1	241	3,084
Zinc	mg	0.65		1	0.23	2.93
Copper	mg	0.159		1	0.056	0.721
Manganese	mg					
VITAMINS:						
Ascorbic acid	mg	*1.1*			*0.4*	*5.0*
Thiamin	mg	*0.7*			*0.2*	*3.2*
Riboflavin	mg	*14.1*			*5.0*	*64.0*
Niacin	mg					
Pantothenic acid	mg	*1.4*			*0.5*	*6.4*
Vitamin B_6	mg	*282*			*100*	*1,279*
Folacin	mcg					
Vitamin B_{12}	mcg	*1,060*			*375*	*4,810*
Vitamin A	RE	*3,531*			*1,250*	*16,017*
	IU					
LIPIDS:						
Fatty acids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
16:0	g					
18:0	g					
Monounsaturated, total	g					
16:1	g					
18:1	g					
20:1	g					
22:1	g					
Polyunsaturated, total	g					
18:2	g					
18:3	g					
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg					
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.096			0.034	0.435
Threonine	g	0.219			0.078	0.993
Isoleucine	g	0.303			0.107	1.374
Leucine	g	0.523			0.185	2.372
Lysine	g	0.183			0.065	0.830
Methionine	g	0.129			0.046	0.585
Cystine	g	0.155			0.055	0.703
Phenylalanine	g	0.373			0.132	1.692
Tyrosine	g	0.220			0.078	0.998
Valine	g	0.336			0.119	1.524
Arginine	g	0.311			0.110	1.411
Histidine	g	0.160			0.057	0.726
Alanine	g	0.246			0.087	1.116
Aspartic acid	g	0.337			0.119	1.529
Glutamic acid	g	2.537			0.898	11.508
Glycine	g	0.271			0.096	1.229
Proline	g	0.831			0.294	3.769
Serine	g	0.390			0.138	1.769

[1] Source added.

Cream of Wheat®, Mix 'n Eat, flavored

(baked apple with cinnamon; banana and spice; and maple and brown sugar products), prepared

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food	Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight: 1 pkt prepared = 150 g	Refuse: 0
A	B	C	D	E	G
PROXIMATE:					
Water . . . g	78.3			117.2	355.0
Food energy . . . kcal	88			132	400
Food energy . . . kJ	369			553	1,674
Protein (N X 5.7) . . . g	1.6			2.5	7.4
Total lipid (fat) . . . g	0.3			0.4	1.2
Carbohydrate, total . . . g	19.3			28.9	87.4
Crude fiber . . . g					
Dietary fiber, insoluble . . . g					
Ash . . . g	0.6			0.9	2.6
MINERALS:					
Calcium . . . mg	*27*			*40*	*121*
Iron . . . mg	*5.4*			*8.1*	*24.5*
Magnesium . . . mg	6			9	28
Phosphorus . . . mg	*13*			*20*	*61*
Potassium . . . mg	37			55	166
Sodium[1] . . . mg	161			241	729
Zinc . . . mg	0.15			0.23	0.69
Copper . . . mg	0.038			0.057	0.172
Manganese . . . mg					
VITAMINS:					
Ascorbic acid . . . mg	*0.3*			*0.4*	*1.2*
Thiamin . . . mg	*0.2*			*0.2*	*0.8*
Riboflavin . . . mg	*3.3*			*5.0*	*15.1*
Niacin . . . mg					
Pantothenic acid . . . mg	*0.3*			*0.5*	*1.5*
Vitamin B_6 . . . mg	*67*			*100*	*302*
Folacin . . . mcg					
Vitamin B_{12} . . . mcg	*251*			*375*	*1,137*
Vitamin A . . . RE	*834*			*1,250*	*3,785*
Vitamin A . . . IU					
LIPIDS:					
Fatty acids:					
Saturated, total . . . g					
4:0 . . . g					
6:0 . . . g					
8:0 . . . g					
10:0 . . . g					
12:0 . . . g					
14:0 . . . g					
16:0 . . . g					
18:0 . . . g					
Monounsaturated, total . . . g					
16:1 . . . g					
18:1 . . . g					
20:1 . . . g					
22:1 . . . g					
Polyunsaturated, total . . . g					
18:2 . . . g					
18:3 . . . g					
18:4 . . . g					
20:4 . . . g					
20:5 . . . g					
22:5 . . . g					
22:6 . . . g					
Cholesterol . . . mg					
Phytosterols . . . mg					
AMINO ACIDS:					
Tryptophan . . . g	0.023			0.034	0.104
Threonine . . . g	0.052			0.078	0.236
Isoleucine . . . g	0.071			0.106	0.322
Leucine . . . g	0.124			0.186	0.562
Lysine . . . g	0.043			0.064	0.195
Methionine . . . g	0.031			0.046	0.141
Cystine . . . g	0.037			0.055	0.168
Phenylalanine . . . g	0.088			0.132	0.399
Tyrosine . . . g	0.052			0.078	0.236
Valine . . . g	0.079			0.118	0.358
Arginine . . . g	0.073			0.109	0.331
Histidine . . . g	0.038			0.057	0.172
Alanine . . . g	0.058			0.087	0.263
Aspartic acid . . . g	0.079			0.118	0.358
Glutamic acid . . . g	0.600			0.899	2.722
Glycine . . . g	0.064			0.096	0.290
Proline . . . g	0.196			0.294	0.889
Serine . . . g	0.092			0.138	0.417

[1] Source added to dry product.

Farina, dry

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 c = 176 g	1 tbsp = 10.9 g	Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	10.5	0.164	107	18.5	1.1	47.7
Food energy	kcal	369			649	40	1,672
	kJ	1,542			2,714	168	6,995
Protein (N X 5.7)	g	10.6	0.072	122	18.6	1.2	48.0
Total lipid (fat)	g	0.5	0.013	61	0.9	0.1	2.4
Carbohydrate, total	g	78.0			137.2	8.5	353.6
Crude fiber	g	0.2	0.018	53	0.3	0.0	0.9
Dietary fiber, insoluble	g						
Ash	g	0.4	0.034	114	0.7	0.0	1.9
MINERALS:							
Calcium	mg	14	0.215	16	25	2	65
Iron[1]	mg	3.72	0.231	89	6.54	0.41	16.86
Magnesium	mg	13	0.255	16	23	1	60
Phosphorus	mg	88	2.068	16	154	10	398
Potassium	mg	94	4.163	16	165	10	425
Sodium	mg	3	0.188	43	5	0	12
Zinc	mg	0.53	0.015	22	0.94	0.06	2.42
Copper	mg	0.079	0.008	20	0.139	0.009	0.358
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin[1]	mg	0.58	0.022	113	1.01	0.06	2.61
Riboflavin[1]	mg	0.36	0.041	112	0.63	0.04	1.61
Niacin[1]	mg	4.05	0.076	112	7.12	0.44	18.36
Pantothenic acid	mg	0.416	0.045	12	0.732	0.045	1.887
Vitamin B_6	mg	0.058	0.016	2	0.102	0.006	0.263
Folacin	mcg	24		1	42	3	109
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.147			0.259	0.016	0.667
Threonine	g	0.323			0.568	0.035	1.465
Isoleucine	g	0.462			0.813	0.050	2.096
Leucine	g	0.804			1.415	0.088	3.647
Lysine	g	0.245			0.431	0.027	1.111
Methionine	g	0.193			0.340	0.021	0.875
Cystine	g	0.236			0.415	0.026	1.070
Phenylalanine	g	0.578			1.017	0.063	2.622
Tyrosine	g	0.334			0.588	0.036	1.515
Valine	g	0.509			0.896	0.055	2.309
Arginine	g	0.429			0.755	0.047	1.946
Histidine	g	0.236			0.415	0.026	1.070
Alanine	g	0.351			0.618	0.038	1.592
Aspartic acid	g	0.472			0.831	0.051	2.141
Glutamic acid	g	4.033			7.098	0.440	18.294
Glycine	g	0.394			0.693	0.043	1.787
Proline	g	1.326			2.334	0.145	6.015
Serine	g	0.600			1.056	0.065	2.722

[1] Values for enriched farina. Unenriched farina contains 1.5 mg iron, 0.06 mg thiamin, 0.10 mg riboflavin, and 0.7 mg niacin per 100 g.

CEREALS, TO-BE-COOKED

Farina, cooked

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0
					1 c = 233 g	3/4 c = 175 g	
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	87.9			204.7	153.8	398.5
Food energy	kcal	50			116	87	227
	kJ	209			487	366	948
Protein (N X 5.7)	g	1.4			3.4	2.5	6.5
Total lipid (fat)	g	0.1			0.2	0.1	0.3
Carbohydrate, total	g	10.6			24.6	18.5	47.9
Crude fiber	g	0.0			0.1	0.1	0.1
Dietary fiber, insoluble	g	0.1			0.1	0.1	0.3
Ash	g						
MINERALS:							
Calcium	mg	2			4	3	9
Iron[1]	mg	0.50			1.17	0.88	2.27
Magnesium	mg	2			4	3	8
Phosphorus	mg	12			28	21	54
Potassium	mg	13			30	22	58
Sodium[2]	mg	0			1	1	2
Zinc	mg	0.07			0.16	0.12	0.32
Copper	mg	0.011			0.026	0.019	0.050
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg	0.08			0.19	0.14	0.36
Thiamin[1]	mg	0.05			0.12	0.09	0.23
Riboflavin[1]	mg	0.55			1.28	0.96	2.49
Niacin[1]	mg	0.056			0.130	0.098	0.254
Pantothenic acid	mg	0.010			0.023	0.018	0.045
Vitamin B_6	mg	2			6	4	11
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.020			0.047	0.035	0.091
Threonine	g	0.044			0.103	0.077	0.200
Isoleucine	g	0.063			0.147	0.110	0.286
Leucine	g	0.109			0.254	0.191	0.494
Lysine	g	0.033			0.077	0.058	0.150
Methionine	g	0.026			0.061	0.046	0.118
Cystine	g	0.032			0.075	0.056	0.145
Phenylalanine	g	0.078			0.182	0.137	0.354
Tyrosine	g	0.045			0.105	0.079	0.204
Valine	g	0.069			0.161	0.121	0.313
Arginine	g	0.058			0.135	0.102	0.263
Histidine	g	0.032			0.075	0.056	0.145
Alanine	g	0.048			0.112	0.084	0.218
Aspartic acid	g	0.064			0.149	0.112	0.290
Glutamic acid	g	0.547			1.275	0.957	2.481
Glycine	g	0.053			0.123	0.093	0.240
Proline	g	0.180			0.419	0.315	0.816
Serine	g	0.081			0.189	0.142	0.367

[1] Values for cooked enriched farina. Cooked unenriched farina contains 0.02 mg iron, 0.01 mg thiamin, 0.01 mg riboflavin, and 0.1 mg niacin per 100 g.

[2] Values based on product cooked without salt. If salt is added according to label recommendations, the sodium content is 329 mg/100 g.

CEREALS, TO-BE-COOKED

Maltex®, dry

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion: Mean	Standard error	Number of samples	Amount in edible portion of common measures of food: Approximate measure and weight: 1 c = 151 g	1/4 c = 38 g	Amount in edible portion of 1 pound of food as purchased: Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	7.5		6	11.3	2.9	34.0
Food energy	kcal	352			531	134	1,595
	kJ	1,471			2,222	559	6,674
Protein (N X 5.83)	g	11.2		6	16.9	4.3	50.8
Total lipid (fat)	g	2.1		6	3.2	0.8	9.5
Carbohydrate, total	g	77.3			116.7	29.4	350.7
Crude fiber	g	1.5		6	2.3	0.6	6.8
Dietary fiber, insoluble	g						
Ash	g	1.9		6	2.9	0.7	8.6
MINERALS:							
Calcium	mg	36		6	54	14	162
Iron	mg	3.50		6	5.29	1.33	15.88
Magnesium	mg	111		6	168	42	503
Phosphorus	mg	349		6	527	133	1,583
Potassium	mg	521		6	787	198	2,363
Sodium	mg	17		6	26	6	78
Zinc	mg	3.64		6	5.50	1.38	16.51
Copper	mg	0.657		6	0.992	0.250	2.980
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg	0.52		6	0.79	0.20	2.36
Riboflavin	mg	0.20		6	0.29	0.07	0.88
Niacin	mg	4.66		6	7.04	1.77	21.14
Pantothenic acid	mg	0.683		6	1.031	0.260	3.098
Vitamin B_6	mg	0.150		6	0.227	0.057	0.680
Folacin	mcg	57		6	86	22	259
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

Maltex®, cooked

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 c = 249 g	3/4 c = 187 g	Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	81.0			201.7	151.5	367.5
Food energy	kcal	72			180	135	327
	kJ	302			752	565	1,370
Protein (N X 5.83)	g	2.3			5.7	4.3	10.4
Total lipid (fat)	g	0.4			1.1	0.8	2.0
Carbohydrate, total	g	15.9			39.5	29.7	72.0
Crude fiber	g	0.3			0.8	0.6	1.4
Dietary fiber, insoluble	g						
Ash	g	0.4			1.0	0.7	1.8
MINERALS:							
Calcium	mg	7			18	14	33
Iron	mg	0.72			1.79	1.35	3.27
Magnesium	mg	23			57	43	103
Phosphorus	mg	72			178	134	325
Potassium	mg	107			266	200	485
Sodium[1]	mg	4			9	7	16
Zinc	mg	0.75			1.87	1.40	3.40
Copper	mg	0.135			0.336	0.252	0.612
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg	0.10			0.25	0.19	0.45
Riboflavin	mg	0.04			0.10	0.07	0.18
Niacin	mg	0.96			2.39	1.80	4.35
Pantothenic acid	mg	0.093			0.232	0.174	0.421
Vitamin B_6	mg	0.031			0.077	0.058	0.141
Folacin	mcg	9			22	16	40
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

[1] Values based on product cooked without salt. If salt is added according to label recommendations, the sodium content is 76 mg/100 g.

Malt-O-Meal®, plain and chocolate products, dry

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 c = 165 g	1 tbsp = 10.3 g	Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	10.3	0.472	10	17.0	1.1	46.7
Food energy	kcal	368			607	38	1,669
	kJ	1,539			2,540	159	6,982
Protein (N X 5.7)	g	10.5	0.271	10	17.3	1.1	47.6
Total lipid (fat)	g	0.9	0.045	10	1.4	0.1	3.9
Carbohydrate, total	g	77.7			128.3	8.0	352.6
Crude fiber	g	0.7	0.094	10	1.2	0.1	3.3
Dietary fiber, insoluble	g						
Ash	g	0.6	0.038	10	1.0	0.1	2.8
MINERALS:							
Calcium	mg	14			23	1	65
Iron	mg	*28.6*			*47.2*	*2.9*	*129.7*
Magnesium	mg						
Phosphorus	mg	*71*			*116*	*7*	*320*
Potassium	mg						
Sodium[1]	mg	*7*			*12*	*1*	*32*
Zinc	mg	0.53			0.88	0.06	2.42
Copper	mg	0.079			0.130	0.008	0.358
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg	*1.3*			*2.1*	*0.1*	*5.9*
Riboflavin	mg	*0.9*			*1.5*	*0.1*	*4.1*
Niacin	mg	*17.6*			*29.0*	*1.8*	*79.8*
Pantothenic acid	mg	0.416			0.686	0.043	1.887
Vitamin B_6	mg	0.058			0.096	0.006	0.263
Folacin	mcg	24			40	2	109
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

[1] Values based on plain Malt-O-Meal. Chocolate Malt-O-Meal contains 10 mg sodium/100 g.

Malt-O-Meal®, plain and chocolate products, cooked

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight		Refuse:0
					1 c = 240 g	3/4 c = 180 g	
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	87.6			210.2	157.6	397.3
Food energy	kcal	51			122	92	231
	kJ	213			512	384	967
Protein (N X 5.7)	g	1.5			3.5	2.6	6.6
Total lipid (fat)	g	0.1			0.3	0.2	0.5
Carbohydrate, total	g	10.8			25.8	19.4	48.9
Crude fiber	g	0.1			0.2	0.2	0.5
Dietary fiber, insoluble	g						
Ash	g	0.1			0.2	0.1	0.4
MINERALS:							
Calcium	mg	2			5	4	9
Iron	mg	*4.0*			*9.5*	*7.1*	*18.0*
Magnesium	mg						
Phosphorus	mg	*10*			*23*	*18*	*44*
Potassium	mg						
Sodium[1]	mg	*1*			*2*	*2*	*4*
Zinc	mg	0.07			0.17	0.13	0.32
Copper	mg	0.011			0.026	0.020	0.050
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg	*0.2*			*0.4*	*0.3*	*0.8*
Riboflavin	mg	*0.1*			*0.3*	*0.2*	*0.5*
Niacin	mg	*2.4*			*5.9*	*4.4*	*11.1*
Pantothenic acid	mg	0.058			0.139	0.104	0.263
Vitamin B_6	mg	0.008			0.019	0.014	0.036
Folacin	mcg	2			6	4	11
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

[1] Values based on product cooked without salt. If salt is added according to label recommendations, the sodium content is 135 mg/100 g.

Maypo®, dry

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion: Mean	Standard error	Number of samples	Amount in edible portion of common measures of food: Approximate measure and weight: 1 c = 94 g	1/2 c = 47 g	Amount in edible portion of 1 pound of food as purchased (Refuse: 0)
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	6.3		12	5.9	3.0	28.6
Food energy	kcal	385			362	181	1,748
	kJ	1,612			1,515	758	7,312
Protein (N X 5.83)	g	13.2		12	12.4	6.2	59.7
Total lipid (fat)	g	5.3		12	5.0	2.5	24.0
Carbohydrate, total	g	72.0			67.7	33.9	326.8
Crude fiber	g	0.8		12	0.8	0.4	3.6
Dietary fiber, insoluble	g						
Ash	g	3.2		12	3.0	1.5	14.5
MINERALS:							
Calcium	mg	*282*			*265*	*133*	*1,279*
Iron	mg	*19.0*			*17.9*	*8.9*	*86.2*
Magnesium	mg	115		12	108	54	519
Phosphorus	mg	562		12	528	264	2,547
Potassium	mg	478		12	449	224	2,166
Sodium	mg	19		12	18	9	88
Zinc	mg	3.35		12	3.14	1.57	15.17
Copper	mg	0.360		12	0.338	0.169	1.633
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg	*64*			*60*	*30*	*288*
Thiamin	mg	*1.6*			*1.5*	*0.8*	*7.3*
Riboflavin	mg	*1.8*			*1.7*	*0.8*	*8.2*
Niacin	mg	*21.2*			*19.9*	*10.0*	*96.2*
Pantothenic acid	mg	0.768		12	0.722	0.361	3.484
Vitamin B_6	mg	*2.1*			*2.0*	*1.0*	*9.5*
Folacin	mcg	27		12	25	12	120
Vitamin B_{12}	mcg	*6.3*			*5.9*	*3.0*	*28.6*
Vitamin A	RE	*1,589*			*1,494*	*747*	*7,207*
	IU	*5,291*			*4,974*	*2,487*	*24,000*
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

CEREALS, TO-BE-COOKED

Maypo®, cooked

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion: Mean	Standard error	Number of samples	Amount in edible portion of common measures of food: Approximate measure and weight: 1 c = 240 g	3/4 c = 180 g	Amount in edible portion of 1 pound of food as purchased: Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	82.7			198.6	148.9	375.3
Food energy	kcal	71			170	128	322
	kJ	297			712	534	1,347
Protein (N X 5.83)	g	2.4			5.8	4.4	11.0
Total lipid (fat)	g	1.0			2.4	1.8	4.4
Carbohydrate, total	g	13.3			31.8	23.9	60.2
Crude fiber	g	0.2			0.4	0.3	0.7
Dietary fiber, insoluble	g						
Ash	g	0.6			1.4	1.1	2.7
MINERALS:							
Calcium	mg	*52*			*125*	*94*	*236*
Iron	mg	*3.5*			*8.4*	*6.3*	*15.9*
Magnesium	mg	21			51	38	96
Phosphorus	mg	103			248	186	469
Potassium	mg	88			211	158	399
Sodium[1]	mg	4			9	6	16
Zinc	mg	0.62			1.49	1.12	2.81
Copper	mg	0.066			0.158	0.119	0.299
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg	*12*			*28*	*21*	*53*
Thiamin	mg	*0.3*			*0.7*	*0.5*	*1.3*
Riboflavin	mg	*0.3*			*0.8*	*0.6*	*1.5*
Niacin	mg	*3.9*			*9.4*	*7.0*	*17.7*
Pantothenic acid	mg	0.141			0.338	0.254	0.640
Vitamin B_6	mg	*0.4*			*0.9*	*0.7*	*1.8*
Folacin	mcg	4			9	7	17
Vitamin B_{12}	mcg	*1.2*			*2.8*	*2.1*	*5.3*
Vitamin A	RE	*293*			*702*	*527*	*1,327*
	IU	*974*			*2,339*	*1,754*	*4,420*
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

[1] Values based on product cooked without salt. If salt is added according to label recommendations, the sodium content is 108 mg/100 g.

Oats, regular, quick, and instant (nonfortified), dry

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0
				1 c = 81 g	1/3 c = 27 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water g	8.8	0.093	528	7.2	2.4	40.1
Food energy kcal	384			311	104	1,741
Food energy kj	1,605			1,300	433	7,282
Protein (N X 5.83) g	16.0	0.052	192	13.0	4.3	72.6
Total lipid (fat) g	6.3	0.035	196	5.1	1.7	28.4
Carbohydrate, total g	67.0			54.2	18.1	303.7
Crude fiber g	1.1	0.009	176	0.9	0.3	4.9
Dietary fiber, insoluble g	5.6		1	4.6	1.5	25.5
Ash g	1.9		184	1.6	0.5	8.8
MINERALS:						
Calcium mg	52	0.923	33	42	14	237
Iron mg	4.21		175	3.41	1.14	19.07
Magnesium mg	148		31	120	40	671
Phosphorus mg	474		140	384	128	2,148
Potassium mg	350		48	284	95	1,589
Sodium mg	4		111	3	1	16
Zinc mg	3.07	0.092	29	2.48	0.83	13.91
Copper mg	0.343	0.033	31	0.278	0.093	1.556
Manganese mg	3.630		5	2.940	0.980	16.466
VITAMINS:						
Ascorbic acid mg						
Thiamin mg	0.73		173	0.59	0.20	3.29
Riboflavin mg	0.14		81	0.11	0.04	0.63
Niacin mg	0.78	0.016	71	0.63	0.21	3.55
Pantothenic acid mg	1.245	0.025	15	1.008	0.336	5.647
Vitamin B_6 mg	0.120		19	0.097	0.032	0.544
Folacin mcg	32	3.485	24	26	9	146
Vitamin B_{12} mcg						
Vitamin A RE						
Vitamin A IU	101	5.635	5	82	27	460
LIPIDS:						
Fatty acids:						
Saturated, total g	1.16			0.94	0.31	5.28
4:0 g						
6:0 g						
8:0 g						
10:0 g						
12:0 g						
14:0 g	0.02			0.01	0.00	0.08
16:0 g	1.03			0.83	0.28	4.66
18:0 g	0.09			0.07	0.02	0.39
Monounsaturated, total g	2.23			1.80	0.60	10.09
16:1 g	0.02			0.01	0.00	0.08
18:1 g	2.21			1.79	0.60	10.02
20:1 g						
22:1 g						
Polyunsaturated, total g	2.57			2.08	0.69	11.67
18:2 g	2.44			1.97	0.66	11.06
18:3 g	0.14			0.11	0.04	0.62
18:4 g						
20:4 g						
20:5 g						
22:5 g						
22:6 g						
Cholesterol mg						
Phytosterols mg						
AMINO ACIDS:						
Tryptophan g	0.217			0.176	0.059	0.984
Threonine g	0.557			0.451	0.150	2.527
Isoleucine g	0.735			0.595	0.198	3.334
Leucine g	1.224			0.991	0.330	5.552
Lysine g	0.653			0.529	0.176	2.962
Methionine g	0.266			0.215	0.072	1.207
Cystine g	0.398			0.322	0.107	1.805
Phenylalanine g	0.873			0.707	0.236	3.960
Tyrosine g	0.571			0.463	0.154	2.590
Valine g	0.938			0.760	0.253	4.255
Arginine g	1.196			0.969	0.323	5.425
Histidine g	0.362			0.293	0.098	1.642
Alanine g	0.862			0.698	0.233	3.910
Aspartic acid g	1.408			1.140	0.380	6.387
Glutamic acid g	3.666			2.969	0.990	16.629
Glycine g	0.867			0.702	0.234	3.933
Proline g	0.900			0.729	0.243	4.082
Serine g	0.752			0.609	0.203	3.411

Oats, regular, quick, and instant (nonfortified), cooked

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 c = 234 g	3/4 c = 175 g	Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	85.3			199.6	149.3	387.0
Food energy	kcal	62			145	108	280
	kJ	259			605	452	1,173
Protein (N X 5.83)	g	2.6			6.0	4.5	11.7
Total lipid (fat)	g	1.0			2.4	1.8	4.6
Carbohydrate, total	g	10.8			25.2	18.9	48.9
Crude fiber	g	0.2			0.4	0.3	0.8
Dietary fiber, insoluble	g	0.9			2.1	1.6	4.1
Ash	g	0.3			0.7	0.5	1.4
MINERALS:							
Calcium	mg	8			20	15	38
Iron	mg	0.68			1.59	1.19	3.08
Magnesium	mg	24			56	42	108
Phosphorus	mg	76			178	133	346
Potassium	mg	56			132	99	256
Sodium[1]	mg	1			1	1	3
Zinc	mg	0.49			1.15	0.86	2.22
Copper	mg	0.055			0.129	0.096	0.249
Manganese	mg	0.585			1.369	1.024	2.654
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg	0.11			0.26	0.19	0.50
Riboflavin	mg	0.02			0.05	0.04	0.09
Niacin	mg	0.13			0.30	0.23	0.59
Pantothenic acid	mg	0.200			0.468	0.350	0.907
Vitamin B_6	mg	0.020			0.047	0.035	0.091
Folacin	mcg	4			9	7	18
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU	16			38	29	74
LIPIDS:							
Fatty acids:							
Saturated, total	g	0.19			0.44	0.33	0.85
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.00			0.01	0.01	0.01
16:0	g	0.17			0.39	0.29	0.75
18:0	g	0.01			0.03	0.02	0.06
Monounsaturated, total	g	0.36			0.84	0.63	1.62
16:1	g	0.00			0.01	0.01	0.01
18:1	g	0.36			0.83	0.62	1.61
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.41			0.97	0.72	1.88
18:2	g	0.39			0.92	0.69	1.78
18:3	g	0.02			0.05	0.04	0.10
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.035			0.082	0.061	0.159
Threonine	g	0.090			0.211	0.158	0.408
Isoleucine	g	0.118			0.276	0.207	0.535
Leucine	g	0.197			0.461	0.345	0.894
Lysine	g	0.105			0.246	0.184	0.476
Methionine	g	0.043			0.101	0.075	0.195
Cystine	g	0.064			0.150	0.112	0.290
Phenylalanine	g	0.141			0.330	0.247	0.640
Tyrosine	g	0.092			0.215	0.161	0.417
Valine	g	0.151			0.353	0.264	0.685
Arginine	g	0.193			0.452	0.338	0.875
Histidine	g	0.058			0.136	0.102	0.263
Alanine	g	0.139			0.325	0.243	0.631
Aspartic acid	g	0.227			0.531	0.397	1.030
Glutamic acid	g	0.590			1.381	1.033	2.676
Glycine	g	0.140			0.328	0.245	0.635
Proline	g	0.145			0.339	0.254	0.658
Serine	g	0.121			0.283	0.212	0.549

[1] Values based on product cooked without salt. If salt is added according to label recommendations, the sodium content is 160 mg/100 g.

Oats, instant, fortified (Quaker® Oats), plain, dry

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food	Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight 1 pkt = 28.4 g	Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:						
Water	g	9.3	0.071	64	2.6	42.4
Food energy	kcal	369			104	1,672
	kJ	1,542			437	6,996
Protein (N X 5.83)	g	15.5	0.069	64	4.4	70.4
Total lipid (fat)	g	6.1	0.043	64	1.7	27.8
Carbohydrate, total	g	64.0			18.1	290.3
Crude fiber	g	1.1	0.011	62	0.3	4.8
Dietary fiber, insoluble	g					
Ash	g	5.0	0.047	64	1.4	22.8
MINERALS:						
Calcium[1]	mg	576	5.982	61	163	2,612
Iron[1]	mg	22.28	0.284	62	6.32	101.06
Magnesium	mg					
Phosphorus	mg	468	2.373	62	133	2,125
Potassium	mg	354	6.402	6	100	1,604
Sodium[1]	mg	1,010	40.932	6	286	4,582
Zinc	mg					
Copper	mg					
Manganese	mg					
VITAMINS:						
Ascorbic acid	mg					
Thiamin[1]	mg	1.86	0.031	62	0.53	8.42
Riboflavin[1]	mg	1.02	0.021	61	0.29	4.63
Niacin[1]	mg	19.36	0.388	61	5.49	87.83
Pantothenic acid	mg	1.250	0.040	4	0.354	5.670
Vitamin B_6[1]	mg	2.614	0.053	61	0.741	11.857
Folacin[1]	mcg	531	15.222	61	150	2,407
Vitamin B_{12}	mcg					
Vitamin A[1]	RE	1,604			455	7,274
	IU	5,340	121.767	61	1,514	24,224
LIPIDS:						
Fatty acids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
16:0	g					
18:0	g					
Monounsaturated, total	g					
16:1	g					
18:1	g					
20:1	g					
22:1	g					
Polyunsaturated, total	g					
18:2	g					
18:3	g					
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg					
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

[1] Source added.

Oats, instant, fortified (Quaker® Oats), plain, prepared

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food	Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 pkt prepared = 177 g	Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:						
Water	g	85.5			151.8	387.9
Food energy	kcal	59			104	267
	kJ	246			437	1,117
Protein (N X 5.83)	g	2.5			4.4	11.2
Total lipid (fat)	g	1.0			1.7	4.4
Carbohydrate, total	g	10.2			18.1	46.4
Crude fiber	g	0.2			0.3	0.8
Dietary fiber, insoluble	g					
Ash	g	0.8			1.4	3.6
MINERALS:						
Calcium[1]	mg	92			163	417
Iron[1]	mg	3.56			6.32	16.14
Magnesium	mg					
Phosphorus	mg	75			133	339
Potassium	mg	56			100	256
Sodium[1]	mg	161			286	732
Zinc	mg					
Copper	mg					
Manganese	mg					
VITAMINS:						
Ascorbic acid	mg					
Thiamin[1]	mg	0.30			0.53	1.34
Riboflavin[1]	mg	0.16			0.29	0.74
Niacin[1]	mg	3.09			5.49	14.03
Pantothenic acid	mg	0.200			0.354	0.907
Vitamin B_6[1]	mg	0.418			0.742	1.896
Folacin[1]	mcg	85			150	384
Vitamin B_{12}	mcg					
Vitamin A[1]	RE	256			455	1,162
	IU	853			1,514	3,870
LIPIDS:						
Fatty acids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
16:0	g					
18:0	g					
Monounsaturated, total	g					
16:1	g					
18:1	g					
20:1	g					
22:1	g					
Polyunsaturated, total	g					
18:2	g					
18:3	g					
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg					
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

[1] Source added to dry product.

CEREALS, TO-BE-COOKED

Oats, instant, fortified (Quaker® Oats), with apples and cinnamon, dry

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food	Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight 1 pkt = 35.4 g	Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:						
Water	g	6.6	0.088	46	2.3	29.8
Food energy	kcal	382			135	1,731
	kJ	1,597			565	7,243
Protein (N X 5.83)	g	10.9	0.135	46	3.9	49.5
Total lipid (fat)	g	4.5	0.069	46	1.6	20.4
Carbohydrate, total	g	74.3			26.3	337.1
Crude fiber	g	1.2	0.017	45	0.4	5.5
Dietary fiber, insoluble	g					
Ash	g	3.7	0.089	45	1.3	16.8
MINERALS:						
Calcium[1]	mg	446	14.042	45	158	2,021
Iron[1]	mg	17.14	0.511	45	6.07	77.77
Magnesium	mg					
Phosphorus	mg	332	4.215	45	117	1,504
Potassium	mg	304	11.123	7	107	1,377
Sodium[1]	mg	628	43.035	7	222	2,849
Zinc	mg					
Copper	mg					
Manganese	mg					
VITAMINS:						
Ascorbic acid	mg					
Thiamin[1]	mg	1.35	0.034	45	0.48	6.14
Riboflavin[1]	mg	0.80	0.026	44	0.28	3.62
Niacin[1]	mg	14.50	0.450	45	5.13	65.78
Pantothenic acid	mg	0.996	0.024	4	0.353	4.518
Vitamin B_6[1]	mg	1.972	0.060	45	0.698	8.945
Folacin[1]	mcg	386	11.191	45	137	1,751
Vitamin B_{12}	mcg					
Vitamin A[1]	RE	1,230			435	5,580
	IU	4,096	140.992	45	1,450	18,581
LIPIDS:						
Fatty acids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
16:0	g					
18:0	g					
Monounsaturated, total	g					
16:1	g					
18:1	g					
20:1	g					
22:1	g					
Polyunsaturated, total	g					
18:2	g					
18:3	g					
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg					
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

[1] Source added.

Oats, instant, fortified (Quaker® Oats), with apples and cinnamon, prepared

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food	Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight 1 pkt prepared = 149 g	Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:						
Water	g	77.8			115.9	352.9
Food energy	kcal	91			135	411
	kJ	379			565	1,720
Protein (N X 5.83)	g	2.6			3.9	11.8
Total lipid (fat)	g	1.1			1.6	4.9
Carbohydrate, total	g	17.7			26.3	80.1
Crude fiber	g	0.3			0.4	1.3
Dietary fiber, insoluble	g					
Ash	g	0.9			1.3	4.0
MINERALS:						
Calcium[1]	mg	106			158	480
Iron[1]	mg	4.07			6.07	18.47
Magnesium	mg					
Phosphorus	mg	79			117	357
Potassium	mg	72			107	327
Sodium[1]	mg	149			222	677
Zinc	mg					
Copper	mg					
Manganese	mg					
VITAMINS:						
Ascorbic acid	mg					
Thiamin[1]	mg	0.32			0.48	1.46
Riboflavin[1]	mg	0.19			0.28	0.86
Niacin[1]	mg	3.45			5.13	15.63
Pantothenic acid	mg	0.237			0.353	1.075
Vitamin B_6[1]	mg	0.468			0.697	2.123
Folacin[1]	mcg	92			137	416
Vitamin B_{12}	mcg					
Vitamin A[1]	RE	292			435	1,325
	IU	973			1,450	4,414
LIPIDS:						
Fatty acids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
16:0	g					
18:0	g					
Monounsaturated, total	g					
16:1	g					
18:1	g					
20:1	g					
22:1	g					
Polyunsaturated, total	g					
18:2	g					
18:3	g					
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg					
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

[1] Source added to dry product.

Oats, instant, fortified (Quaker® Oats), with bran and raisins, dry

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food	Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight 1 pkt = 42.5 g	Refuse: 0
A		B	C	D	E	G
PROXIMATE:						
Water	g	8.4	0.164	11	3.6	38.0
Food energy	kcal	371			158	1,683
	kJ	1,553			660	7,043
Protein (N X 5.83)	g	11.4	0.235	11	4.9	51.9
Total lipid (fat)	g	4.4	0.178	11	1.9	20.1
Carbohydrate, total	g	71.5			30.4	324.2
Crude fiber	g	2.2	0.092	11	0.9	9.9
Dietary fiber, insoluble	g					
Ash	g	4.3	0.107	11	1.8	19.4
MINERALS:						
Calcium[1]	mg	406	17.331	11	173	1,842
Iron[1]	mg	17.90	0.302	11	7.61	81.20
Magnesium	mg	133	51.130	3	57	604
Phosphorus	mg	484	12.042	11	206	2,196
Potassium	mg	554	38.049	3	236	2,514
Sodium[1]	mg	582	74.658	3	247	2,640
Zinc	mg	3.17	0.180	3	1.35	14.38
Copper	mg	0.670	0.040	3	0.285	3.039
Manganese	mg	3.733	0.267	3	1.587	16.933
VITAMINS:						
Ascorbic acid	mg					
Thiamin[1]	mg	1.31	0.043	11	0.56	5.95
Riboflavin[1]	mg	1.49	0.175	11	0.63	6.76
Niacin[1]	mg	19.12	0.943	11	8.12	86.71
Pantothenic acid	mg	1.067	0.088	3	0.453	4.840
Vitamin B_6[1]	mg	1.790	0.103	11	0.761	8.119
Folacin[1]	mcg	365	15.294	11	155	1,657
Vitamin B_{12}	mcg					
Vitamin A[1]	RE	1,128			479	5,115
	IU	3,755	219.934	11	1,596	17,034
LIPIDS:						
Fatty acids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
16:0	g					
18:0	g					
Monounsaturated, total	g					
16:1	g					
18:1	g					
20:1	g					
22:1	g					
Polyunsaturated, total	g					
18:2	g					
18:3	g					
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg					
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

[1] Source added.

Oats, instant, fortified (Quaker® Oats), with bran and raisins, prepared

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food	Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight 1 pkt prepared = 195 g	Refuse: 0
A		B	C	D	E	G
PROXIMATE:						
Water	g	80.0			155.7	362.9
Food energy	kcal	81			158	368
	kJ	339			660	1,538
Protein (N X 5.83)	g	2.5			4.9	11.3
Total lipid (fat)	g	1.0			1.9	4.4
Carbohydrate, total	g	15.6			30.4	70.8
Crude fiber	g	0.5			0.9	2.2
Dietary fiber, insoluble	g					
Ash	g	0.9			1.8	4.2
MINERALS:						
Calcium[1]	mg	89			173	402
Iron[1]	mg	3.91			7.61	17.73
Magnesium	mg	29			57	132
Phosphorus	mg	106			206	479
Potassium	mg	121			236	549
Sodium[1]	mg	127			247	576
Zinc	mg	0.69			1.35	3.14
Copper	mg	0.146			0.284	0.662
Manganese	mg	0.815			1.587	3.697
VITAMINS:						
Ascorbic acid	mg					
Thiamin[1]	mg	0.29			0.56	1.30
Riboflavin[1]	mg	0.33			0.63	1.47
Niacin[1]	mg	4.17			8.12	18.93
Pantothenic acid	mg	0.233			0.454	1.057
Vitamin B_6[1]	mg	0.391			0.761	1.774
Folacin[1]	mcg	80			155	362
Vitamin B_{12}	mcg					
Vitamin A[1]	RE	246			479	1,117
	IU	820			1,596	3,719
LIPIDS:						
Fatty acids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
16:0	g					
18:0	g					
Monounsaturated, total	g					
16:1	g					
18:1	g					
20:1	g					
22:1	g					
Polyunsaturated, total	g					
18:2	g					
18:3	g					
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg					
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

[1] Source added to dry product.

Oats, instant, fortified (Quaker® Oats), with cinnamon and spice, dry

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food	Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 pkt = 46.1 g	Refuse: 0
A		B	C	D	E	G
PROXIMATE:						
Water	g	6.2	0.078	41	2.8	28.0
Food energy	kcal	384			177	1,742
	kj	1,606			741	7,287
Protein (N X 5.83)	g	10.4	0.090	41	4.8	47.3
Total lipid (fat)	g	4.1	0.049	41	1.9	18.6
Carbohydrate, total	g	76.1			35.1	345.2
Crude fiber	g	0.8	0.015	41	0.4	3.6
Dietary fiber, insoluble	g					
Ash	g	3.2	0.034	41	1.5	14.6
MINERALS:						
Calcium[1]	mg	373	5.539	41	172	1,692
Iron[1]	mg	14.42	0.220	41	6.65	65.42
Magnesium	mg	110		1	51	501
Phosphorus	mg	317	3.951	41	146	1,436
Potassium	mg	226	9.677	6	104	1,026
Sodium[1]	mg	608	16.826	6	280	2,760
Zinc	mg	2.10		1	0.97	9.53
Copper	mg	0.260		1	0.120	1.179
Manganese	mg	3.200		1	1.475	14.515
VITAMINS:						
Ascorbic acid	mg					
Thiamin[1]	mg	1.21	0.015	41	0.56	5.50
Riboflavin[1]	mg	0.74	0.019	41	0.34	3.37
Niacin[1]	mg	12.27	0.280	40	5.66	55.64
Pantothenic acid	mg	0.832	0.010	4	0.384	3.774
Vitamin B_6[1]	mg	1.667	0.052	41	0.768	7.562
Folacin[1]	mcg	331	10.205	41	153	1,501
Vitamin B_{12}	mcg					
Vitamin A[1]	RE	1,030			475	4,673
	IU	3,430	86.080	41	1,581	15,560
LIPIDS:						
Fatty acids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
16:0	g					
18:0	g					
Monounsaturated, total	g					
16:1	g					
18:1	g					
20:1	g					
22:1	g					
Polyunsaturated, total	g					
18:2	g					
18:3	g					
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg					
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

[1] Source added.

Oats, instant, fortified (Quaker® Oats), with cinnamon and spice, prepared

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food	Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 pkt prepared = 161 g	Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:						
Water	g	73.2			118.0	331.9
Food energy	kcal	110			177	498
	kJ	459			741	2,083
Protein (N X 5.83)	g	3.0			4.8	13.5
Total lipid (fat)	g	1.2			1.9	5.3
Carbohydrate, total	g	21.8			35.1	98.7
Crude fiber	g	0.2			0.4	1.0
Dietary fiber, insoluble	g					
Ash	g	0.9			1.5	4.2
MINERALS:						
Calcium[1]	mg	107			172	484
Iron[1]	mg	4.12			6.65	18.70
Magnesium	mg	32			51	143
Phosphorus	mg	90			146	410
Potassium	mg	65			104	293
Sodium[1]	mg	174			280	789
Zinc	mg	0.60			0.97	2.72
Copper	mg	0.074			0.119	0.336
Manganese	mg	0.915			1.476	4.150
VITAMINS:						
Ascorbic acid	mg					
Thiamin[1]	mg	0.35			0.56	1.57
Riboflavin[1]	mg	0.21			0.34	0.96
Niacin[1]	mg	3.51			5.66	15.90
Pantothenic acid	mg	0.238			0.383	1.080
Vitamin B_6[1]	mg	0.476			0.768	2.159
Folacin[1]	mcg	95			153	429
Vitamin B_{12}	mcg					
Vitamin A[1]	RE	294			475	1,335
	IU	980			1,581	4,447
LIPIDS:						
Fatty acids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
16:0	g					
18:0	g					
Monounsaturated, total	g					
16:1	g					
18:1	g					
20:1	g					
22:1	g					
Polyunsaturated, total	g					
18:2	g					
18:3	g					
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg					
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

[1] Source added to dry product.

Oats, instant, fortified (Quaker® Oats), with maple and brown sugar flavors, dry

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food	Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 pkt = 42.5 g	Refuse: 0
A		B	C	D	E	G
PROXIMATE:						
Water	g	6.3	0.070	56	2.7	28.4
Food energy	kcal	384			163	1,740
	kJ	1,605			682	7,280
Protein (N X 5.83)	g	10.9	0.077	56	4.6	49.4
Total lipid (fat)	g	4.4	0.036	56	1.9	20.0
Carbohydrate, total	g	75.0			31.9	340.3
Crude fiber	g	0.7	0.012	56	0.3	3.3
Dietary fiber, insoluble	g					
Ash	g	3.4	0.030	56	1.5	15.5
MINERALS:						
Calcium[1]	mg	380	4.703	56	162	1,724
Iron[1]	mg	14.95	0.199	56	6.35	67.81
Magnesium	mg					
Phosphorus	mg	336	3.732	56	143	1,526
Potassium	mg	239	5.907	10	102	1,086
Sodium[1]	mg	659	18.023	10	280	2,988
Zinc	mg					
Copper	mg					
Manganese	mg					
VITAMINS:						
Ascorbic acid	mg					
Thiamin[1]	mg	1.24	0.199	56	0.53	5.61
Riboflavin[1]	mg	0.75	0.135	56	0.32	3.41
Niacin[1]	mg	12.59	1.694	55	5.35	57.09
Pantothenic acid	mg	0.746	0.031	4	0.317	3.384
Vitamin B_6[1]	mg	1.733	0.052	56	0.737	7.861
Folacin[1]	mcg	342	10.447	56	145	1,551
Vitamin B_{12}	mcg					
Vitamin A[1]	RE	1,062			451	4,816
	IU	3,536	78.518	56	1,503	16,038
LIPIDS:						
Fatty acids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
16:0	g					
18:0	g					
Monounsaturated, total	g					
16:1	g					
18:1	g					
20:1	g					
22:1	g					
Polyunsaturated, total	g					
18:2	g					
18:3	g					
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg					
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

[1] Source added.

CEREALS, TO-BE-COOKED

Oats, instant, fortified (Quaker® Oats), with maple and brown sugar flavors, prepared

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food	Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 pkt prepared = 155 g	Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:						
Water	g	74.3			115.3	337.1
Food energy	kcal	105			163	477
	kJ	440			682	1,994
Protein (N X 5.83)	g	3.0			4.6	13.5
Total lipid (fat)	g	1.2			1.9	5.5
Carbohydrate, total	g	20.6			31.9	93.2
Crude fiber	g	0.2			0.3	0.9
Dietary fiber, insoluble	g					
Ash	g	0.9			1.5	4.2
MINERALS:						
Calcium[1]	mg	104			162	472
Iron[1]	mg	4.10			6.35	18.57
Magnesium	mg					
Phosphorus	mg	92			143	418
Potassium	mg	66			102	297
Sodium[1]	mg	180			280	819
Zinc	mg					
Copper	mg					
Manganese	mg					
VITAMINS:						
Ascorbic acid	mg					
Thiamin[1]	mg	0.34			0.53	1.54
Riboflavin[1]	mg	0.21			0.32	0.93
Niacin[1]	mg	3.45			5.35	15.64
Pantothenic acid	mg	0.204			0.316	0.925
Vitamin B_6[1]	mg	0.475			0.737	2.155
Folacin[1]	mcg	94			145	425
Vitamin B_{12}	mcg					
Vitamin A[1]	RE	291			451	1,319
	IU	969			1,503	4,393
LIPIDS:						
Fatty acids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
16:0	g					
18:0	g					
Monounsaturated, total	g					
16:1	g					
18:1	g					
20:1	g					
22:1	g					
Polyunsaturated, total	g					
18:2	g					
18:3	g					
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg					
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

[1] Source added to dry product.

Oats, instant, fortified (Quaker® Oats), with raisins and spice, dry

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food	Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight 1 pkt = 42.5 g	Refuse: 0
A		B	C	D	E	G
PROXIMATE:						
Water	g	7.4	0.103	33	3.1	33.4
Food energy	kcal	379			161	1,719
	kj	1,586			674	7,193
Protein (N X 5.83)	g	10.2	0.127	33	4.3	46.2
Total lipid (fat)	g	4.2	0.095	33	1.8	19.1
Carbohydrate, total	g	74.9			31.8	339.8
Crude fiber	g	0.9	0.043	32	0.4	3.9
Dietary fiber, insoluble	g					
Ash	g	3.3	0.053	32	1.4	15.2
MINERALS:						
Calcium[1]	mg	389	7.024	32	165	1,765
Iron[1]	mg	15.47	0.317	32	6.58	70.19
Magnesium	mg					
Phosphorus	mg	312	5.336	32	133	1,415
Potassium	mg	352	10.299	4	150	1,599
Sodium[1]	mg	530	32.199	4	225	2,405
Zinc	mg					
Copper	mg					
Manganese	mg					
VITAMINS:						
Ascorbic acid	mg					
Thiamin[1]	mg	1.19	0.034	32	0.51	5.42
Riboflavin[1]	mg	0.84	0.031	32	0.36	3.80
Niacin[1]	mg	12.87	0.374	32	5.47	58.36
Pantothenic acid	mg	0.880	0.070	4	0.374	3.992
Vitamin B_6[1]	mg	1.754	0.052	32	0.745	7.956
Folacin[1]	mcg	352	12.958	32	150	1,598
Vitamin B_{12}	mcg					
Vitamin A[1]	RE	1,036			440	4,699
	IU	3,450	93.653	32	1,466	15,647
LIPIDS:						
Fatty acids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
16:0	g					
18:0	g					
Monounsaturated, total	g					
16:1	g					
18:1	g					
20:1	g					
22:1	g					
Polyunsaturated, total	g					
18:2	g					
18:3	g					
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg					
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

[1] Source added.

Oats, instant, fortified (Quaker® Oats), with raisins and spice, prepared

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food	Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 pkt prepared = 158 g	Refuse: 0
A		B	C	D	E	G
PROXIMATE:						
Water	g	75.0			118.4	340.4
Food energy	kcal	102			161	463
	kJ	427			674	1,938
Protein (N X 5.83)	g	2.7			4.3	12.4
Total lipid (fat)	g	1.1			1.8	5.1
Carbohydrate, total	g	20.2			31.8	91.5
Crude fiber	g	0.2			0.4	1.1
Dietary fiber, insoluble	g					
Ash	g	0.9			1.4	4.1
MINERALS:						
Calcium[1]	mg	105			165	475
Iron[1]	mg	4.17			6.58	18.91
Magnesium	mg					
Phosphorus	mg	84			133	381
Potassium	mg	95			150	431
Sodium[1]	mg	143			225	648
Zinc	mg					
Copper	mg					
Manganese	mg					
VITAMINS:						
Ascorbic acid	mg					
Thiamin[1]	mg	0.32			0.51	1.46
Riboflavin[1]	mg	0.23			0.36	1.03
Niacin[1]	mg	3.47			5.47	15.72
Pantothenic acid	mg	0.237			0.374	1.075
Vitamin B_6[1]	mg	0.472			0.745	2.141
Folacin[1]	mcg	95			150	430
Vitamin B_{12}	mcg					
Vitamin A[1]	RE	279			440	1,266
	IU	929			1,466	4,216
LIPIDS:						
Fatty acids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
16:0	g					
18:0	g					
Monounsaturated, total	g					
16:1	g					
18:1	g					
20:1	g					
22:1	g					
Polyunsaturated, total	g					
18:2	g					
18:3	g					
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg					
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

[1] Source added to dry product.

Ralston®, dry

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 c = 118 g	1/4 c = 30 g	Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	9.9	0.191	36	11.7	3.0	44.9
Food energy	kcal	341			402	102	1,547
	kJ	1,427			1,684	428	6,474
Protein (N X 5.83)	g	14.1		88	16.7	4.2	64.1
Total lipid (fat)	g	2.1		76	2.5	0.6	9.6
Carbohydrate, total	g	72.1			85.1	21.6	327.2
Crude fiber	g	2.1		58	2.5	0.6	9.6
Dietary fiber, insoluble	g	9.5		22	11.2	2.9	43.2
Ash	g	1.7	0.046	3	2.0	0.5	7.8
MINERALS:							
Calcium	mg	35		50	42	11	160
Iron	mg	4.20		118	4.95	1.26	19.04
Magnesium	mg	152		109	179	46	688
Phosphorus	mg	377		123	445	113	1,712
Potassium	mg	392		49	462	117	1,776
Sodium	mg	11		109	12	3	48
Zinc	mg	3.60		93	4.25	1.08	16.32
Copper	mg	0.508		90	0.599	0.152	2.304
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg	0.54		121	0.64	0.16	2.45
Riboflavin	mg	0.48		110	0.57	0.14	2.18
Niacin	mg	5.22		13	6.16	1.57	23.68
Pantothenic acid	mg	0.741		104	0.874	0.222	3.361
Vitamin B_6	mg	0.289		95	0.341	0.087	1.311
Folacin	mcg	60		104	71	18	272
Vitamin B_{12}	mcg	0.279		28	0.329	0.084	1.266
Vitamin A	RE						
	IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

Ralston®, cooked

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight 1 c = 253 g	3/4 c = 190 g	Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	86.1			217.7	163.5	390.3
Food energy	kcal	53			134	100	240
	kJ	221			559	420	1,002
Protein (N X 5.83)	g	2.2			5.5	4.2	9.9
Total lipid (fat)	g	0.3			0.8	0.6	1.5
Carbohydrate, total	g	11.2			28.2	21.2	50.6
Crude fiber	g	0.3			0.8	0.6	1.5
Dietary fiber, insoluble	g	1.7			4.2	3.2	7.5
Ash	g	0.3			0.7	0.5	1.2
MINERALS:							
Calcium	mg	5			14	10	25
Iron	mg	0.65			1.64	1.24	2.95
Magnesium	mg	23			59	45	107
Phosphorus	mg	58			148	111	265
Potassium	mg	61			153	115	275
Sodium[1]	mg	2			4	3	7
Zinc	mg	0.56			1.42	1.06	2.54
Copper	mg	0.079			0.200	0.150	0.358
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg	0.08			0.20	0.15	0.36
Riboflavin	mg	0.07			0.18	0.13	0.32
Niacin	mg	0.81			2.05	1.54	3.67
Pantothenic acid	mg	0.130			0.329	0.247	0.590
Vitamin B_6	mg	0.045			0.114	0.086	0.204
Folacin	mcg	7			18	13	32
Vitamin B_{12}	mcg	0.043			0.109	0.082	0.195
Vitamin A	RE						
	IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

[1] Values based on product cooked without salt. If salt is added according to label recommendations, the sodium content is 188 mg/100 g.

Roman Meal®, plain, dry

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 c = 94 g	1/3 c = 31 g	Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	9.1	0.677	3	8.6	2.8	41.5
Food energy	kcal	322			302	100	1,460
	kJ	1,346			1,266	417	6,107
Protein (N X 5.9)	g	14.4	0.376	3	13.5	4.5	65.2
Total lipid (fat)	g	2.2	0.139	3	2.0	0.7	9.9
Carbohydrate, total	g	72.0			67.6	22.3	326.4
Crude fiber	g	3.2	0.013	3	3.0	1.0	14.6
Dietary fiber, insoluble	g						
Ash	g	2.4	0.029	3	2.2	0.7	10.7
MINERALS:							
Calcium	mg	65		1	61	20	296
Iron	mg	4.64		1	4.36	1.44	21.05
Magnesium	mg	237		1	223	73	1,075
Phosphorus	mg	470		1	442	146	2,133
Potassium	mg	660		1	620	204	2,992
Sodium	mg	6		1	6	2	27
Zinc	mg	3.89		1	3.66	1.21	17.65
Copper	mg	0.700		1	0.658	0.217	3.175
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg	0.50		1	0.47	0.16	2.27
Riboflavin	mg	0.25		1	0.23	0.08	1.12
Niacin	mg	6.72		1	6.32	2.08	30.48
Pantothenic acid	mg	0.810		1	0.761	0.251	3.674
Vitamin B_6	mg	0.250		1	0.235	0.078	1.134
Folacin	mcg	70		1	66	22	318
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

Roman Meal®, plain, cooked

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 c = 241 g	3/4 c = 181 g	Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	82.7			199.4	149.7	375.3
Food energy	kcal	61			147	111	278
	kJ	256			617	463	1,161
Protein (N X 5.9)	g	2.7			6.6	4.9	12.4
Total lipid (fat)	g	0.4			1.0	0.7	1.9
Carbohydrate, total	g	13.7			33.0	24.8	62.1
Crude fiber	g	0.6			1.5	1.1	2.8
Dietary fiber, insoluble	g						
Ash	g	0.5			1.1	0.8	2.0
MINERALS:							
Calcium	mg	12			30	22	56
Iron	mg	0.88			2.12	1.59	3.99
Magnesium	mg	45			109	82	204
Phosphorus	mg	89			215	162	405
Potassium	mg	125			302	227	569
Sodium [1]	mg	1			3	2	5
Zinc	mg	0.74			1.78	1.34	3.36
Copper	mg	0.133			0.321	0.241	0.603
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg	0.10			0.24	0.18	0.45
Riboflavin	mg	0.05			0.12	0.09	0.23
Niacin	mg	1.28			3.08	2.32	5.81
Pantothenic acid	mg	0.154			0.371	0.279	0.699
Vitamin B_6	mg	0.047			0.113	0.085	0.213
Folacin	mcg	10			24	18	45
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

[1] Values based on product cooked without salt. If salt is added according to label recommendations, the sodium content is 82 mg/100 g.

CEREALS, TO-BE-COOKED

Roman Meal®, with oats, dry

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
					Approximate measure and weight		Refuse: 0
		Mean	Standard error	Number of samples	1 c = 100 g	1/4 c = 25 g	
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	11.0		1	11.0	2.8	49.9
Food energy	kcal	340			340	85	1,542
	kJ	1,422			1,422	355	6,450
Protein (N X 5.9)	g	14.5		1	14.5	3.6	65.6
Total lipid (fat)	g	4.0		1	4.0	1.0	18.1
Carbohydrate, total	g	68.5			68.5	17.1	310.5
Crude fiber	g	2.3		1	2.3	0.6	10.4
Dietary fiber, insoluble	g						
Ash	g	2.1		1	2.1	0.5	9.5
MINERALS:							
Calcium	mg	55		1	55	14	250
Iron	mg	2.81		1	2.81	0.70	12.75
Magnesium	mg	150		1	150	38	680
Phosphorus	mg	472		1	472	118	2,141
Potassium	mg						
Sodium	mg	20		1	20	5	91
Zinc	mg						
Copper	mg	0.300		1	0.300	0.075	1.361
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg	0.62		1	0.62	0.16	2.82
Riboflavin	mg	0.44		1	0.44	0.11	2.00
Niacin	mg	6.53		1	6.53	1.63	29.62
Pantothenic acid	mg	0.500		1	0.500	0.125	2.268
Vitamin B_6	mg	0.760		1	0.760	0.190	3.447
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

CEREALS, TO-BE-COOKED

Roman Meal®, with oats, cooked

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight 1 c = 240 g	3/4 c = 180 g	Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	81.5			195.7	146.8	369.8
Food energy	kcal	71			169	127	320
	kJ	295			708	531	1,338
Protein (N X 5.9)	g	3.0			7.2	5.4	13.6
Total lipid (fat)	g	0.8			2.0	1.5	3.8
Carbohydrate, total	g	14.2			34.1	25.6	64.4
Crude fiber	g	0.5			1.1	0.9	2.2
Dietary fiber, insoluble	g						
Ash	g	0.4			1.0	0.8	2.0
MINERALS:							
Calcium	mg	11			27	21	52
Iron	mg	0.58			1.40	1.05	2.64
Magnesium	mg	31			75	56	141
Phosphorus	mg	98			235	176	444
Potassium	mg						
Sodium[1]	mg	4			10	7	19
Zinc	mg						
Copper	mg	0.062			0.149	0.112	0.281
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg	0.13			0.31	0.23	0.59
Riboflavin	mg	0.09			0.22	0.16	0.41
Niacin	mg	1.36			3.25	2.44	6.15
Pantothenic acid	mg	0.104			0.250	0.187	0.472
Vitamin B_6	mg	0.158			0.379	0.284	0.717
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

[1] Values based on product cooked without salt. If salt is added according to label recommendations, the sodium content is 225 mg/100 g.

CEREALS, TO–BE–COOKED

Wheatena®, dry

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
				Approximate measure and weight		Refuse: 0
	Mean	Standard error	Number of samples	1 c = 141 g	1/4 c = 35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water g	6.5		8	9.2	2.3	29.7
Food energy kcal	357			503	125	1,618
Food energy kJ	1,492			2,104	522	6,769
Protein (N X 5.83) g	13.1		7	18.4	4.6	59.3
Total lipid (fat) g	2.9		7	4.0	1.0	13.0
Carbohydrate, total g	75.6			106.6	26.5	343.1
Crude fiber g	1.8		6	2.5	0.6	8.2
Dietary fiber, insoluble g						
Ash g	1.9		9	2.7	0.7	8.7
MINERALS:						
Calcium mg	28		8	40	10	129
Iron mg	3.57		8	5.04	1.25	16.21
Magnesium mg	130		8	183	45	587
Phosphorus mg	384		8	541	134	1,740
Potassium mg	492		8	693	172	2,229
Sodium mg	13		8	18	4	57
Zinc mg	4.41		8	6.22	1.54	20.01
Copper mg	0.330		8	0.465	0.116	1.497
Manganese mg	5.262	0.279	2	7.419	1.842	23.868
VITAMINS:						
Ascorbic acid mg						
Thiamin mg	0.07		8	0.10	0.02	0.32
Riboflavin mg	0.14		6	0.20	0.05	0.64
Niacin mg	3.52		6	4.96	1.23	15.97
Pantothenic acid mg	0.271		6	0.382	0.095	1.229
Vitamin B_6 mg	0.120		8	0.169	0.042	0.544
Folacin mcg	59		6	83	21	268
Vitamin B_{12} mcg						
Vitamin A RE						
Vitamin A IU						
LIPIDS:						
Fatty acids:						
Saturated, total g						
4:0 g						
6:0 g						
8:0 g						
10:0 g						
12:0 g						
14:0 g						
16:0 g						
18:0 g						
Monounsaturated, total g						
16:1 g						
18:1 g						
20:1 g						
22:1 g						
Polyunsaturated, total g						
18:2 g						
18:3 g						
18:4 g						
20:4 g						
20:5 g						
22:5 g						
22:6 g						
Cholesterol mg						
Phytosterols mg						
AMINO ACIDS:						
Tryptophan g						
Threonine g						
Isoleucine g						
Leucine g						
Lysine g						
Methionine g						
Cystine g						
Phenylalanine g						
Tyrosine g						
Valine g						
Arginine g						
Histidine g						
Alanine g						
Aspartic acid g						
Glutamic acid g						
Glycine g						
Proline g						
Serine g						

Wheatena®, cooked

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion: Mean	Standard error	Number of samples	Amount in edible portion of common measures of food: Approximate measure and weight: 1 c = 243 g	3/4 c = 182 g	Amount in edible portion of 1 pound of food as purchased: Refuse: 0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	85.4			207.5	155.4	387.4
Food energy	kcal	56			135	101	253
	kJ	233			567	424	1,058
Protein (N X 5.83)	g	2.0			5.0	3.7	9.3
Total lipid (fat)	g	0.5			1.1	0.8	2.0
Carbohydrate, total	g	11.8			28.7	21.5	53.6
Crude fiber	g	0.3			0.7	0.5	1.3
Dietary fiber, insoluble	g						
Ash	g	0.3			0.7	0.5	1.4
MINERALS:							
Calcium	mg	4			11	8	20
Iron	mg	0.56			1.36	1.02	2.54
Magnesium	mg	20			49	37	92
Phosphorus	mg	60			146	109	272
Potassium	mg	77			187	140	348
Sodium[1]	mg	2			5	4	9
Zinc	mg	0.69			1.68	1.26	3.13
Copper	mg	0.052			0.126	0.095	0.236
Manganese	mg	0.822			1.997	1.496	3.729
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg	0.01			0.02	0.02	0.05
Riboflavin	mg	0.02			0.05	0.04	0.09
Niacin	mg	0.55			1.34	1.00	2.49
Pantothenic acid	mg	0.042			0.102	0.076	0.191
Vitamin B_6	mg	0.019			0.046	0.035	0.086
Folacin	mcg	7			17	13	31
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

[1] Values based on product cooked without salt. If salt is added according to label recommendations, the sodium content is 238 mg/100 g.

Whole Wheat Hot Natural Cereal, dry

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0
					1 c = 94 g	1/3 c = 31 g	
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	9.9	0.264	18	9.3	3.1	45.0
Food energy	kcal	342			321	106	1,549
	kJ	1,429			1,343	443	6,483
Protein (N X 5.83)	g	11.2	0.421	18	10.5	3.5	50.7
Total lipid (fat)	g	2.0	0.061	16	1.9	0.6	9.3
Carbohydrate, total	g	75.2			70.7	23.3	341.2
Crude fiber	g	2.0	0.031	16	1.9	0.6	9.0
Dietary fiber, insoluble	g						
Ash	g	1.6	0.042	16	1.5	0.5	7.4
MINERALS:							
Calcium	mg	40	4.500	2	37	12	179
Iron	mg	3.39	0.108	17	3.18	1.05	15.36
Magnesium	mg	122	2.283	18	115	38	554
Phosphorus	mg	379	7.862	18	356	118	1,720
Potassium	mg	389	11.910	5	365	121	1,764
Sodium	mg	2	0.442	17	2	1	9
Zinc	mg	2.66	0.066	27	2.50	0.82	12.05
Copper	mg	0.458	0.018	26	0.431	0.142	2.077
Manganese	mg	3.200		1	3.008	0.992	14.515
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg	0.40	0.023	16	0.37	0.12	1.81
Riboflavin	mg	0.30	0.043	16	0.28	0.09	1.35
Niacin	mg	4.90	0.183	16	4.61	1.52	22.24
Pantothenic acid	mg	0.915	0.014	10	0.860	0.284	4.150
Vitamin B_6	mg						
Folacin	mcg	78	1.562	10	74	24	355
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

Whole Wheat Hot Natural Cereal, cooked

[Italicized numbers denote values based on the label declaration for added nutrients]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight 1 c = 242 g	3/4 c = 182 g	Refuse:0
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	83.6			202.3	152.1	379.2
Food energy	kcal	62			151	113	282
	kJ	260			630	474	1,181
Protein (N X 5.83)	g	2.0			4.9	3.7	9.3
Total lipid (fat)	g	0.4			0.9	0.7	1.7
Carbohydrate, total	g	13.7			33.2	24.9	62.1
Crude fiber	g	0.4			0.9	0.7	1.6
Dietary fiber, insoluble	g						
Ash	g	0.3			0.7	0.5	1.4
MINERALS:							
Calcium	mg	7			17	13	33
Iron	mg	0.62			1.50	1.13	2.81
Magnesium	mg	22			54	40	101
Phosphorus	mg	69			167	126	313
Potassium	mg	71			171	129	321
Sodium[1]	mg	0			1	1	2
Zinc	mg	0.48			1.16	0.87	2.18
Copper	mg	0.083			0.201	0.151	0.376
Manganese	mg	0.583			1.411	1.061	2.644
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg	0.07			0.17	0.13	0.32
Riboflavin	mg	0.05			0.12	0.09	0.23
Niacin	mg	0.89			2.15	1.62	4.04
Pantothenic acid	mg	0.167			0.404	0.304	0.758
Vitamin B_6	mg						
Folacin	mcg	11			26	19	49
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

[1] Values based on product cooked without salt. If salt is added according to label recommendations, the sodium content is 233 mg/100 g.

*U.S. GOVERNMENT PRINTING OFFICE: 1982-0-522-047/9077