

NDB No. 43584
AMARANTH FLAKES

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.147		0	NC	4		0.816		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.011				4		0.004		
17:1.....g									
18:1 undifferentiated.....g	2.135				4		0.811		
20:1.....g	0.001				4		0.000		
22:1 undifferentiated.....g	0.000				4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.711		0	NC	4		1.030		
18:2 undifferentiated.....g	2.634				4		1.001		
18:3 undifferentiated.....g	0.077				4		0.029		
18:4.....g	0.000				4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000		
20:5 n-3.....g	0.000				4		0.000		
22:5 n-3.....g	0.000				4		0.000		
22:6 n-3.....g	0.000				4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0			Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	0		0	BFZN	4		0		
Theobromine.....mg	0		0	BFZN	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	BFZN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg	227		0	BFZN	4		86.284		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 38g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43510

Cereal ready-to-eat, CRISPY BROWN RICE

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.011				4		0.324		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.057				4		0.018		
17:1.....g									
18:1 undifferentiated.....g	0.954				4		0.305		
20:1.....g	0.000				4		0.000		
22:1 undifferentiated.....g	0.000				4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.473				4		0.471		
18:2 undifferentiated.....g	1.433				4		0.459		
18:3 undifferentiated.....g	0.040				4		0.013		
18:4.....g	0.000				4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000		
20:5 n-3.....g	0.000				4		0.000		
22:5 n-3.....g	0.000				4		0.000		
22:6 n-3.....g	0.000				4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	0		0	BFZN	4		0		
Theobromine.....mg	0		0	BFZN	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000		
Carotene, alpha.....mcg	0		0	BFZN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43241
Cereals ready-to-eat, FAMILIA

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.205				4		3.910		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.023				4		0.028		
17:1.....g									
18:1 undifferentiated.....g	3.164				4		3.860		
20:1.....g	0.007				4		0.009		
22:1 undifferentiated.....g	0.000				4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.656				4		2.020		
18:2 undifferentiated.....g	1.548				4		1.889		
18:3 undifferentiated.....g	0.092				4		0.112		
18:4.....g	0.000				4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002				4		0.002		
20:5 n-3.....g	0.000				4		0.000		
22:5 n-3.....g	0.000				4		0.000		
22:6 n-3.....g	0.000				4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	3		0	FLM	4		4.057		
Carotene, alpha.....mcg	0		0	FLM	4		0.139		
Cryptoxanthin, beta.....mcg	1		0	FLM	4		0.849		
Lycopene.....mcg	0		0	FLM	4		0.000		
Lutein + zeaxanthin.....mcg	130		0	FLM	4		158.563		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 122g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08345

Cereals ready-to-eat, GENERAL MILLS, Multi-Bran CHEX

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.611		0	FLM	4		0.299		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0	FLA	4		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.585		0	FLA	4		0.287		
20:1.....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.095		0	FLM	4		0.537		
18:2 undifferentiated.....g	0.965		0	FLA	4		0.473		
18:3 undifferentiated.....g	0.040		0	FLA	4		0.020		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:5 n-3.....g	0.000		0	FLA	4		0.000		
22:5 n-3.....g	0.000		0	FLA	4		0.000		
22:6 n-3.....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	63		0	FLA	4		30.970		
Carotene, alpha.....mcg	41		0	FLA	4		20.171		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	960		0	FLA	4		470.353		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 49g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08263

Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
24:0.....g									
Fatty acids, total monounsaturated.....g	2.375		0	FLA	4		0.712		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		0	FLA	4		0.006		
17:1.....g									
18:1 undifferentiated.....g	2.355		0	FLA	4		0.707		
20:1.....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.280		0	FLA	4		0.384		
18:2 undifferentiated.....g	1.206		0	FLA	4		0.362		
18:3 undifferentiated.....g	0.074		0	FLA	4		0.022		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:5 n-3.....g	0.000		0	FLA	4		0.000		
22:5 n-3.....g	0.000		0	FLA	4		0.000		
22:6 n-3.....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08262

Cereals ready-to-eat, GENERAL MILLS, BASIC 4

General Mills Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	6.56		1	MA	12		3.61		
Energy.....kcal	367		0	MC	9		202		
Energy.....kj	1536		0	MC	9		845		
Protein (N x 6.25).....g	8.00		0	MA	12		4.40		
Total lipid (fat).....g	5.10		0	NR	4		2.81		
Ash.....g	3.44		1	MA	12		1.89		
Carbohydrate, by difference.....g	77.00		0	MC	9		42.35		
Fiber, total dietary.....g	5.8		1	MA	12		3.2		
Sugars, total.....g	25.00		1	MA	12		13.75		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	357		0	MC	9		196		
Iron, Fe.....mg	6.40		0	MC	9		3.52		
Magnesium, Mg.....mg	73		1	MA	12		40		
Phosphorus, P.....mg	421		1	MA	12		232		
Potassium, K.....mg	281		1	MA	12		155		
Sodium, Na.....mg	574		1	MA	12		316		
Zinc, Zn.....mg	5.40		0	MC	9		2.97		
Copper, Cu.....mg	0.300		1	MA	12		0.165		
Manganese, Mn.....mg	1.659		0	FLM	4		0.912		
Selenium, Se.....mcg	17.0		0	RA	4		9.4		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.540		0	MC	9		0.297		
Riboflavin.....mg	0.610		0	MC	9		0.336		
Niacin.....mg	7.100		0	MC	9		3.905		
Pantothenic acid.....mg	0.531		0	FLM	4		0.292		
Vitamin B-6.....mg	0.710		0	MC	9		0.391		
Folate, total.....mcg	143		0	MC	9		79		
Folic acid.....mcg	124		0	NC	4		68		
Folate, food.....mcg	19		0	CAAN	4		10		
Folate, DFE.....mcg_DFE	230		0	NC	4		126		
Vitamin B-12.....mcg	2.10		0	MC	9		1.16		
Vitamin A, IU.....IU	714		0	MC	9		393		
Vitamin A, RAE.....mcg_RAE	214		0	NC	4		118		
Retinol.....mcg	214		0	NC	4		118		
Vitamin E (alpha-tocopherol).....mg	1.08		0	FLA	4		0.59		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	57.000		0	MC	9		31.350		
Vitamin K (phylloquinone).....mcg	2.7		0	FLA	4		1.5		
Lipids:									
Fatty acids, total saturated.....g	0.800		1	MA	12		0.440		
4:0.....g	0.000		0	FLA	4		0.000		
6:0.....g	0.000		0	FLA	4		0.000		
8:0.....g	0.000		0	FLA	4		0.000		
10:0.....g	0.000		0	FLA	4		0.000		
12:0.....g	0.004		0	FLA	4		0.002		
13:0.....g	0.000		0	FLA	4		0.000		
14:0.....g	0.007		0	FLA	4		0.004		
15:0.....g	0.000		0	FLA	4		0.000		
16:0.....g	0.611		0	FLA	4		0.336		
17:0.....g	0.000		0	FLA	4		0.000		
18:0.....g	0.154		0	FLA	4		0.085		
20:0.....g	0.000		0	FLA	4		0.000		
22:0.....g	0.000		0	FLA	4		0.000		
24:0.....g	0.000		0	FLA	4		0.000		

NDB No. 08262

Cereals ready-to-eat, GENERAL MILLS, BASIC 4

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.800		1	MA	12		0.990		
14:1.....g	0.000		0	FLA	4		0.000		
15:1.....g	0.000		0	FLA	4		0.000		
16:1 undifferentiated.....g	0.018		0	FLA	4		0.010		
17:1.....g	0.000		0	FLA	4		0.000		
18:1 undifferentiated.....g	1.825		0	FLA	4		1.004		
20:1.....g	0.006		0	FLA	4		0.003		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g	0.000		0	FLA	4		0.000		
Fatty acids, total polyunsaturated.....g	2.000		1	MA	12		1.100		
18:2 undifferentiated.....g	1.820		0	FLA	4		1.001		
18:3 undifferentiated.....g	0.112		0	FLA	4		0.061		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLA	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:4 undifferentiated.....g	0.001		0	FLA	4		0.000		
20:5 n-3.....g	0.000		0	FLA	4		0.000		
22:5 n-3.....g	0.000		0	FLA	4		0.000		
22:6 n-3.....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 55g: 1 cup (1 NLEA serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08274

Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
24:0.....g									
Fatty acids, total monounsaturated.....g	2.331		0	FLA	4		0.699		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.016		0	FLA	4		0.005		
17:1.....g									
18:1 undifferentiated.....g	2.314		0	FLA	4		0.694		
20:1.....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.957		0	FLA	4		0.287		
18:2 undifferentiated.....g	0.906		0	FLA	4		0.272		
18:3 undifferentiated.....g	0.051		0	FLA	4		0.015		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:5 n-3.....g	0.000		0	FLA	4		0.000		
22:5 n-3.....g	0.000		0	FLA	4		0.000		
22:6 n-3.....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08273

Cereals ready-to-eat, GENERAL MILLS, BOO BERRY

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.949		0	FLA	4		0.285		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		0	FLA	4		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.940		0	FLA	4		0.282		
20:1.....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.211		0	FLA	4		0.363		
18:2 undifferentiated.....g	1.145		0	FLA	4		0.344		
18:3 undifferentiated.....g	0.065		0	FLA	4		0.020		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:5 n-3.....g	0.000		0	FLA	4		0.000		
22:5 n-3.....g	0.000		0	FLA	4		0.000		
22:6 n-3.....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08013

Cereals ready-to-eat, GENERAL MILLS, CHEERIOS

General Mills Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.36		1	MA	12		1.01		
Energy.....kcal	369		0	MC	9		111		
Energy.....kj	1544		0	MC	9		463		
Protein (N x 6.25).....g	11.00		1	MA	12		3.30		
Total lipid (fat).....g	6.00		0	NR	4		1.80		
Ash.....g	4.51		1	MA	12		1.35		
Carbohydrate, by difference.....g	74.00		0	MC	9		22.20		
Fiber, total dietary.....g	9.0		1	MA	12		2.7		
Sugars, total.....g	4.00		1	MA	12		1.20		
Starch.....g									
Minerals:									
* Calcium, Ca.....mg	333		0	MC	9		100		
* Iron, Fe.....mg	27.00		0	MC	9		8.10		
Magnesium, Mg.....mg	133		0	MC	9		40		
Phosphorus, P.....mg	333		0	MC	9		100		
Potassium, K.....mg	321		1	MA	12		96		
Sodium, Na.....mg	910		1	MA	12		273		
* Zinc, Zn.....mg	12.50		0	MC	9		3.75		
Copper, Cu.....mg	0.133		1	MA	12		0.040		
Manganese, Mn.....mg	3.410		1	A	1		1.023		
Selenium, Se.....mcg	34.8	2.920	18	JA	6		10.4		
Vitamins:									
* Vitamin C, total ascorbic acid.....mg	20.0		0	MC	9		6.0		
* Thiamin.....mg	1.250		0	MC	9		0.375		
* Riboflavin.....mg	1.420		0	MC	9		0.426		
* Niacin.....mg	16.700		0	MC	9		5.010		
Pantothenic acid.....mg	0.177		1	A	1		0.053		
* Vitamin B-6.....mg	1.670		0	MC	9		0.501		
* Folate, total.....mcg	667		0	MC	9		200		
Folic acid.....mcg	648		0	NC	4		194		
Folate, food.....mcg	19		0	NC	4		6		
Folate, DFE.....mcg_DFE	1121		0	NC	4		336		
* Vitamin B-12.....mcg	5.00		0	MC	9		1.50		
* Vitamin A, IU.....IU	1667		0	MC	9		500		
Vitamin A, RAE.....mcg_RAE	501		0	NC	4		150		
Retinol.....mcg	501		0	NC	4		150		
Vitamin E (alpha-tocopherol).....mg	0.35		1	A	1		0.11		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
* Vitamin D.....IU	133.000		0	MC	9		39.900		
Vitamin K (phylloquinone).....mcg	1.5		1	A	1		0.4		
Lipids:									
Fatty acids, total saturated.....g	1.200		1	MA	12		0.360		
4:0.....g	0.000		0	FLA	4		0.000		
6:0.....g	0.000		0	FLA	4		0.000		
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.020		1	A	1		0.006		
15:0.....g	0.000		1	A	1		0.000		
16:0.....g	1.110		1	A	1		0.333		
17:0.....g	0.000		1	A	1		0.000		
18:0.....g	0.100		1	A	1		0.030		
20:0.....g	0.010		1	A	1		0.003		
22:0.....g	0.010		1	A	1		0.003		
24:0.....g	0.010		1	A	1		0.003		

NDB No. 08013

Cereals ready-to-eat, GENERAL MILLS, CHEERIOS

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.140		0	MA	12		0.642		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.010		1	A	1		0.003		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	2.070		1	A	1		0.621		
20:1.....g	0.050		1	A	1		0.015		
22:1 undifferentiated.....g	0.040		1	A	1		0.012		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.720		0	MA	12		0.216		
18:2 undifferentiated.....g	2.110		1	A	1		0.633		
18:3 undifferentiated.....g	0.080		1	A	1		0.024		
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:5 n-3.....g	0.020		1	A	1		0.006		
22:5 n-3.....g	0.000		1	A	1		0.000		
22:6 n-3.....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08272

Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.129		0	FLA	4		1.539		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.060		0	FLA	4		0.018		
17:1.....g									
18:1 undifferentiated.....g	5.069		0	FLA	4		1.521		
20:1.....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.382		0	FLA	4		1.015		
18:2 undifferentiated.....g	3.114		0	FLA	4		0.934		
18:3 undifferentiated.....g	0.267		0	FLA	4		0.080		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:5 n-3.....g	0.000		0	FLA	4		0.000		
22:5 n-3.....g	0.000		0	FLA	4		0.000		
22:6 n-3.....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08271

Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.669		0	FLM	4		0.501		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.013		0	FLM	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	1.656		0	FLM	4		0.497		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.612		0	FLM	4		0.184		
18:2 undifferentiated.....g	0.577		0	FLM	4		0.173		
18:3 undifferentiated.....g	0.035		0	FLM	4		0.011		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	2		0	FLM	4		1		
Theobromine.....mg	22		0	FLM	4		7		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08017

Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.471		0	FLA	4		0.441		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.014		0	FLA	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	1.457		0	FLA	4		0.437		
20:1.....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.684		0	FLA	4		0.205		
18:2 undifferentiated.....g	0.646		0	FLA	4		0.194		
18:3 undifferentiated.....g	0.039		0	FLA	4		0.012		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:5 n-3.....g	0.000		0	FLA	4		0.000		
22:5 n-3.....g	0.000		0	FLA	4		0.000		
22:6 n-3.....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	2		0	BFZN	4		1		
Theobromine.....mg	22		0	BFZN	4		7		
Carotenoids:									
Carotene, beta.....mcg	45		0	RA	4		13.548		
Carotene, alpha.....mcg	30		0	RA	4		8.868		
Cryptoxanthin, beta.....mcg	0		0	RA	4		0.000		
Lycopene.....mcg	0		0	RA	4		0.000		
Lutein + zeaxanthin.....mcg	633		0	RA	4		189.836		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08270

Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.965		0	FLA	4		0.590		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.018		0	FLA	4		0.006		
17:1.....g									
18:1 undifferentiated.....g	1.947		0	FLA	4		0.584		
20:1.....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.703		0	FLA	4		0.211		
18:2 undifferentiated.....g	0.661		0	FLA	4		0.198		
18:3 undifferentiated.....g	0.042		0	FLA	4		0.013		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:5 n-3.....g	0.000		0	FLA	4		0.000		
22:5 n-3.....g	0.000		0	FLA	4		0.000		
22:6 n-3.....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	3		0	FLM	4		1		
Theobromine.....mg	95		0	FLM	4		29		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08139

Cereals ready-to-eat, GENERAL MILLS, Cinnamon Grahams

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.012		0	FLA	4		0.303		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.011		0	FLA	4		0.003		
17:1.....g									
18:1 undifferentiated.....g	1.000		0	FLA	4		0.300		
20:1.....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.040		0	FLA	4		0.312		
18:2 undifferentiated.....g	0.980		0	FLA	4		0.294		
18:3 undifferentiated.....g	0.060		0	FLA	4		0.018		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:5 n-3.....g	0.000		0	FLA	4		0.000		
22:5 n-3.....g	0.000		0	FLA	4		0.000		
22:6 n-3.....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: .75 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08019

Cereals ready-to-eat, GENERAL MILLS, Corn CHEX

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.196		0	FLA	4		0.059		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	FLA	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.194		0	FLA	4		0.058		
20:1.....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.338		0	FLA	4		0.101		
18:2 undifferentiated.....g	0.321		0	FLA	4		0.096		
18:3 undifferentiated.....g	0.017		0	FLA	4		0.005		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:5 n-3.....g	0.000		0	FLA	4		0.000		
22:5 n-3.....g	0.000		0	FLA	4		0.000		
22:6 n-3.....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	80		0	FLA	4		24.082		
Carotene, alpha.....mcg	53		0	FLA	4		15.764		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	1125		0	FLA	4		337.444		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08244

Cereals ready-to-eat, GENERAL MILLS, FIBER ONE

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.440		0	FLM	4		0.132		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		0	FLM	4		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.429		0	FLM	4		0.129		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.366		0	FLM	4		0.410		
18:2 undifferentiated.....g	1.266		0	FLM	4		0.380		
18:3 undifferentiated.....g	0.098		0	FLM	4		0.029		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.003		0	FLM	4		0.001		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: .5 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08268

Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
24:0.....g									
Fatty acids, total monounsaturated.....g	1.416		0	FLA	4		0.425		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.014		0	FLA	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	1.401		0	FLA	4		0.420		
20:1.....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.579		0	FLA	4		0.174		
18:2 undifferentiated.....g	0.545		0	FLA	4		0.163		
18:3 undifferentiated.....g	0.034		0	FLA	4		0.010		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:5 n-3.....g	0.000		0	FLA	4		0.000		
22:5 n-3.....g	0.000		0	FLA	4		0.000		
22:6 n-3.....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08267

Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.933		0	FLM	4		0.280		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		0	FLM	4		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.926		0	FLM	4		0.278		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.887		0	FLM	4		0.266		
18:2 undifferentiated.....g	0.840		0	FLM	4		0.252		
18:3 undifferentiated.....g	0.047		0	FLM	4		0.014		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08266

Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
24:0.....g									
Fatty acids, total monounsaturated.....g	0.183		0	FLA	4		0.055		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0	FLA	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.179		0	FLA	4		0.054		
20:1.....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.392		0	FLA	4		0.117		
18:2 undifferentiated.....g	0.377		0	FLA	4		0.113		
18:3 undifferentiated.....g	0.014		0	FLA	4		0.004		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:5 n-3.....g	0.000		0	FLA	4		0.000		
22:5 n-3.....g	0.000		0	FLA	4		0.000		
22:6 n-3.....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08086

Cereals ready-to-eat, GENERAL MILLS, French Toast Crunch

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
24:0.....g									
Fatty acids, total monounsaturated.....g	1.594		0	FLA		4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.016		0	FLA		4			
17:1.....g									
18:1 undifferentiated.....g	1.578		0	FLA		4			
20:1.....g	0.000		0	FLA		4			
22:1 undifferentiated.....g	0.000		0	FLA		4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.498		0	FLA		4			
18:2 undifferentiated.....g	0.469		0	FLA		4			
18:3 undifferentiated.....g	0.029		0	FLA		4			
18:4.....g	0.000		0	FLA		4			
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA		4			
20:5 n-3.....g	0.000		0	FLA		4			
22:5 n-3.....g	0.000		0	FLA		4			
22:6 n-3.....g	0.000		0	FLA		4			
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC		9			
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	FLA		4			
Theobromine.....mg	0		0	FLA		4			
Carotenoids:									
Carotene, beta.....mcg	50		0	FLA		4			
Carotene, alpha.....mcg	33		0	FLA		4			
Cryptoxanthin, beta.....mcg	0		0	FLA		4			
Lycopene.....mcg	0		0	FLA		4			
Lutein + zeaxanthin.....mcg	705		0	FLA		4			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08397

Cereals ready-to-eat, GENERAL MILLS, Frosted Corn Flakes

General Mills Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	1.84		1	MA	12				
Energy.....kcal	392		0	MC	9				
Energy.....kj	1640		0	MC	9				
Protein (N x 6.25).....g	4.00		1	MA	12				
Total lipid (fat).....g	0.40		0	NR	4				
Ash.....g	1.78		1	MA	12				
Carbohydrate, by difference.....g	92.00		0	MC	9				
Fiber, total dietary.....g	0.0		1	MA	12				
Sugars, total.....g	44.00		0	MA	12				
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		0	MC	9				
* Iron, Fe.....mg	12.90		0	MC	9				
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	55		1	MA	12				
Sodium, Na.....mg	631		1	MA	12				
* Zinc, Zn.....mg	0.00		0	MC	9				
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
* Vitamin C, total ascorbic acid.....mg	43.0		0	MC	9				
* Thiamin.....mg	1.070		0	MC	9				
* Riboflavin.....mg	1.210		0	MC	9				
* Niacin.....mg	14.300		0	MC	9				
Pantothenic acid.....mg									
* Vitamin B-6.....mg	1.430		0	MC	9				
* Folate, total.....mcg	286		0	MC	9				
Folic acid.....mcg	267		0	NC	4				
Folate, food.....mcg	19		0	CAAN	4				
Folate, DFE.....mcg_DFE	473		0	NC	4				
* Vitamin B-12.....mcg	4.30		0	MC	9				
* Vitamin A, IU.....IU	3571		0	MC	9				
Vitamin A, RAE.....mcg_RAE	1072		0	NC	4				
Retinol.....mcg	1072		0	NC	4				
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
* Vitamin D.....IU	143.000		0	MC	9				
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.200		1	MA	12				
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9				
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

NDB No. 08397

Cereals ready-to-eat, GENERAL MILLS, Frosted Corn Flakes

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08035

Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.340		0	FLA	4		0.402		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.014		0	FLA	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	1.326		0	FLA	4		0.398		
20:1.....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.301		0	FLA	4		0.390		
18:2 undifferentiated.....g	1.222		0	FLA	4		0.366		
18:3 undifferentiated.....g	0.079		0	FLA	4		0.024		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:5 n-3.....g	0.000		0	FLA	4		0.000		
22:5 n-3.....g	0.000		0	FLA	4		0.000		
22:6 n-3.....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08398

Cereals ready-to-eat, GENERAL MILLS, HARMONY

General Mills Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.83		1	MA	12				
Energy.....kcal	365		0	MC	9				
Energy.....kj	1527		0	MC	9				
Protein (N x 6.25).....g	11.00		1	MA	12				
Total lipid (fat).....g	2.20		0	MC	9				
Ash.....g	4.64		1	MA	12				
Carbohydrate, by difference.....g	79.00		0	MC	9				
Fiber, total dietary.....g	4.0		1	MA	12				
Sugars, total.....g	24.00		0	LC	8				
Starch.....g									
Minerals:									
* Calcium, Ca.....mg	1091		0	MC	9				
* Iron, Fe.....mg	16.40		0	MC	9				
Magnesium, Mg.....mg	44		0	MC	9				
Phosphorus, P.....mg	182		0	MC	9				
Potassium, K.....mg	166		1	MA	12				
Sodium, Na.....mg	645		1	MA	12				
* Zinc, Zn.....mg	13.60		0	MC	9				
Copper, Cu.....mg	0.145		0	MC	9				
Manganese, Mn.....mg	1.359		0	FLM	4				
Selenium, Se.....mcg	21.8		0	FLM	4				
Vitamins:									
* Vitamin C, total ascorbic acid.....mg	55.0		0	MC	9				
* Thiamin.....mg	2.730		0	MC	9				
* Riboflavin.....mg	1.550		0	MC	9				
* Niacin.....mg	18.200		0	MC	9				
Pantothenic acid.....mg									
* Vitamin B-6.....mg	1.820		0	MC	9				
* Folate, total.....mcg	727		0	MC	9				
Folic acid.....mcg	708		0	NC	4				
Folate, food.....mcg	19		0	NC	4				
Folate, DFE.....mcg_DFE	1223		0	NC	4				
* Vitamin B-12.....mcg	7.60		0	MC	9				
* Vitamin A, IU.....IU	909		0	MC	9				
Vitamin A, RAE.....mcg_RAE	273		0	NC	4				
Retinol.....mcg	273		0	NR	4				
Vitamin E (alpha-tocopherol).....mg	55.00		0	NR	4				
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
* Vitamin D.....IU	73.000		0	MC	9				
Vitamin K (phylloquinone).....mcg	0.5		0	FLM	4				
Lipids:									
Fatty acids, total saturated.....g	0.500		1	MA	12				
4:0.....g	0.001		0	FLM	4				
6:0.....g	0.000		0	FLM	4				
8:0.....g	0.007		0	FLM	4				
10:0.....g	0.000		0	FLM	4				
12:0.....g	0.001		0	FLM	4				
13:0.....g	0.000		0	FLM	4				
14:0.....g	0.007		0	FLM	4				
15:0.....g	0.000		0	FLM	4				
16:0.....g	0.414		0	FLM	4				
17:0.....g	0.000		0	FLM	4				
18:0.....g	0.057		0	FLM	4				
20:0.....g	0.000		0	FLM	4				
22:0.....g	0.000		0	FLM	4				
24:0.....g	0.000		0	FLM	4				

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.814		0	FLM	4				
14:1.....g	0.000		0	FLM	4				
15:1.....g									
16:1 undifferentiated.....g	0.009		0	FLM	4				
17:1.....g									
18:1 undifferentiated.....g	0.805		0	FLM	4				
20:1.....g	0.000		0	FLM	4				
22:1 undifferentiated.....g	0.000		0	FLM	4				
24:1 c.....g	0.000		0	FLM	4				
Fatty acids, total polyunsaturated.....g	0.601		0	FLM	4				
18:2 undifferentiated.....g	0.574		0	FLM	4				
18:3 undifferentiated.....g	0.028		0	FLM	4				
18:4.....g	0.000		0	FLM	4				
20:2 n-6 c,c.....g	0.000		0	FLM	4				
20:3 undifferentiated.....g	0.000		0	FLM	4				
20:4 undifferentiated.....g	0.000		0	FLM	4				
20:5 n-3.....g	0.000		0	FLM	4				
22:5 n-3.....g	0.000		0	FLM	4				
22:6 n-3.....g	0.000		0	FLM	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4				
Caffeine.....mg	0		0	FLM	4				
Theobromine.....mg	0		0	FLM	4				
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7				
Carotene, alpha.....mcg	0		0	Z	7				
Cryptoxanthin, beta.....mcg	0		0	Z	7				
Lycopene.....mcg	0		0	Z	7				
Lutein + zeaxanthin.....mcg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08045

Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS

General Mills Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.20		1	MA	12		0.66		
Energy.....kcal	373		0	MC	9		112		
Energy.....kj	1561		0	MC	9		468		
Protein (N x 6.25).....g	9.00		1	MA	12		2.70		
Total lipid (fat).....g	4.00		0	NR	4		1.20		
Ash.....g	4.21		1	MA	12		1.26		
Carbohydrate, by difference.....g	80.00		0	MC	9		24.00		
Fiber, total dietary.....g	6.0		1	MA	12		1.8		
Sugars, total.....g	35.00		1	MA	12		10.50		
Starch.....g									
Minerals:									
* Calcium, Ca.....mg	333		0	MC	9		100		
* Iron, Fe.....mg	15.00		0	MC	9		4.50		
Magnesium, Mg.....mg	107		0	MC	9		32		
Phosphorus, P.....mg	333		0	MC	9		100		
Potassium, K.....mg	305		0	MC	9		92		
Sodium, Na.....mg	898		1	MA	12		269		
* Zinc, Zn.....mg	12.50		0	MC	9		3.75		
Copper, Cu.....mg	0.133		1	MC	9		0.040		
Manganese, Mn.....mg	2.510		0	FLM	4		0.753		
Selenium, Se.....mcg	23.5	0.894	5	A	1		7.1		
Vitamins:									
* Vitamin C, total ascorbic acid.....mg	20.0		0	MC	9		6.0		
* Thiamin.....mg	1.250		0	MC	9		0.375		
* Riboflavin.....mg	1.420		0	MC	9		0.426		
* Niacin.....mg	16.700		0	MC	9		5.010		
Pantothenic acid.....mg	0.497		0	FLM	4		0.149		
* Vitamin B-6.....mg	1.670		0	MC	9		0.501		
* Folate, total.....mcg	667		0	MC	9		200		
Folic acid.....mcg	648		0	NC	4		194		
Folate, food.....mcg	19		0	CAAN	4		6		
Folate, DFE.....mcg_DFE	1121		0	NC	4		336		
* Vitamin B-12.....mcg	5.00		0	MC	9		1.50		
* Vitamin A, IU.....IU	1667		0	MC	9		500		
Vitamin A, RAE.....mcg_RAE	501		0	NC	4		150		
Retinol.....mcg	501		0	NC	4		150		
Vitamin E (alpha-tocopherol).....mg	1.79		0	FLA	4		0.54		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
* Vitamin D.....IU	133.000		0	MC	9		39.900		
Vitamin K (phylloquinone).....mcg	1.7		0	FLA	4		0.5		
Lipids:									
Fatty acids, total saturated.....g	0.800		1	MA	12		0.240		
4:0.....g	0.000		0	FLA	4		0.000		
6:0.....g	0.000		0	FLA	4		0.000		
8:0.....g	0.000		0	FLA	4		0.000		
10:0.....g	0.000		0	FLA	4		0.000		
12:0.....g	0.011		0	FLA	4		0.003		
13:0.....g	0.000		0	FLA	4		0.000		
14:0.....g	0.006		0	FLA	4		0.002		
15:0.....g	0.000		0	FLA	4		0.000		
16:0.....g	0.694		0	FLA	4		0.208		
17:0.....g	0.000		0	FLA	4		0.000		
18:0.....g	0.047		0	FLA	4		0.014		
20:0.....g	0.000		0	FLA	4		0.000		
22:0.....g	0.000		0	FLA	4		0.000		
24:0.....g	0.000		0	FLA	4		0.000		

NDB No. 08045

Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.230		0	FLA	4		0.369		
14:1.....g	0.000		0	FLA	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.009		0	FLA	4		0.003		
17:1.....g									
18:1 undifferentiated.....g	1.221		0	FLA	4		0.366		
20:1.....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g	0.000		0	FLA	4		0.000		
Fatty acids, total polyunsaturated.....g	1.533		0	FLA	4		0.460		
18:2 undifferentiated.....g	1.438		0	FLA	4		0.431		
18:3 undifferentiated.....g	0.095		0	FLA	4		0.029		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLA	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:5 n-3.....g	0.000		0	FLA	4		0.000		
22:5 n-3.....g	0.000		0	FLA	4		0.000		
22:6 n-3.....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08243

Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS

General Mills Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.48		1	MA	12		1.36		
Energy.....kcal	389		0	MC	9		214		
Energy.....kj	1628		0	MC	9		895		
Protein.....g	8.00		1	MA	12		4.40		
Total lipid (fat).....g	4.90		0	NR	4		2.70		
Ash.....g	2.03		1	MA	12		1.11		
Carbohydrate, by difference.....g	83.00		0	MC	9		45.65		
Fiber, total dietary.....g	5.0		1	MA	12		2.8		
Sugars, total.....g	30.90		0	LC	8		17.00		
Starch.....g									
Minerals:									
* Calcium, Ca.....mg	36		0	MC	9		20		
* Iron, Fe.....mg	8.20		0	MC	9		4.51		
Magnesium, Mg.....mg	58		0	MC	9		32		
Phosphorus, P.....mg	182		0	MC	9		100		
Potassium, K.....mg	245		1	MA	12		135		
Sodium, Na.....mg	453		1	MA	12		249		
* Zinc, Zn.....mg	6.80		0	MC	9		3.74		
Copper, Cu.....mg	0.145		0	MC	9		0.080		
Manganese, Mn.....mg	4.916		0	FLM	4		2.704		
Selenium, Se.....mcg	10.7		0	RA	4		5.9		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
* Thiamin.....mg	0.680		0	MC	9		0.374		
* Riboflavin.....mg	0.770		0	MC	9		0.424		
* Niacin.....mg	9.100		0	MC	9		5.005		
Pantothenic acid.....mg	1.147		0	FLM	4		0.631		
* Vitamin B-6.....mg	0.910		0	MC	9		0.501		
* Folate, total.....mcg	182		0	MC	9		100		
Folic acid.....mcg	163		0	NC	4		90		
Folate, food.....mcg	19		0	CAAN	4		10		
Folate, DFE.....mcg_DFE	296		0	NC	4		163		
* Vitamin B-12.....mcg	2.70		0	MC	9		1.49		
Vitamin A, IU.....IU	0		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	2.38		0	FLM	4		1.31		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	0.000		0	MC	9		0.000		
Vitamin K (phylloquinone).....mcg	0.7		0	FLM	4		0.4		
Lipids:									
Fatty acids, total saturated.....g	0.600		1	MA	12		0.330		
4:0.....g	0.000		0	FLM	4		0.000		
6:0.....g	0.000		0	FLM	4		0.000		
8:0.....g	0.009		0	FLM	4		0.005		
10:0.....g	0.000		0	FLM	4		0.000		
12:0.....g	0.000		0	FLM	4		0.000		
13:0.....g	0.000		0	FLM	4		0.000		
14:0.....g	0.002		0	FLM	4		0.001		
15:0.....g	0.000		0	FLM	4		0.000		
16:0.....g	0.498		0	FLM	4		0.274		
17:0.....g	0.000		0	FLM	4		0.000		
18:0.....g	0.083		0	FLM	4		0.046		
20:0.....g	0.000		0	FLM	4		0.000		
22:0.....g	0.000		0	FLM	4		0.000		
24:0.....g	0.000		0	FLM	4		0.000		

NDB No. 08243

Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.612		0	FLM	4		1.437		
14:1.....g	0.000		0	FLM	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.024		0	FLM	4		0.013		
17:1.....g									
18:1 undifferentiated.....g	2.588		0	FLM	4		1.423		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated.....g	1.272		0	FLM	4		0.700		
18:2 undifferentiated.....g	1.245		0	FLM	4		0.685		
18:3 undifferentiated.....g	0.026		0	FLM	4		0.014		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLM	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:4 undifferentiated.....g	0.001		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	FLM	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000		
Lycopene.....mcg	0		0	FLM	4		0.000		
Lutein + zeaxanthin.....mcg	87		0	FLM	4		47.614		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 55g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08057

Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX

General Mills Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	1.92		1	MA	12		0.58		
Energy.....kcal	381		0	MC	9		114		
Energy.....kj	1594		0	MC	9		478		
Protein (N x 6.25).....g	5.00		1	MC	9		1.50		
Total lipid (fat).....g	2.00		0	NR	4		0.60		
Ash.....g	2.82		1	MA	12		0.85		
Carbohydrate, by difference.....g	87.00		0	MC	9		26.10		
Fiber, total dietary.....g	1.0		1	MA	12		0.3		
Sugars, total.....g	32.00		0	MA	12		9.60		
Starch.....g									
Minerals:									
* Calcium, Ca.....mg	333		0	MC	9		100		
* Iron, Fe.....mg	30.00		0	MC	9		9.00		
Magnesium, Mg.....mg	17		0	MC	9		5		
Phosphorus, P.....mg	65		0	MC	9		20		
Potassium, K.....mg	99		1	MA	12		30		
Sodium, Na.....mg	745		1	MA	12		224		
* Zinc, Zn.....mg	0.60		0	MC	9		0.18		
Copper, Cu.....mg	0.120		0	MC	9		0.036		
Manganese, Mn.....mg									
Selenium, Se.....mcg	1.7		0	FLM	4		0.5		
Vitamins:									
* Vitamin C, total ascorbic acid.....mg	20.0		0	MC	9		6.0		
* Thiamin.....mg	1.250		0	MC	9		0.375		
Riboflavin.....mg	0.000		0	MC	9		0.000		
* Niacin.....mg	16.700		0	MC	9		5.010		
Pantothenic acid.....mg									
* Vitamin B-6.....mg	1.670		0	MC	9		0.501		
* Folate, total.....mcg	333		0	MC	9		100		
Folic acid.....mcg	314		0	NC	4		94		
Folate, food.....mcg	19		0	CAAN	4		6		
Folate, DFE.....mcg_DFE	553		0	NC	4		166		
* Vitamin B-12.....mcg	5.00		0	MC	9		1.50		
Vitamin A, IU.....IU	0		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.86		0	FLA	4		0.26		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	0.000		0	MC	9		0.000		
Vitamin K (phylloquinone).....mcg	0.0		0	FLA	4		0.0		
Lipids:									
Fatty acids, total saturated.....g	0.400		1	MA	12		0.120		
4:0.....g	0.000		0	FLA	4		0.000		
6:0.....g	0.000		0	FLA	4		0.000		
8:0.....g	0.000		0	FLA	4		0.000		
10:0.....g	0.000		0	FLA	4		0.000		
12:0.....g	0.000		0	FLA	4		0.000		
13:0.....g	0.000		0	FLA	4		0.000		
14:0.....g	0.004		0	FLA	4		0.001		
15:0.....g	0.000		0	FLA	4		0.000		
16:0.....g	0.342		0	FLA	4		0.103		
17:0.....g	0.000		0	FLA	4		0.000		
18:0.....g	0.050		0	FLA	4		0.015		
20:0.....g	0.000		0	FLA	4		0.000		
22:0.....g	0.000		0	FLA	4		0.000		
24:0.....g	0.000		0	FLA	4		0.000		

NDB No. 08057

Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.835		0	FLA	4		0.250		
14:1.....g	0.000		0	FLA	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.006		0	FLA	4		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.829		0	FLA	4		0.249		
20:1.....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g	0.000		0	FLA	4		0.000		
Fatty acids, total polyunsaturated.....g	0.568		0	FLA	4		0.170		
18:2 undifferentiated.....g	0.548		0	FLA	4		0.164		
18:3 undifferentiated.....g	0.020		0	FLA	4		0.006		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLA	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:5 n-3.....g	0.000		0	FLA	4		0.000		
22:5 n-3.....g	0.000		0	FLA	4		0.000		
22:6 n-3.....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: .75 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08278
 Cereals ready-to-eat, GENERAL MILLS, KABOOM

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.034		0	FLA	4		0.310		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		0	FLA	4		0.002		
17:1.....g									
18:1 undifferentiated.....g	1.028		0	FLA	4		0.308		
20:1.....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.225		0	FLA	4		0.368		
18:2 undifferentiated.....g	1.175		0	FLA	4		0.353		
18:3 undifferentiated.....g	0.050		0	FLA	4		0.015		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:5 n-3.....g	0.000		0	FLA	4		0.000		
22:5 n-3.....g	0.000		0	FLA	4		0.000		
22:6 n-3.....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1.25 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08048

Cereals ready-to-eat, GENERAL MILLS, KIX

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.529		0	FLA	4		0.159		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0	FLA	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.525		0	FLA	4		0.157		
20:1.....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.668		0	FLA	4		0.200		
18:2 undifferentiated.....g	0.643		0	FLA	4		0.193		
18:3 undifferentiated.....g	0.025		0	FLA	4		0.007		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:5 n-3.....g	0.000		0	FLA	4		0.000		
22:5 n-3.....g	0.000		0	FLA	4		0.000		
22:6 n-3.....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	41		0	FLA	4		12.360		
Carotene, alpha.....mcg	27		0	FLA	4		8.091		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	612		0	FLA	4		183.671		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1.333 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08050

Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.840		0	FLA	4		0.252		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0	FLA	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.836		0	FLA	4		0.251		
20:1.....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.960		0	FLA	4		0.288		
18:2 undifferentiated.....g	0.918		0	FLA	4		0.276		
18:3 undifferentiated.....g	0.042		0	FLA	4		0.012		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:5 n-3.....g	0.000		0	FLA	4		0.000		
22:5 n-3.....g	0.000		0	FLA	4		0.000		
22:6 n-3.....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08087

Cereals ready-to-eat, GENERAL MILLS, Multi-Grain Cheerios

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
24:0.....g									
Fatty acids, total monounsaturated.....g	0.982		0	FLA	4		0.295		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		0	FLA	4		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.972		0	FLA	4		0.292		
20:1.....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.499		0	FLA	4		0.150		
18:2 undifferentiated.....g	0.469		0	FLA	4		0.141		
18:3 undifferentiated.....g	0.030		0	FLA	4		0.009		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:5 n-3.....g	0.000		0	FLA	4		0.000		
22:5 n-3.....g	0.000		0	FLA	4		0.000		
22:6 n-3.....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08277

Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.115		0	FLA	4		1.163		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0	FLA	4		0.003		
17:1.....g									
18:1 undifferentiated.....g	2.097		0	FLA	4		1.153		
20:1.....g	0.014		0	FLA	4		0.007		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.142		0	FLA	4		0.628		
18:2 undifferentiated.....g	1.092		0	FLA	4		0.600		
18:3 undifferentiated.....g	0.050		0	FLA	4		0.028		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:5 n-3.....g	0.000		0	FLA	4		0.000		
22:5 n-3.....g	0.000		0	FLA	4		0.000		
22:6 n-3.....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000		
Carotene, alpha.....mcg	0		0	BFZN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 55g: .667 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08372

Cereals ready-to-eat, GENERAL MILLS, NESQUICK CHOCOLATE

General Mills Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.04		1	MA	12				
Energy.....kcal	407		0	MC	9				
Energy.....kj	1703		0	MC	9				
Protein (N x 6.25).....g	5.00		1	MA	12				
Total lipid (fat).....g	5.40		0	NR	4				
Ash.....g	3.05		1	MA	12				
Carbohydrate, by difference.....g	85.00		0	MC	9				
Fiber, total dietary.....g	0.0		1	MA	12				
Sugars, total.....g	41.00		1	MA	12				
Starch.....g									
Minerals:									
* Calcium, Ca.....mg	333		0	MC	9				
* Iron, Fe.....mg	15.00		0	MC	9				
Magnesium, Mg.....mg	27		0	MC	9				
Phosphorus, P.....mg	133		0	MC	9				
Potassium, K.....mg	223		1	MA	12				
Sodium, Na.....mg	615		1	MA	12				
* Zinc, Zn.....mg	12.50		0	MC	9				
Copper, Cu.....mg	0.133		0	MC	9				
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
* Vitamin C, total ascorbic acid.....mg	20.0		0	MC	9				
* Thiamin.....mg	1.250		0	MC	9				
* Riboflavin.....mg	1.420		0	MC	9				
* Niacin.....mg	16.700		0	MC	9				
Pantothenic acid.....mg									
* Vitamin B-6.....mg	1.670		0	MC	9				
* Folate, total.....mcg	333		0	MC	9				
Folic acid.....mcg	314		0	NC	4				
Folate, food.....mcg	19		0	NR	4				
Folate, DFE.....mcg_DFE	553		0	NC	4				
* Vitamin B-12.....mcg	5.00		0	MC	9				
* Vitamin A, IU.....IU	1667		0	MC	9				
Vitamin A, RAE.....mcg_RAE	501		0	NC	4				
Retinol.....mcg	501		0	NC	4				
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
* Vitamin D.....IU	133.000		0	MC	9				
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.300		1	MA	12				
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9				
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

NDB No. 08372

Cereals ready-to-eat, GENERAL MILLS, NESQUICK CHOCOLATE

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08202

Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP WITH ALMONDS

General Mills Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.32		1	MA	12		1.28		
Energy.....kcal	397		0	MC	9		218		
Energy.....kj	1661		0	MC	9		914		
Protein (N x 6.25).....g	10.00		1	MA	12		5.50		
Total lipid (fat).....g	8.40		0	NR	4		4.62		
Ash.....g	2.45		1	MA	12		1.35		
Carbohydrate, by difference.....g	76.00		0	MC	9		41.80		
Fiber, total dietary.....g	8.0		1	MA	12		4.4		
Sugars, total.....g	28.00		1	MA	12		15.40		
Starch.....g									
Minerals:									
* Calcium, Ca.....mg	36		0	MC	9		20		
* Iron, Fe.....mg	8.20		0	MC	9		4.51		
Magnesium, Mg.....mg	109		0	MC	9		60		
Phosphorus, P.....mg	273		0	MC	9		150		
Potassium, K.....mg	335		1	MA	12		184		
Sodium, Na.....mg	430		1	MA	12		237		
* Zinc, Zn.....mg	6.80		0	MC	9		3.74		
Copper, Cu.....mg	0.218		1	MC	9		0.120		
Manganese, Mn.....mg	2.014		0	FLM	4		1.108		
Selenium, Se.....mcg	17.3		0	BFZN	4		9.5		
Vitamins:									
* Vitamin C, total ascorbic acid.....mg	11.0		0	MC	9		6.1		
* Thiamin.....mg	0.680		0	MC	9		0.374		
* Riboflavin.....mg	0.770		0	MC	9		0.424		
* Niacin.....mg	9.100		0	MC	9		5.005		
Pantothenic acid.....mg	0.635		0	FLM	4		0.349		
* Vitamin B-6.....mg	0.910		0	MC	9		0.501		
* Folate, total.....mcg	182		0	MC	9		100		
Folic acid.....mcg	163		0	NC	4		90		
Folate, food.....mcg	19		0	CAAN	4		10		
Folate, DFE.....mcg_DFE	296		0	NC	4		163		
* Vitamin B-12.....mcg	2.70		0	MC	9		1.49		
Vitamin A, IU.....IU	0		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	3.46		0	FLA	4		1.91		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	0.000		0	MC	9		0.000		
Vitamin K (phylloquinone).....mcg	1.4		0	FLA	4		0.8		
Lipids:									
Fatty acids, total saturated.....g	1.100		1	MA	12		0.605		
4:0.....g	0.000		0	FLA	4		0.000		
6:0.....g	0.000		0	FLA	4		0.000		
8:0.....g	0.004		0	FLA	4		0.002		
10:0.....g	0.000		0	FLA	4		0.000		
12:0.....g	0.008		0	FLA	4		0.004		
13:0.....g	0.000		0	FLA	4		0.000		
14:0.....g	0.005		0	FLA	4		0.003		
15:0.....g	0.000		0	FLA	4		0.000		
16:0.....g	0.917		0	FLA	4		0.505		
17:0.....g	0.000		0	FLA	4		0.000		
18:0.....g	0.131		0	FLA	4		0.072		
20:0.....g	0.000		0	FLA	4		0.000		
22:0.....g	0.000		0	FLA	4		0.000		
24:0.....g	0.000		0	FLA	4		0.000		

NDB No. 08202

Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP WITH ALMONDS

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.435		0	FLA	4		2.439		
14:1.....g	0.000		0	FLA	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.034		0	FLA	4		0.019		
17:1.....g									
18:1 undifferentiated.....g	4.401		0	FLA	4		2.420		
20:1.....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g	0.000		0	FLA	4		0.000		
Fatty acids, total polyunsaturated.....g	2.137		0	FLA	4		1.175		
18:2 undifferentiated.....g	2.101		0	FLA	4		1.156		
18:3 undifferentiated.....g	0.035		0	FLA	4		0.019		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLA	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:5 n-3.....g	0.000		0	FLA	4		0.000		
22:5 n-3.....g	0.000		0	FLA	4		0.000		
22:6 n-3.....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 55g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08190

Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP WITH APPLES

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.429		0	FLA	4		0.786		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009		0	FLA	4		0.005		
17:1.....g									
18:1 undifferentiated.....g	1.420		0	FLA	4		0.781		
20:1.....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.213		0	FLA	4		0.667		
18:2 undifferentiated.....g	1.156		0	FLA	4		0.636		
18:3 undifferentiated.....g	0.057		0	FLA	4		0.031		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:5 n-3.....g	0.000		0	FLA	4		0.000		
22:5 n-3.....g	0.000		0	FLA	4		0.000		
22:6 n-3.....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 55g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08245

Cereals ready-to-eat, GENERAL MILLS, Oatmeal Raisin Crisp

General Mills Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	5.83		1	MA	12		3.21		
Energy.....kcal	370		0	MC	9		204		
Energy.....kj	1548		0	MC	9		851		
Protein (N x 6.25).....g	9.00		1	MA	12		4.95		
Total lipid (fat).....g	3.70		0	NR	4		2.04		
Ash.....g	2.36		1	MA	12		1.30		
Carbohydrate, by difference.....g	81.00		0	MC	9		44.55		
Fiber, total dietary.....g	7.0		1	MA	12		3.9		
Sugars, total.....g	32.00		1	MA	12		17.60		
Starch.....g									
Minerals:									
* Calcium, Ca.....mg	36		0	MC	9		20		
* Iron, Fe.....mg	8.20		0	MC	9		4.51		
Magnesium, Mg.....mg	73		0	MC	9		40		
Phosphorus, P.....mg	182		0	MC	9		100		
Potassium, K.....mg	363		1	MA	12		200		
Sodium, Na.....mg	392		1	MA	12		216		
* Zinc, Zn.....mg	6.82		0	MC	9		3.75		
Copper, Cu.....mg	0.145		0	MC	9		0.080		
Manganese, Mn.....mg									
Selenium, Se.....mcg	17.3		0	BFZN	4		9.5		
Vitamins:									
* Vitamin C, total ascorbic acid.....mg	11.0		0	MC	9		6.1		
* Thiamin.....mg	0.680		0	MC	9		0.374		
* Riboflavin.....mg	0.770		0	MC	9		0.424		
* Niacin.....mg	9.100		0	MC	9		5.005		
Pantothenic acid.....mg	0.619		0	FLM	4		0.340		
* Vitamin B-6.....mg	0.910		0	MC	9		0.501		
* Folate, total.....mcg	182		0	MC	9		100		
Folic acid.....mcg	163		0	NC	4		90		
Folate, food.....mcg	19		0	CAAN	4		10		
Folate, DFE.....mcg_DFE	296		0	NC	4		163		
* Vitamin B-12.....mcg	2.70		0	MC	9		1.49		
Vitamin A, IU.....IU	0		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	2.46		0	MC	9		1.36		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	0.000		0	MC	9		0.000		
Vitamin K (phylloquinone).....mcg	1.8		0	FLA	4		1.0		
Lipids:									
Fatty acids, total saturated.....g	0.800		1	MA	12		0.440		
4:0.....g	0.000		0	FLA	4		0.000		
6:0.....g	0.000		0	FLA	4		0.000		
8:0.....g	0.000		0	FLA	4		0.000		
10:0.....g	0.000		0	FLA	4		0.000		
12:0.....g	0.014		0	FLA	4		0.008		
13:0.....g	0.000		0	FLA	4		0.000		
14:0.....g	0.007		0	FLA	4		0.004		
15:0.....g	0.000		0	FLA	4		0.000		
16:0.....g	0.676		0	FLA	4		0.372		
17:0.....g	0.000		0	FLA	4		0.000		
18:0.....g	0.046		0	FLA	4		0.025		
20:0.....g	0.000		0	FLA	4		0.000		
22:0.....g	0.000		0	FLA	4		0.000		
24:0.....g	0.000		0	FLA	4		0.000		

NDB No. 08245

Cereals ready-to-eat, GENERAL MILLS, Oatmeal Raisin Crisp

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.267		0	FLA	4		0.697		
14:1.....g	0.000		0	FLA	4		0.000		
15:1.....g	0.000		0	FLA	4		0.000		
16:1 undifferentiated.....g	0.007		0	FLA	4		0.004		
17:1.....g	0.000		0	FLA	4		0.000		
18:1 undifferentiated.....g	1.260		0	FLA	4		0.693		
20:1.....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g	0.000		0	FLA	4		0.000		
Fatty acids, total polyunsaturated.....g	1.147		0	FLA	4		0.631		
18:2 undifferentiated.....g	1.099		0	FLA	4		0.604		
18:3 undifferentiated.....g	0.048		0	FLA	4		0.027		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLA	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:5 n-3.....g	0.000		0	FLA	4		0.000		
22:5 n-3.....g	0.000		0	FLA	4		0.000		
22:6 n-3.....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 55g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08368

Cereals ready-to-eat, GENERAL MILLS, PARA SU FAMILIA Cinnamon Corn Stars

General Mills Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.16		1	MA	12				
Energy.....kcal	386		0	MC	9				
Energy.....kj	1615		0	MC	9				
Protein (N x 6.25).....g	5.00		1	MA	12				
Total lipid (fat).....g	2.90		0	NR	4				
Ash.....g	3.20		1	MA	12				
Carbohydrate, by difference.....g	87.00		0	MC	9				
Fiber, total dietary.....g	1.0		1	MA	12				
Sugars, total.....g	21.00		1	MA	12				
Starch.....g									
Minerals:									
* Calcium, Ca.....mg	333		0	MC	9				
* Iron, Fe.....mg	27.00		0	MC	9				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	67		0	MC	9				
Potassium, K.....mg	84		1	MA	12				
Sodium, Na.....mg	792		1	MA	12				
* Zinc, Zn.....mg	12.50		0	MC	9				
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
* Vitamin C, total ascorbic acid.....mg	20.0		0	MC	9				
* Thiamin.....mg	1.250		0	MC	9				
* Riboflavin.....mg	1.420		0	MC	9				
* Niacin.....mg	16.700		0	MC	9				
Pantothenic acid.....mg									
* Vitamin B-6.....mg	1.670		0	MC	9				
* Folate, total.....mcg	667		0	MC	9				
Folate, DFE.....mcg_DFE									
* Vitamin B-12.....mcg	5.00		0	MC	9				
* Vitamin A, IU.....IU	1667		0	MC	9				
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
* Vitamin D.....IU	133.000		0	MC	9				
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.500		1	MA	12				
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9				
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08368

Cereals ready-to-eat, GENERAL MILLS, PARA SU FAMILIA Cinnamon Corn Stars

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08371

Cereals ready-to-eat, GENERAL MILLS, PARA SU FAMILIA Raisin Bran

General Mills Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	8.08		1	MA	12				
Energy.....kcal	309		0	MC	9				
Energy.....kj	1293		0	MC	9				
Protein (N x 6.25).....g	9.00		1	MA	12				
Total lipid (fat).....g	2.30		0	NR	4				
Ash.....g	6.72		1	MA	12				
Carbohydrate, by difference.....g	74.00		0	MC	9				
Fiber, total dietary.....g	12.0		1	MA	12				
Sugars, total.....g	20.00		1	MA	12				
Starch.....g									
Minerals:									
* Calcium, Ca.....mg	1273		0	MC	9				
* Iron, Fe.....mg	32.70		0	MC	9				
Magnesium, Mg.....mg	73		0	MC	9				
Phosphorus, P.....mg	273		0	MC	9				
Potassium, K.....mg	598		1	MA	12				
Sodium, Na.....mg	585		0	MC	9				
* Zinc, Zn.....mg	13.60		0	MC	9				
Copper, Cu.....mg	0.364		0	MC	9				
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9				
* Thiamin.....mg	0.680		0	MC	9				
* Riboflavin.....mg	1.550		0	MC	9				
* Niacin.....mg	18.200		0	MC	9				
Pantothenic acid.....mg									
* Vitamin B-6.....mg	1.820		0	MC	9				
* Folate, total.....mcg	727		0	MC	9				
Folic acid.....mcg	708		0	NC	4				
Folate, food.....mcg	19		0	CAAN	4				
Folate, DFE.....mcg_DFE	1223		0	NC	4				
* Vitamin B-12.....mcg	2.70		0	MC	9				
* Vitamin A, IU.....IU	909		0	MC	9				
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
* Vitamin D.....IU	73.000		0	MC	9				
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.500		1	MA	12				
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9				
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

NDB No. 08371

Cereals ready-to-eat, GENERAL MILLS, PARA SU FAMILIA Raisin Bran

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08261

Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN

General Mills Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	4.50		3	MA	12		2.48		
Energy.....kcal	380		0	MC	9		209		
Energy.....kj	1590				9		874		
Protein (N x 6.25).....g	9.39		3	MA	12		5.16		
Total lipid (fat).....g	8.00		3	MA	12		4.40		
Ash.....g	2.66		3	MA	12		1.46		
Carbohydrate, by difference.....g	75.37		0	MC	9		41.45		
Fiber, total dietary.....g	9.2		3	MA	12		5.1		
Sugars, total.....g	29.00		1	MA	12		15.95		
Starch.....g									
Minerals:									
* Calcium, Ca.....mg	36		0	MC	9		20		
* Iron, Fe.....mg	8.20		0	MC	9		4.51		
Magnesium, Mg.....mg	73		0	MC	9		40		
Phosphorus, P.....mg	273		0	MC	9		150		
Potassium, K.....mg	433		1	MA	12		238		
Sodium, Na.....mg	455		1	MA	12		250		
* Zinc, Zn.....mg	6.80		0	MC	9		3.74		
Copper, Cu.....mg	0.291		0	MC	9		0.160		
Manganese, Mn.....mg	2.373		0	FLM	4		1.305		
Selenium, Se.....mcg	7.0		0	BFZN	4		3.9		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
* Thiamin.....mg	0.680		0	MC	9		0.374		
* Riboflavin.....mg	0.770		0	MC	9		0.424		
* Niacin.....mg	9.100		0	MC	9		5.005		
Pantothenic acid.....mg	0.613		0	FLM	4		0.337		
* Vitamin B-6.....mg	0.910		0	MC	9		0.501		
* Folate, total.....mcg	182		0	MC	9		100		
Folic acid.....mcg	163		0	NC	4		90		
Folate, food.....mcg	19		0	CAAN	4		10		
Folate, DFE.....mcg_DFE	296		0	NC	4		163		
* Vitamin B-12.....mcg	2.70		0	MC	9		1.49		
Vitamin A, IU.....IU	0		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	3.70		0	FLM	4		2.03		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	0.000		0	MC	9		0.000		
Vitamin K (phylloquinone).....mcg	2.1		0	FLA	4		1.2		
Lipids:									
Fatty acids, total saturated.....g	1.400		1	MA	12		0.770		
4:0.....g	0.000		0	FLA	4		0.000		
6:0.....g	0.000		0	FLA	4		0.000		
8:0.....g	0.001		0	FLA	4		0.001		
10:0.....g	0.000		0	FLA	4		0.000		
12:0.....g	0.001		0	FLA	4		0.001		
13:0.....g	0.000		0	FLA	4		0.000		
14:0.....g	0.019		0	FLA	4		0.011		
15:0.....g	0.000		0	FLA	4		0.000		
16:0.....g	1.134		0	FLA	4		0.624		
17:0.....g	0.000		0	FLA	4		0.000		
18:0.....g	0.226		0	FLA	4		0.125		
20:0.....g	0.000		0	FLA	4		0.000		
22:0.....g	0.000		0	FLA	4		0.000		
24:0.....g	0.000		0	FLA	4		0.000		

NDB No. 08261

Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.291		0	FLA	4		2.360		
14:1.....g	0.000		0	FLA	4		0.000		
15:1.....g	0.000		0	FLA	4		0.000		
16:1 undifferentiated.....g	0.044		0	FLA	4		0.024		
17:1.....g	0.000		0	FLA	4		0.000		
18:1 undifferentiated.....g	4.247		0	FLA	4		2.336		
20:1.....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g	0.000		0	FLA	4		0.000		
Fatty acids, total polyunsaturated.....g	1.598		0	FLA	4		0.879		
18:2 undifferentiated.....g	1.509		0	FLA	4		0.830		
18:3 undifferentiated.....g	0.089		0	FLA	4		0.049		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLA	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:4 undifferentiated.....g	0.001		0	FLA	4		0.001		
20:5 n-3.....g	0.000		0	FLA	4		0.000		
22:5 n-3.....g	0.000		0	FLA	4		0.000		
22:6 n-3.....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 55g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08194

Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS

General Mills Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.99		1	MA	12		0.90		
Energy.....kcal	425		0	MC	9		128		
Energy.....kj	1778		0	MC	9		533		
Protein (N x 6.25).....g	6.00		1	MA	12		1.80		
Total lipid (fat).....g	9.70		0	NR	4		2.91		
Ash.....g	2.82		1	MA	12		0.85		
Carbohydrate, by difference.....g	78.00		0	MC	9		23.40		
Fiber, total dietary.....g	0.0		1	MA	12		0.0		
Sugars, total.....g	38.70		1	MA	12		11.61		
Starch.....g									
Minerals:									
* Calcium, Ca.....mg	333		0	MC	9		100		
* Iron, Fe.....mg	15.00		0	MC	9		4.50		
Magnesium, Mg.....mg	53		1	MA	12		16		
Phosphorus, P.....mg	67		0	MC	9		20		
Potassium, K.....mg	139		1	MA	12		42		
Sodium, Na.....mg	555		1	MA	12		167		
* Zinc, Zn.....mg	12.50		0	MC	9		3.75		
Copper, Cu.....mg	0.210		1	MA	12		0.063		
Manganese, Mn.....mg	0.976		0	FLM	4		0.293		
Selenium, Se.....mcg	6.5		0	BFZN	4		2.0		
Vitamins:									
* Vitamin C, total ascorbic acid.....mg	20.0		0	MC	9		6.0		
* Thiamin.....mg	1.250		0	MC	9		0.375		
* Riboflavin.....mg	1.420		0	MC	9		0.426		
* Niacin.....mg	16.700		0	MC	9		5.010		
Pantothenic acid.....mg	0.463		0	FLM	4		0.139		
* Vitamin B-6.....mg	1.670		0	MC	9		0.501		
* Folate, total.....mcg	333		0	MC	9		100		
Folic acid.....mcg	314		0	NC	4		94		
Folate, food.....mcg	19		0	CAAN	4		6		
Folate, DFE.....mcg_DFE	553		0	NC	4		166		
* Vitamin B-12.....mcg	5.00		0	MC	9		1.50		
Vitamin A, IU.....IU	1668		0	FLM	4		501		
Vitamin A, RAE.....mcg_RAE	501		0	NC	4		150		
Retinol.....mcg	474		0	FLM	4		142		
Vitamin E (alpha-tocopherol).....mg	1.20		0	FLM	4		0.36		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
* Vitamin D.....IU	133.000		0	MC	9		39.900		
Vitamin K (phylloquinone).....mcg	1.0		0	FLM	4		0.3		
Lipids:									
Fatty acids, total saturated.....g	1.900		1	MA	12		0.570		
4:0.....g	0.000		0	FLM	4		0.000		
6:0.....g	0.000		0	FLM	4		0.000		
8:0.....g	0.000		0	FLM	4		0.000		
10:0.....g	0.000		0	FLM	4		0.000		
12:0.....g	0.015		0	FLM	4		0.004		
13:0.....g									
14:0.....g	0.028		0	FLM	4		0.008		
15:0.....g									
16:0.....g	1.259		0	FLM	4		0.378		
17:0.....g									
18:0.....g	0.307		0	FLM	4		0.092		
20:0.....g	0.072		0	FLM	4		0.022		
22:0.....g	0.159		0	FLM	4		0.048		
24:0.....g	0.051		0	FLM	4		0.015		

NDB No. 08194

Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.143		0	FLM	4		1.243		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.014		0	FLM	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	4.058		0	FLM	4		1.217		
20:1.....g	0.072		0	FLM	4		0.022		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.010		0	FLM	4		0.903		
18:2 undifferentiated.....g	2.911		0	FLM	4		0.873		
18:3 undifferentiated.....g	0.099		0	FLM	4		0.030		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	1		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	39		0	FLM	4		11.773		
Carotene, alpha.....mcg	26		0	FLM	4		7.707		
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000		
Lycopene.....mcg	0		0	FLM	4		0.000		
Lutein + zeaxanthin.....mcg	550		0	FLM	4		164.970		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08370

Cereals ready-to-eat, GENERAL MILLS, RICE CRUNCHINS

General Mills Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.95		1	MA	12				
Energy.....kcal	381		0	NC	4				
Energy.....kj	1594		0	NC	4				
Protein (N x 6.25).....g	7.00		1	MA	12				
Total lipid (fat).....g	1.00		0	NR	4				
Ash.....g	2.47		1	MA	12				
Carbohydrate, by difference.....g	86.00		0	MC	9				
Fiber, total dietary.....g	0.0		1	MA	12				
Sugars, total.....g	9.00		1	MA	12				
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		0	MC	9				
* Iron, Fe.....mg	6.00		0	MC	9				
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	106		1	MA	12				
Sodium, Na.....mg	903		1	MA	12				
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
* Vitamin C, total ascorbic acid.....mg	50.0		0	MC	9				
* Thiamin.....mg	1.500		0	MC	9				
* Riboflavin.....mg	1.700		0	MC	9				
* Niacin.....mg	20.000		0	MC	9				
Pantothenic acid.....mg									
* Vitamin B-6.....mg	1.670		0	MC	9				
* Folate, total.....mcg	400		0	MC	9				
Folic acid.....mcg									
Folate, food.....mcg	4		0	CAAN	4				
Folate, DFE.....mcg_DFE									
* Vitamin B-12.....mcg	6.00		0	MC	9				
* Vitamin A, IU.....IU	2500		0	MC	9				
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
* Vitamin D.....IU	133.000		0	MC	9				
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.400		1	MA	12				
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9				
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

NDB No. 08370

Cereals ready-to-eat, GENERAL MILLS, RICE CRUNCHINS

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08064

Cereals ready-to-eat, GENERAL MILLS, Rice CHEX

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.217		0	FLM	4		0.067		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	FLM	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.215		0	FLM	4		0.067		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.222		0	FLM	4		0.069		
18:2 undifferentiated.....g	0.183		0	FLM	4		0.057		
18:3 undifferentiated.....g	0.039		0	FLM	4		0.012		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: 1.25 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08367

Cereals ready-to-eat, GENERAL MILLS, SUNRISE

General Mills Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.56		1	MA	12				
Energy.....kcal	380		0	MC	9				
Energy.....kj	1590		0	MC	9				
Protein (N x 6.25).....g	6.00		1	MA	12				
Total lipid (fat).....g	2.50		0	NR	4				
Ash.....g	2.06		1	MA	12				
Carbohydrate, by difference.....g	87.00		0	MC	9				
Fiber, total dietary.....g	4.0		1	MA	12				
Sugars, total.....g	33.00		1	MA	12				
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		0	MC	9				
* Iron, Fe.....mg	15.00		0	MC	9				
Magnesium, Mg.....mg	27		0	MC	9				
Phosphorus, P.....mg	67		0	MC	9				
Potassium, K.....mg	150		1	MA	12				
Sodium, Na.....mg	610		1	MA	12				
* Zinc, Zn.....mg	12.50		0	MC	9				
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
* Vitamin C, total ascorbic acid.....mg	20.0		0	MC	9				
* Thiamin.....mg	0.100		0	MC	9				
* Riboflavin.....mg	1.420		0	MC	9				
* Niacin.....mg	16.700		0	MC	9				
Pantothenic acid.....mg									
* Vitamin B-6.....mg	1.670		0	MC	9				
* Folate, total.....mcg	333		0	MC	9				
Folic acid.....mcg	314		0	NC	4				
Folate, food.....mcg	19		0	CAAN	4				
Folate, DFE.....mcg_DFE	553		0	NC	4				
Vitamin B-12.....mcg									
* Vitamin A, IU.....IU	0		0	MC	9				
Vitamin A, RAE.....mcg_RAE	0		0	NC	4				
Retinol.....mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	0.000		0	MC	9				
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.400		1	MA	12				
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9				
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

NDB No. 08367

Cereals ready-to-eat, GENERAL MILLS, SUNRISE

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08399

Cereals ready-to-eat, GENERAL MILLS, TOTAL Brown Sugar and Oat

General Mills Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.50		1	MA	12				
Energy.....kcal	339		0	MC	9				
Energy.....kj	1418		0	MC	9				
Protein (N x 6.25).....g	6.40		1	MA	12				
Total lipid (fat).....g	2.30		0	NR	4				
Ash.....g	11.90		1	MA	12				
Carbohydrate, by difference.....g	76.30		0	MC	9				
Fiber, total dietary.....g	4.0		1	MA	12				
Sugars, total.....g	31.00		1	MA	12				
Starch.....g									
Minerals:									
* Calcium, Ca.....mg	3333		0	MC	9				
* Iron, Fe.....mg	60.00		0	MC	9				
Magnesium, Mg.....mg	53		0	MC	9				
Phosphorus, P.....mg	200		0	MC	9				
Potassium, K.....mg	223		1	MA	12				
Sodium, Na.....mg	636		1	MA	12				
* Zinc, Zn.....mg	50.00		0	MC	9				
Copper, Cu.....mg	0.133		0	MC	9				
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
* Vitamin C, total ascorbic acid.....mg	200.0		0	MC	9				
* Thiamin.....mg	5.000		0	MC	9				
* Riboflavin.....mg	5.670		0	MC	9				
* Niacin.....mg	66.700		0	MC	9				
Pantothenic acid.....mg	33.300		0	MC	9				
* Vitamin B-6.....mg	6.670		0	MC	9				
* Folate, total.....mcg	1333		0	MC	9				
Folate, DFE.....mcg_DFE									
* Vitamin B-12.....mcg	20.00		0	MC	9				
* Vitamin A, IU.....IU	1667		0	MC	9				
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
* Vitamin D.....IU	133.000		0	MC	9				
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.500		1	MA	12				
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9				
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08399

Cereals ready-to-eat, GENERAL MILLS, TOTAL Brown Sugar and Oat

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08246

Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.214		0	FLA	4		0.064		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	FLA	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.212		0	FLA	4		0.064		
20:1.....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.368		0	FLA	4		0.110		
18:2 undifferentiated.....g	0.358		0	FLA	4		0.107		
18:3 undifferentiated.....g	0.011		0	FLA	4		0.003		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:5 n-3.....g	0.000		0	FLA	4		0.000		
22:5 n-3.....g	0.000		0	FLA	4		0.000		
22:6 n-3.....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	70		0	FLA	4		20.926		
Carotene, alpha.....mcg	46		0	FLA	4		13.698		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	977		0	FLA	4		293.217		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1.333 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08247

Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.270		0	FLA	4		0.149		
14:1.....g	0.000		0	FLA	4		0.000		
15:1.....g	0.000		0	FLA	4		0.000		
16:1 undifferentiated.....g	0.014		0	FLA	4		0.008		
17:1.....g	0.000		0	FLA	4		0.000		
18:1 undifferentiated.....g	0.257		0	FLA	4		0.141		
20:1.....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.952		0	FLA	4		0.524		
18:2 undifferentiated.....g	0.877		0	FLA	4		0.482		
18:3 undifferentiated.....g	0.073		0	FLA	4		0.040		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLA	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:4 undifferentiated.....g	0.002		0	FLA	4		0.001		
20:5 n-3.....g	0.000		0	FLA	4		0.000		
22:5 n-3.....g	0.000		0	FLA	4		0.000		
22:6 n-3.....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 55g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08078

Cereals ready-to-eat, GENERAL MILLS, TRIX

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.988		0	FLA	4		0.597		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.015		0	FLA	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	1.974		0	FLA	4		0.592		
20:1.....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.912		0	FLA	4		0.273		
18:2 undifferentiated.....g	0.862		0	FLA	4		0.259		
18:3 undifferentiated.....g	0.049		0	FLA	4		0.015		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:5 n-3.....g	0.000		0	FLA	4		0.000		
22:5 n-3.....g	0.000		0	FLA	4		0.000		
22:6 n-3.....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08089

Cereals ready-to-eat, GENERAL MILLS, WHEATIES

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.952		0	FLA	4		0.286		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.015		0	FLA	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.938		0	FLA	4		0.281		
20:1.....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.166		0	FLA	4		0.350		
18:2 undifferentiated.....g	1.094		0	FLA	4		0.328		
18:3 undifferentiated.....g	0.071		0	FLA	4		0.021		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0	FLA	4		0.000		
20:5 n-3.....g	0.000		0	FLA	4		0.000		
22:5 n-3.....g	0.000		0	FLA	4		0.000		
22:6 n-3.....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08026

Cereals ready-to-eat, GENERAL MILLS, WHEATIES Raisin Bran

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.169		0	FLM	4		0.093		
14:1.....g	0.000		0	FLM	4		0.000		
15:1.....g	0.000		0	FLM	4		0.000		
16:1 undifferentiated.....g	0.008		0	FLM	4		0.005		
17:1.....g	0.000		0	FLM	4		0.000		
18:1 undifferentiated.....g	0.160		0	FLM	4		0.088		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.644		0	FLM	4		0.354		
18:2 undifferentiated.....g	0.597		0	FLM	4		0.328		
18:3 undifferentiated.....g	0.046		0	FLM	4		0.025		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLM	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:4 undifferentiated.....g	0.001		0	FLM	4		0.001		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 55g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08082

Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.263		0	FLA	4		0.079		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		0	FLA	4		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.254		0	FLA	4		0.076		
20:1.....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.807		0	FLA	4		0.242		
18:2 undifferentiated.....g	0.752		0	FLA	4		0.226		
18:3 undifferentiated.....g	0.054		0	FLA	4		0.016		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0	FLA	4		0.000		
20:5 n-3.....g	0.000		0	FLA	4		0.000		
22:5 n-3.....g	0.000		0	FLA	4		0.000		
22:6 n-3.....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08077

Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL

General Mills Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.84		1	MA	12		0.85		
Energy.....kcal	324		0	MC	9		97		
Energy.....kj	1356		0	MC	9		407		
Protein (N x 6.25).....g	8.00		1	MA	12		2.40		
Total lipid (fat).....g	2.50		0	NR	4		0.75		
Ash.....g	10.07		1	MA	12		3.02		
Carbohydrate, by difference.....g	75.00		0	MC	9		22.50		
Fiber, total dietary.....g	8.0		1	MA	12		2.4		
Sugars, total.....g	17.00		1	MA	12		5.10		
Starch.....g									
Minerals:									
* Calcium, Ca.....mg	3333		0	MC	9		1000		
* Iron, Fe.....mg	60.00		0	MC	9		18.00		
Magnesium, Mg.....mg	80		0	MC	9		24		
Phosphorus, P.....mg	267		0	MC	9		80		
Potassium, K.....mg	298		1	MA	12		89		
Sodium, Na.....mg	639		1	MA	12		192		
* Zinc, Zn.....mg	50.00		0	MC	9		15.00		
Copper, Cu.....mg	0.267		0	MC	9		0.080		
Manganese, Mn.....mg	3.960		1	A	1		1.188		
Selenium, Se.....mcg	3.9	1.800	4	JA	6		1.2		
Vitamins:									
* Vitamin C, total ascorbic acid.....mg	200.0		0	MC	9		60.0		
* Thiamin.....mg	5.000		0	MC	9		1.500		
* Riboflavin.....mg	5.670		0	MC	9		1.701		
* Niacin.....mg	66.700		0	MC	9		20.010		
Pantothenic acid.....mg	9.980		1	A	1		2.994		
* Vitamin B-6.....mg	6.670		0	MC	9		2.001		
* Folate, total.....mcg	1333		0	MC	9		400		
Folic acid.....mcg	1314		0	NC	4		394		
Folate, food.....mcg	19		0	CAAN	4		6		
Folate, DFE.....mcg_DFE	2253		0	NC	4		676		
* Vitamin B-12.....mcg	20.00		0	MC	9		6.00		
* Vitamin A, IU.....IU	1667		0	MC	9		500		
Vitamin A, RAE.....mcg_RAE	501		0	NC	4		150		
Retinol.....mcg	501		0	NC	4		150		
Vitamin E (alpha-tocopherol).....mg	67.11		0	MC	9		20.13		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
* Vitamin D.....IU	133.000		0	MC	9		39.900		
Vitamin K (phylloquinone).....mcg	0.6		1	A	1		0.2		
Lipids:									
Fatty acids, total saturated.....g	0.530		0	NC	4		0.159		
4:0.....g	0.000		0	FLA	4		0.000		
6:0.....g	0.000		0	FLA	4		0.000		
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.000		1	A	1		0.000		
15:0.....g	0.000		1	A	1		0.000		
16:0.....g	0.380		1	A	1		0.114		
17:0.....g	0.000		1	A	1		0.000		
18:0.....g	0.150		1	A	1		0.045		
20:0.....g	0.000		1	A	1		0.000		
22:0.....g	0.000		1	A	1		0.000		
24:0.....g	0.000		1	A	1		0.000		

NDB No. 08077

Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.410		0	NC	4		0.123		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.000		1	A	1		0.000		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	0.400		1	A	1		0.120		
20:1.....g	0.010		1	A	1		0.003		
22:1 undifferentiated.....g	0.000		1	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.910		0	NC	4		0.273		
18:2 undifferentiated.....g	0.850		1	A	1		0.255		
18:3 undifferentiated.....g	0.060		1	A	1		0.018		
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c.c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:5 n-3.....g	0.000		1	A	1		0.000		
22:5 n-3.....g	0.000		1	A	1		0.000		
22:6 n-3.....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08290

Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.244				FLC		4		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0	FLM			4		
17:1.....g									
18:1 undifferentiated.....g	0.241		0	FLM			4		
20:1.....g	0.000		0	FLM			4		
22:1 undifferentiated.....g	0.000		0	FLM			4		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.610				FLC		4		
18:2 undifferentiated.....g	0.574		0	FLM			4		
18:3 undifferentiated.....g	0.035		0	FLM			4		
18:4.....g	0.000		0	FLM			4		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0	FLM			4		
20:5 n-3.....g	0.000		0	FLM			4		
22:5 n-3.....g	0.000		0	FLM			4		
22:6 n-3.....g	0.000		0	FLM			4		
Fatty acids, total trans.....g									
Cholesterol.....mg	0				LC		8		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				Z		7		
Caffeine.....mg	0		0	FLM			4		
Theobromine.....mg	0		0	FLM			4		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z			7		
Carotene, alpha.....mcg	0		0	Z			7		
Cryptoxanthin, beta.....mcg	0		0	Z			7		
Lycopene.....mcg	0		0	Z			7		
Lutein + zeaxanthin.....mcg	0		0	Z			7		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08195

Cereals ready-to-eat, HEALTHY CHOICE, KELLOGG'S Almond Crunch with Raisins

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	5.84		0	MC	9		3.21		
Energy.....kcal	360		0	MC	9		198		
Energy.....kj	1506						828		
Protein.....g	8.70		0	MC	9		4.79		
Total lipid (fat).....g	4.66		0	MC	9		2.56		
Ash.....g	2.20		0	MC	9		1.21		
Carbohydrate, by difference.....g	78.60		0	MC	9		43.23		
Fiber, total dietary.....g	8.4		0	MC	9		4.6		
Sugars, total.....g	28.10		0	MC	9		15.46		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	49		0	MC	9		27		
Iron, Fe.....mg	10.90		0	MC	9		6.00		
Magnesium, Mg.....mg	89		0	MC	9		49		
Phosphorus, P.....mg	236		0	MC	9		130		
Potassium, K.....mg	360		0	MC	9		198		
Sodium, Na.....mg	391		0	MC	9		215		
Zinc, Zn.....mg	2.60		0	MC	9		1.43		
Copper, Cu.....mg	0.300		0	MC	9		0.165		
Manganese, Mn.....mg	2.191		0	FLC	4		1.205		
Selenium, Se.....mcg	8.3		0	RA	4		4.6		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		5		0.0		
Thiamin.....mg	0.900		0	MC	9		0.495		
Riboflavin.....mg	1.000		0	MC	9		0.550		
Niacin.....mg	12.100		0	MC	9		6.655		
Pantothenic acid.....mg	6.000		0	MC	9		3.300		
Vitamin B-6.....mg	1.200		0	MC	9		0.660		
Folate, total.....mcg	200		0	MC	9		110		
Folic acid.....mcg	180		0	NC	4		99		
Folate, food.....mcg	20		0	NC	4		11		
Folate, DFE.....mcg_DFE	326		0	NC	4		179		
Vitamin B-12.....mcg	3.60		0	MC	9		1.98		
Vitamin A, IU.....IU	862		0	MC	9		474		
Vitamin A, RAE.....mcg_RAE	258		0	NC	4		142		
Retinol.....mcg	258		0	NC	4		142		
Vitamin E (alpha-tocopherol).....mg	5.20		0	MC	9		2.86		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	137.900		0	MC	9		75.845		
Vitamin K (phylloquinone).....mcg	1.5		0	FLM	4		0.8		
Lipids:									
Fatty acids, total saturated.....g	0.680		0	MC	9		0.374		
4:0.....g	0.000		0	FLM	4		0.000		
6:0.....g	0.000		0	FLM	4		0.000		
8:0.....g	0.007		0	FLM	4		0.004		
10:0.....g	0.000		0	FLM	4		0.000		
12:0.....g	0.002		0	FLM	4		0.001		
13:0.....g	0.000		0	FLM	4		0.000		
14:0.....g	0.003		0	FLM	4		0.002		
15:0.....g	0.000		0	FLM	4		0.000		
16:0.....g	0.570		0	FLM	4		0.314		
17:0.....g	0.000		0	FLM	4		0.000		
18:0.....g	0.079		0	FLM	4		0.044		
20:0.....g	0.000		0	FLM	4		0.000		
22:0.....g	0.000		0	FLM	4		0.000		
24:0.....g	0.000		0	FLM	4		0.000		

NDB No. 08195

Cereals ready-to-eat, HEALTHY CHOICE, KELLOGG'S Almond Crunch with Raisins

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.260		0	MC	9		1.243		
14:1.....g	0.000		0	FLM	4		0.000		
15:1.....g	0.000		0	FLM	4		0.000		
16:1 undifferentiated.....g	0.025		0	FLM	4		0.014		
17:1.....g	0.000		0	FLM	4		0.000		
18:1 undifferentiated.....g	2.235		0	FLM	4		1.229		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated.....g	1.420		0	MC	9		0.781		
18:2 undifferentiated.....g	1.383		0	FLM	4		0.761		
18:3 undifferentiated.....g	0.036		0	FLM	4		0.020		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLM	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:4 undifferentiated.....g	0.001		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		5		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 55g: 1 cup (1 NLEA serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08389

Cereals ready-to-eat, Honey Puffed KASHI by Kellogg

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.80		1	MC		9			
Energy.....kcal	379		0	MC		9			
Energy.....kj	1585		0	MC		9			
Protein (N x 6.25).....g	10.00		1	MC		9			
Total lipid (fat).....g	3.30		1	MC		9			
Ash.....g	0.20		0	MC		9			
Carbohydrate, by difference.....g	83.30		1	MC		9			
Fiber, total dietary.....g	3.7		1	MC		9			
Sugars, total.....g	23.30		1	MC		9			
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg	2.40		1	MC		9			
Magnesium, Mg.....mg									
Phosphorus, P.....mg	267		1	MC		9			
Potassium, K.....mg	267		1	MC		9			
Sodium, Na.....mg	20		1	MC		9			
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.200		1	MC		9			
Riboflavin.....mg	0.110		1	MC		9			
Niacin.....mg	2.700		0	MC		9			
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.130		1	MC		9			
Folate, total.....mcg	27		1	MC		9			
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	MC		9			
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 08389

Cereals ready-to-eat, Honey Puffed KASHI by Kellogg

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08242

Cereals ready-to-eat, JUST RIGHT with Crunchy Nuggets

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.500		0	MC	9		0.275		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0	FLC	4		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.475		0	FLC	4		0.261		
20:1.....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.900		0	MC	9		1.045		
18:2 undifferentiated.....g	1.749		0	FLC	4		0.962		
18:3 undifferentiated.....g	0.073		0	FLC	4		0.040		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3.....g	0.000		0	FLC	4		0.000		
22:5 n-3.....g	0.000		0	FLC	4		0.000		
22:6 n-3.....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 55g: 1 cup (1 NLEA serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08393
Cereals ready-to-eat, KASHI GoLEAN by Kellogg

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.50		1	MC		9			
Energy.....kcal	314		0	MC		9			
Energy.....kj	1312		0	MC		9			
Protein (N x 6.25).....g	21.00		1	MC		9			
Total lipid (fat).....g	3.10		1	MC		9			
Ash.....g	1.40		1	MC		9			
Carbohydrate, by difference.....g	71.00		1	MC		9			
Fiber, total dietary.....g	25.0		1	MC		9			
Sugars, total.....g	17.50		1	MC		9			
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg	3.60		1	MC		9			
Magnesium, Mg.....mg									
Phosphorus, P.....mg	325		1	MC		9			
Potassium, K.....mg	600		1	MC		9			
Sodium, Na.....mg	88		1	MC		9			
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	MC		9			
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08390

Cereals ready-to-eat, KASHI Good Friends by Kellogg

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.50		1	MC		9			
Energy.....kcal	309		0	MC		9			
Energy.....kj	1293		0	MC		9			
Protein (N x 6.25).....g	10.00		1	MC		9			
Total lipid (fat).....g	4.00		1	MC		9			
Ash.....g	1.20		1	MC		9			
Carbohydrate, by difference.....g	81.30		1	MC		9			
Fiber, total dietary.....g	26.7		1	MC		9			
Sugars, total.....g	20.00		1	MC		9			
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg	1.20		1	MC		9			
Magnesium, Mg.....mg									
Phosphorus, P.....mg	333		0	MC		9			
Potassium, K.....mg	400		1	MC		9			
Sodium, Na.....mg	233		1	MC		9			
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.200		1	MC		9			
Riboflavin.....mg	0.110		1	MC		9			
Niacin.....mg	4.000		1	MC		9			
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.270		1	MC		9			
Folate, total.....mcg	27		0	MC		9			
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	MC		9			
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 08390

Cereals ready-to-eat, KASHI Good Friends by Kellogg

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08387

Cereals ready-to-eat, KASHI Heart to Heart by KELLOGG

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.10		1	MC		9			
Energy.....kcal	356		0	MC		9			
Energy.....kj	1490		0	MC		9			
Protein (N x 6.25).....g	13.40		1	MC		9			
Total lipid (fat).....g	4.80		1	MC		9			
Ash.....g	2.00		1	MC		9			
Carbohydrate, by difference.....g	76.70		1	MC		9			
Fiber, total dietary.....g	15.0		1	MC		9			
Sugars, total.....g	15.00		1	MC		9			
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg	5.00		1	MC		9			
Magnesium, Mg.....mg	303		1	MC		9			
Phosphorus, P.....mg	303		1	MC		9			
Potassium, K.....mg	364		1	MC		9			
Sodium, Na.....mg	273		1	MC		9			
Zinc, Zn.....mg	5.00		1	MC		9			
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	91.0		1	MC		9			
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg	6.000		0	MC		9			
Folate, total.....mcg	1212		1	MC		9			
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	18.00		1	MC		9			
Vitamin A, IU.....IU	3788		1	MC		9			
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	MC		9			
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 08387

Cereals ready-to-eat, KASHI Heart to Heart by KELLOGG

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08392

Cereals ready-to-eat, KASHI Medley by Kellogg

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.00		1	MC		9			
Energy.....kcal	378		0	MC		9			
Energy.....kj	1582		0	MC		9			
Protein (N x 6.25).....g	14.00		1	MC		9			
Total lipid (fat).....g	4.00		1	MC		9			
Ash.....g	2.00		1	MC		9			
Carbohydrate, by difference.....g	77.00		1	MC		9			
Fiber, total dietary.....g	6.7		1	MC		9			
Sugars, total.....g	16.70		1	MC		9			
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg	1.20		1	MC		9			
Magnesium, Mg.....mg									
Phosphorus, P.....mg	267		1	MC		9			
Potassium, K.....mg	367		1	MC		9			
Sodium, Na.....mg	167		1	MC		9			
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.400		1	MC		9			
Riboflavin.....mg	0.230		1	MC		9			
Niacin.....mg	4.000		1	MC		9			
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.130		1	MC		9			
Folate, total.....mcg	27		1	MC		9			
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	MC		9			
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 08392

Cereals ready-to-eat, KASHI Medley by Kellogg

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08391

Cereals ready-to-eat, KASHI Pillows by Kellogg, assorted flavors

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	4.50		1	MC		9			
Energy.....kcal	370		0	MC		9			
Energy.....kj	1548		0	MC		9			
Protein (N x 6.25).....g	5.90		1	MC		9			
Total lipid (fat).....g	2.40		1	MC		9			
Ash.....g	2.70		1	MC		9			
Carbohydrate, by difference.....g	84.50		1	MC		9			
Fiber, total dietary.....g	3.6		1	MC		9			
Sugars, total.....g	34.50		1	MC		9			
Starch.....g									
Minerals:									
Calcium, Ca.....mg	36		1	MC		9			
Iron, Fe.....mg	1.30		1	MC		9			
Magnesium, Mg.....mg	182		0	MC		9			
Phosphorus, P.....mg	182		1	MC		9			
Potassium, K.....mg	509		1	MC		9			
Sodium, Na.....mg	91		1	MC		9			
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.060		0	MC		9			
Riboflavin.....mg	0.120		0	MC		9			
Niacin.....mg	2.200		0	MC		9			
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.140		0	MC		9			
Folate, total.....mcg	15		1	MC		9			
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	MC		9			
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 08391

Cereals ready-to-eat, KASHI Pillows by Kellogg, assorted flavors

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08373

Cereals ready-to-eat, KELLOGG'S COUNTRY INN-GREYFIELD BLEND

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	4.00		0	MC		9			
Energy.....kcal	414		0	MC		9			
Energy.....kj	1732		0	MC		9			
Protein (N x 6.25).....g	6.30		0	MC		9			
Total lipid (fat).....g	12.10		0	MC		9			
Ash.....g	3.10		0	MC		9			
Carbohydrate, by difference.....g	74.50		0	MC		9			
Fiber, total dietary.....g	5.4		0	MC		9			
Sugars, total.....g	31.00		0	MC		9			
Starch.....g									
Minerals:									
* Calcium, Ca.....mg	35		0	MC		9			
* Iron, Fe.....mg	14.40		0	MC		9			
Magnesium, Mg.....mg	39		0	MC		9			
Phosphorus, P.....mg	121		0	MC		9			
Potassium, K.....mg	245		0	MC		9			
Sodium, Na.....mg	431		0	MC		9			
* Zinc, Zn.....mg	12.00		0	MC		9			
Copper, Cu.....mg	0.100		0	MC		9			
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
* Vitamin C, total ascorbic acid.....mg	12.0		0	MC		9			
* Thiamin.....mg	1.200		0	MC		9			
* Riboflavin.....mg	1.400		0	MC		9			
* Niacin.....mg	17.000		0	MC		9			
Pantothenic acid.....mg	8.000		0	MC		9			
* Vitamin B-6.....mg	1.700		0	MC		9			
* Folate, total.....mcg	324		0	MC		9			
Folate, DFE.....mcg_DFE									
* Vitamin B-12.....mcg	4.80		0	MC		9			
* Vitamin A, IU.....IU	700		0	MC		9			
Vitamin A, RAE.....mcg_RAE	210		0	NC		4			
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
* Vitamin D.....IU	45.000		0	MC		9			
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.400		0	MC		9			
Fatty acids, total monounsaturated.....g	6.900		0	MC		9			
Fatty acids, total polyunsaturated.....g	3.800		0	MC		9			
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC		9			
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08373

Cereals ready-to-eat, KELLOGG'S COUNTRY INN-GREYFIELD BLEND

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08031

Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.240		0	MC	9		0.122		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		0	FLM	4		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.193		0	FLM	4		0.099		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.000		0	MC	9		0.510		
18:2 undifferentiated.....g	1.027		0	FLM	4		0.524		
18:3 undifferentiated.....g	0.070		0	FLM	4		0.036		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0	FLM	4		0.001		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 51g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08385

Cereals ready-to-eat, KELLOGG'S, SMART START Soy Protein

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	4.00		0	MC		9			
Energy.....kcal	367		0	MC		9			
Energy.....kj	1536		0	MC		9			
Protein (N x 6.25).....g	19.00		0	MC		9			
Total lipid (fat).....g	2.70		0	MC		9			
Ash.....g	1.80		0	O		4			
Carbohydrate, by difference.....g	73.00		0	MC		9			
Fiber, total dietary.....g	7.7		0	MC		9			
Sugars, total.....g	26.00		0	MC		9			
Starch.....g									
Minerals:									
* Calcium, Ca.....mg	109		0	MC		9			
* Iron, Fe.....mg	33.00		0	MC		9			
Magnesium, Mg.....mg	109		0	MC		9			
Phosphorus, P.....mg	272		0	MC		9			
Potassium, K.....mg	745		0	MC		9			
Sodium, Na.....mg	474		0	MC		9			
* Zinc, Zn.....mg	27.20		0	MC		9			
Copper, Cu.....mg	0.360		0	MC		9			
Manganese, Mn.....mg	1.810		0	MC		9			
Selenium, Se.....mcg									
Vitamins:									
* Vitamin C, total ascorbic acid.....mg	27.0		0	MC		9			
* Thiamin.....mg	2.800		0	MC		9			
* Riboflavin.....mg	3.100		0	MC		9			
* Niacin.....mg	36.400		0	MC		9			
Pantothenic acid.....mg	18.200		0	MC		9			
* Vitamin B-6.....mg	3.700		0	MC		9			
* Folate, total.....mcg	730		0	MC		9			
Folate, DFE.....mcg_DFE									
* Vitamin B-12.....mcg	11.00		0	MC		9			
* Vitamin A, IU.....IU	1363		0	MC		9			
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
* Vitamin D.....IU	85.000		0	MC		9			
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.600		0	MC		9			
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC		9			
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08385

Cereals ready-to-eat, KELLOGG'S, SMART START Soy Protein

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08378

Cereals ready-to-eat, KELLOGG, KELLOGG'S Puffed Rice

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.30		0	MC		9			
Energy.....kcal	412		0	MC		9			
Energy.....kj	1724		0	MC		9			
Protein (N x 6.25).....g	8.40		0	MC		9			
Total lipid (fat).....g	1.50		0	MC		9			
Ash.....g	0.60		0	MC		9			
Carbohydrate, by difference.....g	87.20		0	MC		9			
Fiber, total dietary.....g	0.5		0	MC		9			
Sugars, total.....g	0.00		0	MC		9			
Starch.....g									
Minerals:									
Calcium, Ca.....mg	11		0	MC		9			
Iron, Fe.....mg	0.90		0	MC		9			
Magnesium, Mg.....mg	47		0	MC		9			
Phosphorus, P.....mg	160		0	MC		9			
Potassium, K.....mg	151		0	MC		9			
Sodium, Na.....mg	0		0	MC		9			
Zinc, Zn.....mg	1.60		0	MC		9			
Copper, Cu.....mg	0.200		0	MC		9			
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.400		0	MC		9			
Fatty acids, total monounsaturated.....g	0.500		0	MC		9			
Fatty acids, total polyunsaturated.....g	0.600		0	MC		9			
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC		9			
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08454

Cereals ready-to-eat, KELLOGG, DISNEY HUNNY Bs

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.90		0	MC		9			
Energy.....kcal	386		0	MC		9			
Energy.....kj	1615		0	MC		9			
Protein (N x 6.25).....g	5.70		0	MC		9			
Total lipid (fat).....g	2.60		0	MC		9			
Ash.....g	1.70		0	MC		9			
Carbohydrate, by difference.....g	87.20		0	MC		9			
Fiber, total dietary.....g	3.3		0	MC		9			
Sugars, total.....g	39.00		0	MC		9			
Starch.....g									
Minerals:									
Calcium, Ca.....mg	23		0	MC		9			
* Iron, Fe.....mg	6.20		0	MC		9			
Magnesium, Mg.....mg	35		0	MC		9			
Phosphorus, P.....mg	108		0	MC		9			
Potassium, K.....mg	183		0	MC		9			
Sodium, Na.....mg	503		0	MC		9			
* Zinc, Zn.....mg	5.10		0	MC		9			
Copper, Cu.....mg	0.040		0	MC		9			
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
* Vitamin C, total ascorbic acid.....mg	52.0		0	MC		9			
* Thiamin.....mg	1.300		0	MC		9			
* Riboflavin.....mg	1.400		0	MC		9			
* Niacin.....mg	17.000		0	MC		9			
Pantothenic acid.....mg									
* Vitamin B-6.....mg	1.700		0	MC		9			
* Folate, total.....mcg	344		0	MC		9			
Folate, DFE.....mcg_DFE									
* Vitamin B-12.....mcg	5.10		0	MC		9			
* Vitamin A, IU.....IU	1724		0	MC		9			
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
* Vitamin D.....IU	138.000		0	MC		9			
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.600		0	MC		9			
Fatty acids, total monounsaturated.....g	0.900		0	MC		9			
Fatty acids, total polyunsaturated.....g	1.100		0	MC		9			
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC		9			
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08454

Cereals ready-to-eat, KELLOGG, DISNEY HUNNY Bs

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08005

Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.500		0	MC	9		0.150		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.012		0	FLM	4		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.488		0	FLM	4		0.146		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.250		0	MC	9		0.375		
18:2 undifferentiated.....g	1.155		0	FLM	4		0.347		
18:3 undifferentiated.....g	0.092		0	FLM	4		0.027		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.003		0	FLM	4		0.001		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: .333 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08001

Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.00		0	MC	9		0.90		
Energy.....kcal	260		0	MC	9		78		
Energy.....kj	1088		0	MC	9		326		
Protein (N x 6.25).....g	12.50		0	MC	9		3.75		
Total lipid (fat).....g	3.32		0	MC	9		1.00		
Ash.....g	7.18		0	MC	9		2.15		
Carbohydrate, by difference.....g	74.00		0	MC	9		22.20		
Fiber, total dietary.....g	32.0		0	MC	9		9.6		
Sugars, total.....g	19.00		0	MC	9		5.70		
Starch.....g									
Minerals:									
* Calcium, Ca.....mg	330		0	MC	9		99		
* Iron, Fe.....mg	16.00		0	MC	9		4.80		
Magnesium, Mg.....mg	380		0	MC	9		114		
Phosphorus, P.....mg	1130		0	MC	9		339		
Potassium, K.....mg	1130		0	MC	9		339		
Sodium, Na.....mg	258		0	MC	9		77		
Zinc, Zn.....mg	6.00		0	MC	9		1.80		
Copper, Cu.....mg	0.800		0	MC	9		0.240		
Manganese, Mn.....mg	7.410		1	A	1		2.223		
Selenium, Se.....mcg	9.4	0.601	7	A	1		2.8		
Vitamins:									
* Vitamin C, total ascorbic acid.....mg	20.0		0	MC	9		6.0		
* Thiamin.....mg	1.200		0	MC	9		0.360		
* Riboflavin.....mg	1.400		0	MC	9		0.420		
* Niacin.....mg	16.000		0	MC	9		4.800		
Pantothenic acid.....mg	1.060		1	A	1		0.318		
Vitamin B-6.....mg	6.000		0	MC	9		1.800		
* Folate, total.....mcg	1310		0	MC	9		393		
Folic acid.....mcg	1269		0	NC	4		381		
Folate, food.....mcg	41		0	CAAN	4		12		
Folate, DFE.....mcg_DFE	2198		0	NC	4		659		
Vitamin B-12.....mcg	20.00		0	MC	9		6.00		
* Vitamin A, IU.....IU	1747		0	MC	9		524		
Vitamin A, RAE.....mcg_RAE	525		0	NC	4		158		
Retinol.....mcg	525		0	NC	4		158		
Vitamin E (alpha-tocopherol).....mg	1.23		0	FLM	4		0.37		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
* Vitamin D.....IU	170.000		0	MC	9		51.000		
Vitamin K (phylloquinone).....mcg	5.2		1	A	1		1.6		
Lipids:									
Fatty acids, total saturated.....g	0.540		0	MC	9		0.162		
4:0.....g	0.000		0	FLM	4		0.000		
6:0.....g	0.000		0	FLM	4		0.000		
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.000		1	A	1		0.000		
15:0.....g	0.000		1	A	1		0.000		
16:0.....g	0.590		1	A	1		0.177		
17:0.....g	0.000		1	A	1		0.000		
18:0.....g	0.040		1	A	1		0.012		
20:0.....g	0.010		1	A	1		0.003		
22:0.....g	0.000		1	A	1		0.000		

NDB No. 08001

Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
24:0.....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.740		0	MC	9		0.222		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.000		1	A	1		0.000		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	0.640		1	A	1		0.192		
20:1.....g	0.030		1	A	1		0.009		
22:1 undifferentiated.....g	0.000		1	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.040		0	MC	9		0.612		
18:2 undifferentiated.....g	1.960		1	A	1		0.588		
18:3 undifferentiated.....g	0.150		1	A	1		0.045		
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:5 n-3.....g	0.000		1	A	1		0.000		
22:5 n-3.....g	0.000		1	A	1		0.000		
22:6 n-3.....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: .5 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08253

Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN WITH EXTRA FIBER

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.700		0	MC	9		0.210		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.013		0	FLM	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.687		0	FLM	4		0.206		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.200		0	MC	9		0.660		
18:2 undifferentiated.....g	2.043		0	FLM	4		0.613		
18:3 undifferentiated.....g	0.153		0	FLM	4		0.046		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.004		0	FLM	4		0.001		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: .5 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08254

Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE CINNAMON SQUARES MINI-WHEATS

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.500		0	MC	9		0.275		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.012		0	FLM	4		0.007		
17:1.....g									
18:1 undifferentiated.....g	0.488		0	FLM	4		0.268		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.900		0	MC	9		0.495		
18:2 undifferentiated.....g	0.849		0	FLM	4		0.467		
18:3 undifferentiated.....g	0.049		0	FLM	4		0.027		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0	FLM	4		0.001		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 55g: .75 cup (1 NLEA serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08003

Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.600		0	MC	9		0.180		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	FLM	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.598		0	FLM	4		0.179		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.000		0	MC	9		0.300		
18:2 undifferentiated.....g	0.968		0	FLM	4		0.290		
18:3 undifferentiated.....g	0.032		0	FLM	4		0.010		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	40		0	FLM	4		11.875		
Carotene, alpha.....mcg	26		0	FLM	4		7.773		
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000		
Lycopene.....mcg	0		0	FLM	4		0.000		
Lutein + zeaxanthin.....mcg	558		0	FLM	4		167.345		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08014

Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.00		0	MC	9		0.93		
Energy.....kcal	381		0	MC	9		118		
Energy.....kj	1594		0	MC	9		494		
Protein (N x 6.25).....g	3.40		0	MC	9		1.05		
Total lipid (fat).....g	3.20		0	MC	9		0.99		
Ash.....g	3.30		0	MC	9		1.02		
Carbohydrate, by difference.....g	87.10		0	MC	9		27.00		
Fiber, total dietary.....g	3.2		0	MC	9		1.0		
Sugars, total.....g	45.00		0	MC	9		13.95		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	129		0	MC	9		40		
* Iron, Fe.....mg	15.00		0	MC	9		4.65		
Magnesium, Mg.....mg	38		0	MC	9		12		
Phosphorus, P.....mg	98		0	MC	9		30		
Potassium, K.....mg	161		0	MC	9		50		
Sodium, Na.....mg	613		0	MC	9		190		
Zinc, Zn.....mg	4.80		0	MC	9		1.49		
Copper, Cu.....mg	0.200		0	MC	9		0.062		
Manganese, Mn.....mg	1.100		1	A	1		0.341		
Selenium, Se.....mcg	16.1		1	A	1		5.0		
Vitamins:									
* Vitamin C, total ascorbic acid.....mg	48.4		0	MC	9		15.0		
* Thiamin.....mg	1.200		0	MC	9		0.372		
* Riboflavin.....mg	1.400		0	MC	9		0.434		
* Niacin.....mg	16.000		0	MC	9		4.960		
Pantothenic acid.....mg	0.903		0	FLC	4		0.280		
Vitamin B-6.....mg	1.600		0	MC	9		0.496		
Folate, total.....mcg	329		0	MC	9		102		
Folic acid.....mcg	325		0	NC	4		101		
Folate, food.....mcg	4		0	CAAN	4		1		
Folate, DFE.....mcg_DFE	557		0	NC	4		173		
Vitamin B-12.....mcg	4.90		0	MC	9		1.52		
* Vitamin A, IU.....IU	1640		0	MC	9		508		
Vitamin A, RAE.....mcg_RAE	492		0	NC	4		153		
Retinol.....mcg	492		0	NC	4		153		
Vitamin E (alpha-tocopherol).....mg	0.62		0	FLM	4		0.19		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
* Vitamin D.....IU	130.000		0	MC	9		40.300		
Vitamin K (phylloquinone).....mcg	0.1		1	A	1		0.0		
Lipids:									
Fatty acids, total saturated.....g	1.990		0	NC	4		0.617		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.110		1	A	1		0.034		
10:0.....g	0.080		1	A	1		0.025		
12:0.....g	0.590		1	A	1		0.183		
13:0.....g									
14:0.....g	0.250		1	A	1		0.078		
15:0.....g	0.000		1	A	1		0.000		
16:0.....g	0.490		1	A	1		0.152		
17:0.....g	0.000		1	A	1		0.000		
18:0.....g	0.460		1	A	1		0.143		
20:0.....g	0.010		1	A	1		0.003		
22:0.....g	0.000		1	A	1		0.000		
24:0.....g	0.000		1	A	1		0.000		

NDB No. 08014

Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.400		0	NC	4		0.124		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.000		1	A	1		0.000		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	0.400		1	A	1		0.124		
20:1.....g	0.000		1	A	1		0.000		
22:1 undifferentiated.....g	0.000		1	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.230		0	NC	4		0.071		
18:2 undifferentiated.....g	0.230		1	A	1		0.071		
18:3 undifferentiated.....g	0.000		1	A	1		0.000		
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c.c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:5 n-3.....g	0.000		1	A	1		0.000		
22:5 n-3.....g	0.000		1	A	1		0.000		
22:6 n-3.....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	4		0	FLM	4		1		
Theobromine.....mg	120		0	FLM	4		37		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08068

Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.270		0	MC	9		0.084		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0	FLM	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.267		0	FLM	4		0.083		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.230		0	MC	9		0.071		
18:2 undifferentiated.....g	0.221		0	FLM	4		0.069		
18:3 undifferentiated.....g	0.009		0	FLM	4		0.003		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	43		0	FLM	4		13.399		
Carotene, alpha.....mcg	28		0	FLM	4		8.771		
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000		
Lycopene.....mcg	0		0	FLM	4		0.000		
Lutein + zeaxanthin.....mcg	606		0	FLM	4		187.746		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08023

Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.300		0	MC	9		4.565		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.074		0	FLM	4		0.041		
17:1.....g									
18:1 undifferentiated.....g	8.209		0	FLM	4		4.515		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.100		0	MC	9		1.155		
18:2 undifferentiated.....g	1.959		0	FLM	4		1.078		
18:3 undifferentiated.....g	0.136		0	FLM	4		0.075		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 55g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08259

Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.200		0	MC	9		0.058		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	FLM	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.198		0	FLM	4		0.058		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.400		0	MC	9		0.116		
18:2 undifferentiated.....g	0.374		0	FLM	4		0.108		
18:3 undifferentiated.....g	0.026		0	FLM	4		0.008		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	46		0	FLM	4		13.422		
Carotene, alpha.....mcg	30		0	FLM	4		8.786		
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000		
Lycopene.....mcg	0		0	FLM	4		0.000		
Lutein + zeaxanthin.....mcg	649		0	FLM	4		188.075		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08375

Cereals ready-to-eat, KELLOGG, KELLOGG'S CRUNCHEROOS

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.00		0	MC		9			
Energy.....kcal	361		0	MC		9			
Energy.....kj	1510		0	MC		9			
Protein (N x 6.25).....g	10.10		0	MC		9			
Total lipid (fat).....g	5.00		0	MC		9			
Ash.....g	4.90		0	MC		9			
Carbohydrate, by difference.....g	77.00		0	MC		9			
Fiber, total dietary.....g	10.0		0	MC		9			
Sugars, total.....g	8.10		0	MC		9			
Starch.....g									
Minerals:									
* Calcium, Ca.....mg	68		0	MC		9			
Iron, Fe.....mg									
Magnesium, Mg.....mg	133		0	MC		9			
Phosphorus, P.....mg	334		0	MC		9			
Potassium, K.....mg	402		0	MC		9			
Sodium, Na.....mg	930		0	MC		9			
Zinc, Zn.....mg	12.50		0	MC		9			
Copper, Cu.....mg	0.270		0	MC		9			
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
* Vitamin C, total ascorbic acid.....mg	50.0		0	MC		9			
* Thiamin.....mg	1.300		0	MC		9			
* Riboflavin.....mg	1.400		0	MC		9			
* Niacin.....mg	17.000		0	MC		9			
Pantothenic acid.....mg									
* Vitamin B-6.....mg	1.800		0	MC		9			
* Folate, total.....mcg	332		0	MC		9			
Folate, DFE.....mcg_DFE									
* Vitamin B-12.....mcg	5.10		0	MC		9			
* Vitamin A, IU.....IU	4167		0	MC		9			
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.000		0	MC		9			
Fatty acids, total monounsaturated.....g	1.700		0	MC		9			
Fatty acids, total polyunsaturated.....g	2.100		0	MC		9			
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC		9			
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08375

Cereals ready-to-eat, KELLOGG, KELLOGG'S CRUNCHEROOS

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08258

Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Oat Bran Flakes

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.700		0	MC	9		0.510		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.016		0	FLM	4		0.005		
17:1.....g									
18:1 undifferentiated.....g	1.684		0	FLM	4		0.505		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.000		0	MC	9		0.300		
18:2 undifferentiated.....g	0.955		0	FLM	4		0.286		
18:3 undifferentiated.....g	0.045		0	FLM	4		0.013		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08028

Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.500		0	MC	9		0.145		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		0	FLM	4		0.006		
17:1.....g									
18:1 undifferentiated.....g	0.480		0	FLM	4		0.139		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.100		0	MC	9		0.319		
18:2 undifferentiated.....g	1.026		0	FLM	4		0.297		
18:3 undifferentiated.....g	0.071		0	FLM	4		0.020		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.003		0	FLM	4		0.001		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08020

Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.00		0	MC	9		0.84		
Energy.....kcal	361		0	MC	9		101		
Energy.....kj	1510		0	MC	9		423		
Protein (N x 6.25).....g	7.00		0	MC	9		1.96		
Total lipid (fat).....g	0.80		0	MC	9		0.22		
Ash.....g	3.20		0	MC	9		0.90		
Carbohydrate, by difference.....g	86.00		0	MC	9		24.08		
Fiber, total dietary.....g	3.5		0	MC	9		1.0		
Sugars, total.....g	7.00		0	MC	9		1.96		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	7		0	MC	9		2		
* Iron, Fe.....mg	30.00		0	MC	9		8.40		
Magnesium, Mg.....mg	11		0	MC	9		3		
Phosphorus, P.....mg	50		0	MC	9		14		
Potassium, K.....mg	90		0	MC	9		25		
Sodium, Na.....mg	725		0	MC	9		203		
Zinc, Zn.....mg	0.27		0	MC	9		0.08		
Copper, Cu.....mg	0.070		0	MC	9		0.020		
Manganese, Mn.....mg	0.164		1	A	1		0.046		
Selenium, Se.....mcg	8.3	3.333	7	JA	6		2.3		
Vitamins:									
* Vitamin C, total ascorbic acid.....mg	22.0		0	MC	9		6.2		
* Thiamin.....mg	1.300		0	MC	9		0.364		
* Riboflavin.....mg	1.530		0	MC	9		0.428		
* Niacin.....mg	17.900		0	MC	9		5.012		
Pantothenic acid.....mg									
Vitamin B-6.....mg	1.800		0	MC	9		0.504		
Folate, total.....mcg	365		0	MC	9		102		
Folic acid.....mcg	346		0	NC	4		97		
Folate, food.....mcg	19		0	CAZN	4		5		
Folate, DFE.....mcg_DFE	607		0	NC	4		170		
Vitamin B-12.....mcg	5.40		0	MC	9		1.51		
Vitamin A, IU.....IU	1790		0	FLM	4		501		
Vitamin A, RAE.....mcg_RAE	537		0	NC	4		150		
Retinol.....mcg	482		0	FLM	4		135		
Vitamin E (alpha-tocopherol).....mg	0.14		0	FLM	4		0.04		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
* Vitamin D.....IU	152.000		0	MC	9		42.560		
Vitamin K (phylloquinone).....mcg	0.0		1	A	1		0.0		
Lipids:									
Fatty acids, total saturated.....g	0.190		0	NC	4		0.053		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.000		1	A	1		0.000		
15:0.....g	0.000		1	A	1		0.000		
16:0.....g	0.170		1	A	1		0.048		
17:0.....g	0.000		1	A	1		0.000		
18:0.....g	0.020		1	A	1		0.006		
20:0.....g	0.000		1	A	1		0.000		
22:0.....g	0.000		1	A	1		0.000		
24:0.....g	0.000		1	A	1		0.000		

NDB No. 08020

Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.110		0	NC	4		0.031		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.000		1	A	1		0.000		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	0.110		1	A	1		0.031		
20:1.....g	0.000		1	A	1		0.000		
22:1 undifferentiated.....g	0.000		1	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.320		0	NC	4		0.090		
18:2 undifferentiated.....g	0.300		1	A	1		0.084		
18:3 undifferentiated.....g	0.020		1	A	1		0.006		
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:5 n-3.....g	0.000		1	A	1		0.000		
22:5 n-3.....g	0.000		1	A	1		0.000		
22:6 n-3.....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	83		0	FLM	4		23.194		
Carotene, alpha.....mcg	54		0	FLM	4		15.183		
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000		
Lycopene.....mcg	0		0	FLM	4		0.000		
Lutein + zeaxanthin.....mcg	1161		0	FLM	4		325.006		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08030

Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.00		0	MC	9		0.90		
Energy.....kcal	393		0	MC	9		118		
Energy.....kj	1644		0	MC	9		493		
Protein (N x 6.25).....g	3.40		0	MC	9		1.02		
Total lipid (fat).....g	4.10		0	MC	9		1.23		
Ash.....g	2.00		0	MC	9		0.60		
Carbohydrate, by difference.....g	87.50		0	MC	9		26.25		
Fiber, total dietary.....g	3.1		0	MC	9		0.9		
Sugars, total.....g	47.00		0	MC	9		14.10		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	78		0	MC	9		23		
* Iron, Fe.....mg	14.10		0	MC	9		4.23		
Magnesium, Mg.....mg	29		0	MC	9		9		
Phosphorus, P.....mg	64		0	MC	9		19		
Potassium, K.....mg	109		0	MC	9		33		
Sodium, Na.....mg	471		0	MC	9		141		
Zinc, Zn.....mg	4.70		0	MC	9		1.41		
Copper, Cu.....mg	0.100		0	MC	9		0.030		
Manganese, Mn.....mg	0.684		1	A	1		0.205		
Selenium, Se.....mcg	8.8	1.550	4	JA	6		2.7		
Vitamins:									
* Vitamin C, total ascorbic acid.....mg	47.0		0	MC	9		14.1		
* Thiamin.....mg	1.200		0	MC	9		0.360		
* Riboflavin.....mg	1.300		0	MC	9		0.390		
* Niacin.....mg	15.600		0	MC	9		4.680		
Pantothenic acid.....mg	0.268		0	FLC	4		0.080		
Vitamin B-6.....mg	1.600		0	MC	9		0.480		
Folate, total.....mcg	313		0	MC	9		94		
Folic acid.....mcg	294		0	NC	4		88		
Folate, food.....mcg	19		0	CAZN	4		6		
Folate, DFE.....mcg_DFE	519		0	NC	4		156		
Vitamin B-12.....mcg	4.70		0	MC	9		1.41		
* Vitamin A, IU.....IU	1610		0	MC	9		483		
Vitamin A, RAE.....mcg_RAE	483		0	NC	4		145		
Retinol.....mcg	458		0	FLM	4		138		
Vitamin E (alpha-tocopherol).....mg	0.48		0	FLM	4		0.14		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
* Vitamin D.....IU	125.000		0	MC	9		37.500		
Vitamin K (phylloquinone).....mcg	0.2		1	A	1		0.1		
Lipids:									
Fatty acids, total saturated.....g	1.520		0	NC	4		0.456		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.100		1	A	1		0.030		
10:0.....g	0.070		1	A	1		0.021		
12:0.....g	0.520		1	A	1		0.156		
13:0.....g									
14:0.....g	0.220		1	A	1		0.066		
15:0.....g	0.000		1	A	1		0.000		
16:0.....g	0.410		1	A	1		0.123		
17:0.....g	0.000		1	A	1		0.000		
18:0.....g	0.200		1	A	1		0.060		
20:0.....g	0.000		1	A	1		0.000		
22:0.....g	0.000		1	A	1		0.000		
24:0.....g	0.000		1	A	1		0.000		

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.430		0	NC	4		0.129		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.000		1	A	1		0.000		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	0.430		1	A	1		0.129		
20:1.....g	0.000		1	A	1		0.000		
22:1 undifferentiated.....g	0.000		1	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.680		0	NC	4		0.204		
18:2 undifferentiated.....g	0.650		1	A	1		0.195		
18:3 undifferentiated.....g	0.030		1	A	1		0.009		
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c.c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:5 n-3.....g	0.000		1	A	1		0.000		
22:5 n-3.....g	0.000		1	A	1		0.000		
22:6 n-3.....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	41		0	FLM	4		12.178		
Carotene, alpha.....mcg	27		0	FLM	4		7.972		
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.001		
Lycopene.....mcg	0		0	FLM	4		0.000		
Lutein + zeaxanthin.....mcg	573		0	FLM	4		171.805		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08069

Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.090		0	MC	9		0.028		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	FLM	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.089		0	FLM	4		0.028		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.260		0	MC	9		0.081		
18:2 undifferentiated.....g	0.253		0	FLM	4		0.078		
18:3 undifferentiated.....g	0.007		0	FLM	4		0.002		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08319

Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.240		0	MC	9		0.132		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.014		0	FLM	4		0.008		
17:1.....g									
18:1 undifferentiated.....g	0.226		0	FLM	4		0.124		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.000		0	MC	9		0.550		
18:2 undifferentiated.....g	0.947		0	FLM	4		0.521		
18:3 undifferentiated.....g	0.049		0	FLM	4		0.027		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.003		0	FLM	4		0.001		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 55g: 1 cup, bite size

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08032

Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.300		0	MC	9		0.090		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0	FLM	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.296		0	FLM	4		0.089		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.300		0	MC	9		0.090		
18:2 undifferentiated.....g	0.248		0	FLM	4		0.074		
18:3 undifferentiated.....g	0.053		0	FLM	4		0.016		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08309

Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.50		0	MC	9		0.75		
Energy.....kcal	390		0	MC	9		117		
Energy.....kj	1632		0	MC	9		490		
Protein (N x 6.25).....g	6.80		0	MC	9		2.04		
Total lipid (fat).....g	3.20		0	MC	9		0.96		
Ash.....g	1.00		0	MC	9		0.30		
Carbohydrate, by difference.....g	87.00		0	MC	9		26.10		
Fiber, total dietary.....g	3.4		0	MC	9		1.0		
Sugars, total.....g	33.00		0	MC	9		9.90		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	22		0	MC	9		7		
* Iron, Fe.....mg	6.20		0	MC	9		1.86		
Magnesium, Mg.....mg	22		0	MC	9		7		
Phosphorus, P.....mg	60		0	MC	9		18		
Potassium, K.....mg	102		0	MC	9		31		
Sodium, Na.....mg	700		0	MC	9		210		
Zinc, Zn.....mg	0.30		0	MC	9		0.09		
Copper, Cu.....mg	0.100		0	MC	9		0.030		
Manganese, Mn.....mg	0.150		0	FLC	4		0.045		
Selenium, Se.....mcg	5.1		0	BFZN	4		1.5		
Vitamins:									
* Vitamin C, total ascorbic acid.....mg	20.0		0	MC	9		6.0		
* Thiamin.....mg	1.250		0	MC	9		0.375		
* Riboflavin.....mg	1.500		0	MC	9		0.450		
* Niacin.....mg	16.600		0	MC	9		4.980		
Pantothenic acid.....mg	0.217		0	FLC	4		0.065		
Vitamin B-6.....mg	1.700		0	MC	9		0.510		
Folate, total.....mcg	333		0	MC	9		100		
Folic acid.....mcg	314		0	CAAN	4		94		
Folate, food.....mcg	19		0	CAAN	4		6		
Folate, DFE.....mcg_DFE	553		0	NC	4		166		
Vitamin B-12.....mcg	5.00		0	MC	9		1.50		
* Vitamin A, IU.....IU	1667		0	MC	9		500		
Vitamin A, RAE.....mcg_RAE	501		0	NC	4		150		
Retinol.....mcg	453		0	NC	4		136		
Vitamin E (alpha-tocopherol).....mg	1.18		0	FLM	4		0.35		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
* Vitamin D.....IU	140.000		0	MC	9		42.000		
Vitamin K (phylloquinone).....mcg	0.2		0	FLM	4		0.1		
Lipids:									
Fatty acids, total saturated.....g	0.550		0	MC	9		0.165		
4:0.....g	0.000		0	FLM	4		0.000		
6:0.....g	0.000		0	FLM	4		0.000		
8:0.....g	0.000		0	FLM	4		0.000		
10:0.....g	0.000		0	FLM	4		0.000		
12:0.....g	0.001		0	FLM	4		0.000		
13:0.....g	0.000		0	FLM	4		0.000		
14:0.....g	0.001		0	FLM	4		0.000		
15:0.....g	0.000		0	FLM	4		0.000		
16:0.....g	0.454		0	FLM	4		0.136		
17:0.....g	0.000		0	FLM	4		0.000		
18:0.....g	0.079		0	FLM	4		0.024		
20:0.....g	0.000		0	FLM	4		0.000		
22:0.....g	0.000		0	FLM	4		0.000		
24:0.....g	0.000		0	FLM	4		0.000		

NDB No. 08309

Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.800		0	MC	9		0.540		
14:1.....g	0.000		0	FLM	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.015		0	FLM	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	1.785		0	FLM	4		0.536		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated.....g	0.850		0	MC	9		0.255		
18:2 undifferentiated.....g	0.838		0	FLM	4		0.251		
18:3 undifferentiated.....g	0.012		0	FLM	4		0.004		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLM	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	72		0	FLM	4		21.616		
Carotene, alpha.....mcg	47		0	FLM	4		14.144		
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000		
Lycopene.....mcg	0		0	FLM	4		0.000		
Lutein + zeaxanthin.....mcg	1009		0	FLM	4		302.782		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08377

Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY FROSTED MINI-WHEATS, bite size

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	6.00		0	MC		9			
Energy.....kcal	340		0	MC		9			
Energy.....kj	1423		0	MC		9			
Protein (N x 6.25).....g	8.70		0	MC		9			
Total lipid (fat).....g	1.60		0	MC		9			
Ash.....g	2.30		0	MC		9			
Carbohydrate, by difference.....g	81.40		0	MC		9			
Fiber, total dietary.....g	10.0		0	MC		9			
Sugars, total.....g	22.60		0	MC		9			
Starch.....g									
Minerals:									
Calcium, Ca.....mg	32		0	MC		9			
* Iron, Fe.....mg	28.00		0	MC		9			
Magnesium, Mg.....mg	118		0	MC		9			
Phosphorus, P.....mg	294		0	MC		9			
Potassium, K.....mg	344		0	MC		9			
Sodium, Na.....mg	8		0	MC		9			
* Zinc, Zn.....mg	3.20		0	MC		9			
Copper, Cu.....mg	0.320		0	MC		9			
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
* Thiamin.....mg	0.740		0	MC		9			
* Riboflavin.....mg	0.830		0	MC		9			
* Niacin.....mg	9.800		0	MC		9			
Pantothenic acid.....mg									
* Vitamin B-6.....mg	0.980		0	MC		9			
* Folate, total.....mcg	196		0	MC		9			
Folate, DFE.....mcg_DFE									
* Vitamin B-12.....mcg	2.94		0	MC		9			
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.360		0	MC		9			
Fatty acids, total monounsaturated.....g	0.240		0	MC		9			
Fatty acids, total polyunsaturated.....g	1.000		0	MC		9			
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC		9			
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08377

Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY FROSTED MINI-WHEATS, bite size

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08283

Cereals ready-to-eat, KELLOGG, KELLOGG'S JUST RIGHT Fruit & Nut

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	5.90		0	MC	9		3.25		
Energy.....kcal	366		0	MC	9		201		
Energy.....kj	1531		0	MC	9		842		
Protein (N x 6.25).....g	7.00		0	MC	9		3.85		
Total lipid (fat).....g	3.30		0	MC	9		1.82		
Ash.....g	2.10		0	MC	9		1.16		
Carbohydrate, by difference.....g	81.70		0	MC	9		44.94		
Fiber, total dietary.....g	5.2		0	MC	9		2.9		
Sugars, total.....g	25.00		0	MC	9		13.75		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	35		0	MC	9		19		
* Iron, Fe.....mg	27.00		0	MC	9		14.85		
Magnesium, Mg.....mg	52		0	MC	9		29		
Phosphorus, P.....mg	179		0	MC	9		98		
Potassium, K.....mg	283		0	MC	9		156		
Sodium, Na.....mg	467		0	MC	9		257		
Zinc, Zn.....mg	1.30		0	MC	9		0.72		
Copper, Cu.....mg	0.200		0	MC	9		0.110		
Manganese, Mn.....mg									
Selenium, Se.....mcg	5.1		0	RA	4		2.8		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
* Thiamin.....mg	0.600		0	MC	9		0.330		
* Riboflavin.....mg	0.700		0	MC	9		0.385		
* Niacin.....mg	8.300		0	MC	9		4.565		
Pantothenic acid.....mg	0.000		0	MC	9		0.000		
Vitamin B-6.....mg	3.300		0	MC	9		1.815		
Folate, total.....mcg	668		0	MC	9		367		
Folic acid.....mcg	649		0	NC	4		357		
Folate, food.....mcg	19		0	CAAN	4		10		
Folate, DFE.....mcg_DFE	1122		0	NC	4		617		
Vitamin B-12.....mcg	10.00		0	MC	9		5.50		
* Vitamin A, IU.....IU	828		0	MC	9		455		
Vitamin A, RAE.....mcg_RAE	249		0	NC	4		137		
Retinol.....mcg	249		0	NC	4		137		
Vitamin E (alpha-tocopherol).....mg	3.36		0	MC	9		1.85		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
* Vitamin D.....IU	83.000		0	MC	9		45.650		
Vitamin K (phylloquinone).....mcg	1.2		0	FLM	4		0.7		
Lipids:									
Fatty acids, total saturated.....g	0.500		0	MC	9		0.275		
4:0.....g	0.000		0	FLM	4		0.000		
6:0.....g	0.000		0	FLM	4		0.000		
8:0.....g	0.004		0	FLM	4		0.002		
10:0.....g	0.000		0	FLM	4		0.000		
12:0.....g	0.002		0	FLM	4		0.001		
13:0.....g	0.000		0	FLM	4		0.000		
14:0.....g	0.003		0	FLM	4		0.001		
15:0.....g	0.000		0	FLM	4		0.000		
16:0.....g	0.416		0	FLM	4		0.229		
17:0.....g	0.000		0	FLM	4		0.000		
18:0.....g	0.062		0	FLM	4		0.034		
20:0.....g	0.000		0	FLM	4		0.000		
22:0.....g	0.000		0	FLM	4		0.000		

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
24:0.....g	0.000		0	FLM	4		0.000		
Fatty acids, total monounsaturated.....g	1.500		0	MC	9		0.825		
14:1.....g	0.000		0	FLM	4		0.000		
15:1.....g	0.000		0	FLM	4		0.000		
16:1 undifferentiated.....g	0.019		0	FLM	4		0.010		
17:1.....g	0.000		0	FLM	4		0.000		
18:1 undifferentiated.....g	1.481		0	FLM	4		0.815		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated.....g	1.300		0	MC	9		0.715		
18:2 undifferentiated.....g	1.270		0	FLM	4		0.698		
18:3 undifferentiated.....g	0.029		0	FLM	4		0.016		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLM	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 55g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08284

Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.50		0	MC	9		1.93		
Energy.....kcal	366		0	MC	9		201		
Energy.....kj	1531		0	MC	9		842		
Protein (N x 6.25).....g	8.00		0	MC	9		4.40		
Total lipid (fat).....g	5.00		0	MC	9		2.75		
Ash.....g	3.50		0	MC	9		1.93		
Carbohydrate, by difference.....g	80.00		0	MC	9		44.00		
Fiber, total dietary.....g	5.0		0	MC	9		2.8		
Sugars, total.....g	28.40		0	MC	9		15.62		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	42		0	MC	9		23		
* Iron, Fe.....mg	3.00		0	MC	9		1.65		
Magnesium, Mg.....mg	75		0	MC	9		41		
Phosphorus, P.....mg	234		0	MC	9		129		
Potassium, K.....mg	300		0	MC	9		165		
Sodium, Na.....mg	246		0	MC	9		135		
Zinc, Zn.....mg	6.30		0	MC	9		3.47		
Copper, Cu.....mg	0.200		0	MC	9		0.110		
Manganese, Mn.....mg									
Selenium, Se.....mcg	17.3		0	BFZN	4		9.5		
Vitamins:									
* Vitamin C, total ascorbic acid.....mg	6.0		0	MC	9		3.3		
* Thiamin.....mg	0.630		0	MC	9		0.347		
* Riboflavin.....mg	0.700		0	MC	9		0.385		
* Niacin.....mg	8.300		0	MC	9		4.565		
Pantothenic acid.....mg	0.000		0	MC	9		0.000		
Vitamin B-6.....mg	3.300		0	MC	9		1.815		
Folate, total.....mcg	672		0	MC	9		370		
Folic acid.....mcg	653		0	NC	4		359		
Folate, food.....mcg	19		0	CAAN	4		10		
Folate, DFE.....mcg_DFE	1129		0	NC	4		621		
Vitamin B-12.....mcg	10.00		0	MC	9		5.50		
* Vitamin A, IU.....IU	1250		0	MC	9		688		
Vitamin A, RAE.....mcg_RAE	375		0	NC	4		206		
Retinol.....mcg	375		0	NC	4		206		
Vitamin E (alpha-tocopherol).....mg	8.39		0	MC	9		4.61		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
* Vitamin D.....IU	67.000		0	MC	9		36.850		
Vitamin K (phylloquinone).....mcg	2.0		0	FLM	4		1.1		
Lipids:									
Fatty acids, total saturated.....g	1.500		0	MC	9		0.825		
4:0.....g	0.000		0	FLM	4		0.000		
6:0.....g	0.000		0	FLM	4		0.000		
8:0.....g	0.008		0	FLM	4		0.004		
10:0.....g	0.000		0	FLM	4		0.000		
12:0.....g	0.009		0	FLM	4		0.005		
13:0.....g	0.000		0	FLM	4		0.000		
14:0.....g	0.018		0	FLM	4		0.010		
15:0.....g	0.000		0	FLM	4		0.000		
16:0.....g	1.220		0	FLM	4		0.671		
17:0.....g	0.000		0	FLM	4		0.000		
18:0.....g	0.202		0	FLM	4		0.111		
20:0.....g	0.000		0	FLM	4		0.000		
22:0.....g	0.000		0	FLM	4		0.000		
24:0.....g	0.000		0	FLM	4		0.000		

NDB No. 08189

Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.50		0	MC	9		1.93		
Energy.....kcal	380		0	MC	9		209		
Energy.....kj	1590		0	MC	9		874		
Protein (N x 6.25).....g	8.20		0	MC	9		4.51		
Total lipid (fat).....g	5.10		0	MC	9		2.81		
Ash.....g	3.60		0	MC	9		1.98		
Carbohydrate, by difference.....g	79.60		0	MC	9		43.78		
Fiber, total dietary.....g	6.2		0	MC	9		3.4		
Sugars, total.....g	28.60		0	MC	9		15.73		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	41		0	MC	9		23		
* Iron, Fe.....mg	3.70		0	MC	9		2.04		
Magnesium, Mg.....mg	82		0	MC	9		45		
Phosphorus, P.....mg	239		0	MC	9		131		
Potassium, K.....mg	250		0	MC	9		138		
Sodium, Na.....mg	245		0	MC	9		135		
Zinc, Zn.....mg	7.70		0	MC	9		4.24		
Copper, Cu.....mg	0.200		0	MC	9		0.110		
Manganese, Mn.....mg	2.756		0	FLC	4		1.516		
Selenium, Se.....mcg	17.3		0	BFZN	4		9.5		
Vitamins:									
* Vitamin C, total ascorbic acid.....mg	5.0		0	MC	9		2.8		
* Thiamin.....mg	0.800		0	MC	9		0.440		
* Riboflavin.....mg	0.870		0	MC	9		0.479		
* Niacin.....mg	10.800		0	MC	9		5.940		
Pantothenic acid.....mg	0.000		0	MC	9		0.000		
Vitamin B-6.....mg	4.200		0	MC	9		2.310		
Folate, total.....mcg	816		0	MC	9		449		
Folic acid.....mcg	797		0	NC	4		438		
Folate, food.....mcg	19		0	CAAN	4		10		
Folate, DFE.....mcg_DFE	1374		0	NC	4		756		
Vitamin B-12.....mcg	12.20		0	MC	9		6.71		
* Vitamin A, IU.....IU	1590		0	MC	9		875		
Vitamin A, RAE.....mcg_RAE	477		0	NC	4		262		
Retinol.....mcg	477		0	NC	4		262		
Vitamin E (alpha-tocopherol).....mg	1.30		0	FLM	4		0.71		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
* Vitamin D.....IU	81.600		0	MC	9		44.880		
Vitamin K (phylloquinone).....mcg	2.0		0	FLM	4		1.1		
Lipids:									
Fatty acids, total saturated.....g	1.100		0	MC	9		0.605		
4:0.....g	0.000		0	FLM	4		0.000		
6:0.....g	0.000		0	FLM	4		0.000		
8:0.....g	0.005		0	FLM	4		0.003		
10:0.....g	0.000		0	FLM	4		0.000		
12:0.....g	0.007		0	FLM	4		0.004		
13:0.....g	0.000		0	FLM	4		0.000		
14:0.....g	0.016		0	FLM	4		0.009		
15:0.....g	0.000		0	FLM	4		0.000		
16:0.....g	0.897		0	FLM	4		0.493		
17:0.....g	0.000		0	FLM	4		0.000		
18:0.....g	0.143		0	FLM	4		0.079		
20:0.....g	0.000		0	FLM	4		0.000		
22:0.....g	0.000		0	FLM	4		0.000		
24:0.....g	0.000		0	FLM	4		0.000		

NDB No. 08189

Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.600		0	MC	9		1.430		
14:1.....g	0.000		0	FLM	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.022		0	FLM	4		0.012		
17:1.....g									
18:1 undifferentiated.....g	2.578		0	FLM	4		1.418		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated.....g	1.400		0	MC	9		0.770		
18:2 undifferentiated.....g	1.336		0	FLM	4		0.735		
18:3 undifferentiated.....g	0.063		0	FLM	4		0.035		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLM	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 55g: .5 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08376

Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW BLASTED FROOT LOOPS

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.00		0	MC		9			
Energy.....kcal	383		0	MC		9			
Energy.....kj	1602		0	MC		9			
Protein (N x 6.25).....g	3.40		0	MC		9			
Total lipid (fat).....g	1.70		0	MC		9			
Ash.....g	1.80		0	MC		9			
Carbohydrate, by difference.....g	90.10		0	MC		9			
Fiber, total dietary.....g	2.5		0	MC		9			
Sugars, total.....g	53.00		0	MC		9			
Starch.....g									
Minerals:									
Calcium, Ca.....mg	52		0	MC		9			
* Iron, Fe.....mg	15.00		0	MC		9			
Magnesium, Mg.....mg									
Phosphorus, P.....mg	51		0	MC		9			
Potassium, K.....mg	84		0	MC		9			
Sodium, Na.....mg	355		0	MC		9			
* Zinc, Zn.....mg	5.00		0	MC		9			
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
* Vitamin C, total ascorbic acid.....mg	50.0		0	MC		9			
* Thiamin.....mg	1.250		0	MC		9			
* Riboflavin.....mg	1.420		0	MC		9			
* Niacin.....mg	16.700		0	MC		9			
Pantothenic acid.....mg									
* Vitamin B-6.....mg	1.800		0	MC		9			
* Folate, total.....mcg	334		0	MC		9			
Folate, DFE.....mcg_DFE									
* Vitamin B-12.....mcg	5.20		0	MC		9			
* Vitamin A, IU.....IU	1708		0	MC		9			
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
* Vitamin D.....IU	138.000		0	MC		9			
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.000		0	MC		9			
Fatty acids, total monounsaturated.....g	0.300		0	MC		9			
Fatty acids, total polyunsaturated.....g	0.400		0	MC		9			
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC		9			
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08376

Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW BLASTED FROOT LOOPS

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08286

Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.900		0	MC	9		1.595		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.027		0	FLM	4		0.015		
17:1.....g									
18:1 undifferentiated.....g	2.845		0	FLM	4		1.565		
20:1.....g	0.003		0	FLM	4		0.002		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.800		0	MC	9		0.990		
18:2 undifferentiated.....g	1.700		0	FLM	4		0.935		
18:3 undifferentiated.....g	0.093		0	FLM	4		0.051		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	MC	9		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 55g: .666 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08058

Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.400		0	MC	9		0.120		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0	FLM	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.396		0	FLM	4		0.119		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.700		0	MC	9		0.210		
18:2 undifferentiated.....g	0.665		0	FLM	4		0.199		
18:3 undifferentiated.....g	0.035		0	FLM	4		0.011		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	76		0	FLM	4		22.849		
Carotene, alpha.....mcg	49		0	FLM	4		14.752		
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000		
Lycopene.....mcg	0		0	FLM	4		0.000		
Lutein + zeaxanthin.....mcg	1081		0	FLM	4		324.391		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08379

Cereals ready-to-eat, KELLOGG, KELLOGG'S Puffed Wheat

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.00		0	MC		9			
Energy.....kcal	332		0	MC		9			
Energy.....kj	1389		0	MC		9			
Protein (N x 6.25).....g	9.10		0	MC		9			
Total lipid (fat).....g	1.60		0	MC		9			
Ash.....g	4.50		0	MC		9			
Carbohydrate, by difference.....g	81.80		0	MC		9			
Fiber, total dietary.....g	11.4		0	MC		9			
Sugars, total.....g	0.76		0	MC		9			
Starch.....g									
Minerals:									
Calcium, Ca.....mg	40		0	MC		9			
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg	421		0	MC		9			
Potassium, K.....mg	474		0	MC		9			
Sodium, Na.....mg	3		0	MC		9			
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.300		0	MC		9			
Fatty acids, total monounsaturated.....g	0.800		0	MC		9			
Fatty acids, total polyunsaturated.....g	0.500		0	MC		9			
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC		9			
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08060

Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.500		0	MC	9		0.305		
14:1.....g	0.000		0	FLM	4		0.000		
15:1.....g	0.000		0	FLM	4		0.000		
16:1 undifferentiated.....g	0.027		0	FLM	4		0.016		
17:1.....g	0.000		0	FLM	4		0.000		
18:1 undifferentiated.....g	0.473		0	FLM	4		0.288		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.450		0	MC	9		0.885		
18:2 undifferentiated.....g	1.335		0	FLM	4		0.814		
18:3 undifferentiated.....g	0.111		0	FLM	4		0.068		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g	0.000		0	FLM	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:4 undifferentiated.....g	0.003		0	FLM	4		0.002		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 61g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08287

Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN SQUARES MINI-WHEATS

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.350		0	MC	9		0.193		
14:1.....g	0.000		0	FLM	4		0.000		
15:1.....g	0.000		0	FLM	4		0.000		
16:1 undifferentiated.....g	0.021		0	FLM	4		0.011		
17:1.....g	0.000		0	FLM	4		0.000		
18:1 undifferentiated.....g	0.329		0	FLM	4		0.181		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.900		0	MC	9		0.495		
18:2 undifferentiated.....g	0.842		0	FLM	4		0.463		
18:3 undifferentiated.....g	0.056		0	FLM	4		0.031		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLM	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:4 undifferentiated.....g	0.002		0	FLM	4		0.001		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 55g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08065

Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.00		0	MC	9		0.99		
Energy.....kcal	360		0	MC	9		119		
Energy.....kj	1506		0	MC	9		497		
Protein (N x 6.25).....g	6.20		0	MC	9		2.05		
Total lipid (fat).....g	1.30		0	MC	9		0.43		
Ash.....g	1.50		0	MC	9		0.50		
Carbohydrate, by difference.....g	88.00		0	MC	9		29.04		
Fiber, total dietary.....g	0.4		0	MC	9		0.1		
Sugars, total.....g	9.10		0	MC	9		3.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	16		0	MC	9		5		
* Iron, Fe.....mg	5.50		0	MC	9		1.82		
Magnesium, Mg.....mg	40		0	MC	9		13		
Phosphorus, P.....mg	139		0	MC	9		46		
Potassium, K.....mg	133		0	MC	9		44		
Sodium, Na.....mg	966		0	MC	9		319		
Zinc, Zn.....mg	1.40		0	MC	9		0.46		
Copper, Cu.....mg	0.200		0	MC	9		0.066		
Manganese, Mn.....mg	1.370		1	A	1		0.452		
Selenium, Se.....mcg	17.6	3.029	8	JA	6		5.8		
Vitamins:									
* Vitamin C, total ascorbic acid.....mg	19.3		0	MC	9		6.4		
* Thiamin.....mg	1.140		0	MC	9		0.376		
* Riboflavin.....mg	1.400		0	MC	9		0.462		
* Niacin.....mg	15.300		0	MC	9		5.049		
Pantothenic acid.....mg	0.335		1	A	1		0.111		
Vitamin B-6.....mg	1.500		0	MC	9		0.495		
Folate, total.....mcg	315		0	MC	9		104		
Folic acid.....mcg	311		0	NC	4		103		
Folate, food.....mcg	4		0	CAAN	4		1		
Folate, DFE.....mcg_DFE	533		0	NC	4		176		
Vitamin B-12.....mcg	4.50		0	MC	9		1.49		
* Vitamin A, IU.....IU	1545		0	MC	9		510		
Vitamin A, RAE.....mcg_RAE	464		0	NC	4		153		
Retinol.....mcg	464		0	NC	4		153		
Vitamin E (alpha-tocopherol).....mg	0.11		0	FLM	4		0.03		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
* Vitamin D.....IU	124.000		0	MC	9		40.920		
Vitamin K (phylloquinone).....mcg	0.1		1	A	1		0.0		
Lipids:									
Fatty acids, total saturated.....g	0.370		0	MC	9		0.122		
4:0.....g	0.000		0	FLM	4		0.000		
6:0.....g	0.000		0	FLM	4		0.000		
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.020		1	A	1		0.007		
15:0.....g	0.000		1	A	1		0.000		
16:0.....g	0.320		1	A	1		0.106		
17:0.....g	0.000		1	A	1		0.000		
18:0.....g	0.040		1	A	1		0.013		
20:0.....g	0.000		1	A	1		0.000		
22:0.....g	0.000		1	A	1		0.000		
24:0.....g	0.000		1	A	1		0.000		

NDB No. 08065

Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.400		0	MC	9		0.132		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.000		1	A	1		0.000		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	0.270		1	A	1		0.089		
20:1.....g	0.000		1	A	1		0.000		
22:1 undifferentiated.....g	0.000		1	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.530		0	MC	9		0.175		
18:2 undifferentiated.....g	0.370		1	A	1		0.122		
18:3 undifferentiated.....g	0.010		1	A	1		0.003		
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:5 n-3.....g	0.000		1	A	1		0.000		
22:5 n-3.....g	0.000		1	A	1		0.000		
22:6 n-3.....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 33g: 1.25 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08071

Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.650		0	MC	9		0.176		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.019		0	FLM	4		0.005		
17:1.....g									
18:1 undifferentiated.....g	0.631		0	FLM	4		0.170		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.900		0	MC	9		0.243		
18:2 undifferentiated.....g	0.837		0	FLM	4		0.226		
18:3 undifferentiated.....g	0.062		0	FLM	4		0.017		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 27g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08318

Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Cereal

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.300		0	MC	9		0.150		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0	FLM	4		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.294		0	FLM	4		0.147		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.500		0	MC	9		0.250		
18:2 undifferentiated.....g	0.444		0	FLM	4		0.222		
18:3 undifferentiated.....g	0.055		0	FLM	4		0.028		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 50g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08067

Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.400		0	MC	9		0.124		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		0	FLM	4		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.390		0	FLM	4		0.121		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.800		0	MC	9		0.248		
18:2 undifferentiated.....g	0.712		0	FLM	4		0.221		
18:3 undifferentiated.....g	0.088		0	FLM	4		0.027		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08383

Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K RED BERRIES

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.00		0	MC	9		0.93		
Energy.....kcal	369		0	MC	9		114		
Energy.....kj	1544		0	MC	9		479		
Protein (N x 6.25).....g	12.40		0	MC	9		3.84		
Total lipid (fat).....g	1.00		0	MC	9		0.31		
Ash.....g	3.00		0	MC	9		0.93		
Carbohydrate, by difference.....g	80.60		0	MC	9		24.99		
Fiber, total dietary.....g	3.2		0	MC	9		1.0		
Sugars, total.....g	32.20		0	MC	9		9.98		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	60		0	MC	9		19		
* Iron, Fe.....mg	26.20		0	MC	9		8.12		
Magnesium, Mg.....mg	39		0	MC	9		12		
Phosphorus, P.....mg	162		0	MC	9		50		
Potassium, K.....mg	242		0	MC	9		75		
Sodium, Na.....mg	710		0	MC	9		220		
Zinc, Zn.....mg	1.60		0	MC	9		0.50		
Copper, Cu.....mg	0.170		0	MC	9		0.053		
Manganese, Mn.....mg									
Selenium, Se.....mcg	13.0		0	MC	9		4.0		
Vitamins:									
* Vitamin C, total ascorbic acid.....mg	67.7		0	MC	9		21.0		
* Thiamin.....mg	1.690		0	MC	9		0.524		
* Riboflavin.....mg	2.000		0	MC	9		0.620		
* Niacin.....mg	22.600		0	MC	9		7.006		
Pantothenic acid.....mg									
* Vitamin B-6.....mg	2.260		0	MC	9		0.701		
* Folate, total.....mcg	452		0	MC	9		140		
Folate, DFE.....mcg_DFE									
* Vitamin B-12.....mcg	6.80		0	MC	9		2.11		
* Vitamin A, IU.....IU	2419		0	MC	9		750		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.240		0	MC	9		0.074		
Fatty acids, total monounsaturated.....g	0.200		0	MC	9		0.062		
Fatty acids, total polyunsaturated.....g	0.560		0	MC	9		0.174		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08383

Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K RED BERRIES

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08289

Cereals ready-to-eat, KELLOGG, KELLOGG'S STRAWBERRY MINI-WHEATS

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.300		0	MC	9		0.150		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0	FLM	4		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.295		0	FLM	4		0.147		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.300		0	MC	9		0.650		
18:2 undifferentiated.....g	1.227		0	FLM	4		0.613		
18:3 undifferentiated.....g	0.072		0	FLM	4		0.036		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0	FLM	4		0.001		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 50g: .75 cup (1 serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08384

Cereals ready-to-eat, KELLOGG, KELLOGG'S Shredded Wheat Miniatures

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.00		0	MC		9			
Energy.....kcal	332		0	MC		9			
Energy.....kj	1389		0	MC		9			
Protein (N x 6.25).....g	11.20		0	MC		9			
Total lipid (fat).....g	1.52		0	MC		9			
Ash.....g	4.28		0	MC		9			
Carbohydrate, by difference.....g	80.00		0	MC		9			
Fiber, total dietary.....g	13.0		0	MC		9			
Sugars, total.....g	2.70		0	MC		9			
Starch.....g									
Minerals:									
Calcium, Ca.....mg	42		0	MC		9			
* Iron, Fe.....mg	26.00		0	MC		9			
Magnesium, Mg.....mg	119		0	MC		9			
Phosphorus, P.....mg	306		0	MC		9			
Potassium, K.....mg	451		0	MC		9			
Sodium, Na.....mg	14		0	MC		9			
* Zinc, Zn.....mg	4.30		0	MC		9			
Copper, Cu.....mg	0.300		0	MC		9			
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
* Thiamin.....mg	1.300		0	MC		9			
* Riboflavin.....mg	1.500		0	MC		9			
* Niacin.....mg	17.300		0	MC		9			
Pantothenic acid.....mg									
* Vitamin B-6.....mg	1.700		0	MC		9			
* Folate, total.....mcg	348		0	MC		9			
Folate, DFE.....mcg_DFE									
* Vitamin B-12.....mcg	5.20		0	MC		9			
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.400		0	MC		9			
Fatty acids, total monounsaturated.....g	0.200		0	MC		9			
Fatty acids, total polyunsaturated.....g	0.900		0	MC		9			
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC		9			
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08384

Cereals ready-to-eat, KELLOGG, KELLOGG'S Shredded Wheat Miniatures

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08374

Cereals ready-to-eat, KELLOGG, KELLOGG'S, CRISPIX CINNAMON CRUNCH

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.00		0	MC		9			
Energy.....kcal	399		0	MC		9			
Energy.....kj	1669		0	MC		9			
Protein (N x 6.25).....g	4.80		0	MC		9			
Total lipid (fat).....g	3.70		0	MC		9			
Ash.....g	1.50		0	MC		9			
Carbohydrate, by difference.....g	87.00		0	MC		9			
Fiber, total dietary.....g	0.5		0	MC		9			
Sugars, total.....g	30.40		0	MC		9			
Starch.....g									
Minerals:									
* Calcium, Ca.....mg	31		0	MC		9			
* Iron, Fe.....mg	19.60		0	MC		9			
Magnesium, Mg.....mg	18		0	MC		9			
Phosphorus, P.....mg	69		0	MC		9			
Potassium, K.....mg	123		0	MC		9			
Sodium, Na.....mg	598		0	MC		9			
* Zinc, Zn.....mg	5.20		0	MC		9			
Copper, Cu.....mg	0.090		0	MC		9			
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
* Vitamin C, total ascorbic acid.....mg	21.0		0	MC		9			
* Thiamin.....mg	1.300		0	MC		9			
* Riboflavin.....mg	1.500		0	MC		9			
* Niacin.....mg	17.000		0	MC		9			
Pantothenic acid.....mg									
* Vitamin B-6.....mg	1.700		0	MC		9			
* Folate, total.....mcg	677		0	MC		9			
Folate, DFE.....mcg_DFE									
* Vitamin B-12.....mcg	5.10		0	MC		9			
* Vitamin A, IU.....IU	1667		0	MC		9			
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
* Vitamin D.....IU	133.000		0	MC		9			
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.500		0	MC		9			
Fatty acids, total monounsaturated.....g	2.100		0	MC		9			
Fatty acids, total polyunsaturated.....g	1.100		0	MC		9			
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC		9			
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08374

Cereals ready-to-eat, KELLOGG, KELLOGG'S, CRISPIX CINNAMON CRUNCH

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08381

Cereals ready-to-eat, KELLOGG, KELLOGG'S, CRUNCHIN' RICE KRISPIES

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.00		0	MC		9			
Energy.....kcal	388		0	MC		9			
Energy.....kj	1623		0	MC		9			
Protein (N x 6.25).....g	6.30		0	MC		9			
Total lipid (fat).....g	3.20		0	MC		9			
Ash.....g	3.10		0	MC		9			
Carbohydrate, by difference.....g	84.40		0	MC		9			
Fiber, total dietary.....g	1.6		0	MC		9			
Sugars, total.....g	34.40		0	MC		9			
Starch.....g									
Minerals:									
Calcium, Ca.....mg	128		0	MC		9			
* Iron, Fe.....mg	5.60		0	MC		9			
Magnesium, Mg.....mg	27		0	MC		9			
Phosphorus, P.....mg	140		0	MC		9			
Potassium, K.....mg	125		0	MC		9			
Sodium, Na.....mg	843		0	MC		9			
Zinc, Zn.....mg	0.60		0	MC		9			
Copper, Cu.....mg	0.100		0	MC		9			
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
* Vitamin C, total ascorbic acid.....mg	19.0		0	MC		9			
* Thiamin.....mg	1.300		0	MC		9			
* Riboflavin.....mg	1.500		0	MC		9			
* Niacin.....mg	16.700		0	MC		9			
Pantothenic acid.....mg									
* Vitamin B-6.....mg	1.800		0	MC		9			
* Folate, total.....mcg	313		0	MC		9			
Folate, DFE.....mcg_DFE									
* Vitamin B-12.....mcg	4.70		0	MC		9			
* Vitamin A, IU.....IU	1563		0	MC		9			
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
* Vitamin D.....IU	127.000		0	MC		9			
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.500		0	MC		9			
Fatty acids, total monounsaturated.....g	1.100		0	MC		9			
Fatty acids, total polyunsaturated.....g	0.600		0	MC		9			
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC		9			
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08381

Cereals ready-to-eat, KELLOGG, KELLOGG'S, CRUNCHIN' RICE KRISPIES

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08380

Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	5.30		0	MC	9		2.81		
Energy.....kcal	354		0	MC	9		188		
Energy.....kj	1481		0	MC	9		785		
Protein (N x 6.25).....g	6.10		0	MC	9		3.23		
Total lipid (fat).....g	1.90		0	MC	9		1.01		
Ash.....g	1.80		0	MC	9		0.95		
Carbohydrate, by difference.....g	84.90		0	MC	9		45.00		
Fiber, total dietary.....g	7.6		0	MC	9		4.0		
Sugars, total.....g	37.70		0	MC	9		19.98		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	35		0	MC	9		19		
* Iron, Fe.....mg	8.50		0	MC	9		4.51		
Magnesium, Mg.....mg	88		0	MC	9		47		
Phosphorus, P.....mg	259		0	MC	9		137		
Potassium, K.....mg	401		0	MC	9		213		
Sodium, Na.....mg	394		0	MC	9		209		
* Zinc, Zn.....mg	3.00		0	MC	9		1.59		
Copper, Cu.....mg	0.300		0	MC	9		0.159		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
* Vitamin C, total ascorbic acid.....mg	1.3		0	MC	9		0.7		
* Thiamin.....mg	0.700		0	MC	9		0.371		
* Riboflavin.....mg	0.800		0	MC	9		0.424		
* Niacin.....mg	10.000		0	MC	9		5.300		
Pantothenic acid.....mg									
* Vitamin B-6.....mg	0.900		0	MC	9		0.477		
* Folate, total.....mcg	190		0	MC	9		101		
Folate, DFE.....mcg_DFE									
* Vitamin B-12.....mcg	2.90		0	MC	9		1.54		
* Vitamin A, IU.....IU	1021		0	MC	9		541		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
* Vitamin D.....IU	75.000		0	MC	9		39.750		
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.380		0	MC	9		0.201		
Fatty acids, total monounsaturated.....g	0.700		0	MC	9		0.371		
Fatty acids, total polyunsaturated.....g	0.820		0	MC	9		0.435		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 53g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08380

Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08403

Cereals ready-to-eat, KELLOGG, POKEMON

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.900		0	MC	9		0.270		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		0	FLM	4		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.893		0	FLM	4		0.268		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.000		0	MC	9		0.300		
18:2 undifferentiated.....g	0.953		0	FLM	4		0.286		
18:3 undifferentiated.....g	0.046		0	FLM	4		0.014		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000		
Carotene, alpha.....mcg	0		0	BFZN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08343

Cereals ready-to-eat, KRAFT, POST 100% BRAN Cereal

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.80		0	MC	9		0.81		
Energy.....kcal	287		0	MC	9		83		
Energy.....kj	1201						348		
Protein.....g	12.70		0	MC	9		3.68		
Total lipid (fat).....g	2.10		0	NR	4		0.61		
Ash.....g	4.40		0	MC	9		1.28		
Carbohydrate, by difference.....g	78.20		0	MC	9		22.68		
Fiber, total dietary.....g	28.6		0	MC	9		8.3		
Sugars, total.....g	24.40		0	MC	9		7.08		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	76		0	MC	9		22		
Iron, Fe.....mg	27.93		0	MC	9		8.10		
Magnesium, Mg.....mg	278		0	MC	9		81		
Phosphorus, P.....mg	813		0	MC	9		236		
Potassium, K.....mg	947		0	MC	9		275		
Sodium, Na.....mg	417		0	MC	9		121		
Zinc, Zn.....mg	12.93		0	MC	9		3.75		
Copper, Cu.....mg	0.918		0	MC	9		0.266		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	1.290		0	MC	9		0.374		
Riboflavin.....mg	1.470		0	MC	9		0.426		
Niacin.....mg	17.240		0	MC	9		5.000		
Pantothenic acid.....mg									
Vitamin B-6.....mg	1.730		0	MC	9		0.502		
Folate, total.....mcg	345		0	MC	9		100		
Folic acid.....mcg	326		0	NC	4		95		
Folate, food.....mcg	19		0	CAZN	4		6		
Folate, DFE.....mcg_DFE	573		0	NC	4		166		
Vitamin B-12.....mcg	0.00		0	MC	9		0.00		
Vitamin A, IU.....IU	2586		0	MC	9		750		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	0.000		0	MC	9		0.000		
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.300		0	MC	9		0.087		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: .333 cup (1 NLEA serving)

NDB No. 08343

Cereals ready-to-eat, KRAFT, POST 100% BRAN Cereal

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08320

Cereals ready-to-eat, KRAFT, POST BANANA NUT CRUNCH Cereal

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	4.50		0	MC	9		2.66		
Energy.....kcal	422		0	MC	9		249		
Energy.....kj	1766						1042		
Protein.....g	8.50		0	MC	9		5.02		
Total lipid (fat).....g	10.30		0	NR	4		6.08		
Ash.....g	2.50		0	MC	9		1.48		
Carbohydrate, by difference.....g	74.00		0	MC	9		43.66		
Fiber, total dietary.....g	6.8		0	MC	9		4.0		
Sugars, total.....g	20.40		0	MC	9		12.04		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	36		0	MC	9		21		
Iron, Fe.....mg	27.46		0	MC	9		16.20		
Magnesium, Mg.....mg	82		0	MC	9		48		
Phosphorus, P.....mg	310		0	MC	9		183		
Potassium, K.....mg	290		0	MC	9		171		
Sodium, Na.....mg	428		0	MC	9		253		
Zinc, Zn.....mg	2.54		0	MC	9		1.50		
Copper, Cu.....mg	0.383		0	MC	9		0.226		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		0	MC	9		0.1		
Thiamin.....mg	0.640		0	MC	9		0.378		
Riboflavin.....mg	0.720		0	MC	9		0.425		
Niacin.....mg	8.470		0	MC	9		4.997		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.850		0	MC	9		0.502		
Folate, total.....mcg	169		0	MC	9		100		
Folic acid.....mcg	150		0	NC	4		89		
Folate, food.....mcg	19		0	CAZN	4		11		
Folate, DFE.....mcg_DFE	274		0	NC	4		162		
Vitamin B-12.....mcg	2.54		0	MC	9		1.50		
Vitamin A, IU.....IU	1271		0	MC	9		750		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	68.000		0	MC	9		40.120		
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.400		0	MC	9		0.826		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 59g: 1 cup (1 NLEA serving)

NDB No. 08320

Cereals ready-to-eat, KRAFT, POST BANANA NUT CRUNCH Cereal

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08321

Cereals ready-to-eat, KRAFT, POST BLUEBERRY MORNING Cereal

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	7.20		0	MC	9		3.96		
Energy.....kcal	383		0	MC	9		211		
Energy.....kj	1602						881		
Protein.....g	6.60		0	MC	9		3.63		
Total lipid (fat).....g	4.50		0	NR	4		2.48		
Ash.....g	2.00		0	MC	9		1.10		
Carbohydrate, by difference.....g	78.90		0	MC	9		43.40		
Fiber, total dietary.....g	3.8		0	MC	9		2.1		
Sugars, total.....g	20.80		0	MC	9		11.44		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	27		0	MC	9		15		
Iron, Fe.....mg	3.27		0	MC	9		1.80		
Magnesium, Mg.....mg	43		0	MC	9		24		
Phosphorus, P.....mg	128		0	MC	9		70		
Potassium, K.....mg	166		0	MC	9		91		
Sodium, Na.....mg	484		0	MC	9		266		
Zinc, Zn.....mg	1.64		0	MC	9		0.90		
Copper, Cu.....mg	0.135		0	MC	9		0.074		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.680		0	MC	9		0.374		
Riboflavin.....mg	0.770		0	MC	9		0.424		
Niacin.....mg	9.090		0	MC	9		5.000		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.910		0	MC	9		0.501		
Folate, total.....mcg	182		0	MC	9		100		
Folic acid.....mcg	163		0	NC	4		90		
Folate, food.....mcg	19		0	CAZN	4		10		
Folate, DFE.....mcg_DFE	296		0	NC	4		163		
Vitamin B-12.....mcg	2.73		0	MC	9		1.50		
Vitamin A, IU.....IU	1364		0	MC	9		750		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	73.000		0	MC	9		40.150		
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.600		0	MC	9		0.330		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 55g: 1.25 cup (1 NLEA serving)

NDB No. 08321

Cereals ready-to-eat, KRAFT, POST BLUEBERRY MORNING Cereal

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08322

Cereals ready-to-eat, KRAFT, POST Bran Flakes

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.70		0	MC	9		1.11		
Energy.....kcal	320		0	MC	9		96		
Energy.....kj	1339						402		
Protein.....g	9.40		0	MC	9		2.82		
Total lipid (fat).....g	2.20		0	NR	4		0.66		
Ash.....g	4.00		0	MC	9		1.20		
Carbohydrate, by difference.....g	80.40		0	MC	9		24.12		
Fiber, total dietary.....g	17.6		0	MC	9		5.3		
Sugars, total.....g	18.90		0	MC	9		5.67		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	56		0	MC	9		17		
Iron, Fe.....mg	27.00		0	MC	9		8.10		
Magnesium, Mg.....mg	214		0	MC	9		64		
Phosphorus, P.....mg	508		0	MC	9		152		
Potassium, K.....mg	616		0	MC	9		185		
Sodium, Na.....mg	732		0	MC	9		220		
Zinc, Zn.....mg	5.00		0	MC	9		1.50		
Copper, Cu.....mg	0.642		0	MC	9		0.193		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	1.250		0	MC	9		0.375		
Riboflavin.....mg	1.420		0	MC	9		0.426		
Niacin.....mg	16.670		0	MC	9		5.001		
Pantothenic acid.....mg									
Vitamin B-6.....mg	1.670		0	MC	9		0.501		
Folate, total.....mcg	333		0	MC	9		100		
Folic acid.....mcg	314		0	NC	4		94		
Folate, food.....mcg	19		0	CAZN	4		6		
Folate, DFE.....mcg_DFE	553		0	NC	4		166		
Vitamin B-12.....mcg	5.00		0	MC	9		1.50		
Vitamin A, IU.....IU	2500		0	MC	9		750		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	133.000		0	MC	9		39.900		
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.400		0	MC	9		0.120		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: .75 cup (1 NLEA serving)

NDB No. 08322

Cereals ready-to-eat, KRAFT, POST Bran Flakes

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08323

Cereals ready-to-eat, KRAFT, POST Cocoa PEBBLES Cereal (1)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.90		0	MC	9		0.84		
Energy.....kcal	398		0	MC	9		115		
Energy.....kj	1665						483		
Protein.....g	3.50		0	MC	9		1.02		
Total lipid (fat).....g	4.20		0	NR	4		1.22		
Ash.....g	1.90		0	MC	9		0.55		
Carbohydrate, by difference.....g	87.90		0	MC	9		25.49		
Fiber, total dietary.....g	1.6		0	MC	9		0.5		
Sugars, total.....g	44.00		0	MC	9		12.76		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	12		0	MC	9		3		
Iron, Fe.....mg	6.21		0	MC	9		1.80		
Magnesium, Mg.....mg	37		0	MC	9		11		
Phosphorus, P.....mg	81		0	MC	9		23		
Potassium, K.....mg	146		0	MC	9		42		
Sodium, Na.....mg	541		0	MC	9		157		
Zinc, Zn.....mg	5.17		0	MC	9		1.50		
Copper, Cu.....mg	0.215		0	MC	9		0.062		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	1.290		0	MC	9		0.374		
Riboflavin.....mg	1.470		0	MC	9		0.426		
Niacin.....mg	17.240		0	MC	9		5.000		
Pantothenic acid.....mg									
Vitamin B-6.....mg	1.720		0	MC	9		0.499		
Folate, total.....mcg	345		0	MC	9		100		
Folic acid.....mcg	326		0	NC	4		95		
Folate, food.....mcg	19		0	CAZN	4		6		
Folate, DFE.....mcg_DFE	573		0	NC	4		166		
Vitamin B-12.....mcg	5.17		0	MC	9		1.50		
Vitamin A, IU.....IU	2586		0	MC	9		750		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	138.000		0	MC	9		40.020		
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	3.700		0	MC	9		1.073		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: .75 cup (1 NLEA serving)

NDB No. 08323

Cereals ready-to-eat, KRAFT, POST Cocoa PEBBLES Cereal (1)

Footnotes

1 PEBBLES is a registered trademark of Hanna-Barbera Productions, Inc., used under license.

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08327

Cereals ready-to-eat, KRAFT, POST FRUIT & FIBRE Dates, Raisins & Walnuts Cereal

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	8.50		0	MC	9		4.68		
Energy.....kcal	385		0	MC	9		212		
Energy.....kj	1611						886		
Protein.....g	7.10		0	MC	9		3.91		
Total lipid (fat).....g	5.60		0	NR	4		3.08		
Ash.....g	2.60		0	MC	9		1.43		
Carbohydrate, by difference.....g	76.20		0	MC	9		41.91		
Fiber, total dietary.....g	9.7		0	MC	9		5.3		
Sugars, total.....g	29.80		0	MC	9		16.39		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	43		0	MC	9		24		
Iron, Fe.....mg	9.82		0	MC	9		5.40		
Magnesium, Mg.....mg	120		0	MC	9		66		
Phosphorus, P.....mg	294		0	MC	9		162		
Potassium, K.....mg	443		0	MC	9		244		
Sodium, Na.....mg	509		0	MC	9		280		
Zinc, Zn.....mg	2.73		0	MC	9		1.50		
Copper, Cu.....mg	0.473		0	MC	9		0.260		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.680		0	MC	9		0.374		
Riboflavin.....mg	0.770		0	MC	9		0.424		
Niacin.....mg	9.090		0	MC	9		5.000		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.910		0	MC	9		0.501		
Folate, total.....mcg	182		0	MC	9		100		
Folic acid.....mcg	163		0	NC	4		90		
Folate, food.....mcg	19		0	CAZN	4		10		
Folate, DFE.....mcg_DFE	296		0	NC	4		163		
Vitamin B-12.....mcg	2.73		0	MC	9		1.50		
Vitamin A, IU.....IU	1364		0	MC	9		750		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	73.000		0	MC	9		40.150		
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.800		0	MC	9		0.440		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 55g: 1 cup (1 NLEA serving)

NDB No. 08327

Cereals ready-to-eat, KRAFT, POST FRUIT & FIBRE Dates, Raisins & Walnuts Cereal

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08325

Cereals ready-to-eat, KRAFT, POST Frosted ALPHA-BITS Cereal

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	1.30		0	MC	9		0.42		
Energy.....kcal	405		0	MC	9		130		
Energy.....kj	1695						542		
Protein.....g	8.50		0	MC	9		2.72		
Total lipid (fat).....g	4.10		0	NR	4		1.31		
Ash.....g	2.50		0	MC	9		0.80		
Carbohydrate, by difference.....g	83.50		0	MC	9		26.72		
Fiber, total dietary.....g	4.1		0	MC	9		1.3		
Sugars, total.....g	39.00		0	MC	9		12.48		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	30		0	MC	9		10		
Iron, Fe.....mg	8.44		0	MC	9		2.70		
Magnesium, Mg.....mg	78		0	MC	9		25		
Phosphorus, P.....mg	208		0	MC	9		67		
Potassium, K.....mg	194		0	MC	9		62		
Sodium, Na.....mg	661		0	MC	9		212		
Zinc, Zn.....mg	4.69		0	MC	9		1.50		
Copper, Cu.....mg	0.310		0	MC	9		0.099		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	1.170		0	MC	9		0.374		
Riboflavin.....mg	1.330		0	MC	9		0.426		
Niacin.....mg	15.630		0	MC	9		5.002		
Pantothenic acid.....mg									
Vitamin B-6.....mg	1.560		0	MC	9		0.499		
Folate, total.....mcg	312		0	MC	9		100		
Folic acid.....mcg	293		0	NC	4		94		
Folate, food.....mcg	19		0	CAZN	4		6		
Folate, DFE.....mcg_DFE	517		0	NC	4		165		
Vitamin B-12.....mcg	4.69		0	MC	9		1.50		
Vitamin A, IU.....IU	2344		0	MC	9		750		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	125.000		0	MC	9		40.000		
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.800		0	MC	9		0.256		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32g: 1 cup (1 NLEA serving)

NDB No. 08325

Cereals ready-to-eat, KRAFT, POST Frosted ALPHA-BITS Cereal

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08339

Cereals ready-to-eat, KRAFT, POST Frosted Shredded Wheat Bite Size Cereal

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	6.00		0	MC	9		3.12		
Energy.....kcal	352		0	MC	9		183		
Energy.....kj	1473						766		
Protein.....g	7.80		0	MC	9		4.06		
Total lipid (fat).....g	1.90		0	NR	4		0.99		
Ash.....g	1.10		0	MC	9		0.57		
Carbohydrate, by difference.....g	83.80		0	MC	9		43.58		
Fiber, total dietary.....g	9.6		0	MC	9		5.0		
Sugars, total.....g	22.30		0	MC	9		11.60		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	13		0	MC	9		7		
Iron, Fe.....mg	3.46		0	MC	9		1.80		
Magnesium, Mg.....mg	93		0	MC	9		48		
Phosphorus, P.....mg	276		0	MC	9		144		
Potassium, K.....mg	327		0	MC	9		170		
Sodium, Na.....mg	19		0	MC	9		10		
Zinc, Zn.....mg	2.88		0	MC	9		1.50		
Copper, Cu.....mg	0.173		0	MC	9		0.090		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.720		0	MC	9		0.374		
Riboflavin.....mg	0.820		0	MC	9		0.426		
Niacin.....mg	9.620		0	MC	9		5.002		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.960		0	MC	9		0.499		
Folate, total.....mcg	192		0	MC	9		100		
Folic acid.....mcg	173		0	NC	4		90		
Folate, food.....mcg	19		0	CAZN	4		10		
Folate, DFE.....mcg_DFE	313		0	NC	4		163		
Vitamin B-12.....mcg	2.88		0	MC	9		1.50		
Vitamin A, IU.....IU	0		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	0.000		0	MC	9		0.000		
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.300		0	MC	9		0.156		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 52g: 1 cup (1 NLEA serving)

NDB No. 08339

Cereals ready-to-eat, KRAFT, POST Frosted Shredded Wheat Bite Size Cereal

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08324

Cereals ready-to-eat, KRAFT, POST Fruity PEBBLES Cereal (1)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.00		0	MC	9		0.81		
Energy.....kcal	401		0	MC	9		108		
Energy.....kj	1678						453		
Protein.....g	3.60		0	MC	9		0.97		
Total lipid (fat).....g	3.90		0	NR	4		1.05		
Ash.....g	1.60		0	MC	9		0.43		
Carbohydrate, by difference.....g	87.90		0	MC	9		23.73		
Fiber, total dietary.....g	0.7		0	MC	9		0.2		
Sugars, total.....g	44.00		0	MC	9		11.88		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		0	MC	9		1		
Iron, Fe.....mg	6.67		0	MC	9		1.80		
Magnesium, Mg.....mg	19		0	MC	9		5		
Phosphorus, P.....mg	58		0	MC	9		16		
Potassium, K.....mg	110		0	MC	9		30		
Sodium, Na.....mg	584		0	MC	9		158		
Zinc, Zn.....mg	5.56		0	MC	9		1.50		
Copper, Cu.....mg	0.120		0	MC	9		0.032		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	1.390		0	MC	9		0.375		
Riboflavin.....mg	1.570		0	MC	9		0.424		
Niacin.....mg	18.520		0	MC	9		5.000		
Pantothenic acid.....mg									
Vitamin B-6.....mg	1.850		0	MC	9		0.500		
Folate, total.....mcg	370		0	MC	9		100		
Folic acid.....mcg	351		0	NC	4		95		
Folate, food.....mcg	19		0	CAZN	4		5		
Folate, DFE.....mcg_DFE	616		0	NC	4		166		
Vitamin B-12.....mcg	5.56		0	MC	9		1.50		
Vitamin A, IU.....IU	2778		0	MC	9		750		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	148.000		0	MC	9		39.960		
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.900		0	MC	9		0.243		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 27g: .75 cup (1 NLEA serving)

NDB No. 08324

Cereals ready-to-eat, KRAFT, POST Fruity PEBBLES Cereal (1)

Footnotes

1 PEBBLES is a registered trademark of Hanna-Barbera Productions, Inc., used under license.

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08328

Cereals ready-to-eat, KRAFT, POST GOLDEN CRISP Cereal

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.90		0	MC	9		0.78		
Energy.....kcal	398		0	MC	9		107		
Energy.....kj	1665						450		
Protein.....g	5.50		0	MC	9		1.49		
Total lipid (fat).....g	1.40		0	NR	4		0.38		
Ash.....g	0.80		0	MC	9		0.22		
Carbohydrate, by difference.....g	90.90		0	MC	9		24.54		
Fiber, total dietary.....g	0.0		0	MC	9		0.0		
Sugars, total.....g	53.90		0	MC	9		14.55		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	15		0	MC	9		4		
Iron, Fe.....mg	6.67		0	MC	9		1.80		
Magnesium, Mg.....mg	61		0	MC	9		16		
Phosphorus, P.....mg	136		0	MC	9		37		
Potassium, K.....mg	125		0	MC	9		34		
Sodium, Na.....mg	150		0	MC	9		41		
Zinc, Zn.....mg	5.56		0	MC	9		1.50		
Copper, Cu.....mg	0.220		0	MC	9		0.059		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	1.390		0	MC	9		0.375		
Riboflavin.....mg	1.570		0	MC	9		0.424		
Niacin.....mg	18.520		0	MC	9		5.000		
Pantothenic acid.....mg									
Vitamin B-6.....mg	1.850		0	MC	9		0.500		
Folate, total.....mcg	370		0	MC	9		100		
Folic acid.....mcg	351		0	NC	4		95		
Folate, food.....mcg	19		0	CAZN	4		5		
Folate, DFE.....mcg_DFE	616		0	NC	4		166		
Vitamin B-12.....mcg	5.56		0	MC	9		1.50		
Vitamin A, IU.....IU	2778		0	MC	9		750		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	148.000		0	MC	9		39.960		
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.200		0	MC	9		0.054		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 27g: .75 cup (1 NLEA serving)

NDB No. 08328

Cereals ready-to-eat, KRAFT, POST GOLDEN CRISP Cereal

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08329

Cereals ready-to-eat, KRAFT, POST GRAPE-NUTS Cereal

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.50		0	MC	9		2.03		
Energy.....kcal	359		0	MC	9		208		
Energy.....kj	1502						871		
Protein.....g	10.80		0	MC	9		6.26		
Total lipid (fat).....g	1.90		0	NR	4		1.10		
Ash.....g	2.50		0	MC	9		1.45		
Carbohydrate, by difference.....g	81.30		0	MC	9		47.15		
Fiber, total dietary.....g	8.7		0	MC	9		5.0		
Sugars, total.....g	12.00		0	MC	9		6.96		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	34		0	MC	9		20		
Iron, Fe.....mg	27.93		0	MC	9		16.20		
Magnesium, Mg.....mg	100		0	MC	9		58		
Phosphorus, P.....mg	239		0	MC	9		139		
Potassium, K.....mg	307		0	MC	9		178		
Sodium, Na.....mg	610		0	MC	9		354		
Zinc, Zn.....mg	2.07		0	MC	9		1.20		
Copper, Cu.....mg	0.365		0	MC	9		0.212		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.650		0	MC	9		0.377		
Riboflavin.....mg	0.730		0	MC	9		0.423		
Niacin.....mg	8.620		0	MC	9		5.000		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.860		0	MC	9		0.499		
Folate, total.....mcg	172		0	MC	9		100		
Folic acid.....mcg	153		0	NC	4		89		
Folate, food.....mcg	19		0	CAZN	4		11		
Folate, DFE.....mcg_DFE	279		0	NC	4		162		
Vitamin B-12.....mcg	2.59		0	MC	9		1.50		
Vitamin A, IU.....IU	1293		0	MC	9		750		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	69.000		0	MC	9		40.020		
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.400		0	MC	9		0.232		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 58g: .5 cup (1 NLEA serving)

NDB No. 08329

Cereals ready-to-eat, KRAFT, POST GRAPE-NUTS Cereal

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08330

Cereals ready-to-eat, KRAFT, POST GRAPE-NUTS Flakes

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.20		0	MC	9		0.93		
Energy.....kcal	365		0	MC	9		106		
Energy.....kj	1527						443		
Protein.....g	10.00		0	MC	9		2.90		
Total lipid (fat).....g	2.90		0	NR	4		0.84		
Ash.....g	2.40		0	MC	9		0.70		
Carbohydrate, by difference.....g	81.50		0	MC	9		23.64		
Fiber, total dietary.....g	8.8		0	MC	9		2.6		
Sugars, total.....g	17.60		0	MC	9		5.10		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	39		0	MC	9		11		
Iron, Fe.....mg	27.93		0	MC	9		8.10		
Magnesium, Mg.....mg	103		0	MC	9		30		
Phosphorus, P.....mg	302		0	MC	9		88		
Potassium, K.....mg	340		0	MC	9		99		
Sodium, Na.....mg	482		0	MC	9		140		
Zinc, Zn.....mg	4.14		0	MC	9		1.20		
Copper, Cu.....mg	0.500		0	MC	9		0.145		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	1.290		0	MC	9		0.374		
Riboflavin.....mg	1.470		0	MC	9		0.426		
Niacin.....mg	17.240		0	MC	9		5.000		
Pantothenic acid.....mg									
Vitamin B-6.....mg	1.730		0	MC	9		0.502		
Folate, total.....mcg	345		0	MC	9		100		
Folic acid.....mcg	326		0	NC	4		95		
Folate, food.....mcg	19		0	CAZN	4		6		
Folate, DFE.....mcg_DFE	573		0	NC	4		166		
Vitamin B-12.....mcg	5.17		0	MC	9		1.50		
Vitamin A, IU.....IU	2586		0	MC	9		750		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	138.000		0	MC	9		40.020		
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.600		0	MC	9		0.174		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: .75 cup (1 NLEA serving)

NDB No. 08330

Cereals ready-to-eat, KRAFT, POST GRAPE-NUTS Flakes

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08331

Cereals ready-to-eat, KRAFT, POST GREAT GRAINS Crunchy Pecan Cereal

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	5.80		0	MC	9		3.07		
Energy.....kcal	408		0	MC	9		216		
Energy.....kj	1707						905		
Protein.....g	9.30		0	MC	9		4.93		
Total lipid (fat).....g	11.80		0	NR	4		6.25		
Ash.....g	2.00		0	MC	9		1.06		
Carbohydrate, by difference.....g	71.40		0	MC	9		37.84		
Fiber, total dietary.....g	7.0		0	MC	9		3.7		
Sugars, total.....g	15.30		0	MC	9		8.11		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	28		0	MC	9		15		
Iron, Fe.....mg	5.09		0	MC	9		2.70		
Magnesium, Mg.....mg	87		0	MC	9		46		
Phosphorus, P.....mg	223		0	MC	9		118		
Potassium, K.....mg	321		0	MC	9		170		
Sodium, Na.....mg	403		0	MC	9		214		
Zinc, Zn.....mg	2.26		0	MC	9		1.20		
Copper, Cu.....mg	0.338		0	MC	9		0.179		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		0	MC	9		0.1		
Thiamin.....mg	0.710		0	MC	9		0.376		
Riboflavin.....mg	0.850		0	MC	9		0.451		
Niacin.....mg	9.430		0	MC	9		4.998		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.940		0	MC	9		0.498		
Folate, total.....mcg	189		0	MC	9		100		
Folic acid.....mcg	170		0	NC	4		90		
Folate, food.....mcg	19		0	CAZN	4		10		
Folate, DFE.....mcg_DFE	308		0	NC	4		163		
Vitamin B-12.....mcg	2.83		0	MC	9		1.50		
Vitamin A, IU.....IU	1415		0	MC	9		750		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	75.000		0	MC	9		39.750		
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.400		0	MC	9		0.742		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 53g: .667 cup (1 NLEA serving)

NDB No. 08331

Cereals ready-to-eat, KRAFT, POST GREAT GRAINS Crunchy Pecan Cereal

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08332

Cereals ready-to-eat, KRAFT, POST GREAT GRAINS Raisin, Date & Pecan Cereal

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	8.70		0	MC	9		4.70		
Energy.....kcal	377		0	MC	9		204		
Energy.....kj	1577						852		
Protein.....g	8.00		0	MC	9		4.32		
Total lipid (fat).....g	8.40		0	NR	4		4.54		
Ash.....g	1.90		0	MC	9		1.03		
Carbohydrate, by difference.....g	73.20		0	MC	9		39.53		
Fiber, total dietary.....g	7.4		0	MC	9		4.0		
Sugars, total.....g	24.60		0	MC	9		13.28		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	31		0	MC	9		17		
Iron, Fe.....mg	6.67		0	MC	9		3.60		
Magnesium, Mg.....mg	84		0	MC	9		45		
Phosphorus, P.....mg	197		0	MC	9		106		
Potassium, K.....mg	326		0	MC	9		176		
Sodium, Na.....mg	288		0	MC	9		156		
Zinc, Zn.....mg	2.22		0	MC	9		1.20		
Copper, Cu.....mg	0.308		0	MC	9		0.166		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0	MC	9		0.1		
Thiamin.....mg	0.700		0	MC	9		0.378		
Riboflavin.....mg	0.790		0	MC	9		0.427		
Niacin.....mg	9.260		0	MC	9		5.000		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.930		0	MC	9		0.502		
Folate, total.....mcg	185		0	MC	9		100		
Folic acid.....mcg	166		0	NC	4		90		
Folate, food.....mcg	19		0	CAZN	4		10		
Folate, DFE.....mcg_DFE	301		0	NC	4		163		
Vitamin B-12.....mcg	2.78		0	MC	9		1.50		
Vitamin A, IU.....IU	1389		0	MC	9		750		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	74.000		0	MC	9		39.960		
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.100		0	MC	9		0.594		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 54g: .667 cup (1 NLEA serving)

NDB No. 08332

Cereals ready-to-eat, KRAFT, POST GREAT GRAINS Raisin, Date & Pecan Cereal

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08333

Cereals ready-to-eat, KRAFT, POST HONEY BUNCHES OF OATS Honey Roasted Cereal

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.00		0	MC	9		0.90		
Energy.....kcal	394		0	MC	9		118		
Energy.....kj	1647						494		
Protein.....g	7.10		0	MC	9		2.13		
Total lipid (fat).....g	5.50		0	NR	4		1.65		
Ash.....g	2.30		0	MC	9		0.69		
Carbohydrate, by difference.....g	81.90		0	MC	9		24.57		
Fiber, total dietary.....g	4.9		0	MC	9		1.5		
Sugars, total.....g	21.50		0	MC	9		6.45		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	21		0	MC	9		6		
Iron, Fe.....mg	27.00		0	MC	9		8.10		
Magnesium, Mg.....mg	55		0	MC	9		17		
Phosphorus, P.....mg	161		0	MC	9		48		
Potassium, K.....mg	172		0	MC	9		52		
Sodium, Na.....mg	642		0	MC	9		193		
Zinc, Zn.....mg	1.00		0	MC	9		0.30		
Copper, Cu.....mg	0.270		0	MC	9		0.081		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	1.250		0	MC	9		0.375		
Riboflavin.....mg	1.420		0	MC	9		0.426		
Niacin.....mg	16.670		0	MC	9		5.001		
Pantothenic acid.....mg									
Vitamin B-6.....mg	1.670		0	MC	9		0.501		
Folate, total.....mcg	333		0	MC	9		100		
Folic acid.....mcg	314		0	NC	4		94		
Folate, food.....mcg	19		0	CAZN	4		6		
Folate, DFE.....mcg_DFE	553		0	NC	4		166		
Vitamin B-12.....mcg	5.00		0	MC	9		1.50		
Vitamin A, IU.....IU	2500		0	MC	9		750		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	133.000		0	MC	9		39.900		
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.800		0	MC	9		0.240		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: .75 cup (1 NLEA serving)

NDB No. 08333

Cereals ready-to-eat, KRAFT, POST HONEY BUNCHES OF OATS Honey Roasted Cereal

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08334

Cereals ready-to-eat, KRAFT, POST HONEY BUNCHES OF OATS with Almonds Cereal

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.00		0	MC	9		0.93		
Energy.....kcal	407		0	MC	9		126		
Energy.....kj	1703						528		
Protein.....g	7.80		0	MC	9		2.42		
Total lipid (fat).....g	8.50		0	NR	4		2.64		
Ash.....g	2.30		0	MC	9		0.71		
Carbohydrate, by difference.....g	78.00		0	MC	9		24.18		
Fiber, total dietary.....g	4.5		0	MC	9		1.4		
Sugars, total.....g	21.00		0	MC	9		6.51		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	37		0	MC	9		11		
Iron, Fe.....mg	26.13		0	MC	9		8.10		
Magnesium, Mg.....mg	69		0	MC	9		21		
Phosphorus, P.....mg	192		0	MC	9		60		
Potassium, K.....mg	227		0	MC	9		70		
Sodium, Na.....mg	603		0	MC	9		187		
Zinc, Zn.....mg	0.97		0	MC	9		0.30		
Copper, Cu.....mg	0.224		0	MC	9		0.069		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0	MC	9		0.0		
Thiamin.....mg	1.210		0	MC	9		0.375		
Riboflavin.....mg	1.370		0	MC	9		0.425		
Niacin.....mg	16.130		0	MC	9		5.000		
Pantothenic acid.....mg									
Vitamin B-6.....mg	1.610		0	MC	9		0.499		
Folate, total.....mcg	323		0	MC	9		100		
Folic acid.....mcg	304		0	NC	4		94		
Folate, food.....mcg	19		0	CAZN	4		6		
Folate, DFE.....mcg_DFE	536		0	NC	4		166		
Vitamin B-12.....mcg	4.84		0	MC	9		1.50		
Vitamin A, IU.....IU	2419		0	MC	9		750		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	129.000		0	MC	9		39.990		
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.100		0	MC	9		0.341		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: .75 cup (1 NLEA serving)

NDB No. 08334

Cereals ready-to-eat, KRAFT, POST HONEY BUNCHES OF OATS with Almonds Cereal

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08335

Cereals ready-to-eat, KRAFT, POST HONEYCOMB Cereal

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	1.50		0	MC	9		0.44		
Energy.....kcal	395		0	MC	9		115		
Energy.....kj	1653						479		
Protein.....g	5.20		0	MC	9		1.51		
Total lipid (fat).....g	2.10		0	NR	4		0.61		
Ash.....g	2.20		0	MC	9		0.64		
Carbohydrate, by difference.....g	88.90		0	MC	9		25.78		
Fiber, total dietary.....g	2.5		0	MC	9		0.7		
Sugars, total.....g	38.30		0	MC	9		11.11		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	17		0	MC	9		5		
Iron, Fe.....mg	9.31		0	MC	9		2.70		
Magnesium, Mg.....mg	37		0	MC	9		11		
Phosphorus, P.....mg	93		0	MC	9		27		
Potassium, K.....mg	120		0	MC	9		35		
Sodium, Na.....mg	743		0	MC	9		215		
Zinc, Zn.....mg	5.17		0	MC	9		1.50		
Copper, Cu.....mg	0.068		0	MC	9		0.020		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	1.290		0	MC	9		0.374		
Riboflavin.....mg	1.470		0	MC	9		0.426		
Niacin.....mg	17.240		0	MC	9		5.000		
Pantothenic acid.....mg									
Vitamin B-6.....mg	1.730		0	MC	9		0.502		
Folate, total.....mcg	345		0	MC	9		100		
Folic acid.....mcg	326		0	NC	4		95		
Folate, food.....mcg	19		0	CAZN	4		6		
Folate, DFE.....mcg_DFE	573		0	NC	4		166		
Vitamin B-12.....mcg	5.17		0	MC	9		1.50		
Vitamin A, IU.....IU	2586		0	MC	9		750		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	138.000		0	MC	9		40.020		
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.600		0	MC	9		0.174		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: 1.333 cup (1 NLEA serving)

NDB No. 08335

Cereals ready-to-eat, KRAFT, POST HONEYCOMB Cereal

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08326

Cereals ready-to-eat, KRAFT, POST Marshmallow ALPHA-BITS Cereal

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	1.50		0	MC	9		0.44		
Energy.....kcal	398		0	MC	9		115		
Energy.....kj	1665						483		
Protein.....g	5.90		0	MC	9		1.71		
Total lipid (fat).....g	3.30		0	NR	4		0.96		
Ash.....g	2.50		0	MC	9		0.73		
Carbohydrate, by difference.....g	86.70		0	MC	9		25.14		
Fiber, total dietary.....g	1.7		0	MC	9		0.5		
Sugars, total.....g	43.50		0	MC	9		12.62		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	14		0	MC	9		4		
Iron, Fe.....mg	9.31		0	MC	9		2.70		
Magnesium, Mg.....mg	41		0	MC	9		12		
Phosphorus, P.....mg	132		0	MC	9		38		
Potassium, K.....mg	100		0	MC	9		29		
Sodium, Na.....mg	711		0	MC	9		206		
Zinc, Zn.....mg	5.17		0	MC	9		1.50		
Copper, Cu.....mg	0.100		0	MC	9		0.029		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	1.290		0	MC	9		0.374		
Riboflavin.....mg	1.470		0	MC	9		0.426		
Niacin.....mg	17.240		0	MC	9		5.000		
Pantothenic acid.....mg									
Vitamin B-6.....mg	1.730		0	MC	9		0.502		
Folate, total.....mcg	345		0	MC	9		100		
Folic acid.....mcg	326		0	NC	4		95		
Folate, food.....mcg	19		0	CAZN	4		6		
Folate, DFE.....mcg_DFE	573		0	NC	4		166		
Vitamin B-12.....mcg	5.17		0	MC	9		1.50		
Vitamin A, IU.....IU	2586		0	MC	9		750		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	138.000		0	MC	9		40.020		
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.600		0	MC	9		0.174		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: 1 cup (1 NLEA serving)

NDB No. 08326

Cereals ready-to-eat, KRAFT, POST Marshmallow ALPHA-BITS Cereal

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08336

Cereals ready-to-eat, KRAFT, POST OREO O'S Cereal (1)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.50		0	MC	9		0.68		
Energy.....kcal	415		0	MC	9		112		
Energy.....kj	1736						469		
Protein.....g	4.80		0	MC	9		1.30		
Total lipid (fat).....g	8.80		0	NR	4		2.38		
Ash.....g	2.00		0	MC	9		0.54		
Carbohydrate, by difference (2).....g	79.70		0	MC	9		21.52		
Fiber, total dietary.....g	5.5		0	MC	9		1.5		
Sugars, total.....g	42.40		0	MC	9		11.45		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	19		0	MC	9		5		
Iron, Fe.....mg	6.67		0	MC	9		1.80		
Magnesium, Mg.....mg	55		0	MC	9		15		
Phosphorus, P.....mg	119		0	MC	9		32		
Potassium, K.....mg	183		0	MC	9		49		
Sodium, Na.....mg	475		0	MC	9		128		
Zinc, Zn.....mg	5.56		0	MC	9		1.50		
Copper, Cu.....mg	0.300		0	MC	9		0.081		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	1.390		0	MC	9		0.375		
Riboflavin.....mg	1.570		0	MC	9		0.424		
Niacin.....mg	18.520		0	MC	9		5.000		
Pantothenic acid.....mg									
Vitamin B-6.....mg	1.850		0	MC	9		0.500		
Folate, total.....mcg	370		0	MC	9		100		
Folic acid.....mcg	351		0	NC	4		95		
Folate, food.....mcg	19		0	CAZN	4		5		
Folate, DFE.....mcg_DFE	616		0	NC	4		166		
Vitamin B-12.....mcg	5.56		0	MC	9		1.50		
Vitamin A, IU.....IU	2778		0	MC	9		750		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	148.000		0	MC	9		39.960		
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.600		0	MC	9		0.432		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 27g: .75 cup (1 NLEA serving)

NDB No. 08336

Cereals ready-to-eat, KRAFT, POST OREO O'S Cereal (1)

Footnotes

- 1 OREO O'S is a trademark of Nabisco Brands Company, used under license.
- 2 Contains other proximate components.

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08337

Cereals ready-to-eat, KRAFT, POST Raisin Bran Cereal

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	8.90		0	MC	9		5.25		
Energy.....kcal	317		0	MC	9		187		
Energy.....kj	1326						783		
Protein.....g	7.90		0	MC	9		4.66		
Total lipid (fat).....g	1.80		0	NR	4		1.06		
Ash.....g	3.20		0	MC	9		1.89		
Carbohydrate, by difference.....g	78.10		0	MC	9		46.08		
Fiber, total dietary.....g	13.1		0	MC	9		7.7		
Sugars, total.....g	33.40		0	MC	9		19.71		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	45		0	MC	9		27		
Iron, Fe.....mg	18.31		0	MC	9		10.80		
Magnesium, Mg.....mg	150		0	MC	9		89		
Phosphorus, P.....mg	353		0	MC	9		208		
Potassium, K.....mg	605		0	MC	9		357		
Sodium, Na.....mg	611		0	MC	9		360		
Zinc, Zn.....mg	3.81		0	MC	9		2.25		
Copper, Cu.....mg	0.425		0	MC	9		0.251		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.640		0	MC	9		0.378		
Riboflavin.....mg	0.720		0	MC	9		0.425		
Niacin.....mg	8.470		0	MC	9		4.997		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.850		0	MC	9		0.502		
Folate, total.....mcg	169		0	MC	9		100		
Folic acid.....mcg	150		0	NC	4		89		
Folate, food.....mcg	19		0	CAZN	4		11		
Folate, DFE.....mcg_DFE	274		0	NC	4		162		
Vitamin B-12.....mcg	2.54		0	MC	9		1.50		
Vitamin A, IU.....IU	1271		0	MC	9		750		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	68.000		0	MC	9		40.120		
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.300		0	MC	9		0.177		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 59g: 1 cup (1 NLEA serving)

NDB No. 08337

Cereals ready-to-eat, KRAFT, POST Raisin Bran Cereal

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08341

Cereals ready-to-eat, KRAFT, POST THE ORIGINAL SHREDDED WHEAT 'N BRAN Cereal

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	4.50		0	MC	9		2.66		
Energy.....kcal	334		0	MC	9		197		
Energy.....kj	1397						824		
Protein.....g	12.50		0	MC	9		7.38		
Total lipid (fat).....g	1.40		0	NR	4		0.83		
Ash.....g	1.70		0	MC	9		1.00		
Carbohydrate, by difference.....g	79.90		0	MC	9		47.14		
Fiber, total dietary.....g	13.4		0	MC	9		7.9		
Sugars, total.....g	1.00		0	MC	9		0.59		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	45		0	MC	9		27		
Iron, Fe.....mg	4.18		0	MC	9		2.47		
Magnesium, Mg.....mg	137		0	MC	9		81		
Phosphorus, P.....mg	398		0	MC	9		235		
Potassium, K.....mg	420		0	MC	9		248		
Sodium, Na.....mg	5		0	MC	9		3		
Zinc, Zn.....mg	3.27		0	MC	9		1.93		
Copper, Cu.....mg	0.400		0	MC	9		0.236		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.260		0	MC	9		0.153		
Riboflavin.....mg	0.120		0	MC	9		0.071		
Niacin.....mg	6.310		0	MC	9		3.723		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.330		0	MC	9		0.195		
Folate, total.....mcg	46		0	MC	9		27		
Folic acid.....mcg	0		0	NC	4		0		
Folate, food.....mcg	46		0	NC	4		27		
Folate, DFE.....mcg_DFE	46		0	NC	4		27		
Vitamin B-12.....mcg	0.00		0	MC	9		0.00		
Vitamin A, IU.....IU	0		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	0.000		0	MC	9		0.000		
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.200		0	MC	9		0.118		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 59g: 1.25 cup (1 NLEA serving)

NDB No. 08341

Cereals ready-to-eat, KRAFT, POST THE ORIGINAL SHREDED WHEAT 'N BRAN Cereal

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08340

Cereals ready-to-eat, KRAFT, POST THE ORIGINAL SHREDDED WHEAT Cereal

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	4.00		0	MC	9		1.84		
Energy.....kcal	340		0	MC	9		156		
Energy.....kj	1423						654		
Protein.....g	10.40		0	MC	9		4.78		
Total lipid (fat).....g	1.20		0	NR	4		0.55		
Ash.....g	1.60		0	MC	9		0.74		
Carbohydrate, by difference.....g	82.90		0	MC	9		38.13		
Fiber, total dietary.....g	11.5		0	MC	9		5.3		
Sugars, total.....g	0.80		0	MC	9		0.37		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	44		0	MC	9		20		
Iron, Fe.....mg	3.13		0	MC	9		1.44		
Magnesium, Mg.....mg	118		0	MC	9		54		
Phosphorus, P.....mg	366		0	MC	9		168		
Potassium, K.....mg	425		0	MC	9		196		
Sodium, Na.....mg	7		0	MC	9		3		
Zinc, Zn.....mg	2.73		0	MC	9		1.26		
Copper, Cu.....mg	0.310		0	MC	9		0.143		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.270		0	MC	9		0.124		
Riboflavin.....mg	0.110		0	MC	9		0.051		
Niacin.....mg	5.570		0	MC	9		2.562		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.400		0	MC	9		0.184		
Folate, total.....mcg	43		0	MC	9		20		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.00		0	MC	9		0.00		
Vitamin A, IU.....IU	0		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	0.000		0	MC	9		0.000		
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.200		0	MC	9		0.092		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 46g: 2 biscuits (1 NLEA serving)

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 08340

Cereals ready-to-eat, KRAFT, POST THE ORIGINAL SHREDDED WHEAT Cereal

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08342

Cereals ready-to-eat, KRAFT, POST THE ORIGINAL SHREDDED WHEAT SPOON SIZE Cereal

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	4.10		0	MC	9		2.01		
Energy.....kcal	340		0	MC	9		167		
Energy.....kj	1423						697		
Protein.....g	10.30		0	MC	9		5.05		
Total lipid (fat).....g	1.10		0	NR	4		0.54		
Ash.....g	1.60		0	MC	9		0.78		
Carbohydrate, by difference.....g	83.00		0	MC	9		40.67		
Fiber, total dietary.....g	11.4		0	MC	9		5.6		
Sugars, total.....g	0.90		0	MC	9		0.44		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	43		0	MC	9		21		
Iron, Fe.....mg	3.18		0	MC	9		1.56		
Magnesium, Mg.....mg	116		0	MC	9		57		
Phosphorus, P.....mg	357		0	MC	9		175		
Potassium, K.....mg	415		0	MC	9		203		
Sodium, Na.....mg	7		0	MC	9		3		
Zinc, Zn.....mg	2.67		0	MC	9		1.31		
Copper, Cu.....mg	0.330		0	MC	9		0.162		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.270		0	MC	9		0.132		
Riboflavin.....mg	0.120		0	MC	9		0.059		
Niacin.....mg	5.570		0	MC	9		2.729		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.410		0	MC	9		0.201		
Folate, total.....mcg	42		0	MC	9		21		
Folic acid.....mcg	0		0	NC	4		0		
Folate, food.....mcg	42		0	NC	4		21		
Folate, DFE.....mcg_DFE	42		0	NC	4		21		
Vitamin B-12.....mcg	0.00		0	MC	9		0.00		
Vitamin A, IU.....IU	0		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	0.000		0	MC	9		0.000		
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.200		0	MC	9		0.098		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 49g: 1 cup (1 NLEA serving)

NDB No. 08342

Cereals ready-to-eat, KRAFT, POST THE ORIGINAL SHREDED WHEAT SPOON SIZE Cereal

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08338

Cereals ready-to-eat, KRAFT, POST TOASTIES Corn Flakes

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.50		0	MC	9		0.98		
Energy.....kcal	360		0	MC	9		101		
Energy.....kj	1506						422		
Protein.....g	6.70		0	MC	9		1.88		
Total lipid (fat).....g	0.10		0	NR	4		0.03		
Ash.....g	2.80		0	MC	9		0.78		
Carbohydrate, by difference.....g	86.70		0	MC	9		24.28		
Fiber, total dietary.....g	4.5		0	MC	9		1.3		
Sugars, total.....g	6.50		0	MC	9		1.82		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	3		0	MC	9		1		
Iron, Fe.....mg	19.29		0	MC	9		5.40		
Magnesium, Mg.....mg	16		0	MC	9		4		
Phosphorus, P.....mg	52		0	MC	9		15		
Potassium, K.....mg	117		0	MC	9		33		
Sodium, Na.....mg	949		0	MC	9		266		
Zinc, Zn.....mg	0.48		0	MC	9		0.13		
Copper, Cu.....mg	0.031		0	MC	9		0.009		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	1.340		0	MC	9		0.375		
Riboflavin.....mg	1.520		0	MC	9		0.426		
Niacin.....mg	17.860		0	MC	9		5.001		
Pantothenic acid.....mg									
Vitamin B-6.....mg	1.790		0	MC	9		0.501		
Folate, total.....mcg	357		0	MC	9		100		
Folic acid.....mcg	338		0	NC	4		95		
Folate, food.....mcg	19		0	CAZN	4		5		
Folate, DFE.....mcg_DFE	594		0	NC	4		166		
Vitamin B-12.....mcg	5.36		0	MC	9		1.50		
Vitamin A, IU.....IU	2679		0	MC	9		750		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	143.000		0	MC	9		40.040		
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0	MC	9		0.000		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 cup (1 NLEA serving)

NDB No. 08338

Cereals ready-to-eat, KRAFT, POST TOASTIES Corn Flakes

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08408

Cereals ready-to-eat, MALT-O-MEAL, Apple Cinnamon Toasty O's

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.375		0	BFZN	4		0.712	0.950	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		0	BFZN	4		0.006	0.008	
17:1.....g									
18:1 undifferentiated.....g	2.355		0	BFZN	4		0.707	0.942	
20:1.....g	0.000		0	BFZN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.280		0	BFZN	4		0.384	0.512	
18:2 undifferentiated.....g	1.206		0	BFZN	4		0.362	0.482	
18:3 undifferentiated.....g	0.074		0	BFZN	4		0.022	0.030	
18:4.....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	MC	9		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: .75 cup (1 NLEA serving)

Measure 2 = 40g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08347

Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.870		9	MA	12		0.561		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.012		0	FLM	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	1.564		0	FLM	4		0.469		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.300		9	MA	12		0.090		
18:2 undifferentiated.....g	0.284		0	FLM	4		0.085		
18:3 undifferentiated.....g	0.016		0	FLM	4		0.005		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		9	MA	12		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: .75 cup (1 NLEA serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08206

Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.079			FLC	4		0.624		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.018		0	FLM	4		0.005		
17:1.....g									
18:1 undifferentiated.....g	2.057		0	FLM	4		0.617		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.231			FLC	4		0.069		
18:2 undifferentiated.....g	0.217		0	FLM	4		0.065		
18:3 undifferentiated.....g	0.014		0	FLM	4		0.004		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0			LC	8		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0			Z	7		0.0		
Caffeine.....mg	4		0	FLM	4		1		
Theobromine.....mg	136		0	FLM	4		41		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: .75 cup (1 NLEA serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08346

Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.870		5	MA	12		0.561		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009		0	FLM	4		0.003		
17:1.....g									
18:1 undifferentiated.....g	1.649		0	FLM	4		0.495		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.400		5	MA	12		0.120		
18:2 undifferentiated.....g	0.379		0	FLM	4		0.114		
18:3 undifferentiated.....g	0.019		0	FLM	4		0.006		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		5	MA	12		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: .75 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08083

Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.060		2	MA	12		0.019		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	FLM	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.059		0	FLM	4		0.018		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.020		2	MA	12		0.006		
18:2 undifferentiated.....g	0.019		0	FLM	4		0.006		
18:3 undifferentiated.....g	0.001		0	FLM	4		0.000		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		2	MA	12		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	36		0	FLM	4		11.187		
Carotene, alpha.....mcg	24		0	FLM	4		7.323		
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000		
Lycopene.....mcg	0		0	FLM	4		0.000		
Lutein + zeaxanthin.....mcg	506		0	FLM	4		156.752		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08348

Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.300		4	MA	12		0.099		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	FLM	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.177		0	FLM	4		0.058		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.400		4	MA	12		0.132		
18:2 undifferentiated.....g	0.127		0	FLM	4		0.042		
18:3 undifferentiated.....g	0.027		0	FLM	4		0.009		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		4	MA	12		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 33g: 1 cup (1 NLEA serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08409

Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.090		0	BFZN	4		0.027	0.036	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	BFZN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.089		0	BFZN	4		0.027	0.036	
20:1.....g	0.000		0	BFZN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.260		0	BFZN	4		0.078	0.104	
18:2 undifferentiated.....g	0.253		0	BFZN	4		0.076	0.101	
18:3 undifferentiated.....g	0.007		0	BFZN	4		0.002	0.003	
18:4.....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	MC	9		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: .75 cup (1 NLEA serving)

Measure 2 = 40g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08138

Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.220		2	MA	12		0.366		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		0	FLM	4		0.002		
17:1.....g									
18:1 undifferentiated.....g	1.213		0	FLM	4		0.364		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.100		2	MA	12		0.330		
18:2 undifferentiated.....g	1.052		0	FLM	4		0.316		
18:3 undifferentiated.....g	0.048		0	FLM	4		0.014		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		2	MA	12		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08349

Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.900		2	MA	12		0.288		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		0	FLM	4		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.878		0	FLM	4		0.281		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.500		2	MA	12		0.160		
18:2 undifferentiated.....g	0.474		0	FLM	4		0.152		
18:3 undifferentiated.....g	0.024		0	FLM	4		0.008		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		2	MA	12		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0		
Caffeine.....mg	0		0	BFZN	4		0		
Theobromine.....mg	0		0	BFZN	4		0		
Carotenoids:									
Carotene, beta.....mcg	46		0	BFZN	4		14.776		
Carotene, alpha.....mcg	30		0	BFZN	4		9.672		
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.001		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg	651		0	BFZN	4		208.397		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32g: 1 cup (1 NLEA serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 42184

Cereals ready-to-eat, MUESLI, dried fruit and nuts

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
24:0.....g									
Fatty acids, total monounsaturated.....g	2.380				4		2.023		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.016				4		0.014		
17:1.....g									
18:1 undifferentiated.....g	2.346				4		1.994		
20:1.....g	0.002				4		0.002		
22:1 undifferentiated.....g	0.000				4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.315				4		1.118		
18:2 undifferentiated.....g	1.242				4		1.056		
18:3 undifferentiated.....g	0.061				4		0.052		
18:4.....g	0.000				4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000		
20:5 n-3.....g	0.000				4		0.000		
22:5 n-3.....g	0.000				4		0.000		
22:6 n-3.....g	0.000				4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0				5		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0					7	0.0		
Caffeine.....mg	0		0	BFZN	4		0		
Theobromine.....mg	0		0	BFZN	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000		
Carotene, alpha.....mcg	0		0	BFZN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08152

Cereals ready-to-eat, NUTRI-GRAIN, WHEAT, see new product 08292

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.114		0		4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0		4				
17:1.....g									
18:1 undifferentiated.....g	0.109		0		4				
20:1.....g	0.000		0		4				
22:1 undifferentiated.....g	0.000		0		4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.421		0		4				
18:2 undifferentiated.....g	0.403		0		4				
18:3 undifferentiated.....g	0.018		0		4				
18:4.....g	0.000		0		4				
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4				
20:5 n-3.....g	0.000		0		4				
22:5 n-3.....g	0.000		0		4				
22:6 n-3.....g	0.000		0		4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7				
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 3.59

Fat 8.37

Carbohydrate 3.78

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43495

Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.431				4		0.203		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003				4		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.428				4		0.201		
20:1.....g	0.000				4		0.000		
22:1 undifferentiated.....g	0.000				4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.529				4		0.249		
18:2 undifferentiated.....g	0.501				4		0.235		
18:3 undifferentiated.....g	0.018				4		0.008		
18:4.....g	0.000				4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000		
20:5 n-3.....g	0.000				4		0.000		
22:5 n-3.....g	0.000				4		0.000		
22:6 n-3.....g	0.000				4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		
Carotenoids:									
Carotene, beta.....mcg	4		0	FLC	4		2.114		
Carotene, alpha.....mcg	2		0	FLC	4		0.877		
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.001		
Lycopene.....mcg	0		0	FLC	4		0.000		
Lutein + zeaxanthin.....mcg	163		0	FLC	4		76.382		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 47g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08388

Cereals ready-to-eat, Puffed KASHI by Kellogg

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.493		0	FLM		4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		0	FLM		4			
17:1.....g									
18:1 undifferentiated.....g	0.481		0	FLM		4			
20:1.....g	0.002		0	FLM		4			
22:1 undifferentiated.....g	0.002		0	FLM		4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.761		0	FLM		4			
18:2 undifferentiated.....g	0.704		0	FLM		4			
18:3 undifferentiated.....g	0.057		0	FLM		4			
18:4.....g	0.000		0	FLM		4			
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM		4			
20:5 n-3.....g	0.000		0	FLM		4			
22:5 n-3.....g	0.000		0	FLM		4			
22:6 n-3.....g	0.000		0	FLM		4			
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLM		4			
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM		4			
Caffeine.....mg	0		0	FLM		4			
Theobromine.....mg	0		0	FLM		4			
Carotenoids:									
Carotene, beta.....mcg	4		0	FLM		4			
Carotene, alpha.....mcg	0		0	FLM		4			
Cryptoxanthin, beta.....mcg	0		0	FLM		4			
Lycopene.....mcg	0		0	FLM		4			
Lutein + zeaxanthin.....mcg	139		0	FLM		4			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08054

Cereals ready-to-eat, QUAKER, 100% Natural Granola Oats and Honey

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.18		0	MC	9		1.11		
Energy.....kcal	455		0	MC	9		232		
Energy.....kj	1905		0	MC	9		972		
Protein (N x 6.25).....g	10.60		0	MC	9		5.41		
Total lipid (fat).....g	18.83		0	MC	9		9.60		
Ash.....g	1.93		0	MC	9		0.98		
Carbohydrate, by difference.....g	66.43		0	MC	9		33.88		
Fiber, total dietary.....g	7.3		0	MC	9		3.7		
Sugars, total.....g	26.16		0	MC	9		13.34		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	119		0	MC	9		61		
Iron, Fe.....mg	2.58		0	MC	9		1.32		
Magnesium, Mg.....mg	111		0	MC	9		56		
Phosphorus, P.....mg	343		0	MC	9		175		
Potassium, K.....mg	495		0	MC	9		252		
Sodium, Na.....mg	48		0	MC	9		25		
Zinc, Zn.....mg	2.36		0	MC	9		1.20		
Copper, Cu.....mg	0.690		0	MC	9		0.352		
Manganese, Mn.....mg	2.450		0	MC	9		1.250		
Selenium, Se.....mcg	1.8		0	MC	9		0.9		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.5		0	MC	9		0.3		
Thiamin.....mg	0.320		0	MC	9		0.163		
Riboflavin.....mg	0.270		0	MC	9		0.138		
Niacin.....mg	2.010		0	MC	9		1.025		
Pantothenic acid.....mg	0.830		0	MC	9		0.423		
Vitamin B-6.....mg	0.180		0	MC	9		0.092		
Folate, total.....mcg	36		0	MC	9		18		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	36		0	MC	9		18		
Folate, DFE.....mcg_DFE	36		0	NC	4		18		
Vitamin B-12.....mcg	0.25		0	MC	9		0.13		
Vitamin A, IU.....IU	11		0	MC	9		6		
Vitamin A, RAE.....mcg_RAE	1		0	NC	4		1		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	3.21		0	FLM	4		1.64		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	0.040		0	MC	9		0.020		
Vitamin K (phylloquinone).....mcg	3.4		0	FLM	4		1.7		
Lipids:									
Fatty acids, total saturated.....g	8.250		0	MC	9		4.208		
4:0.....g	0.002		0	FLM	4		0.001		
6:0.....g	0.037		0	FLM	4		0.019		
8:0.....g	0.450		0	FLM	4		0.229		
10:0.....g	0.358		0	FLM	4		0.183		
12:0.....g	2.850		0	FLM	4		1.454		
13:0.....g	0.000		0	FLM	4		0.000		
14:0.....g	1.163		0	FLM	4		0.593		
15:0.....g	0.000		0	FLM	4		0.000		
16:0.....g	2.581		0	FLM	4		1.316		
17:0.....g	0.000		0	FLM	4		0.000		
18:0.....g	0.784		0	FLM	4		0.400		
20:0.....g	0.000		0	FLM	4		0.000		
22:0.....g	0.000		0	FLM	4		0.000		

NDB No. 08054

Cereals ready-to-eat, QUAKER, 100% Natural Granola Oats and Honey

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
24:0.....g	0.000		0	FLM	4		0.000		
Fatty acids, total monounsaturated.....g	4.470		0	MC	9		2.280		
14:1.....g	0.000		0	FLM	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.032		0	FLM	4		0.017		
17:1.....g									
18:1 undifferentiated.....g	4.437		0	FLM	4		2.263		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated.....g	1.890		0	MC	9		0.964		
18:2 undifferentiated.....g	1.801		0	FLM	4		0.918		
18:3 undifferentiated.....g	0.089		0	FLM	4		0.045		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLM	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	2		0	MC	9		1		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 51g: .5 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08010

Cereals ready-to-eat, QUAKER, CAP'N CRUNCH

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.070		0	MC	9		0.289		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.024		0	FLM	4		0.006		
17:1.....g									
18:1 undifferentiated.....g	1.046		0	FLM	4		0.283		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.740		0	MC	9		0.200		
18:2 undifferentiated.....g	0.726		0	FLM	4		0.196		
18:3 undifferentiated.....g	0.012		0	FLM	4		0.003		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	66		0	FLM	4		17.905		
Carotene, alpha.....mcg	43		0	FLM	4		11.721		
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000		
Lycopene.....mcg	0		0	FLM	4		0.000		
Lutein + zeaxanthin.....mcg	986		0	FLM	4		266.164		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 27g: .75 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08011

Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.110		0	MC	9		0.289		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		0	FLM	4		0.002		
17:1.....g									
18:1 undifferentiated.....g	1.102		0	FLM	4		0.287		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.800		0	MC	9		0.208		
18:2 undifferentiated.....g	0.757		0	FLM	4		0.197		
18:3 undifferentiated.....g	0.043		0	FLM	4		0.011		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	65		0	FLM	4		16.888		
Carotene, alpha.....mcg	43		0	FLM	4		11.055		
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000		
Lycopene.....mcg	0		0	FLM	4		0.000		
Lutein + zeaxanthin.....mcg	969		0	FLM	4		252.007		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 26g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08012

Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.50		0	MC	9		0.68		
Energy.....kcal	416		0	MC	9		112		
Energy.....kj	1740		0	MC	9		470		
Protein (N x 6.25).....g	7.05		0	MC	9		1.90		
Total lipid (fat).....g	9.15		0	MC	9		2.47		
Ash.....g	2.55		0	MC	9		0.69		
Carbohydrate, by difference.....g	78.73		0	MC	9		21.26		
Fiber, total dietary.....g	2.9		0	MC	9		0.8		
Sugars, total.....g	33.19		0	MC	9		8.96		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	10		0	MC	9		3		
* Iron, Fe.....mg	18.33		0	MC	9		4.95		
Magnesium, Mg.....mg	70		0	MC	9		19		
Phosphorus, P.....mg	194		0	MC	9		52		
Potassium, K.....mg	238		0	MC	9		64		
Sodium, Na.....mg	742		0	MC	9		200		
* Zinc, Zn.....mg	15.28		0	MC	9		4.13		
Copper, Cu.....mg	0.250		0	MC	9		0.068		
Manganese, Mn.....mg	0.667		1	A	1		0.180		
Selenium, Se.....mcg	6.5		0	BFZN	4		1.8		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
* Thiamin.....mg	1.520		0	MC	9		0.410		
* Riboflavin.....mg	1.730		0	MC	9		0.467		
* Niacin.....mg	20.760		0	MC	9		5.605		
Pantothenic acid.....mg	0.480		0	MC	9		0.130		
* Vitamin B-6.....mg	2.030		0	MC	9		0.548		
* Folate, total.....mcg	1556		0	MC	9		420		
Folic acid.....mcg	1537		0	NC	4		415		
Folate, food.....mcg	19		0	CAZN	4		5		
Folate, DFE.....mcg_DFE	2632		0	NC	4		711		
Vitamin B-12.....mcg	0.00		0	MC	9		0.00		
Vitamin A, IU.....IU	151		0	MC	9		41		
Vitamin A, RAE.....mcg_RAE	8		0	NC	4		2		
Retinol.....mcg	0		0	FLM	4		0		
Vitamin E (alpha-tocopherol).....mg	1.21		0	FLM	4		0.33		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	0.000		0	MC	9		0.000		
Vitamin K (phylloquinone).....mcg	1.0		1	A	1		0.3		
Lipids:									
Fatty acids, total saturated.....g	2.030		0	NC	4		0.548		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.030		1	A	1		0.008		
15:0.....g	0.000		1	A	1		0.000		
16:0.....g	1.330		1	A	1		0.359		
17:0.....g	0.000		1	A	1		0.000		
18:0.....g	0.330		1	A	1		0.089		
20:0.....g	0.080		1	A	1		0.022		
22:0.....g	0.180		1	A	1		0.049		

NDB No. 08012

Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
24:0.....g	0.080		1	A	1		0.022		
Fatty acids, total monounsaturated.....g	4.040		0	NC	4		1.091		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.030		1	A	1		0.008		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	3.930		1	A	1		1.061		
20:1.....g	0.080		1	A	1		0.022		
22:1 undifferentiated.....g	0.000		1	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.280		0	NC	4		0.616		
18:2 undifferentiated.....g	2.240		1	A	1		0.605		
18:3 undifferentiated.....g	0.040		1	A	1		0.011		
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:5 n-3.....g	0.000		1	A	1		0.000		
22:5 n-3.....g	0.000		1	A	1		0.000		
22:6 n-3.....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	68		0	FLM	4		18.444		
Carotene, alpha.....mcg	45		0	FLM	4		12.074		
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000		
Lycopene.....mcg	0		0	FLM	4		0.000		
Lutein + zeaxanthin.....mcg	1010		0	FLM	4		272.718		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 27g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08358

Cereals ready-to-eat, QUAKER, CRISPY CORN PUFFS Cereal

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.50		0	MC		9			
Energy.....kcal	376		0	MC		9			
Energy.....kj	1574		0	MC		9			
Protein (N x 6.25).....g	7.23		0	MC		9			
Total lipid (fat).....g	2.88		0	MC		9			
Ash.....g	3.88		0	MC		9			
Carbohydrate, by difference.....g	83.50		0	MC		9			
Fiber, total dietary.....g	4.3		0	MC		9			
Sugars, total.....g	20.35		0	MC		9			
Starch.....g									
Minerals:									
* Calcium, Ca.....mg	376		0	MC		9			
* Iron, Fe.....mg	28.73		0	MC		9			
Magnesium, Mg.....mg	89		0	MC		9			
Phosphorus, P.....mg	331		0	MC		9			
Potassium, K.....mg	280		0	MC		9			
Sodium, Na.....mg	801		0	MC		9			
* Zinc, Zn.....mg	13.75		0	MC		9			
Copper, Cu.....mg	0.210		0	MC		9			
Manganese, Mn.....mg	1.260		0	MC		9			
Selenium, Se.....mcg									
Vitamins:									
* Vitamin C, total ascorbic acid.....mg	22.0		0	MC		9			
* Thiamin.....mg	1.370		0	MC		9			
* Riboflavin.....mg	1.550		0	MC		9			
* Niacin.....mg	18.340		0	MC		9			
Pantothenic acid.....mg	0.560		0	MC		9			
* Vitamin B-6.....mg	1.830		0	MC		9			
* Folate, total.....mcg	1400		0	MC		9			
Folic acid.....mcg	1381		0	NC		4			
Folate, food.....mcg	19		0	CAAN		4			
Folate, DFE.....mcg_DFE	2367		0	NC		4			
Vitamin B-12.....mcg	0.00		0	MC		9			
* Vitamin A, IU.....IU	1834		0	MC		9			
Vitamin A, RAE.....mcg_RAE	551		0	NC		4			
Retinol.....mcg	551		0	NC		4			
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	0.000		0	MC		9			
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.520		0	MC		9			
Fatty acids, total monounsaturated.....g	0.830		0	MC		9			
Fatty acids, total polyunsaturated.....g	1.170		0	MC		9			
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC		9			
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

NDB No. 08358

Cereals ready-to-eat, QUAKER, CRISPY CORN PUFFS Cereal

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08364

Cereals ready-to-eat, QUAKER, Cinnamon Crunch bagged cereal

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.50		0	MC		9			
Energy.....kcal	397		0	MC		9			
Energy.....kj	1662		0	MC		9			
Protein (N x 6.25).....g	5.07		0	MC		9			
Total lipid (fat).....g	6.02		0	MC		9			
Ash.....g	2.72		0	MC		9			
Carbohydrate, by difference.....g	83.67		0	MC		9			
Fiber, total dietary.....g	4.0		0	MC		9			
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	32		0	MC		9			
* Iron, Fe.....mg	16.50		0	MC		9			
Magnesium, Mg.....mg	62		0	MC		9			
Phosphorus, P.....mg	192		0	MC		9			
Potassium, K.....mg	202		0	MC		9			
Sodium, Na.....mg	777		0	MC		9			
* Zinc, Zn.....mg	13.75		0	MC		9			
Copper, Cu.....mg	0.160		0	MC		9			
Manganese, Mn.....mg	0.980		0	MC		9			
Selenium, Se.....mcg									
Vitamins:									
* Vitamin C, total ascorbic acid.....mg	22.0		0	MC		9			
* Thiamin.....mg	1.370		0	MC		9			
* Riboflavin.....mg	1.550		0	MC		9			
* Niacin.....mg	18.330		0	MC		9			
Pantothenic acid.....mg	0.380		0	MC		9			
* Vitamin B-6.....mg	1.830		0	MC		9			
* Folate, total.....mcg	1400		0	MC		9			
Folic acid.....mcg	1381		0	NC		4			
Folate, food.....mcg	19		0	CAAN		4			
Folate, DFE.....mcg_DFE	2367		0	NC		4			
Vitamin B-12.....mcg	0.00		0	MC		9			
* Vitamin A, IU.....IU	1833		0	MC		9			
Vitamin A, RAE.....mcg_RAE	551		0	NC		4			
Retinol.....mcg	551		0	NR		4			
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	0.000		0	MC		9			
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.520		0	MC		9			
Fatty acids, total monounsaturated.....g	1.220		0	MC		9			
Fatty acids, total polyunsaturated.....g	0.860		0	MC		9			
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC		9			
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

NDB No. 08364

Cereals ready-to-eat, QUAKER, Cinnamon Crunch bagged cereal

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08400

Cereals ready-to-eat, **QUAKER**, Cranberry Macadamia Nut Cereal

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	4.26		0	MC	9		2.56		
Energy.....kcal	408		0	MC	9		245		
Energy.....kj	1706		0	MC	9		1023		
Protein (N x 6.25).....g	6.64		0	MC	9		3.98		
Total lipid (fat).....g	9.82		0	MC	9		5.89		
Ash.....g	2.27		0	MC	9		1.36		
Carbohydrate, by difference.....g	76.98		0	MC	9		46.19		
Fiber, total dietary.....g	6.0		0	MC	9		3.6		
Sugars, total.....g	28.73		0	MC	9		17.24		
Starch.....g									
Minerals:									
* Calcium, Ca.....mg	126		0	MC	9		76		
* Iron, Fe.....mg	17.15		0	MC	9		10.29		
Magnesium, Mg.....mg	65		0	MC	9		39		
Phosphorus, P.....mg	178		0	MC	9		107		
Potassium, K.....mg	224		0	MC	9		134		
Sodium, Na.....mg	418		0	MC	9		251		
* Zinc, Zn.....mg	4.98		0	MC	9		2.99		
Copper, Cu.....mg	0.280		0	MC	9		0.168		
Manganese, Mn.....mg	1.670		0	MC	9		1.002		
Selenium, Se.....mcg	1.3		0	MC	9		0.8		
Vitamins:									
* Vitamin C, total ascorbic acid.....mg	17.9		0	MC	9		10.7		
* Thiamin.....mg	0.770		0	MC	9		0.462		
* Riboflavin.....mg	0.930		0	MC	9		0.558		
* Niacin.....mg	10.820		0	MC	9		6.492		
Pantothenic acid.....mg	0.420		0	MC	9		0.252		
Vitamin B-6.....mg	1.110		0	MC	9		0.666		
* Folate, total.....mcg	531		0	MC	9		319		
Folic acid.....mcg	512		0	CAAN	4		307		
Folate, food.....mcg	19		0	NC	4		11		
Folate, DFE.....mcg_DFE	889		0	NC	4		534		
Vitamin B-12.....mcg	0.00		0	MC	9		0.00		
* Vitamin A, IU.....IU	1289		0	MC	9		773		
Vitamin A, RAE.....mcg_RAE	387		0	NC	4		232		
Retinol.....mcg	387		0	NC	4		232		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	42.580		0	MC	9		25.548		
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.650		0	MC	9		0.990		
Fatty acids, total monounsaturated.....g	6.540		0	MC	9		3.924		
Fatty acids, total polyunsaturated.....g	0.840		0	MC	9		0.504		
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 60g: 1 cup

NDB No. 08400

Cereals ready-to-eat, QUAKER, Cranberry Macadamia Nut Cereal

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08357

Cereals ready-to-eat, QUAKER, FRUITY BRONTOSAURUS BLASTS, bagged cereal

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.50		0	MC		9			
Energy.....kcal	376		0	MC		9			
Energy.....kj	1574		0	MC		9			
Protein (N x 6.25).....g	3.75		0	MC		9			
Total lipid (fat).....g	2.45		0	MC		9			
Ash.....g	2.01		0	MC		9			
Carbohydrate, by difference.....g	89.27		0	MC		9			
Fiber, total dietary.....g	1.4		0	MC		9			
Sugars, total.....g	43.95		0	MC		9			
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		0	MC		9			
* Iron, Fe.....mg	9.58		0	MC		9			
Magnesium, Mg.....mg	20		0	MC		9			
Phosphorus, P.....mg	63		0	MC		9			
Potassium, K.....mg	49		0	MC		9			
Sodium, Na.....mg	590		0	MC		9			
Zinc, Zn.....mg	0.66		0	MC		9			
Copper, Cu.....mg	0.070		0	MC		9			
Manganese, Mn.....mg	0.620		0	MC		9			
Selenium, Se.....mcg									
Vitamins:									
* Vitamin C, total ascorbic acid.....mg	28.0		0	MC		9			
* Thiamin.....mg	0.710		0	MC		9			
* Riboflavin.....mg	1.690		0	MC		9			
* Niacin.....mg	19.680		0	MC		9			
Pantothenic acid.....mg	0.680		0	MC		9			
* Vitamin B-6.....mg	2.000		0	MC		9			
* Folate, total.....mcg	274		0	MC		9			
Folic acid.....mcg	255		0	NC		4			
Folate, food.....mcg	19		0	CAAN		4			
Folate, DFE.....mcg_DFE	453		0	NC		4			
Vitamin B-12.....mcg	0.00		0	MC		9			
* Vitamin A, IU.....IU	2680		0	MC		9			
Vitamin A, RAE.....mcg_RAE	805		0	NC		4			
Retinol.....mcg	805		0	NC		4			
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
* Vitamin D.....IU	164.760		0	MC		9			
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.230		0	MC		9			
Fatty acids, total monounsaturated.....g	1.880		0	MC		9			
Fatty acids, total polyunsaturated.....g	0.230		0	MC		9			
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC		9			
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

NDB No. 08357

Cereals ready-to-eat, QUAKER, FRUITY BRONTOSAURUS BLASTS, bagged cereal

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08359

Cereals ready-to-eat, QUAKER, Frosted Oats

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.50		0	MC		9			
Energy.....kcal	396		0	MC		9			
Energy.....kj	1657		0	MC		9			
Protein (N x 6.25).....g	6.06		0	MC		9			
Total lipid (fat).....g	5.96		0	MC		9			
Ash.....g	3.50		0	MC		9			
Carbohydrate, by difference.....g	81.96		0	MC		9			
Fiber, total dietary.....g	4.3		0	MC		9			
Sugars, total.....g	37.49		0	MC		9			
Starch.....g									
Minerals:									
Calcium, Ca.....mg	25		0	MC		9			
* Iron, Fe.....mg	19.01		0	MC		9			
Magnesium, Mg.....mg	62		0	MC		9			
Phosphorus, P.....mg	243		0	MC		9			
Potassium, K.....mg	184		0	MC		9			
Sodium, Na.....mg	864		0	MC		9			
* Zinc, Zn.....mg	15.84		0	MC		9			
Copper, Cu.....mg	0.150		0	MC		9			
Manganese, Mn.....mg	1.930		0	MC		9			
Selenium, Se.....mcg									
Vitamins:									
* Vitamin C, total ascorbic acid.....mg	25.3		0	MC		9			
* Thiamin.....mg	1.010		0	MC		9			
* Riboflavin.....mg	1.790		0	MC		9			
* Niacin.....mg	21.120		0	MC		9			
Pantothenic acid.....mg	0.310		0	MC		9			
* Vitamin B-6.....mg	2.110		0	MC		9			
* Folate, total.....mcg	1600		0	MC		9			
Folic acid.....mcg	1581		0	NC		4			
Folate, food.....mcg	19		0	CAAN		4			
Folate, DFE.....mcg_DFE	2707		0	NC		4			
Vitamin B-12.....mcg	0.00		0	MC		9			
* Vitamin A, IU.....IU	2112		0	MC		9			
Vitamin A, RAE.....mcg_RAE	634		0	NC		4			
Retinol.....mcg	634		0	NC		4			
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	0.000		0	MC		9			
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.290		0	MC		9			
Fatty acids, total monounsaturated.....g	1.800		0	MC		9			
Fatty acids, total polyunsaturated.....g	0.990		0	MC		9			
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC		9			
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

NDB No. 08359

Cereals ready-to-eat, QUAKER, Frosted Oats

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08401

Cereals ready-to-eat, QUAKER, Fruity Ocean Adventure Bagged Cereal

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.50		0	MC		9			
Energy.....kcal	394		0	MC		9			
Energy.....kj	1650		0	MC		9			
Protein (N x 6.25).....g	4.86		0	MC		9			
Total lipid (fat).....g	3.84		0	MC		9			
Ash.....g	1.53		0	MC		9			
Carbohydrate, by difference.....g	87.24		0	MC		9			
Fiber, total dietary.....g	3.0		0	MC		9			
Sugars, total.....g	43.11		0	MC		9			
Starch.....g									
Minerals:									
Calcium, Ca.....mg	12		0	MC		9			
Iron, Fe.....mg	18.34		0	MC		9			
Magnesium, Mg.....mg	61		0	MC		9			
Phosphorus, P.....mg	188		0	MC		9			
Potassium, K.....mg	195		0	MC		9			
Sodium, Na.....mg	254		0	MC		9			
Zinc, Zn.....mg	15.28		0	MC		9			
Copper, Cu.....mg	0.160		0	MC		9			
Manganese, Mn.....mg	0.860		0	MC		9			
Selenium, Se.....mcg	0.0		0	MC		9			
Vitamins:									
Vitamin C, total ascorbic acid.....mg	24.5		0	MC		9			
Thiamin.....mg	1.520		0	MC		9			
Riboflavin.....mg	1.730		0	MC		9			
Niacin.....mg	20.370		0	MC		9			
Pantothenic acid.....mg	0.000		0	MC		9			
Vitamin B-6.....mg	2.030		0	MC		9			
Folate, total.....mcg	1556		0	MC		9			
Folic acid.....mcg	1537		0	NC		4			
Folate, food.....mcg	19		0	CAAN		4			
Folate, DFE.....mcg_DFE	2631		0	NC		4			
Vitamin B-12.....mcg	0.00		0	MC		9			
Vitamin A, IU.....IU	2038		0	MC		9			
Vitamin A, RAE.....mcg_RAE	612		0	NC		4			
Retinol.....mcg	612		0	NC		4			
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	0.000		0	MC		9			
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.900		0	MC		9			
Fatty acids, total monounsaturated.....g	0.840		0	MC		9			
Fatty acids, total polyunsaturated.....g	0.810		0	MC		9			
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC		9			
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 08401

Cereals ready-to-eat, QUAKER, Fruity Ocean Adventure Bagged Cereal

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08211

Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.340		0	MC	9		0.362		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		0	FLM	4		0.002		
17:1.....g									
18:1 undifferentiated.....g	1.333		0	FLM	4		0.360		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.720		0	MC	9		0.194		
18:2 undifferentiated.....g	0.682		0	FLM	4		0.184		
18:3 undifferentiated.....g	0.038		0	FLM	4		0.010		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 27g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08396

Cereals ready-to-eat, QUAKER, Honey Crisp Corn Flakes

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.50		0	MC		9			
Energy.....kcal	374		0	MC		9			
Energy.....kj	1563		0	MC		9			
Protein (N x 6.25).....g	5.68		0	MC		9			
Total lipid (fat).....g	0.77		0	MC		9			
Ash.....g	2.51		0	MC		9			
Carbohydrate, by difference.....g	88.82		0	MC		9			
Fiber, total dietary.....g	3.1		0	MC		9			
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1		0	MC		9			
* Iron, Fe.....mg	15.00		0	MC		9			
Magnesium, Mg.....mg	17		0	MC		9			
Phosphorus, P.....mg	47		0	MC		9			
Potassium, K.....mg	89		0	MC		9			
Sodium, Na.....mg	869		0	MC		9			
* Zinc, Zn.....mg	0.26		0	MC		9			
Copper, Cu.....mg	0.050		0	MC		9			
Manganese, Mn.....mg	0.060		0	MC		9			
Selenium, Se.....mcg	0.0		0	MC		9			
Vitamins:									
* Vitamin C, total ascorbic acid.....mg	50.0		0	MC		9			
* Thiamin.....mg	1.250		0	MC		9			
* Riboflavin.....mg	1.410		0	MC		9			
* Niacin.....mg	16.660		0	MC		9			
Pantothenic acid.....mg	0.280		0	MC		9			
* Vitamin B-6.....mg	1.660		0	MC		9			
* Folate, total.....mcg	333		0	MC		9			
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.00		0	MC		9			
* Vitamin A, IU.....IU	2500		0	MC		9			
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
* Vitamin D.....IU	133.330		0	MC		9			
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.100		0	MC		9			
Fatty acids, total monounsaturated.....g	0.180		0	MC		9			
Fatty acids, total polyunsaturated.....g	0.320		0	MC		9			
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC		9			
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08396

Cereals ready-to-eat, QUAKER, Honey Crisp Corn Flakes

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08361

Cereals ready-to-eat, QUAKER, Honey Graham bagged cereal

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.50		0	MC		9			
Energy.....kcal	395		0	MC		9			
Energy.....kj	1651		0	MC		9			
Protein (N x 6.25).....g	5.60		0	MC		9			
Total lipid (fat).....g	5.24		0	MC		9			
Ash.....g	3.00		0	MC		9			
Carbohydrate, by difference.....g	83.64		0	MC		9			
Fiber, total dietary.....g	2.8		0	MC		9			
Sugars, total.....g	38.37		0	NC		4			
Starch.....g									
Minerals:									
Calcium, Ca.....mg	35		0	MC		9			
* Iron, Fe.....mg	17.68		0	MC		9			
Magnesium, Mg.....mg	60		0	MC		9			
Phosphorus, P.....mg	191		0	MC		9			
Potassium, K.....mg	234		0	MC		9			
Sodium, Na.....mg	825		0	MC		9			
* Zinc, Zn.....mg	14.73		0	MC		9			
Copper, Cu.....mg	0.180		0	MC		9			
Manganese, Mn.....mg	0.540		0	MC		9			
Selenium, Se.....mcg	2.9		0	MC		9			
Vitamins:									
* Vitamin C, total ascorbic acid.....mg	23.6		0	MC		9			
* Thiamin.....mg	1.470		0	MC		9			
* Riboflavin.....mg	1.670		0	MC		9			
* Niacin.....mg	19.640		0	MC		9			
Pantothenic acid.....mg	0.490		0	MC		9			
* Vitamin B-6.....mg	1.960		0	MC		9			
* Folate, total.....mcg	1500		0	MC		9			
Folic acid.....mcg	1481		0	NC		4			
Folate, food.....mcg	19		0	CAAN		4			
Folate, DFE.....mcg_DFE	2537		0	NC		4			
Vitamin B-12.....mcg	0.08		0	MC		9			
* Vitamin A, IU.....IU	1965		0	MC		9			
Vitamin A, RAE.....mcg_RAE	590		0	NC		4			
Retinol.....mcg	590		0	NC		4			
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	0.020		0	MC		9			
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.310		0	MC		9			
Fatty acids, total monounsaturated.....g	0.810		0	MC		9			
Fatty acids, total polyunsaturated.....g	0.700		0	MC		9			
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC		9			
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

NDB No. 08361

Cereals ready-to-eat, QUAKER, Honey Graham bagged cereal

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08219

Cereals ready-to-eat, QUAKER, Honey Nut Heaven

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.65		0	MC	9		1.30		
Energy.....kcal	392		0	MC	9		192		
Energy.....kj	1642		0	MC	9		804		
Protein (N x 6.25).....g	9.15		0	MC	9		4.48		
Total lipid (fat).....g	7.46		0	MC	9		3.66		
Ash.....g	3.29		0	MC	9		1.61		
Carbohydrate, by difference.....g	77.40		0	MC	9		37.93		
Fiber, total dietary.....g	7.1		0	MC	9		3.5		
Sugars, total.....g	26.61		0	MC	9		13.04		
Starch.....g									
Minerals:									
* Calcium, Ca.....mg	272		0	MC	9		133		
* Iron, Fe.....mg	13.89		0	MC	9		6.81		
Magnesium, Mg.....mg	123		0	MC	9		60		
Phosphorus, P.....mg	339		0	MC	9		166		
Potassium, K.....mg	369		0	MC	9		181		
Sodium, Na.....mg	440		0	MC	9		216		
* Zinc, Zn.....mg	11.00		0	MC	9		5.39		
Copper, Cu.....mg	0.390		0	MC	9		0.191		
Manganese, Mn.....mg	2.740		0	MC	9		1.343		
Selenium, Se.....mcg	2.3		0	MC	9		1.1		
Vitamins:									
* Vitamin C, total ascorbic acid.....mg	3.0		0	MC	9		1.5		
* Thiamin.....mg	1.200		0	MC	9		0.588		
* Riboflavin.....mg	1.360		0	MC	9		0.666		
* Niacin.....mg	14.660		0	MC	9		7.183		
Pantothenic acid.....mg	0.610		0	MC	9		0.299		
* Vitamin B-6.....mg	1.460		0	MC	9		0.715		
* Folate, total.....mcg	891		0	MC	9		437		
Folic acid.....mcg	872		0	NC	4		427		
Folate, food.....mcg	19		0	CAAN	4		9		
Folate, DFE.....mcg_DFE	1501		0	NC	4		736		
Vitamin B-12.....mcg	0.00		0	MC	9		0.00		
* Vitamin A, IU.....IU	1466		0	MC	9		718		
Vitamin A, RAE.....mcg_RAE	440		0	NC	4		216		
Retinol.....mcg	440		0	NC	4		216		
Vitamin E (alpha-tocopherol).....mg	5.47		0	MC	9		2.68		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	0.000		0	MC	9		0.000		
Vitamin K (phylloquinone).....mcg	1.2		0	FLM	4		0.6		
Lipids:									
Fatty acids, total saturated.....g	1.090		0	MC	9		0.534		
4:0.....g	0.000		0	FLM	4		0.000		
6:0.....g	0.000		0	FLM	4		0.000		
8:0.....g	0.006		0	FLM	4		0.003		
10:0.....g	0.000		0	FLM	4		0.000		
12:0.....g	0.007		0	FLM	4		0.003		
13:0.....g	0.000		0	FLM	4		0.000		
14:0.....g	0.004		0	FLM	4		0.002		
15:0.....g	0.000		0	FLM	4		0.000		
16:0.....g	0.908		0	FLM	4		0.445		
17:0.....g	0.000		0	FLM	4		0.000		
18:0.....g	0.134		0	FLM	4		0.066		
20:0.....g	0.000		0	FLM	4		0.000		
22:0.....g	0.000		0	FLM	4		0.000		

NDB No. 08219

Cereals ready-to-eat, QUAKER, Honey Nut Heaven

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
24:0.....g	0.000		0	FLM	4		0.000		
Fatty acids, total monounsaturated.....g	3.490		0	MC	9		1.710		
14:1.....g	0.000		0	FLM	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.027		0	FLM	4		0.013		
17:1.....g									
18:1 undifferentiated.....g	3.463		0	FLM	4		1.697		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated.....g	2.050		0	MC	9		1.005		
18:2 undifferentiated.....g	2.017		0	FLM	4		0.988		
18:3 undifferentiated.....g	0.032		0	FLM	4		0.016		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLM	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 49g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08395

Cereals ready-to-eat, QUAKER, Honey Nut Oats

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.50		0	MC		9			
Energy.....kcal	385		0	MC		9			
Energy.....kj	1612		0	MC		9			
Protein (N x 6.25).....g	6.04		0	MC		9			
Total lipid (fat).....g	3.65		0	MC		9			
Ash.....g	3.27		0	MC		9			
Carbohydrate, by difference.....g	84.53		0	MC		9			
Fiber, total dietary.....g	4.3		0	MC		9			
Sugars, total.....g	38.64		0	MC		9			
Starch.....g									
Minerals:									
Calcium, Ca.....mg	27		0	MC		9			
* Iron, Fe.....mg	17.68		0	MC		9			
Magnesium, Mg.....mg	63		0	MC		9			
Phosphorus, P.....mg	252		0	MC		9			
Potassium, K.....mg	191		0	MC		9			
Sodium, Na.....mg	805		0	MC		9			
* Zinc, Zn.....mg	14.73		0	MC		9			
Copper, Cu.....mg	0.150		0	MC		9			
Manganese, Mn.....mg	1.920		0	MC		9			
Selenium, Se.....mcg									
Vitamins:									
* Vitamin C, total ascorbic acid.....mg	23.6		0	MC		9			
* Thiamin.....mg	0.940		0	MC		9			
* Riboflavin.....mg	1.670		0	MC		9			
* Niacin.....mg	19.650		0	MC		9			
Pantothenic acid.....mg	0.310		0	MC		9			
* Vitamin B-6.....mg	1.960		0	MC		9			
* Folate, total.....mcg	1500		0	MC		9			
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.00		0	MC		9			
* Vitamin A, IU.....IU	1965		0	MC		9			
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	0.000		0	MC		9			
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.630		0	MC		9			
Fatty acids, total monounsaturated.....g	1.440		0	MC		9			
Fatty acids, total polyunsaturated.....g	0.950		0	MC		9			
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC		9			
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08395

Cereals ready-to-eat, QUAKER, Honey Nut Oats

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08047

Cereals ready-to-eat, QUAKER, KING VITAMAN

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.800		0	MC	9		0.248		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0	FLM	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.797		0	FLM	4		0.247		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.060		1	MC	9		0.329		
18:2 undifferentiated.....g	1.028		0	FLM	4		0.319		
18:3 undifferentiated.....g	0.032		0	FLM	4		0.010		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLM	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	80		0	FLM	4		24.801		
Carotene, alpha.....mcg	52		0	FLM	4		16.234		
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000		
Lycopene.....mcg	0		0	FLM	4		0.000		
Lutein + zeaxanthin.....mcg	1124		0	FLM	4		348.574		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: 1.5 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08085

Cereals ready-to-eat, QUAKER, KRETSCHMER Honey Crunch Wheat Germ

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.040		0	MC	9		0.146		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.029		0	FLM	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	1.083		0	FLM	4		0.152		
20:1.....g	0.002		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.840		0	MC	9		0.678		
18:2 undifferentiated.....g	4.104		0	FLM	4		0.575		
18:3 undifferentiated.....g	0.523		0	FLM	4		0.073		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.0g: 1.667 tbsp (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08363

Cereals ready-to-eat, QUAKER, KRETSCHMER Toasted Wheat Bran

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	11.72		0	MC		9			
Energy.....kcal	200		0	MC		9			
Energy.....kj	839		0	MC		9			
Protein (N x 6.25).....g	17.56		0	MC		9			
Total lipid (fat).....g	5.16		0	MC		9			
Ash.....g	6.04		0	MC		9			
Carbohydrate, by difference.....g	59.51		0	MC		9			
Fiber, total dietary.....g	41.3		0	MC		9			
Sugars, total.....g	2.26		0	MC		9			
Starch.....g									
Minerals:									
Calcium, Ca.....mg	66		0	MC		9			
Iron, Fe.....mg	13.88		0	MC		9			
Magnesium, Mg.....mg	606		0	MC		9			
Phosphorus, P.....mg	1314		0	MC		9			
Potassium, K.....mg	1284		0	MC		9			
Sodium, Na.....mg	6		0	MC		9			
Zinc, Zn.....mg	11.23		0	MC		9			
Copper, Cu.....mg	1.090		0	MC		9			
Manganese, Mn.....mg	17.380		0	MC		9			
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC		9			
Thiamin.....mg	1.100		0	MC		9			
Riboflavin.....mg	0.450		0	MC		9			
Niacin.....mg	20.620		0	MC		9			
Pantothenic acid.....mg	2.930		0	MC		9			
Vitamin B-6.....mg	0.680		0	MC		9			
Folate, total.....mcg	193		0	MC		9			
Folic acid.....mcg	152		0	NC		4			
Folate, food.....mcg	41		0	CAAN		4			
Folate, DFE.....mcg_DFE	300		0	NC		4			
Vitamin B-12.....mcg	0.23		0	MC		9			
Vitamin A, IU.....IU	0		0	MC		9			
Vitamin A, RAE.....mcg_RAE	0		0	NC		4			
Retinol.....mcg	0		0	Z		7			
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	0.000		0	MC		9			
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.770		0	MC		9			
Fatty acids, total monounsaturated.....g	0.800		0	MC		9			
Fatty acids, total polyunsaturated.....g	2.720		0	MC		9			
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC		9			
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 08363

Cereals ready-to-eat, QUAKER, KRETSCHMER Toasted Wheat Bran

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08366

Cereals ready-to-eat, QUAKER, KRETSCHMER Wheat Germ, Regular

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	4.78		0	MC		9			
Energy.....kcal	366		0	MC		9			
Energy.....kj	1532		0	MC		9			
Protein (N x 6.25).....g	31.43		0	MC		9			
Total lipid (fat).....g	9.56		0	MC		9			
Ash.....g	4.82		0	MC		9			
Carbohydrate, by difference.....g	49.38		0	MC		9			
Fiber, total dietary.....g	11.9		0	MC		9			
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	50		0	MC		9			
Iron, Fe.....mg	8.34		0	MC		9			
Magnesium, Mg.....mg	313		0	MC		9			
Phosphorus, P.....mg	1130		0	MC		9			
Potassium, K.....mg	1097		0	MC		9			
Sodium, Na.....mg	6		0	MC		9			
Zinc, Zn.....mg	16.01		0	MC		9			
Copper, Cu.....mg	0.620		0	MC		9			
Manganese, Mn.....mg	19.080		0	MC		9			
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	6.0		0	MC		9			
Thiamin.....mg	1.970		0	MC		9			
Riboflavin.....mg	0.780		0	MC		9			
Niacin.....mg	5.580		0	MC		9			
Pantothenic acid.....mg	1.400		0	MC		9			
Vitamin B-6.....mg	0.600		0	MC		9			
* Folate, total.....mcg	669		0	MC		9			
Folic acid.....mcg	317		0	NC		4			
Folate, food.....mcg	352		0	CAAN		4			
Folate, DFE.....mcg_DFE	892		0	NC		4			
Vitamin B-12.....mcg	0.21		0	MC		9			
Vitamin A, IU.....IU	0		0	Z		7			
Vitamin A, RAE.....mcg_RAE	0		0	NC		4			
Retinol.....mcg	0		0	Z		7			
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	0.000		0	MC		9			
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.660		0	MC		9			
Fatty acids, total monounsaturated.....g	1.250		0	MC		9			
Fatty acids, total polyunsaturated.....g	5.980		0	MC		9			
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC		9			
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

NDB No. 08366

Cereals ready-to-eat, QUAKER, KRETSCHMER Wheat Germ, Regular

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08220

Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.50		0	MC	9		1.75		
Energy.....kcal	390		0	MC	9		195		
Energy.....kj	1631		0	MC	9		816		
Protein (N x 6.25).....g	7.95		0	MC	9		3.98		
Total lipid (fat).....g	5.46		0	MC	9		2.73		
Ash.....g	1.89		0	MC	9		0.95		
Carbohydrate, by difference.....g	81.18		0	MC	9		40.59		
Fiber, total dietary.....g	5.7		0	MC	9		2.8		
Sugars, total.....g	33.41		0	MC	9		16.71		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	60		0	MC	9		30		
Iron, Fe.....mg	2.63		0	MC	9		1.32		
Magnesium, Mg.....mg	85		0	MC	9		42		
Phosphorus, P.....mg	267		0	MC	9		133		
Potassium, K.....mg	407		0	MC	9		204		
Sodium, Na.....mg	237		0	MC	9		119		
Zinc, Zn.....mg	1.93		0	MC	9		0.97		
Copper, Cu.....mg	0.300		0	MC	9		0.150		
Manganese, Mn.....mg	2.060		0	MC	9		1.030		
Selenium, Se.....mcg	2.5		0	MC	9		1.2		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.7		0	MC	9		0.3		
Thiamin.....mg	0.300		0	MC	9		0.150		
Riboflavin.....mg	0.170		0	MC	9		0.085		
Niacin.....mg	1.870		0	MC	9		0.935		
Pantothenic acid.....mg	0.590		0	MC	9		0.295		
Vitamin B-6.....mg	0.160		0	MC	9		0.080		
Folate, total.....mcg	24		0	MC	9		12		
Folic acid.....mcg	0		0	FLM	4		0		
Folate, food.....mcg	24		0	MC	9		12		
Folate, DFE.....mcg_DFE	24		0	NC	4		12		
Vitamin B-12.....mcg	0.10		0	MC	9		0.05		
Vitamin A, IU.....IU	18		0	MC	9		9		
Vitamin A, RAE.....mcg_RAE	1		0	NC	4		0		
Retinol.....mcg	0		0	BNA	4		0		
Vitamin E (alpha-tocopherol).....mg	2.69		0	NR	4		1.35		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	0.000		0	MC	9		0.000		
Vitamin K (phylloquinone).....mcg	2.9		0	FLM	4		1.5		
Lipids:									
Fatty acids, total saturated.....g	1.390		0	MC	9		0.695		
4:0.....g	0.002		0	FLM	4		0.001		
6:0.....g	0.002		0	FLM	4		0.001		
8:0.....g	0.029		0	FLM	4		0.015		
10:0.....g	0.021		0	FLM	4		0.010		
12:0.....g	0.165		0	FLM	4		0.082		
13:0.....g	0.000		0	FLM	4		0.000		
14:0.....g	0.081		0	FLM	4		0.040		
15:0.....g	0.000		0	FLM	4		0.000		
16:0.....g	0.886		0	FLM	4		0.443		
17:0.....g	0.000		0	FLM	4		0.000		
18:0.....g	0.180		0	FLM	4		0.090		
20:0.....g	0.000		0	FLM	4		0.000		
22:0.....g	0.000		0	FLM	4		0.000		
24:0.....g	0.000		0	FLM	4		0.000		

NDB No. 08220

Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.540		0	MC	9		0.770		
14:1.....g	0.000		0	FLM	4		0.000		
15:1.....g	0.000		0	FLM	4		0.000		
16:1 undifferentiated.....g	0.020		0	FLM	4		0.010		
17:1.....g									
18:1 undifferentiated.....g	1.520		0	FLM	4		0.760		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated.....g	1.030		0	MC	9		0.515		
18:2 undifferentiated.....g	0.974		0	FLM	4		0.487		
18:3 undifferentiated.....g	0.056		0	FLM	4		0.028		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLM	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	1		0	MC	9		1		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	8		0	BNA	4		4.147		
Carotene, alpha.....mcg	5		0	BNA	4		2.414		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	0		0	FLM	4		0.000		
Lutein + zeaxanthin.....mcg	183		0	FLM	4		91.458		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 50g: .5 cup (1 NLEA serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08353

Cereals ready-to-eat, QUAKER, MOTHER'S CINNAMON OAT CRUNCH

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.50		0	MC		9			
Energy.....kcal	380		0	MC		9			
Energy.....kj	1591		0	MC		9			
Protein (N x 6.25).....g	10.49		0	MC		9			
Total lipid (fat).....g	4.64		0	MC		9			
Ash.....g	3.14		0	MC		9			
Carbohydrate, by difference.....g	79.21		0	MC		9			
Fiber, total dietary.....g	8.3		0	MC		9			
Sugars, total.....g	25.07		0	MC		9			
Starch.....g									
Minerals:									
Calcium, Ca.....mg	74		0	MC		9			
Iron, Fe.....mg	3.60		0	MC		9			
Magnesium, Mg.....mg	106		0	MC		9			
Phosphorus, P.....mg	359		0	MC		9			
Potassium, K.....mg	537		0	MC		9			
Sodium, Na.....mg	419		0	MC		9			
Zinc, Zn.....mg	2.57		0	MC		9			
Copper, Cu.....mg	0.280		0	MC		9			
Manganese, Mn.....mg	3.010		0	MC		9			
Selenium, Se.....mcg	6.3		0	MC		9			
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0	MC		9			
Thiamin.....mg	0.300		0	MC		9			
Riboflavin.....mg	0.270		0	MC		9			
Niacin.....mg	2.300		0	MC		9			
Pantothenic acid.....mg	0.610		0	MC		9			
Vitamin B-6.....mg	0.120		0	MC		9			
Folate, total.....mcg	36		0	MC		9			
Folic acid.....mcg	0		0	Z		7			
Folate, food.....mcg	36		0	MC		9			
Folate, DFE.....mcg_DFE	36		0	NC		4			
Vitamin B-12.....mcg	0.00		0	MC		9			
Vitamin A, IU.....IU	9		0	MC		9			
Vitamin A, RAE.....mcg_RAE	0		0	NC		4			
Retinol.....mcg	0		0	Z		7			
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	0.000		0	MC		9			
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.790		0	MC		9			
Fatty acids, total monounsaturated.....g	1.450		0	MC		9			
Fatty acids, total polyunsaturated.....g	1.410		0	MC		9			
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC		9			
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

NDB No. 08353

Cereals ready-to-eat, QUAKER, MOTHER'S CINNAMON OAT CRUNCH

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08355

Cereals ready-to-eat, QUAKER, MOTHER'S COCOA BUMPERS

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.50		0	MC		9			
Energy.....kcal	376		0	MC		9			
Energy.....kj	1573		0	MC		9			
Protein (N x 6.25).....g	5.08		0	MC		9			
Total lipid (fat).....g	1.74		0	MC		9			
Ash.....g	3.02		0	MC		9			
Carbohydrate, by difference.....g	87.64		0	MC		9			
Fiber, total dietary.....g	3.1		0	MC		9			
Sugars, total.....g	41.84		0	MC		9			
Starch.....g									
Minerals:									
Calcium, Ca.....mg	139		0	MC		9			
Iron, Fe.....mg	5.29		0	MC		9			
Magnesium, Mg.....mg	60		0	MC		9			
Phosphorus, P.....mg	167		0	MC		9			
Potassium, K.....mg	787		0	MC		9			
Sodium, Na.....mg	546		0	MC		9			
Zinc, Zn.....mg	1.08		0	MC		9			
Copper, Cu.....mg	0.190		0	MC		9			
Manganese, Mn.....mg	0.370		0	MC		9			
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC		9			
Thiamin.....mg	0.150		0	MC		9			
Riboflavin.....mg	0.630		0	MC		9			
Niacin.....mg	1.310		0	MC		9			
Pantothenic acid.....mg	0.340		0	MC		9			
Vitamin B-6.....mg	0.030		0	MC		9			
Folate, total.....mcg	13		0	MC		9			
Folic acid.....mcg	0		0	Z		7			
Folate, food.....mcg	13		0	MC		9			
Folate, DFE.....mcg_DFE	13		0	NC		4			
Vitamin B-12.....mcg	0.00		0	MC		9			
Vitamin A, IU.....IU	164		0	MC		9			
Vitamin A, RAE.....mcg_RAE	8		0	NC		4			
Retinol.....mcg	0		0	Z		7			
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	0.000		0	MC		9			
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.310		0	MC		9			
Fatty acids, total monounsaturated.....g	0.310		0	MC		9			
Fatty acids, total polyunsaturated.....g	0.630		0	MC		9			
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC		9			
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

NDB No. 08355

Cereals ready-to-eat, QUAKER, MOTHER'S COCOA BUMPERS

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08354

Cereals ready-to-eat, QUAKER, MOTHER'S GROOVY GRAHAMS

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.50		0	MC		9			
Energy.....kcal	372		0	MC		9			
Energy.....kj	1558		0	MC		9			
Protein (N x 6.25).....g	5.44		0	MC		9			
Total lipid (fat).....g	1.63		0	MC		9			
Ash.....g	4.03		0	MC		9			
Carbohydrate, by difference.....g	86.38		0	MC		9			
Fiber, total dietary.....g	3.0		0	MC		9			
Sugars, total.....g	44.82		0	MC		9			
Starch.....g									
Minerals:									
Calcium, Ca.....mg	138		0	MC		9			
Iron, Fe.....mg	4.97		0	MC		9			
Magnesium, Mg.....mg	57		0	MC		9			
Phosphorus, P.....mg	162		0	MC		9			
Potassium, K.....mg	755		0	MC		9			
Sodium, Na.....mg	869		0	MC		9			
Zinc, Zn.....mg	1.02		0	MC		9			
Copper, Cu.....mg	0.120		0	MC		9			
Manganese, Mn.....mg	0.380		0	MC		9			
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC		9			
Thiamin.....mg	0.120		0	MC		9			
Riboflavin.....mg	0.690		0	MC		9			
Niacin.....mg	1.550		0	MC		9			
Pantothenic acid.....mg	0.390		0	MC		9			
Vitamin B-6.....mg	0.060		0	MC		9			
Folate, total.....mcg	14		0	MC		9			
Folic acid.....mcg	0		0	Z		7			
Folate, food.....mcg	14		0	MC		9			
Folate, DFE.....mcg_DFE	14		0	NC		4			
Vitamin B-12.....mcg	0.00		0	MC		9			
Vitamin A, IU.....IU	145		0	MC		9			
Vitamin A, RAE.....mcg_RAE	7		0	NC		4			
Retinol.....mcg	0		0	Z		7			
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	0.000		0	MC		9			
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.280		0	MC		9			
Fatty acids, total monounsaturated.....g	0.320		0	MC		9			
Fatty acids, total polyunsaturated.....g	0.690		0	MC		9			
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC		9			
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

NDB No. 08354

Cereals ready-to-eat, QUAKER, MOTHER'S GROOVY GRAHAMS

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08394

Cereals ready-to-eat, QUAKER, MOTHER'S HONEY ROUNDUP

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.50		0	MC		9			
Energy.....kcal	382		0	MC		9			
Energy.....kj	1597		0	MC		9			
Protein (N x 6.25).....g	5.44		0	MC		9			
Total lipid (fat).....g	2.00		0	MC		9			
Ash.....g	2.27		0	MC		9			
Carbohydrate, by difference.....g	87.77		0	MC		9			
Fiber, total dietary.....g	3.1		0	MC		9			
Sugars, total.....g	35.68		0	MC		9			
Starch.....g									
Minerals:									
Calcium, Ca.....mg	23		0	MC		9			
Iron, Fe.....mg	1.77		0	MC		9			
Magnesium, Mg.....mg	64		0	MC		9			
Phosphorus, P.....mg	197		0	MC		9			
Potassium, K.....mg	237		0	MC		9			
Sodium, Na.....mg	587		0	MC		9			
Zinc, Zn.....mg	1.28		0	MC		9			
Copper, Cu.....mg	0.150		0	MC		9			
Manganese, Mn.....mg	0.920		0	MC		9			
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC		9			
Thiamin.....mg	0.180		0	MC		9			
Riboflavin.....mg	0.050		0	MC		9			
Niacin.....mg	1.040		0	MC		9			
Pantothenic acid.....mg	0.410		0	MC		9			
Vitamin B-6.....mg	0.060		0	MC		9			
Folate, total.....mcg	17		0	MC		9			
Folic acid.....mcg									
Folate, food.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.00		0	MC		9			
Vitamin A, IU.....IU	138		0	MC		9			
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	0.000		0	MC		9			
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.380		0	MC		9			
Fatty acids, total monounsaturated.....g	0.560		0	MC		9			
Fatty acids, total polyunsaturated.....g	0.820		0	MC		9			
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC		9			
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

NDB No. 08394

Cereals ready-to-eat, QUAKER, MOTHER'S HONEY ROUNDUP

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08351

Cereals ready-to-eat, QUAKER, MOTHER'S PEANUT BUTTER BUMPERS Cereal

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.50		0	MC		9			
Energy.....kcal	403		0	MC		9			
Energy.....kj	1686		0	MC		9			
Protein (N x 6.25).....g	8.28		0	MC		9			
Total lipid (fat).....g	7.34		0	MC		9			
Ash.....g	3.59		0	MC		9			
Carbohydrate, by difference.....g	78.27		0	MC		9			
Fiber, total dietary.....g	2.9		0	MC		9			
Sugars, total.....g	29.51		0	MC		9			
Starch.....g									
Minerals:									
Calcium, Ca.....mg	100		0	MC		9			
Iron, Fe.....mg	4.03		0	MC		9			
Magnesium, Mg.....mg	74		0	MC		9			
Phosphorus, P.....mg	214		0	MC		9			
Potassium, K.....mg	648		0	MC		9			
Sodium, Na.....mg	806		0	MC		9			
Zinc, Zn.....mg	1.42		0	MC		9			
Copper, Cu.....mg	0.150		0	MC		9			
Manganese, Mn.....mg	0.670		0	MC		9			
Selenium, Se.....mcg	0.8		0	MC		9			
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC		9			
Thiamin.....mg	0.130		0	MC		9			
Riboflavin.....mg	0.500		0	MC		9			
Niacin.....mg	2.910		0	MC		9			
Pantothenic acid.....mg	0.510		0	MC		9			
Vitamin B-6.....mg	0.110		0	MC		9			
Folate, total.....mcg	24		0	MC		9			
Folic acid.....mcg	0		0	Z		7			
Folate, food.....mcg	24		0	MC		9			
Folate, DFE.....mcg_DFE	24		0	NC		4			
Vitamin B-12.....mcg	0.00		0	MC		9			
Vitamin A, IU.....IU	147		0	MC		9			
Vitamin A, RAE.....mcg_RAE	7		0	NC		4			
Retinol.....mcg	0		0	Z		7			
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	0.000		0	MC		9			
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.440		0	MC		9			
Fatty acids, total monounsaturated.....g	3.080		0	MC		9			
Fatty acids, total polyunsaturated.....g	2.230		0	MC		9			
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC		9			
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

NDB No. 08351

Cereals ready-to-eat, QUAKER, MOTHER'S PEANUT BUTTER BUMPERS Cereal

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08352

Cereals ready-to-eat, QUAKER, MOTHER'S TOASTED OAT BRAN CEREAL, Brown Sugar Flavor

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	4.00		0	MC		9			
Energy.....kcal	373		0	MC		9			
Energy.....kj	1561		0	MC		9			
Protein (N x 6.25).....g	11.90		0	MC		9			
Total lipid (fat).....g	5.17		0	MC		9			
Ash.....g	3.99		0	MC		9			
Carbohydrate, by difference.....g	74.92		0	MC		9			
Fiber, total dietary.....g	8.9		0	MC		9			
Sugars, total.....g	15.50		0	MC		9			
Starch.....g									
Minerals:									
Calcium, Ca.....mg	66		0	MC		9			
Iron, Fe.....mg	4.11		0	MC		9			
Magnesium, Mg.....mg	143		0	MC		9			
Phosphorus, P.....mg	458		0	MC		9			
Potassium, K.....mg	490		0	MC		9			
Sodium, Na.....mg	632		0	MC		9			
Zinc, Zn.....mg	2.98		0	MC		9			
Copper, Cu.....mg	0.280		0	MC		9			
Manganese, Mn.....mg	3.410		0	MC		9			
Selenium, Se.....mcg	4.3		0	MC		9			
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC		9			
Thiamin.....mg	0.400		0	MC		9			
Riboflavin.....mg	0.180		0	MC		9			
Niacin.....mg	1.920		0	MC		9			
Pantothenic acid.....mg	0.740		0	MC		9			
Vitamin B-6.....mg	0.130		0	MC		9			
Folate, total.....mcg	40		0	MC		9			
Folic acid.....mcg									
Folate, food.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.00		0	MC		9			
Vitamin A, IU.....IU	71		0	MC		9			
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	0.000		0	MC		9			
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.890		0	MC		9			
Fatty acids, total monounsaturated.....g	1.630		0	MC		9			
Fatty acids, total polyunsaturated.....g	1.820		0	MC		9			
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

NDB No. 08352

Cereals ready-to-eat, QUAKER, MOTHER'S TOASTED OAT BRAN CEREAL, Brown Sugar Flavor

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08360

Cereals ready-to-eat, QUAKER, Oatmeal Cereal, Brown Sugar Bliss

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.50		0	MC	9		1.23		
Energy.....kcal	384		0	MC	9		188		
Energy.....kj	1607		0	MC	9		787		
Protein (N x 6.25).....g	8.78		0	MC	9		4.30		
Total lipid (fat).....g	5.56		0	MC	9		2.72		
Ash.....g	3.43		0	MC	9		1.68		
Carbohydrate, by difference.....g	79.69		0	MC	9		39.05		
Fiber, total dietary.....g	7.4		0	MC	9		3.6		
Sugars, total.....g									
Starch.....g									
Minerals:									
* Calcium, Ca.....mg	298		0	MC	9		146		
* Iron, Fe.....mg	10.10		0	MC	9		4.95		
Magnesium, Mg.....mg	105		0	MC	9		51		
Phosphorus, P.....mg	316		0	MC	9		155		
Potassium, K.....mg	327		0	MC	9		160		
Sodium, Na.....mg	509		0	MC	9		249		
* Zinc, Zn.....mg	12.00		0	MC	9		5.88		
Copper, Cu.....mg	0.340		0	MC	9		0.167		
Manganese, Mn.....mg	2.830		0	MC	9		1.387		
Selenium, Se.....mcg	2.3		0	MC	9		1.1		
Vitamins:									
* Vitamin C, total ascorbic acid.....mg	3.2		0	MC	9		1.6		
* Thiamin.....mg	1.200		0	MC	9		0.588		
* Riboflavin.....mg	1.360		0	MC	9		0.666		
* Niacin.....mg	16.000		0	MC	9		7.840		
Pantothenic acid.....mg	0.620		0	MC	9		0.304		
* Vitamin B-6.....mg	1.600		0	MC	9		0.784		
* Folate, total.....mcg	889		0	MC	9		436		
Folic acid.....mcg	870		0	NC	4		426		
Folate, food.....mcg	19		0	CAAN	4		9		
Folate, DFE.....mcg_DFE	1498		0	NC	4		734		
Vitamin B-12.....mcg	0.00		0	MC	9		0.00		
* Vitamin A, IU.....IU	1600		0	MC	9		784		
Vitamin A, RAE.....mcg_RAE	480		0	NC	4		235		
Retinol.....mcg	480		0	NC	4		235		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	0.000		0	MC	9		0.000		
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.160		0	MC	9		0.568		
Fatty acids, total monounsaturated.....g	1.690		0	MC	9		0.828		
Fatty acids, total polyunsaturated.....g	1.360		0	MC	9		0.666		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 49g: 1 cup

NDB No. 08360

Cereals ready-to-eat, QUAKER, Oatmeal Cereal, Brown Sugar Bliss

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08218

Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	4.26		1	A	1		2.17		
Energy.....kcal	465		0	NC	4		237		
Energy.....kj	1947		0	NC	4		993		
Protein (N x 6.25).....g	10.32		1	A	1		5.26		
Total lipid (fat).....g	17.90		1	A	1		9.13		
Ash.....g	1.78		1	A	1		0.91		
Carbohydrate, by difference.....g	65.74		0	NC	4		33.53		
Fiber, total dietary.....g	8.3		1	A	1		4.2		
Sugars, total.....g	22.50		0	AS	1		11.47		
Sucrose.....g	10.50		1	A	1		5.36		
Glucose (dextrose).....g	4.96		1	A	1		2.53		
Fructose.....g	4.74		1	A	1		2.42		
Lactose.....g	2.30		1	A	1		1.17		
Maltose.....g	0.00		1	A	1		0.00		
Galactose.....g	0.00		0	Z	7		0.00		
Starch.....g	28.90		1	A	1		14.74		
Minerals:									
Calcium, Ca.....mg	110		1	A	1		56		
Iron, Fe.....mg	2.50		1	A	1		1.28		
Magnesium, Mg.....mg	108		1	A	1		55		
Phosphorus, P.....mg	306		1	A	1		156		
Potassium, K.....mg	504		1	A	1		257		
Sodium, Na.....mg	51		1	A	1		26		
Zinc, Zn.....mg	1.88		1	A	1		0.96		
Copper, Cu.....mg	0.401		1	A	1		0.204		
Manganese, Mn.....mg	1.820		1	A	1		0.928		
Selenium, Se.....mcg	13.8		1	A	1		7.0		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.7		1	A	1		1.4		
Thiamin.....mg	0.337		1	A	1		0.172		
Riboflavin.....mg	0.357		1	A	1		0.182		
Niacin.....mg	1.850		1	A	1		0.944		
Pantothenic acid.....mg	0.674		1	A	1		0.344		
Vitamin B-6.....mg	2.840		1	A	1		1.448		
Folate, total.....mcg	38		1	A	1		19		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	38		0	NC	4		19		
Folate, DFE.....mcg_DFE	38		0	NC	4		19		
Vitamin B-12.....mcg	0.00		1	A	1		0.00		
Vitamin A, IU.....IU	11		0	MC	9		5		
Vitamin A, RAE.....mcg_RAE	1		0	NC	4		1		
Retinol.....mcg	0		0	NC	4		0		
Vitamin E (alpha-tocopherol).....mg	3.03		0	MC	9		1.54		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	0.040		0	MC	9		0.020		
Vitamin K (phylloquinone).....mcg	4.2		1	A	1		2.1		
Lipids:									
Fatty acids, total saturated.....g	6.971		0	NC	4		3.555		
4:0.....g	0.002		0	FLM	4		0.001		
6:0.....g	0.030		0	FLM	4		0.015		
8:0.....g	0.410		1	A	1		0.209		
10:0.....g	0.300		1	A	1		0.153		
12:0.....g	2.310		1	A	1		1.178		
13:0.....g									
14:0.....g	0.990		1	A	1		0.505		
15:0.....g	0.000		1	A	1		0.000		

NDB No. 08218

Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	2.360		1	A	1		1.204		
17:0.....g	0.010		1	A	1		0.005		
18:0.....g	0.520		1	A	1		0.265		
20:0.....g	0.030		1	A	1		0.015		
22:0.....g	0.010		1	A	1		0.005		
24:0.....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated.....g	6.790		0	NC	4		3.463		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.060		1	A	1		0.031		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	6.700		1	A	1		3.417		
20:1.....g	0.030		1	A	1		0.015		
22:1 undifferentiated.....g	0.000		1	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.300		0	NC	4		1.173		
18:2 undifferentiated.....g	2.240		1	A	1		1.142		
18:3 undifferentiated.....g	0.060		1	A	1		0.031		
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c.c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:5 n-3.....g	0.000		1	A	1		0.000		
22:5 n-3.....g	0.000		1	A	1		0.000		
22:6 n-3.....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	2		0	MC	9		1		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 51g: .5 cup (1 NLEA serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08215

Cereals ready-to-eat, QUAKER, QUAKER CINNAMON OATMEAL SQUARES

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
24:0.....g									
Fatty acids, total monounsaturated.....g	1.440		0	MC	9		0.864		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		0	FLM	4		0.006		
17:1.....g									
18:1 undifferentiated.....g	1.426		0	FLM	4		0.856		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.740		0	MC	9		1.044		
18:2 undifferentiated.....g	1.658		0	FLM	4		0.995		
18:3 undifferentiated.....g	0.076		0	FLM	4		0.046		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 60g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08294

Cereals ready-to-eat, QUAKER, QUAKER COCOA BLASTS

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.640		0	MC	9		0.211		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		0	FLM	4		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.630		0	FLM	4		0.208		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.590		0	MC	9		0.195		
18:2 undifferentiated.....g	0.578		0	FLM	4		0.191		
18:3 undifferentiated.....g	0.011		0	FLM	4		0.004		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	21		0	FLM	4		7		
Theobromine.....mg	188		0	FLM	4		62		
Carotenoids:									
Carotene, beta.....mcg	46		0	FLM	4		15.164		
Carotene, alpha.....mcg	30		0	FLM	4		9.927		
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000		
Lycopene.....mcg	0		0	FLM	4		0.000		
Lutein + zeaxanthin.....mcg	644		0	FLM	4		212.488		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 33g: 1 cup (1 NLEA serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08018

Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.850		0	MC	9		0.230		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.019		0	FLM	4		0.005		
17:1.....g									
18:1 undifferentiated.....g	0.832		0	FLM	4		0.225		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.990		0	MC	9		0.267		
18:2 undifferentiated.....g	0.973		0	FLM	4		0.263		
18:3 undifferentiated.....g	0.015		0	FLM	4		0.004		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	70		0	FLM	4		18.896		
Carotene, alpha.....mcg	46		0	FLM	4		12.369		
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000		
Lycopene.....mcg	0		0	FLM	4		0.000		
Lutein + zeaxanthin.....mcg	1355		0	FLM	4		365.850		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 27g: .75 cup (1 NLEA serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08297

Cereals ready-to-eat, QUAKER, QUAKER FRUITANGY OH!S

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.730		0	MC	9		0.536		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	FLM	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	1.728		0	FLM	4		0.536		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.850		0	MC	9		0.264		
18:2 undifferentiated.....g	0.817		0	FLM	4		0.253		
18:3 undifferentiated.....g	0.035		0	FLM	4		0.011		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: 1 cup (1 NLEA serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08298

Cereals ready-to-eat, QUAKER, QUAKER MARSHMALLOW SAFARI

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.500		0	MC	9		0.750		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0	FLM	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	2.211		0	FLM	4		0.663		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.250		0	MC	9		0.375		
18:2 undifferentiated.....g	1.120		0	FLM	4		0.336		
18:3 undifferentiated.....g	0.065		0	FLM	4		0.020		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	FLM	4		0.000		
Carotene, alpha.....mcg	0		0	FLM	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000		
Lycopene.....mcg	0		0	FLM	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: .75 cup (1 NLEA serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08210

Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.330		0	MC	9		0.426	0.559	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		0	FLM	4		0.002	0.003	
17:1.....g									
18:1 undifferentiated.....g	1.322		0	FLM	4		0.423	0.555	
20:1.....g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.240		0	MC	9		0.397	0.521	
18:2 undifferentiated.....g	1.184		0	FLM	4		0.379	0.497	
18:3 undifferentiated.....g	0.056		0	FLM	4		0.018	0.023	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	FLM	4		0	0	
Theobromine.....mg	0		0	FLM	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32g: .75 cup (1 NLEA serving)

Measure 2 = 42g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08049

Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.490		0	MC	9		0.477		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009		0	FLM	4		0.003		
17:1.....g									
18:1 undifferentiated.....g	1.481		0	FLM	4		0.474		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.410		0	MC	9		0.451		
18:2 undifferentiated.....g	1.348		0	FLM	4		0.431		
18:3 undifferentiated.....g	0.062		0	FLM	4		0.020		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	19		0	FLM	4		6.171		
Carotene, alpha.....mcg	12		0	FLM	4		3.930		
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000		
Lycopene.....mcg	0		0	FLM	4		0.000		
Lutein + zeaxanthin.....mcg	363		0	FLM	4		116.101		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32g: .75 cup (1 NLEA serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08214

Cereals ready-to-eat, QUAKER, QUAKER OATMEAL SQUARES

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
24:0.....g									
Fatty acids, total monounsaturated.....g	1.450		0	MC	9		0.812		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.012		0	FLM	4		0.007		
17:1.....g									
18:1 undifferentiated.....g	1.437		0	FLM	4		0.804		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.760		0	MC	9		0.986		
18:2 undifferentiated.....g	1.679		0	FLM	4		0.940		
18:3 undifferentiated.....g	0.078		0	FLM	4		0.044		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 56g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08216

Cereals ready-to-eat, QUAKER, QUAKER Oat Bran Cereal

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.570		0	MC	9		0.895		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.011		0	FLM	4		0.006		
17:1.....g									
18:1 undifferentiated.....g	1.559		0	FLM	4		0.889		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.040		0	MC	9		1.163		
18:2 undifferentiated.....g	1.954		0	FLM	4		1.114		
18:3 undifferentiated.....g	0.086		0	FLM	4		0.049		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLM	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 57g: 1.25 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08066

Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
24:0.....g									
Fatty acids, total monounsaturated.....g	0.180		0	MC	9		0.025		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	FLA	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.177		0	FLA	4		0.025		
20:1.....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.340		0	MC	9		0.048		
18:2 undifferentiated.....g	0.281		0	FLA	4		0.039		
18:3 undifferentiated.....g	0.060		0	FLA	4		0.008		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:5 n-3.....g	0.000		0	FLA	4		0.000		
22:5 n-3.....g	0.000		0	FLA	4		0.000		
22:6 n-3.....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.0g: 1 cup (1 NLEA serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08146

Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.310		0	MC	9		0.047		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.037		0	FLM	4		0.006		
17:1.....g									
18:1 undifferentiated.....g	0.272		0	FLM	4		0.041		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.070		0	MC	9		0.161		
18:2 undifferentiated.....g	1.008		0	FLM	4		0.151		
18:3 undifferentiated.....g	0.059		0	FLM	4		0.009		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.003		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 15.0g: 1.25 cup (1 NLEA serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08299

Cereals ready-to-eat, QUAKER, QUAKER SWEET PUFFS

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
24:0.....g									
Fatty acids, total monounsaturated.....g	0.430		0	MC	9		0.146		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		0	FLM	4		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.421		0	FLM	4		0.143		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.930		0	MC	9		0.316		
18:2 undifferentiated.....g	0.869		0	FLM	4		0.296		
18:3 undifferentiated.....g	0.058		0	FLM	4		0.020		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 34g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08212

Cereals ready-to-eat, QUAKER, SUN COUNTRY Granola with Almonds

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	1.37		0	MC	9		0.78		
Energy.....kcal	467		0	MC	9		266		
Energy.....kj	1954		0	MC	9		1114		
Protein (N x 6.25).....g	11.77		0	MC	9		6.71		
Total lipid (fat).....g	18.02		0	MC	9		10.27		
Ash.....g	1.62		0	MC	9		0.92		
Carbohydrate, by difference.....g	67.20		0	MC	9		38.30		
Fiber, total dietary.....g	5.2		0	MC	9		3.0		
Sugars, total.....g	20.42		0	MC	9		11.64		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	86		0	MC	9		49		
Iron, Fe.....mg	4.35		0	MC	9		2.48		
Magnesium, Mg.....mg	91		0	MC	9		52		
Phosphorus, P.....mg	294		0	MC	9		168		
Potassium, K.....mg	388		0	MC	9		221		
Sodium, Na.....mg	33		0	MC	9		19		
Zinc, Zn.....mg	2.00		0	MC	9		1.14		
Copper, Cu.....mg	0.290		0	MC	9		0.165		
Manganese, Mn.....mg	2.680		0	MC	9		1.528		
Selenium, Se.....mcg	17.3		0	BFZN	4		9.9		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0	MC	9		0.0		
Thiamin.....mg	0.310		0	MC	9		0.177		
Riboflavin.....mg	0.180		0	MC	9		0.103		
Niacin.....mg	0.950		0	MC	9		0.542		
Pantothenic acid.....mg	0.570		0	MC	9		0.325		
Vitamin B-6.....mg	0.120		0	MC	9		0.068		
Folate, total.....mcg	34		0	MC	9		19		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	34		0	MC	9		19		
Folate, DFE.....mcg_DFE	34		0	NC	4		19		
Vitamin B-12.....mcg	0.07		0	MC	9		0.04		
Vitamin A, IU.....IU	0		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	3.85		0	FLM	4		2.19		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	0.000		0	MC	9		0.000		
Vitamin K (phylloquinone).....mcg	4.4		0	FLM	4		2.5		
Lipids:									
Fatty acids, total saturated.....g	2.220		0	MC	9		1.265		
4:0.....g	0.001		0	FLM	4		0.001		
6:0.....g	0.000		0	FLM	4		0.000		
8:0.....g	0.000		0	FLM	4		0.000		
10:0.....g	0.000		0	FLM	4		0.000		
12:0.....g	0.011		0	FLM	4		0.006		
13:0.....g	0.000		0	FLM	4		0.000		
14:0.....g	0.016		0	FLM	4		0.009		
15:0.....g	0.000		0	FLM	4		0.000		
16:0.....g	1.622		0	FLM	4		0.925		
17:0.....g	0.000		0	FLM	4		0.000		
18:0.....g	0.528		0	FLM	4		0.301		
20:0.....g	0.000		0	FLM	4		0.000		
22:0.....g	0.000		0	FLM	4		0.000		
24:0.....g	0.000		0	FLM	4		0.000		

NDB No. 08212

Cereals ready-to-eat, QUAKER, SUN COUNTRY Granola with Almonds

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.840		0	MC	9		3.329		
14:1.....g	0.000		0	FLM	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.047		0	FLM	4		0.027		
17:1.....g									
18:1 undifferentiated.....g	5.786		0	FLM	4		3.298		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated.....g	3.180		0	MC	9		1.813		
18:2 undifferentiated.....g	3.014		0	FLM	4		1.718		
18:3 undifferentiated.....g	0.161		0	FLM	4		0.091		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLM	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 57g: .5 cup (1 NLEA serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08059

Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.120		0	MC	9		0.302		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.006		0	FLM	4		0.002		
17:1.....g									
18:1 undifferentiated.....g	1.114		0	FLM	4		0.301		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.760		0	MC	9		0.205		
18:2 undifferentiated.....g	0.722		0	FLM	4		0.195		
18:3 undifferentiated.....g	0.038		0	FLM	4		0.010		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 27g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08362

Cereals ready-to-eat, QUAKER, Toasted Oats/OATMMM'S

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.50		0	MC		9			
Energy.....kcal	380		0	MC		9			
Energy.....kj	1588		0	MC		9			
Protein (N x 6.25).....g	9.23		0	MC		9			
Total lipid (fat).....g	5.10		0	MC		9			
Ash.....g	4.23		0	MC		9			
Carbohydrate, by difference.....g	77.91		0	MC		9			
Fiber, total dietary.....g	6.6		0	MC		9			
Sugars, total.....g	7.99		0	MC		9			
Starch.....g									
Minerals:									
Calcium, Ca.....mg	41		0	MC		9			
* Iron, Fe.....mg	29.53		0	MC		9			
Magnesium, Mg.....mg	97		0	MC		9			
Phosphorus, P.....mg	385		0	MC		9			
Potassium, K.....mg	288		0	MC		9			
Sodium, Na.....mg	953		0	MC		9			
* Zinc, Zn.....mg	13.75		0	MC		9			
Copper, Cu.....mg	0.210		0	MC		9			
Manganese, Mn.....mg	2.940		0	MC		9			
Selenium, Se.....mcg	0.1		0	MC		9			
Vitamins:									
* Vitamin C, total ascorbic acid.....mg	22.0		0	MC		9			
* Thiamin.....mg	0.680		0	MC		9			
* Riboflavin.....mg	1.590		0	MC		9			
* Niacin.....mg	18.330		0	MC		9			
Pantothenic acid.....mg	0.480		0	MC		9			
* Vitamin B-6.....mg	1.830		0	MC		9			
* Folate, total.....mcg	1400		0	MC		9			
Folic acid.....mcg	1381		0	NC		4			
Folate, food.....mcg	19		0	CAAN		4			
Folate, DFE.....mcg_DFE	2367		0	NC		4			
Vitamin B-12.....mcg	0.00		0	MC		9			
* Vitamin A, IU.....IU	1834		1	MC		9			
Vitamin A, RAE.....mcg_RAE	551		0	NC		4			
Retinol.....mcg	551		0	NC		4			
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	0.000		0	MC		9			
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.910		0	MC		9			
Fatty acids, total monounsaturated.....g	1.770		0	MC		9			
Fatty acids, total polyunsaturated.....g	1.460		0	MC		9			
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC		9			
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

NDB No. 08362

Cereals ready-to-eat, QUAKER, Toasted Oats/OATMMM'S

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08074
Cereals ready-to-eat, TASTEEOS

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.719		0		4		0.173	0.204	0.006
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0		4		0.001	0.001	0.000
17:1.....g									
18:1 undifferentiated.....g	0.715		0		4		0.172	0.203	0.006
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.768		0		4		0.184	0.218	0.007
18:2 undifferentiated.....g	0.722		0		4		0.173	0.205	0.006
18:3 undifferentiated.....g	0.021		0		4		0.005	0.006	0.000
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 24g: 1 cup
 Measure 2 = 28.35g: 1 oz
 Measure 3 = 0.9g: 10 pieces

Calories Factors: Protein 3.5

Fat 8.37

Carbohydrate 4.1

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08435
Cereals ready-to-eat, UNCLE SAM CEREAL

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		1	A	1		0.000		
15:0.....g	0.000		1	A	1		0.000		
16:0.....g	0.950		1	A	1		0.522		
17:0.....g	0.000		1	A	1		0.000		
18:0.....g	0.320		1	A	1		0.176		
20:0.....g	0.020		1	A	1		0.011		
22:0.....g	0.020		1	A	1		0.011		
24:0.....g	0.010		1	A	1		0.005		
Fatty acids, total monounsaturated.....g	1.980		0	NC	4		1.089		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.020		1	A	1		0.011		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	1.940		1	A	1		1.067		
20:1.....g	0.020		1	A	1		0.011		
22:1 undifferentiated.....g	0.000		1	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	8.350		0	NC	4		4.592		
18:2 undifferentiated.....g	2.350		1	A	1		1.292		
18:3 undifferentiated.....g	6.000		1	A	1		3.300		
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:5 n-3.....g	0.000		1	A	1		0.000		
22:5 n-3.....g	0.000		1	A	1		0.000		
22:6 n-3.....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	FLM	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000		
Lycopene.....mcg	0		0	FLM	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 55g: 1 cup (1 serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08079
Cereals ready-to-eat, WAFFELoS

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.50		1		1		0.75	0.71	
Energy.....kcal	405		0	NC	4		122	115	
Energy.....kj	1695				4		508	480	
Protein.....g	5.60		12		1		1.68	1.59	
Total lipid (fat).....g	4.20		14		1		1.26	1.19	
Ash.....g	1.40		1		1		0.42	0.40	
Carbohydrate, by difference.....g	86.30		0	NC	4		25.89	24.47	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	28		13		1		8	8	
Iron, Fe.....mg	15.90		0		5		4.77	4.51	
Magnesium, Mg.....mg	21		13		1		6	6	
Phosphorus, P.....mg	815		12		1		245	231	
Potassium, K.....mg	88		7		1		26	25	
Sodium, Na.....mg	416		13		1		125	118	
Zinc, Zn.....mg	0.81		13		1		0.24	0.23	
Copper, Cu.....mg	0.113		10		1		0.034	0.032	
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	53.0		0		5		15.9	15.0	
Thiamin.....mg	1.300		0		5		0.390	0.369	
Riboflavin.....mg	1.500		0		5		0.450	0.425	
Niacin.....mg	17.600		0		5		5.280	4.990	
Pantothenic acid.....mg	0.176		6		1		0.053	0.050	
Vitamin B-6.....mg	1.800		0		5		0.540	0.510	
Folate, total.....mcg	11		6		1		3	3	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	11		6		1		3	3	
Folate, DFE.....mcg_DFE	11		0	NC	4		3	3	
Vitamin B-12.....mcg	5.30		0		5		1.59	1.50	
Vitamin A, IU.....IU	4409		0		5		1323	1250	
Vitamin A, RAE.....mcg_RAE	1324		0	NC	4		397	375	
Retinol.....mcg	1324		0	NC	4		397	375	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 08079

Cereals ready-to-eat, WAFFELOS

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

food, or similar food.

Common Measures:

Measure 1 = 30g: 1 cup

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 42237

Cereals ready-to-eat, WEETABIX WHOLE WHEAT CEREAL

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.350				4		0.200	0.063	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.019				4		0.011	0.003	
17:1.....g									
18:1 undifferentiated.....g	0.328				4		0.187	0.059	
20:1.....g	0.000				4		0.000	0.000	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.170				4		0.667	0.211	
18:2 undifferentiated.....g	1.107				4		0.631	0.199	
18:3 undifferentiated.....g	0.057				4		0.032	0.010	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.003				4		0.002	0.001	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.000				4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0				8		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	6		0	BFNN	4		3.263	1.030	
Carotene, alpha.....mcg	0		0	BFNN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFNN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFNN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	238		0	BFNN	4		135.448	42.773	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 57g: 1 cup

Measure 2 = 18g: 1 biscuit

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08061

Cereals ready-to-eat, bran flakes with raisins, single brand

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	8.90		0	MC	9		5.25		
Energy.....kcal	317		0	MC	9		187		
Energy.....kj	1326						783		
Protein.....g	7.90		0	MC	9		4.66		
Total lipid (fat).....g	1.80		0	NR	4		1.06		
Ash.....g	3.20		0	MC	9		1.89		
Carbohydrate, by difference.....g	78.10		0	MC	9		46.08		
Fiber, total dietary.....g	13.1		0	MC	9		7.7		
Sugars, total.....g	33.40		0	MC	9		19.71		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	45		0	MC	9		27		
Iron, Fe.....mg	18.31		0	MC	9		10.80		
Magnesium, Mg.....mg	150		0	MC	9		89		
Phosphorus, P.....mg	353		0	MC	9		208		
Potassium, K.....mg	605		0	MC	9		357		
Sodium, Na.....mg	611		0	MC	9		360		
Zinc, Zn.....mg	3.81		0	MC	9		2.25		
Copper, Cu.....mg	0.425		0	MC	9		0.251		
Manganese, Mn.....mg	3.210		1	A	1		1.894		
Selenium, Se.....mcg	5.9	0.239	32	JA	6		3.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.640		0	MC	9		0.378		
Riboflavin.....mg	0.720		0	MC	9		0.425		
Niacin.....mg	8.470		0	MC	9		4.997		
Pantothenic acid.....mg	0.206		1	A	1		0.122		
Vitamin B-6.....mg	0.850		0	MC	9		0.502		
Folate, total.....mcg	169		0	MC	9		100		
Folic acid.....mcg	150		0	NC	4		89		
Folate, food.....mcg	19		0	CAZN	4		11		
Folate, DFE.....mcg_DFE	274		0	NC	4		162		
Vitamin B-12.....mcg	2.54		0	MC	9		1.50		
Vitamin A, IU.....IU	1271		0	MC	9		750		
Vitamin A, RAE.....mcg_RAE	382		0	NC	4		225		
Retinol.....mcg	382		0	NC	4		225		
Vitamin E (alpha-tocopherol).....mg	0.82		0	MC	9		0.48		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	68.000		0	MC	9		40.120		
Vitamin K (phylloquinone).....mcg	1.9		1	A	1		1.1		
Lipids:									
Fatty acids, total saturated.....g	0.390		0	NC	4		0.230		
4:0.....g	0.000		0	FLM	4		0.000		
6:0.....g	0.000		0	FLM	4		0.000		
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.000		1	A	1		0.000		
15:0.....g	0.000		1	A	1		0.000		
16:0.....g	0.360		1	A	1		0.212		
17:0.....g	0.000		1	A	1		0.000		
18:0.....g	0.030		1	A	1		0.018		
20:0.....g	0.000		1	A	1		0.000		
22:0.....g	0.000		1	A	1		0.000		
24:0.....g	0.000		1	A	1		0.000		

NDB No. 08061

Cereals ready-to-eat, bran flakes with raisins, single brand

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.460		0	NC	4		0.271		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.000		1	A	1		0.000		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	0.450		1	A	1		0.265		
20:1.....g	0.010		1	A	1		0.006		
22:1 undifferentiated.....g	0.000		1	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.050		0	NC	4		0.619		
18:2 undifferentiated.....g	0.970		1	A	1		0.572		
18:3 undifferentiated.....g	0.080		1	A	1		0.047		
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c.c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:5 n-3.....g	0.000		1	A	1		0.000		
22:5 n-3.....g	0.000		1	A	1		0.000		
22:6 n-3.....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 59g: 1 cup (1 NLEA serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08029

Cereals ready-to-eat, bran flakes, single brand

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.295		0	FLM	4		0.089		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		0	FLM	4		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.285		0	FLM	4		0.086		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.025		0	FLM	4		0.307		
18:2 undifferentiated.....g	0.952		0	FLM	4		0.286		
18:3 undifferentiated.....g	0.070		0	FLM	4		0.021		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0	FLM	4		0.001		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: .75 cup (1 NLEA serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08053

Cereals ready-to-eat, bran, malted flour, single brand

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.316		0	FLM	4		0.092		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		0	FLM	4		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.308		0	FLM	4		0.089		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.101		0	FLM	4		0.319		
18:2 undifferentiated.....g	1.016		0	FLM	4		0.295		
18:3 undifferentiated.....g	0.083		0	FLM	4		0.024		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0	FLM	4		0.001		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: .333 cup (1 NLEA serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08140

Cereals ready-to-eat, chocolate flavored rings, presweetened, single brand

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.346		0	FLM	4		0.903		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.030		0	FLM	4		0.008		
17:1.....g									
18:1 undifferentiated.....g	3.316		0	FLM	4		0.895		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.304		0	FLM	4		0.892		
18:2 undifferentiated.....g	3.093		0	FLM	4		0.835		
18:3 undifferentiated.....g	0.204		0	FLM	4		0.055		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	3		0	FLM	4		1		
Theobromine.....mg	24		0	FLM	4		6		
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000		
Carotene, alpha.....mcg	0		0	BFZN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 27g: .75 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08204

Cereals ready-to-eat, chocolate-flavored frosted puffed corn

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.079			FLC	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001			FLC	4				
17:1.....g									
18:1 undifferentiated.....g	2.079			FLC	4				
20:1.....g	0.000			FLC	4				
22:1 undifferentiated.....g	0.000			FLC	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.231			FLC	4				
18:2 undifferentiated.....g	0.225			FLC	4				
18:3 undifferentiated.....g	0.008			FLC	4				
18:4.....g	0.000			FLC	4				
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000			FLC	4				
20:5 n-3.....g	0.000			FLC	4				
22:5 n-3.....g	0.000			FLC	4				
22:6 n-3.....g	0.000			FLC	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0			LC	8				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0			Z	7				
Caffeine.....mg	4		0	FLM	4				
Theobromine.....mg	136		0	FLM	4				
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4				
Carotene, alpha.....mcg	0		0	BFZN	4				
Cryptoxanthin, beta.....mcg	0		0	BFZN	4				
Lycopene.....mcg	0		0	BFZN	4				
Lutein + zeaxanthin.....mcg	0		0	BFZN	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08046

Cereals ready-to-eat, corn and oat flours, puffed presweetened, single brand

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.490		0	FLC	4		0.142		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0	FLM	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.463		0	FLM	4		0.134		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.690		0	FLC	4		0.200		
18:2 undifferentiated.....g	0.678		0	FLM	4		0.197		
18:3 undifferentiated.....g	0.027		0	FLM	4		0.008		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0			FLC	4		0		
Theobromine.....mg	0			FLC	4		0		
Carotenoids:									
Carotene, beta.....mcg	50		0	FLM	4		14.397		
Carotene, alpha.....mcg	32		0	FLM	4		9.424		
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000		
Lycopene.....mcg	0		0	FLM	4		0.000		
Lutein + zeaxanthin.....mcg	721		0	FLM	4		209.039		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: 1.333 cup (1 NLEA serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08022

Cereals ready-to-eat, corn flakes, low sodium

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.075		0	FLM	4		0.019	0.021	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	FLM	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.074		0	FLM	4		0.019	0.021	
20:1.....g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.129		0	FLM	4		0.032	0.037	
18:2 undifferentiated.....g	0.126		0	FLM	4		0.031	0.036	
18:3 undifferentiated.....g	0.004		0	FLM	4		0.001	0.001	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLM	4		0	0	
Theobromine.....mg	0		0	FLM	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	93		0	FLM	4		23.196	26.305	
Carotene, alpha.....mcg	61		0	FLM	4		15.184	17.219	
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000	0.000	
Lycopene.....mcg	0		0	FLM	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	1300		0	FLM	4		325.038	368.594	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 25g: 1 cup

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.46

Fat 8.37

Carbohydrate 4.16

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08076

Cereals ready-to-eat, corn flakes, plain, single brand

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.030		0	FLM	4		0.008	0.006	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.029		0	FLM	4		0.008	0.006	
20:1.....g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.051		0	FLM	4		0.014	0.011	
18:2 undifferentiated.....g	0.050		0	FLM	4		0.014	0.010	
18:3 undifferentiated.....g	0.001		0	FLM	4		0.000	0.000	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLM	4		0	0	
Theobromine.....mg	0		0	FLM	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	74		0	FLM	4		20.626	15.469	
Carotene, alpha.....mcg	48		0	FLM	4		13.502	10.126	
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000	0.000	
Lycopene.....mcg	0		0	FLM	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	1032		0	FLM	4		289.016	216.762	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 cup (1 NLEA serving)

Measure 2 = 21g: 1 box, single serving (.75 oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08192

Cereals ready-to-eat, corn, rice, wheat, oats, presweetened, with fruit and almonds, single brand

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	7.20		0	MC	9		3.96		
Energy.....kcal	383		0	MC	9		211		
Energy.....kj	1602						881		
Protein.....g	6.60		0	MC	9		3.63		
Total lipid (fat).....g	4.50		0	NR	4		2.48		
Ash.....g	2.00		0	MC	9		1.10		
Carbohydrate, by difference.....g	78.90		0	MC	9		43.40		
Fiber, total dietary.....g	3.8		0	MC	9		2.1		
Sugars, total.....g	20.80		0	MC	9		11.44		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	27		0	MC	9		15		
Iron, Fe.....mg	3.27		0	MC	9		1.80		
Magnesium, Mg.....mg	43		0	MC	9		24		
Phosphorus, P.....mg	128		0	MC	9		70		
Potassium, K.....mg	166		0	MC	9		91		
Sodium, Na.....mg	484		0	MC	9		266		
Zinc, Zn.....mg	1.64		0	MC	9		0.90		
Copper, Cu.....mg	0.135		0	MC	9		0.074		
Manganese, Mn.....mg	0.832		0	FLM	4		0.458		
Selenium, Se.....mcg	7.3		0	BFZN	4		4.0		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.680		0	MC	9		0.374		
Riboflavin.....mg	0.770		0	MC	9		0.424		
Niacin.....mg	9.090		0	MC	9		5.000		
Pantothenic acid.....mg	0.418		0	FLM	4		0.230		
Vitamin B-6.....mg	0.910		0	MC	9		0.501		
Folate, total.....mcg	182		0	MC	9		100		
Folic acid.....mcg	163		0	NC	4		90		
Folate, food.....mcg	19		0	CAZN	4		10		
Folate, DFE.....mcg_DFE	296		0	NC	4		163		
Vitamin B-12.....mcg	2.73		0	MC	9		1.50		
Vitamin A, IU.....IU	1364		0	MC	9		750		
Vitamin A, RAE.....mcg_RAE	410		0	NC	4		226		
Retinol.....mcg	410		0	NC	4		226		
Vitamin E (alpha-tocopherol).....mg	4.38		0	MC	9		2.41		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	73.000		0	MC	9		40.150		
Vitamin K (phylloquinone).....mcg	8.6		0	FLM	4		4.7		
Lipids:									
Fatty acids, total saturated.....g	0.600		0	MC	9		0.330		
4:0.....g	0.001		0	FLM	4		0.000		
6:0.....g	0.000		0	FLM	4		0.000		
8:0.....g	0.000		0	FLM	4		0.000		
10:0.....g	0.000		0	FLM	4		0.000		
12:0.....g	0.003		0	FLM	4		0.002		
13:0.....g	0.000		0	FLM	4		0.000		
14:0.....g	0.004		0	FLM	4		0.002		
15:0.....g	0.000		0	FLM	4		0.000		
16:0.....g	0.448		0	FLM	4		0.246		
17:0.....g	0.000		0	FLM	4		0.000		
18:0.....g	0.125		0	FLM	4		0.068		
20:0.....g	0.000		0	FLM	4		0.000		
22:0.....g	0.000		0	FLM	4		0.000		
24:0.....g	0.000		0	FLM	4		0.000		

NDB No. 08192

Cereals ready-to-eat, corn, rice, wheat, oats, presweetened, with fruit and almonds, single brand

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.008		0	FLM	4		1.105		
14:1.....g	0.000		0	FLM	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.012		0	FLM	4		0.007		
17:1.....g									
18:1 undifferentiated.....g	1.996		0	FLM	4		1.098		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated.....g	1.466		0	FLM	4		0.806		
18:2 undifferentiated.....g	1.405		0	FLM	4		0.773		
18:3 undifferentiated.....g	0.060		0	FLM	4		0.033		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLM	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0			Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 55g: 1.25 cup (1 NLEA serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43570

Cereals ready-to-eat, corn, whole wheat, rolled oats, presweetened, single brand

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.091		0	FLM	4		0.627		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.011		0	FLM	4		0.003		
17:1.....g									
18:1 undifferentiated.....g	2.080		0	FLM	4		0.624		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.154		0	FLC	4		0.646		
18:2 undifferentiated.....g	2.088		0	FLM	4		0.626		
18:3 undifferentiated.....g	0.043		0	FLM	4		0.013		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: .75 cup (1 NLEA serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 42240

Cereals ready-to-eat, corn, whole wheat, rolled oats, presweetened, with almonds, single brand

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.00		0	MC	9		0.93		
Energy.....kcal	407		0	MC	9		126		
Energy.....kj	1703						528		
Protein.....g	7.80		0	MC	9		2.42		
Total lipid (fat).....g	8.50		0	NR	4		2.64		
Ash.....g	2.30		0	MC	9		0.71		
Carbohydrate, by difference.....g	78.00		0	MC	9		24.18		
Fiber, total dietary.....g	4.5		0	MC	9		1.4		
Sugars, total.....g	21.00		0	MC	9		6.51		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	37		0	MC	9		11		
Iron, Fe.....mg	26.13		0	MC	9		8.10		
Magnesium, Mg.....mg	69		0	MC	9		21		
Phosphorus, P.....mg	192		0	MC	9		60		
Potassium, K.....mg	227		0	MC	9		70		
Sodium, Na.....mg	603		0	MC	9		187		
Zinc, Zn.....mg	0.97		0	MC	9		0.30		
Copper, Cu.....mg	0.224		0	MC	9		0.069		
Manganese, Mn.....mg	1.524			FLC	4		0.472		
Selenium, Se.....mcg	12.0		0	BFZN	4		3.7		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0	MC	9		0.0		
Thiamin.....mg	1.210		0	MC	9		0.375		
Riboflavin.....mg	1.370		0	MC	9		0.425		
Niacin.....mg	16.130		0	MC	9		5.000		
Pantothenic acid.....mg	0.605			FLC	4		0.188		
Vitamin B-6.....mg	1.610		0	MC	9		0.499		
Folate, total.....mcg	323		0	MC	9		100		
Folic acid.....mcg	304		0	NC	4		94		
Folate, food.....mcg	19		0	CAZN	4		6		
Folate, DFE.....mcg_DFE	536		0	NC	4		166		
Vitamin B-12.....mcg	4.84		0	MC	9		1.50		
Vitamin A, IU.....IU	2419		0	MC	9		750		
Vitamin A, RAE.....mcg_RAE	726		0	NC	4		225		
Retinol.....mcg	726		0	NC	4		225		
Vitamin E (alpha-tocopherol).....mg	1.49		0	MC	9		0.46		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	129.000		0	MC	9		39.990		
Vitamin K (phylloquinone).....mcg	0.9		0	FLM	4		0.3		
Lipids:									
Fatty acids, total saturated.....g	1.100		0	MC	9		0.341		
4:0.....g	0.000		0	FLM	4		0.000		
6:0.....g	0.000		0	FLM	4		0.000		
8:0.....g	0.004		0	FLM	4		0.001		
10:0.....g	0.000		0	FLM	4		0.000		
12:0.....g	0.002		0	FLM	4		0.001		
13:0.....g	0.000		0	FLM	4		0.000		
14:0.....g	0.003		0	FLM	4		0.001		
15:0.....g	0.000		0	FLM	4		0.000		
16:0.....g	0.815		0	FLM	4		0.253		
17:0.....g	0.000		0	FLM	4		0.000		
18:0.....g	0.217		0	FLM	4		0.067		
20:0.....g	0.000		0	FLM	4		0.000		
22:0.....g	0.000		0	FLM	4		0.000		
24:0.....g	0.000		0	FLM	4		0.000		

NDB No. 42240

Cereals ready-to-eat, corn, whole wheat, rolled oats, presweetened, with almonds, single brand

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.176			FLC	4		1.295		
14:1.....g	0.000		0	FLM	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.027		0	FLM	4		0.008		
17:1.....g									
18:1 undifferentiated.....g	4.007		0	FLM	4		1.242		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated.....g	2.737		0	FLM	4		0.848		
18:2 undifferentiated.....g	2.699		0	FLM	4		0.837		
18:3 undifferentiated.....g	0.038		0	FLM	4		0.012		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLM	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: .75 cup (1 NLEA serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08025
Cereals ready-to-eat, crispy rice

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.070		0	NC	4		0.020	0.020	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	FLC	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.069		0	FLC	4		0.019	0.020	
20:1.....g	0.000		0	FLC	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.110		0	NC	4		0.031	0.031	
18:2 undifferentiated.....g	0.091		0	FLC	4		0.025	0.026	
18:3 undifferentiated.....g	0.019		0	FLC	4		0.005	0.005	
18:4.....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	0		0	FLC	4		0	0	
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLC	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	FLC	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000	0.000	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 cup

Measure 2 = 28.35g: 1 oz

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 3.82

Fat 8.37

Carbohydrate 4.16

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 42236

Cereals ready-to-eat, frosted oat cereal with marshmallows

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.100				4		0.308		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.006				4		0.002		
17:1.....g									
18:1 undifferentiated.....g	1.094				4		0.306		
20:1.....g	0.000				4		0.000		
22:1 undifferentiated.....g	0.000				4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.280				4		0.358		
18:2 undifferentiated.....g	1.222				4		0.342		
18:3 undifferentiated.....g	0.056				4		0.016		
18:4.....g	0.000				4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000		
20:5 n-3.....g	0.000				4		0.000		
22:5 n-3.....g	0.000				4		0.000		
22:6 n-3.....g	0.000				4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0				8		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0					7	0.0		
Caffeine.....mg	0		0	BFZN	4		0		
Theobromine.....mg	0		0	BFZN	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000		
Carotene, alpha.....mcg	0		0	BFZN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08037

Cereals ready-to-eat, granola, homemade

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	5.41		0	RC	4		6.60	1.53	
Energy.....kcal	490		0	RC	4		598	139	
Energy.....kj	2052		0	RC	4		2504	582	
Protein (N x 5.8).....g	14.87		0	RC	4		18.14	4.21	
Total lipid (fat).....g	24.36		0	RC	4		29.72	6.91	
Ash.....g	2.42		0	RC	4		2.95	0.69	
Carbohydrate, by difference.....g	52.95		0	RC	4		64.60	15.01	
Fiber, total dietary.....g	8.6		0	RC	4		10.5	2.4	
Sugars, total.....g	20.10		0	RC	4		24.52	5.70	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	78		0	RC	4		96	22	
Iron, Fe.....mg	4.25		0	RC	4		5.19	1.21	
Magnesium, Mg.....mg	175		0	RC	4		214	50	
Phosphorus, P.....mg	457		0	RC	4		557	129	
Potassium, K.....mg	537		0	RC	4		655	152	
Sodium, Na.....mg	22		0	RC	4		27	6	
Zinc, Zn.....mg	4.11		0	RC	4		5.01	1.16	
Copper, Cu.....mg	0.636		0	RC	4		0.775	0.180	
Manganese, Mn.....mg	4.155		0	RC	4		5.069	1.178	
Selenium, Se.....mcg	27.8		0	RC	4		33.9	7.9	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.2		0	RC	4		1.5	0.3	
Thiamin.....mg	0.736		0	RC	4		0.897	0.209	
Riboflavin.....mg	0.292		0	RC	4		0.357	0.083	
Niacin.....mg	2.115		0	RC	4		2.580	0.600	
Pantothenic acid.....mg	1.603		0	RC	4		1.956	0.454	
Vitamin B-6.....mg	0.311		0	RC	4		0.379	0.088	
Folate, total.....mcg	83		0	RC	4		101	23	
Folic acid.....mcg	0		0	RC	4		0	0	
Folate, food.....mcg	83		0	RC	4		101	23	
Folate, DFE.....mcg_DFE	83		0	NC	4		101	23	
Vitamin B-12.....mcg	0.00		0	RC	4		0.00	0.00	
Vitamin A, IU.....IU	12		0	NC	4		15	3	
Vitamin A, RAE.....mcg_RAE	1		0	NC	4		1	0	
Retinol.....mcg	0		0	RC	4		0	0	
Vitamin E (alpha-tocopherol).....mg	5.88		0	RC	4		7.17	1.67	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	12.4		0	RC	4		15.1	3.5	
Lipids:									
Fatty acids, total saturated.....g	4.537		0	RC	4		5.535	1.286	
4:0.....g	0.000		0	RC	4		0.000	0.000	
6:0.....g	0.013		0	RC	4		0.016	0.004	
8:0.....g	0.161		0	RC	4		0.197	0.046	
10:0.....g	0.128		0	RC	4		0.156	0.036	
12:0.....g	1.028		0	RC	4		1.254	0.291	
13:0.....g	0.000		0	RC	4		0.000	0.000	
14:0.....g	0.420		0	RC	4		0.512	0.119	
15:0.....g	0.000		0	RC	4		0.000	0.000	
16:0.....g	2.041		0	RC	4		2.490	0.579	
17:0.....g	0.000		0	RC	4		0.000	0.000	
18:0.....g	0.745		0	RC	4		0.909	0.211	
20:0.....g	0.000		0	RC	4		0.000	0.000	
22:0.....g	0.000		0	RC	4		0.000	0.000	
24:0.....g	0.000		0	RC	4		0.000	0.000	

Cereals ready-to-eat, granola, homemade

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.643		0	RC	4		9.325	2.167	
14:1.....g	0.000		0	RC	4		0.000	0.000	
15:1.....g	0.000		0	RC	4		0.000	0.000	
16:1 undifferentiated.....g	0.061		0	RC	4		0.074	0.017	
17:1.....g	0.000		0	RC	4		0.000	0.000	
18:1 undifferentiated.....g	7.565		0	RC	4		9.229	2.145	
20:1.....g	0.017		0	RC	4		0.021	0.005	
22:1 undifferentiated.....g	0.000		0	RC	4		0.000	0.000	
24:1 c.....g	0.000		0	RC	4		0.000	0.000	
Fatty acids, total polyunsaturated.....g	10.710		0	RC	4		13.066	3.036	
18:2 undifferentiated.....g	10.221		0	RC	4		12.470	2.898	
18:3 undifferentiated.....g	0.488		0	RC	4		0.596	0.138	
18:3 n-6 c,c,c.....g	0.000		0	RC	4		0.000	0.000	
18:4.....g	0.000		0	RC	4		0.000	0.000	
20:2 n-6 c,c.....g	0.000		0	RC	4		0.000	0.000	
20:3 undifferentiated.....g	0.000		0	RC	4		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		0	RC	4		0.000	0.000	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	RC	4		0.000	0.000	
22:5 n-3.....g	0.000		0	RC	4		0.000	0.000	
22:6 n-3.....g	0.000		0	RC	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RC	4		0	0	
Phytosterols.....mg	104		0	RC	4		127	29	
<u>Amino Acids:</u>									
Tryptophan.....g	0.197		0	RC	4		0.240	0.056	
Threonine.....g	0.543		0	RC	4		0.662	0.154	
Isoleucine.....g	0.591		0	RC	4		0.721	0.167	
Leucine.....g	1.054		0	RC	4		1.286	0.299	
Lysine.....g	0.643		0	RC	4		0.785	0.182	
Methionine.....g	0.257		0	RC	4		0.313	0.073	
Cystine.....g	0.292		0	RC	4		0.356	0.083	
Phenylalanine.....g	0.740		0	RC	4		0.903	0.210	
Tyrosine.....g	0.439		0	RC	4		0.536	0.125	
Valine.....g	0.759		0	RC	4		0.926	0.215	
Arginine.....g	1.367		0	RC	4		1.668	0.388	
Histidine.....g	0.390		0	RC	4		0.476	0.111	
Alanine.....g	0.780		0	RC	4		0.951	0.221	
Aspartic acid.....g	1.456		0	RC	4		1.776	0.413	
Glutamic acid.....g	3.189		0	RC	4		3.891	0.904	
Glycine.....g	0.866		0	RC	4		1.056	0.245	
Proline.....g	0.792		0	RC	4		0.966	0.225	
Serine.....g	0.679		0	RC	4		0.829	0.193	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	RC	4		0.0	0.0	
Caffeine.....mg	0		0	RC	4		0	0	
Theobromine.....mg	0		0	RC	4		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	7		0	RC	4		8.705	2.023	
Carotene, alpha.....mcg	0		0	RC	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	RC	4		0.000	0.000	
Lycopene.....mcg	0		0	RC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	137		0	RC	4		167.599	38.946	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 08037

Cereals ready-to-eat, granola, homemade

Common Measures:

Measure 1 = 122g: 1 cup

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.5

Fat 8.6

Carbohydrate 3.9

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08305

Cereals ready-to-eat, oat, corn and wheat squares, presweetened, maple flavored

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.303		0	FLM	4		1.291		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.034		0	FLM	4		0.010		
17:1.....g									
18:1 undifferentiated.....g	4.269		0	FLM	4		1.281		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.082		0	FLM	4		1.225		
18:2 undifferentiated.....g	3.846		0	FLM	4		1.154		
18:3 undifferentiated.....g	0.236		0	FLM	4		0.071		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg	8		0	FLM	4		2		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	24		0	FLM	4		7.269		
Carotene, alpha.....mcg	16		0	FLM	4		4.758		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	FLM	4		0.000		
Lutein + zeaxanthin.....mcg	381		0	FLM	4		114.311		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1 cup (1 NLEA serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08002

Cereals ready-to-eat, oats, corn puffed mixture, presweetened, single brand

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.175		0	FLC	4		0.376	0.247	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.006		0	FLM	4		0.002	0.001	
17:1.....g									
18:1 undifferentiated.....g	1.215		0	FLM	4		0.389	0.255	
20:1.....g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.487		0	FLC	4		0.476	0.312	
18:2 undifferentiated.....g	1.431		0	FLM	4		0.458	0.300	
18:3 undifferentiated.....g	0.061		0	FLM	4		0.020	0.013	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	FLM	4		0	0	
Theobromine.....mg	0		0	FLM	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32g: 1 cup (1 NLEA serving)

Measure 2 = 21g: 1 box, single serving (.75 oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 42100

Cereals ready-to-eat, oats, corn puffed mixture, presweetened, with marshmallows, single brand

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.015		0	FLM	4		0.294		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.006		0	FLM	4		0.002		
17:1.....g									
18:1 undifferentiated.....g	1.009		0	FLM	4		0.293		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.209		0	FLM	4		0.351		
18:2 undifferentiated.....g	1.158		0	FLM	4		0.336		
18:3 undifferentiated.....g	0.051		0	FLM	4		0.015		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: 1 cup (1 NLEA serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08156

Cereals ready-to-eat, rice, puffed, fortified

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.00	0.139	32		1		0.42	0.43	
Energy.....kcal	402		0	NC	4		56	57	
Energy.....kj	1682				4		235	239	
Protein (N x 5.95).....g	6.30	0.065	32		1		0.88	0.89	
Total lipid (fat).....g	0.50	0.032	32		1		0.07	0.07	
Ash.....g	0.40	0.011	32		1		0.06	0.06	
Carbohydrate, by difference.....g	89.80		0	NC	4		12.57	12.75	
Fiber, total dietary.....g	1.7		0		4		0.2	0.2	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	6		1		1		1	1	
Iron, Fe.....mg	31.70		0		5		4.44	4.50	
Magnesium, Mg.....mg	25		1		1		4	4	
Phosphorus, P.....mg	98		1		1		14	14	
Potassium, K.....mg	113	2.482	5		1		16	16	
Sodium, Na.....mg	3	0.277	30		1		0	0	
Zinc, Zn.....mg	1.03	0.021	10		1		0.14	0.15	
Copper, Cu.....mg	0.169	0.004	10		1		0.024	0.024	
Manganese, Mn.....mg	1.500		1		1		0.210	0.213	
Selenium, Se.....mcg	10.5		0	BFZN	4		1.5	1.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	2.600		0		5		0.364	0.369	
Riboflavin.....mg	1.800		0		5		0.252	0.256	
Niacin.....mg	35.300		0		5		4.942	5.013	
Pantothenic acid.....mg	0.320	0.028	4		1		0.045	0.045	
Vitamin B-6.....mg	0.075		1		1		0.011	0.011	
Folate, total.....mcg	19	3.354	10		1		3	3	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	19	3.354	10		1		3	3	
Folate, DFE.....mcg_DFE	19		0	NC	4		3	3	
Vitamin B-12.....mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU.....IU	0		0		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.130		0		4		0.018	0.018	
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.094		0		1		0.013	0.013	
Threonine.....g	0.318		0		1		0.045	0.045	
Isoleucine.....g	0.336		0		1		0.047	0.048	
Leucine.....g	0.526		0		1		0.074	0.075	
Lysine.....g	0.268		0		1		0.038	0.038	
Methionine.....g	0.189		0		1		0.026	0.027	
Cystine.....g	0.108		0		1		0.015	0.015	

NDB No. 08156

Cereals ready-to-eat, rice, puffed, fortified

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine.....g	0.270		0		1		0.038	0.038	
Tyrosine.....g	0.355		0		1		0.050	0.050	
Valine.....g	0.411		0		1		0.058	0.058	
Arginine.....g	0.519		0		1		0.073	0.074	
Histidine.....g	0.191		0		1		0.027	0.027	
Alanine.....g	0.261		0		1		0.037	0.037	
Aspartic acid.....g	0.583		0		1		0.082	0.083	
Glutamic acid.....g	1.015		0		1		0.142	0.144	
Glycine.....g	0.366		0		1		0.051	0.052	
Proline.....g	0.266		0		1		0.037	0.038	
Serine.....g	0.287		0		1		0.040	0.041	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.0g: 1 cup

Measure 2 = 14.2g: .5 oz

Calories Factors: Protein 3.82

Fat 8.37

Carbohydrate 4.16

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08034

Cereals ready-to-eat, rice, puffed, presweetened, fruit flavored, single brand

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.632		0	FLC	4		0.441	0.343	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0	FLM	4		0.001	0.001	
17:1.....g									
18:1 undifferentiated.....g	1.512		0	FLM	4		0.408	0.318	
20:1.....g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.294		0	FLC	4		0.349	0.272	
18:2 undifferentiated.....g	1.148		0	FLM	4		0.310	0.241	
18:3 undifferentiated.....g	0.062		0	FLM	4		0.017	0.013	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 27g: .75 cup (1 NLEA serving)

Measure 2 = 21g: 1 box, single serving (.75 oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08015

Cereals ready-to-eat, rice, puffed, presweetened, with cocoa, single brand

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.131		0	FLM	4		0.038	0.028	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	FLM	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.130		0	FLM	4		0.038	0.027	
20:1.....g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.128		0	FLC	4		0.037	0.027	
18:2 undifferentiated.....g	0.097		0	FLM	4		0.028	0.020	
18:3 undifferentiated.....g	0.009		0	FLM	4		0.003	0.002	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	4		0	FLC	4		1	1	
Theobromine.....mg	120		0	FLC	4		35	25	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: .75 cup (1 NLEA serving)

Measure 2 = 21g: 1 box, single serving (.75 oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43245

Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.951		0	FLM	4		1.073		
14:1.....g	0.000		0	FLM	4		0.000		
15:1.....g	0.000		0	FLM	4		0.000		
16:1 undifferentiated.....g	0.017		0	FLM	4		0.009		
17:1.....g	0.000		0	FLM	4		0.000		
18:1 undifferentiated.....g	1.929		0	FLM	4		1.061		
20:1.....g	0.005		0	FLM	4		0.003		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.293		0	FLM	4		1.261		
18:2 undifferentiated.....g	2.219		0	FLM	4		1.220		
18:3 undifferentiated.....g	0.073		0	FLM	4		0.040		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLM	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:4 undifferentiated.....g	0.001		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 55g: 1 cup (1 NLEA serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08039

Cereals ready-to-eat, wheat and malt barley flakes

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.816		0	FLM	4		0.237	0.171	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.006		0	FLM	4		0.002	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.810		0	FLM	4		0.235	0.170	
20:1.....g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.050		0	FLM	4		0.304	0.220	
18:2 undifferentiated.....g	1.004		0	FLM	4		0.291	0.211	
18:3 undifferentiated.....g	0.045		0	FLM	4		0.013	0.009	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0	FLM	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: .75 cup (1 NLEA serving)

Measure 2 = 21g: 1 box, single serving (.75 oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08038

Cereals ready-to-eat, wheat and malt barley granules, plain, single brand

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.220		0	FLC	4		0.128	0.084	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.023		0	FLM	4		0.013	0.009	
17:1.....g									
18:1 undifferentiated.....g	0.210		0	FLM	4		0.122	0.080	
20:1.....g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.817		0	FLC	4		0.474	0.310	
18:2 undifferentiated.....g	0.732		0	FLM	4		0.425	0.278	
18:3 undifferentiated.....g	0.059		0	FLM	4		0.034	0.022	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0	FLM	4		0.001	0.000	
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 58g: .5 cup (1 NLEA serving)

Measure 2 = 38g: 1 box (1-1/3 oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08084

Cereals ready-to-eat, wheat germ, toasted, plain

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	1.750		0		1		1.978	0.496	
17:0.....g									
18:0.....g	0.060		0		1		0.068	0.017	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.500		0		1		1.695	0.425	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.040		0		1		0.045	0.011	
17:1.....g									
18:1 undifferentiated.....g	1.470		0		1		1.661	0.417	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	6.620		0		1		7.481	1.877	
18:2 undifferentiated.....g	5.820		0		1		6.577	1.650	
18:3 undifferentiated.....g	0.800		0		1		0.904	0.227	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.398		0		1		0.450	0.113	
Threonine.....g	1.218		0		1		1.376	0.345	
Isoleucine.....g	1.066		0		1		1.205	0.302	
Leucine.....g	1.976		0		1		2.233	0.560	
Lysine.....g	1.847		0		1		2.087	0.524	
Methionine.....g	0.574		0		1		0.649	0.163	
Cystine.....g	0.576		0		1		0.651	0.163	
Phenylalanine.....g	1.168		0		1		1.320	0.331	
Tyrosine.....g	0.885		0		1		1.000	0.251	
Valine.....g	1.507		0		1		1.703	0.427	
Arginine.....g	2.348		0		1		2.653	0.666	
Histidine.....g	0.810		0		1		0.915	0.230	
Alanine.....g	1.858		0		1		2.100	0.527	
Aspartic acid.....g	2.604		0		1		2.943	0.738	
Glutamic acid.....g	5.026		0		1		5.679	1.425	
Glycine.....g	1.791		0		1		2.024	0.508	
Proline.....g	1.549		0		1		1.750	0.439	
Serine.....g	1.386		0		1		1.566	0.393	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	62		1	A	1		70.060	17.577	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	790		1	A	1		892.700	223.965	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 08084

Cereals ready-to-eat, wheat germ, toasted, plain

Common Measures:

Measure 1 = 113g: 1 cup

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.59

Fat 8.37

Carbohydrate 3.78

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43393

Cereals ready-to-eat, wheat, bran, shredded, plain, salt and sugar free, single brand

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.173		0	FLM	4		0.102		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		0	FLM	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.166		0	FLM	4		0.098		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.634		0	FLM	4		0.374		
18:2 undifferentiated.....g	0.598		0	FLM	4		0.353		
18:3 undifferentiated.....g	0.035		0	FLM	4		0.021		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0	FLM	4		0.001		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 59g: 1.25 cup (1 NLEA serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08157

Cereals ready-to-eat, wheat, puffed, fortified

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.00		28		1		0.36	0.43	
Energy.....kcal	364		0	NC	4		44	52	
Energy.....kj	1523				4		183	216	
Protein (N x 5.83).....g	14.70	0.142	38		1		1.76	2.09	
Total lipid (fat).....g	1.20	0.048	37		1		0.14	0.17	
Ash.....g	1.50		28		1		0.18	0.21	
Carbohydrate, by difference.....g	79.60		0	NC	4		9.55	11.30	
Fiber, total dietary.....g	4.4		0		4		0.5	0.6	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	28	1.208	10		1		3	4	
Iron, Fe.....mg	31.70		0		5		3.80	4.50	
Magnesium, Mg.....mg	145	4.802	11		1		17	21	
Phosphorus, P.....mg	355	17.240	10		1		43	50	
Potassium, K.....mg	348	12.369	16		1		42	49	
Sodium, Na.....mg	4	0.438	30		1		0	1	
Zinc, Zn.....mg	2.36	0.035	10		1		0.28	0.34	
Copper, Cu.....mg	0.409	0.013	10		1		0.049	0.058	
Manganese, Mn.....mg	1.755		0		4		0.211	0.249	
Selenium, Se.....mcg	123.1		0	BFZN	4		14.8	17.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	2.600		0		5		0.312	0.369	
Riboflavin.....mg	1.800		0		5		0.216	0.256	
Niacin.....mg	35.300		0		5		4.236	5.013	
Pantothenic acid.....mg	0.518	0.022	4		1		0.062	0.074	
Vitamin B-6.....mg	0.170		1		1		0.020	0.024	
Folate, total.....mcg	32	4.821	10		1		4	5	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	32		0	NC	4		4	5	
Folate, DFE.....mcg_DFE	32		0	NC	4		4	5	
Vitamin B-12.....mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU.....IU	0		0		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.200		0		4		0.024	0.028	
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.226		0		1		0.027	0.032	
Threonine.....g	0.450		0		1		0.054	0.064	
Isoleucine.....g	0.626		0		1		0.075	0.089	
Leucine.....g	1.064		0		1		0.128	0.151	
Lysine.....g	0.405		0		1		0.049	0.058	
Methionine.....g	0.257		0		1		0.031	0.036	
Cystine.....g	0.289		0		1		0.035	0.041	

NDB No. 08157

Cereals ready-to-eat, wheat, puffed, fortified

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine.....g	0.762		0		1		0.091	0.108	
Tyrosine.....g	0.445		0		1		0.053	0.063	
Valine.....g	0.702		0		1		0.084	0.100	
Arginine.....g	0.712		0		1		0.085	0.101	
Histidine.....g	0.380		0		1		0.046	0.054	
Alanine.....g	0.548		0		1		0.066	0.078	
Aspartic acid.....g	0.823		0		1		0.099	0.117	
Glutamic acid.....g	4.972		0		1		0.597	0.706	
Glycine.....g	0.576		0		1		0.069	0.082	
Proline.....g	1.537		0		1		0.184	0.218	
Serine.....g	0.808		0		1		0.097	0.115	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 12.0g: 1 cup

Measure 2 = 14.2g: .5 oz

Calories Factors: Protein 3.59

Fat 8.37

Carbohydrate 3.78

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08073

Cereals ready-to-eat, wheat, puffed, presweetened, single brand

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.450		0	FLM	4		0.121		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0	FLM	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.446		0	FLM	4		0.120		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.553		0	FLM	4		0.149		
18:2 undifferentiated.....g	0.518		0	FLM	4		0.140		
18:3 undifferentiated.....g	0.035		0	FLM	4		0.010		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 27g: .75 cup (1 NLEA serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08147

Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free, single brand

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	6.10		1	A	1		2.81	2.81	
Energy.....kcal	340		0	MC	9		156	156	
Energy.....kj	1423				9		654	654	
Protein.....g	11.38		1	A	1		5.23	5.23	
Total lipid (fat).....g	2.40		1	A	1		1.10	1.10	
Ash.....g	1.56		1	A	1		0.72	0.72	
Carbohydrate, by difference.....g	78.56		0	NC	4		36.14	36.14	
Fiber, total dietary.....g	11.6		1	A	1		5.3	5.3	
Sugars, total.....g	0.55		0	AS	1		0.25	0.25	
Sucrose.....g	0.55		1	A	1		0.25	0.25	
Glucose (dextrose).....g	0.00		1	A	1		0.00	0.00	
Fructose.....g	0.00		1	A	1		0.00	0.00	
Lactose.....g	0.00		1	A	1		0.00	0.00	
Maltose.....g	0.00		1	A	1		0.00	0.00	
Galactose.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g	65.10		1	A	1		29.95	29.95	
Minerals:									
Calcium, Ca.....mg	44		1	A	1		20	20	
Iron, Fe.....mg	3.28		1	A	1		1.51	1.51	
Magnesium, Mg.....mg	136		1	A	1		63	63	
Phosphorus, P.....mg	358		1	A	1		165	165	
Potassium, K.....mg	371		1	A	1		171	171	
Sodium, Na.....mg	12		1	A	1		5	5	
Zinc, Zn.....mg	3.10		1	A	1		1.43	1.43	
Copper, Cu.....mg	0.384		1	A	1		0.177	0.177	
Manganese, Mn.....mg	2.520		1	A	1		1.159	1.159	
Selenium, Se.....mcg	4.5	1.725	13	JA	6		2.1	2.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	20.1		1	A	1		9.2	9.2	
Thiamin.....mg	0.308		1	A	1		0.142	0.142	
Riboflavin.....mg	0.249		1	A	1		0.114	0.114	
Niacin.....mg	5.730		1	A	1		2.636	2.636	
Pantothenic acid.....mg	0.615		1	A	1		0.283	0.283	
Vitamin B-6.....mg	3.190		1	A	1		1.467	1.467	
Folate, total.....mcg	59		1	A	1		27	27	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	59		1	A	1		27	27	
Folate, DFE.....mcg_DFE	59		0	NC	4		27	27	
Vitamin B-12.....mcg	0.00		1	A	1		0.00	0.00	
Vitamin A, IU.....IU	0		0	MC	9		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.66		0	FLM	4		0.30	0.30	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	0.000		0	MC	9		0.000	0.000	
Vitamin K (phylloquinone).....mcg	1.4		1	A	1		0.6	0.6	
Lipids:									
Fatty acids, total saturated.....g	0.450		0	NC	4		0.207	0.207	
4:0.....g	0.000		0	FLM	4		0.000	0.000	
6:0.....g	0.000		0	FLM	4		0.000	0.000	
8:0.....g	0.000		1	A	1		0.000	0.000	
10:0.....g	0.000		1	A	1		0.000	0.000	
12:0.....g	0.000		1	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		1	A	1		0.000	0.000	
15:0.....g	0.000		1	A	1		0.000	0.000	

Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free, single brand

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.430		1	A	1		0.198	0.198	
17:0.....g	0.000		1	A	1		0.000	0.000	
18:0.....g	0.020		1	A	1		0.009	0.009	
20:0.....g	0.000		1	A	1		0.000	0.000	
22:0.....g	0.000		1	A	1		0.000	0.000	
24:0.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.350		0	NC	4		0.161	0.161	
14:1.....g	0.000		1	A	1		0.000	0.000	
15:1.....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
17:1.....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated.....g	0.330		1	A	1		0.152	0.152	
20:1.....g	0.020		1	A	1		0.009	0.009	
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.260		0	NC	4		0.580	0.580	
18:2 undifferentiated.....g	1.180		1	A	1		0.543	0.543	
18:3 undifferentiated.....g	0.080		1	A	1		0.037	0.037	
18:4.....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.140		1	A	1		0.064	0.064	
Threonine.....g	0.310		1	A	1		0.143	0.143	
Isoleucine.....g	0.340		1	A	1		0.156	0.156	
Leucine.....g	0.680		1	A	1		0.313	0.313	
Lysine.....g	0.320		1	A	1		0.147	0.147	
Methionine.....g	0.170		1	A	1		0.078	0.078	
Cystine.....g	0.240		1	A	1		0.110	0.110	
Phenylalanine.....g	0.460		1	A	1		0.212	0.212	
Tyrosine.....g	0.130		1	A	1		0.060	0.060	
Valine.....g	0.450		1	A	1		0.207	0.207	
Arginine.....g	0.450		1	A	1		0.207	0.207	
Histidine.....g	0.230		1	A	1		0.106	0.106	
Alanine.....g	0.390		1	A	1		0.179	0.179	
Aspartic acid.....g	0.530		1	A	1		0.244	0.244	
Glutamic acid.....g	2.990		1	A	1		1.375	1.375	
Glycine.....g	0.430		1	A	1		0.198	0.198	
Proline.....g	0.970		1	A	1		0.446	0.446	
Serine.....g	0.490		1	A	1		0.225	0.225	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 08147

Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free, single brand

Common Measures:

Measure 1 = 46g: 2 biscuits (1 NLEA serving)

Measure 2 = 46g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08148

Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free, spoon size, single brand

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.119		0	FLC	4		0.058	0.030	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		0	FLM	4		0.004	0.002	
17:1.....g									
18:1 undifferentiated.....g	0.129		0	FLM	4		0.063	0.032	
20:1.....g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.439		0	FLC	4		0.215	0.110	
18:2 undifferentiated.....g	0.428		0	FLM	4		0.210	0.107	
18:3 undifferentiated.....g	0.022		0	FLM	4		0.011	0.005	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0	FLM	4		0.001	0.000	
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 49g: 1 cup (1 NLEA serving)

Measure 2 = 25g: 1 box, single serving (.875 oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08191

Cereals ready-to-eat, wheat, shredded, presweetened, single brand

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.271		0	FLM	4		0.141		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009		0	FLM	4		0.005		
17:1.....g									
18:1 undifferentiated.....g	0.262		0	FLM	4		0.136		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.925		0	FLM	4		0.481		
18:2 undifferentiated.....g	0.860		0	FLM	4		0.447		
18:3 undifferentiated.....g	0.063		0	FLM	4		0.033		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0	FLM	4		0.001		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 52g: 1 cup (1 NLEA serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 42265

Cereals ready-to-eat, whole wheat, rolled oats, presweetened, with nuts and fruit, single brand

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	8.70		0	MC	9		4.70		
Energy.....kcal	377		0	MC	9		204		
Energy.....kj	1577						852		
Protein.....g	8.00		0	MC	9		4.32		
Total lipid (fat).....g	8.40		0	NR	4		4.54		
Ash.....g	1.90		0	MC	9		1.03		
Carbohydrate, by difference.....g	73.20		0	MC	9		39.53		
Fiber, total dietary.....g	7.4		0	MC	9		4.0		
Sugars, total.....g	24.60		0	MC	9		13.28		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	31		0	MC	9		17		
Iron, Fe.....mg	6.67		0	MC	9		3.60		
Magnesium, Mg.....mg	84		0	MC	9		45		
Phosphorus, P.....mg	197		0	MC	9		106		
Potassium, K.....mg	326		0	MC	9		176		
Sodium, Na.....mg	288		0	MC	9		156		
Zinc, Zn.....mg	2.22		0	MC	9		1.20		
Copper, Cu.....mg	0.308		0	MC	9		0.166		
Manganese, Mn.....mg	1.863		0	FLC	4		1.006		
Selenium, Se.....mcg	14.1		0	RA	4		7.6		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0	MC	9		0.1		
Thiamin.....mg	0.700		0	MC	9		0.378		
Riboflavin.....mg	0.790		0	MC	9		0.427		
Niacin.....mg	9.260		0	MC	9		5.000		
Pantothenic acid.....mg	0.623		0	FLC	4		0.336		
Vitamin B-6.....mg	0.930		0	MC	9		0.502		
Folate, total.....mcg	185		0	MC	9		100		
Folic acid.....mcg	166		0	NC	4		90		
Folate, food.....mcg	19		0	CAZN	4		10		
Folate, DFE.....mcg_DFE	301		0	NC	4		163		
Vitamin B-12.....mcg	2.78		0	MC	9		1.50		
Vitamin A, IU.....IU	1389		0	MC	9		750		
Vitamin A, RAE.....mcg_RAE	417		0	NC	4		225		
Retinol.....mcg	417		0	NC	4		225		
Vitamin E (alpha-tocopherol).....mg	0.62		0	MC	9		0.33		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	74.000		0	MC	9		39.960		
Vitamin K (phylloquinone).....mcg	2.1		0	FLM	4		1.1		
Lipids:									
Fatty acids, total saturated.....g	1.100		0	MC	9		0.594		
4:0.....g	0.000		0	FLM	4		0.000		
6:0.....g	0.000		0	FLM	4		0.000		
8:0.....g	0.004		0	FLM	4		0.002		
10:0.....g	0.000		0	FLM	4		0.000		
12:0.....g	0.005		0	FLM	4		0.003		
13:0.....g	0.000		0	FLM	4		0.000		
14:0.....g	0.004		0	FLM	4		0.002		
15:0.....g	0.000		0	FLM	4		0.000		
16:0.....g	0.755		0	FLM	4		0.408		
17:0.....g	0.000		0	FLM	4		0.000		
18:0.....g	0.251		0	FLM	4		0.136		
20:0.....g	0.003		0	FLM	4		0.002		
22:0.....g	0.000		0	FLM	4		0.000		
24:0.....g	0.000		0	FLM	4		0.000		

NDB No. 42265

Cereals ready-to-eat, whole wheat, rolled oats, presweetened, with nuts and fruit, single brand

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.664		0	FLM	4		1.979		
14:1.....g	0.000		0	FLM	4		0.000		
15:1.....g	0.000		0	FLM	4		0.000		
16:1 undifferentiated.....g	0.018		0	FLM	4		0.010		
17:1.....g	0.000		0	FLM	4		0.000		
18:1 undifferentiated.....g	3.638		0	FLM	4		1.965		
20:1.....g	0.008		0	FLM	4		0.004		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated.....g	2.953		0	FLM	4		1.595		
18:2 undifferentiated.....g	2.874		0	FLM	4		1.552		
18:3 undifferentiated.....g	0.079		0	FLM	4		0.043		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLM	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 54g: .667 cup (1 NLEA serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 42261

Cereals ready-to-eat, whole wheat, rolled oats, presweetened, with pecans

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	5.80		0	MC	9		3.07		
Energy.....kcal	408		0	MC	9		216		
Energy.....kj	1707				9		905		
Protein.....g	9.30		0	MC	9		4.93		
Total lipid (fat).....g	11.80		0	NR	4		6.25		
Ash.....g	2.00		0	MC	9		1.06		
Carbohydrate, by difference.....g	71.40		0	MC	9		37.84		
Fiber, total dietary.....g	7.0		0	MC	9		3.7		
Sugars, total.....g	15.30		0	MC	9		8.11		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	28		0	MC	9		15		
Iron, Fe.....mg	5.09		0	MC	9		2.70		
Magnesium, Mg.....mg	87		0	MC	9		46		
Phosphorus, P.....mg	223		0	MC	9		118		
Potassium, K.....mg	321		0	MC	9		170		
Sodium, Na.....mg	403		0	MC	9		214		
Zinc, Zn.....mg	2.26		0	MC	9		1.20		
Copper, Cu.....mg	0.338		0	MC	9		0.179		
Manganese, Mn.....mg	2.753		0	FLC	4		1.459		
Selenium, Se.....mcg	14.1		0	RA	4		7.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		0	MC	9		0.1		
Thiamin.....mg	0.710		0	MC	9		0.376		
Riboflavin.....mg	0.850		0	MC	9		0.451		
Niacin.....mg	9.430		0	MC	9		4.998		
Pantothenic acid.....mg	0.851		0	FLC	4		0.451		
Vitamin B-6.....mg	0.940		0	MC	9		0.498		
Folate, total.....mcg	189		0	MC	9		100		
Folic acid.....mcg	170		0	NC	4		90		
Folate, food.....mcg	19		0	CAZN	4		10		
Folate, DFE.....mcg_DFE	308		0	NC	4		163		
Vitamin B-12.....mcg	2.83		0	MC	9		1.50		
Vitamin A, IU.....IU	1415		0	MC	9		750		
Vitamin A, RAE.....mcg_RAE	425		0	NC	4		225		
Retinol.....mcg	425		0	NC	4		225		
Vitamin E (alpha-tocopherol).....mg	0.80		0	MC	9		0.43		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	75.000		0	MC	9		39.750		
Vitamin K (phylloquinone).....mcg	1.9		0	FLM	4		1.0		
Lipids:									
Fatty acids, total saturated.....g	1.400		0	MC	9		0.742		
4:0.....g	0.000		0	FLM	4		0.000		
6:0.....g	0.000		0	FLM	4		0.000		
8:0.....g	0.005		0	FLM	4		0.003		
10:0.....g	0.000		0	FLM	4		0.000		
12:0.....g	0.006		0	FLM	4		0.003		
13:0.....g	0.000		0	FLM	4		0.000		
14:0.....g	0.004		0	FLM	4		0.002		
15:0.....g	0.000		0	FLM	4		0.000		
16:0.....g	1.022		0	FLM	4		0.542		
17:0.....g	0.000		0	FLM	4		0.000		
18:0.....g	0.305		0	FLM	4		0.162		
20:0.....g	0.009		0	FLM	4		0.005		
22:0.....g	0.000		0	FLM	4		0.000		

NDB No. 42261

Cereals ready-to-eat, whole wheat, rolled oats, presweetened, with pecans

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
24:0.....g	0.000		0	FLM	4		0.000		
Fatty acids, total monounsaturated.....g	6.262		0	FLC	4		3.319		
14:1.....g	0.000		0	FLM	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.009		0	FLM	4		0.005		
17:1.....g									
18:1 undifferentiated.....g	5.733		0	FLM	4		3.038		
20:1.....g	0.023		0	FLM	4		0.012		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated.....g	3.797		0	FLM	4		2.012		
18:2 undifferentiated.....g	3.646		0	FLM	4		1.932		
18:3 undifferentiated.....g	0.150		0	FLM	4		0.079		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLM	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:4 undifferentiated.....g	0.001		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 53g: .667 cup (1 NLEA serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 42297

Cereals ready-to-eat, whole wheat, rolled oats, presweetened, with walnuts and fruit, single brand

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.667		0	FLC	4		2.164		
14:1.....g	0.000		0	FLM	4		0.000		
15:1.....g	0.000		0	FLM	4		0.000		
16:1 undifferentiated.....g	0.022		0	FLM	4		0.013		
17:1.....g	0.000		0	FLM	4		0.000		
18:1 undifferentiated.....g	3.465		0	FLM	4		2.045		
20:1.....g	0.021		0	FLM	4		0.012		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.485		0	FLM	4		2.646		
18:2 undifferentiated.....g	4.334		0	FLM	4		2.557		
18:3 undifferentiated.....g	0.151		0	FLM	4		0.089		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLM	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:4 undifferentiated.....g	0.001		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 59g: 1 cup (1 NLEA serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08081

Cereals ready-to-eat, whole wheat, shredded, presweetened, single brand

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.759		0	FLC	4		0.915		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.050		0	FLC	4		0.026		
17:1.....g									
18:1 undifferentiated.....g	1.695		0	FLC	4		0.881		
20:1.....g	0.002		0	FLC	4		0.001		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.196		0	FLC	4		0.622		
18:2 undifferentiated.....g	1.121		0	FLC	4		0.583		
18:3 undifferentiated.....g	0.070		0	FLC	4		0.036		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0	FLC	4		0.001		
20:5 n-3.....g	0.000		0	FLC	4		0.000		
22:5 n-3.....g	0.000		0	FLC	4		0.000		
22:6 n-3.....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLC	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	BFZN	4		0		
Theobromine.....mg	0		0	BFZN	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000		
Carotene, alpha.....mcg	0		0	BFZN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 52g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08386

Cereals ready-to-eat,, KASHI GoLEAN CRUNCH by KELLOGG

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	4.00		0	MC		9			
Energy.....kcal	377		0	MC		9			
Energy.....kj	1577		0	MC		9			
Protein (N x 6.25).....g	17.50		0	MC		9			
Total lipid (fat).....g	5.80		0	MC		9			
Ash.....g	4.80		0	MC		9			
Carbohydrate, by difference.....g	67.90		0	MC		9			
Fiber, total dietary.....g	15.2		0	MC		9			
Sugars, total.....g	24.60		0	MC		9			
Starch.....g									
Minerals:									
Calcium, Ca.....mg	87		0	MC		9			
Iron, Fe.....mg	3.50		0	MC		9			
Magnesium, Mg.....mg	83		0	MC		9			
Phosphorus, P.....mg	213		0	MC		9			
Potassium, K.....mg	566		0	MC		9			
Sodium, Na.....mg	180		0	MC		9			
Zinc, Zn.....mg	0.90		0	MC		9			
Copper, Cu.....mg	0.300		0	MC		9			
Manganese, Mn.....mg	0.120		0	MC		9			
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC		9			
Thiamin.....mg	0.060		0	MC		9			
Riboflavin.....mg	0.030		0	MC		9			
Niacin.....mg	0.300		0	MC		9			
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.030		0	MC		9			
Folate, total.....mcg	2		0	MC		9			
Folic acid.....mcg									
Folate, food.....mcg	2		0	MC		9			
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	9		0	MC		9			
Vitamin A, RAE.....mcg_RAE	0		0	NC		4			
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.470		0	MC		9			
Fatty acids, total monounsaturated.....g	3.230		0	MC		9			
Fatty acids, total polyunsaturated.....g	2.100		0	MC		9			
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC		9			
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 08386

Cereals ready-to-eat,, KASHI GoLEAN CRUNCH by KELLOGG

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08168

Cereals, CREAM OF RICE, cooked with water, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.031		0	BFZN	4		0.076	0.057	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.031		0	BFZN	4		0.076	0.057	
20:1.....g	0.000		0	BFZN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.027		0	BFZN	4		0.066	0.049	
18:2 undifferentiated.....g	0.022		0	BFZN	4		0.054	0.040	
18:3 undifferentiated.....g	0.005		0	BFZN	4		0.012	0.009	
18:4.....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine.....mg	0		0	BFNN	4		0	0	
Theobromine.....mg	0		0	BFNN	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	BFNN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFNN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFNN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFNN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFNN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 183g: .75 cup

Calories Factors: Protein 3.82

Fat 8.37

Carbohydrate 4.16

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08101

Cereals, CREAM OF RICE, cooked with water, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.031		0		4		0.076	0.005	0.057
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.031		0		4		0.076	0.005	0.057
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.027		0		4		0.066	0.004	0.049
18:2 undifferentiated.....g	0.022		0		4		0.054	0.003	0.040
18:3 undifferentiated.....g	0.005		0		4		0.012	0.001	0.009
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	BFNN	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	BFNN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFNN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFNN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFNN	4		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 244g: 1 cup
- Measure 2 = 15g: 1 tbsp
- Measure 3 = 183g: .75 cup

Calories Factors: Protein 3.82

Fat 8.37

Carbohydrate 4.16

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08100
Cereals, CREAM OF RICE, dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.156		0		4		0.270	0.016	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		4		0.003	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.154		0		4		0.266	0.016	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.134		0		4		0.232	0.014	
18:2 undifferentiated.....g	0.111		0		4		0.192	0.011	
18:3 undifferentiated.....g	0.024		0		4		0.042	0.002	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	BFNN	4		0	0	
Theobromine.....mg	0		0	BFNN	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	BFNN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFNN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFNN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFNN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFNN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 173g: 1 cup

Measure 2 = 10.2g: 1 tbsp

Calories Factors: Protein 3.82

Fat 8.37

Carbohydrate 4.16

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.208		0	FLM	4		0.370	0.024	
17:0.....g									
18:0.....g	0.014		0	FLM	4		0.024	0.002	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.192		0	FLM	4		0.342	0.022	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0	FLM	4		0.008	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.188		0	FLM	4		0.334	0.022	
20:1.....g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.774		0	FLM	4		1.378	0.089	
18:2 undifferentiated.....g	0.692		0	FLM	4		1.232	0.080	
18:3 undifferentiated.....g	0.082		0	FLM	4		0.146	0.009	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.145		0		1		0.258	0.017	
Threonine.....g	0.332		0		1		0.591	0.038	
Isoleucine.....g	0.460		0		1		0.819	0.053	
Leucine.....g	0.800		0		1		1.424	0.092	
Lysine.....g	0.272		0		1		0.484	0.031	
Methionine.....g	0.196		0		1		0.349	0.023	
Cystine.....g	0.238		0		1		0.424	0.027	
Phenylalanine.....g	0.571		0		1		1.016	0.066	
Tyrosine.....g	0.335		0		1		0.596	0.039	
Valine.....g	0.513		0		1		0.913	0.059	
Arginine.....g	0.457		0		1		0.813	0.053	
Histidine.....g	0.242		0		1		0.431	0.028	
Alanine.....g	0.369		0		1		0.657	0.042	
Aspartic acid.....g	0.498		0		1		0.886	0.057	
Glutamic acid.....g	3.928		0		1		6.992	0.452	
Glycine.....g	0.408		0		1		0.726	0.047	
Proline.....g	1.289		0		1		2.294	0.148	
Serine.....g	0.596		0		1		1.061	0.069	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLM	4		0	0	
Theobromine.....mg	0		0	FLM	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLM	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	FLM	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000	0.000	
Lycopene.....mcg	0		0	FLM	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	16		0	FLM	4		28.772	1.859	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 08106

Cereals, CREAM OF WHEAT, instant, dry

Common Measures:

Measure 1 = 178g: 1 cup

Measure 2 = 11.5g: 1 tbsp

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 4.05

Fat 8.37

Carbohydrate 4.12

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08171

Cereals, CREAM OF WHEAT, instant, prepared with water, with salt, (wheat)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.036		0	BFZN	4		0.087	0.065	
17:0.....g									
18:0.....g	0.002		0	BFZN	4		0.006	0.004	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.033		0	BFZN	4		0.080	0.060	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	BFZN	4		0.002	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.032		0	BFZN	4		0.078	0.059	
20:1.....g	0.000		0	BFZN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.134		0	BFZN	4		0.323	0.243	
18:2 undifferentiated.....g	0.120		0	BFZN	4		0.289	0.217	
18:3 undifferentiated.....g	0.014		0	BFZN	4		0.034	0.026	
18:4.....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	BFZN	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.056	0.042	
Carotene, alpha.....mcg	0		0	BFZN	4		0.026	0.020	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.037	0.028	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	3		0	BFZN	4		6.746	5.067	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 241g: 1 cup

Measure 2 = 181g: .75 cup

Calories Factors: Protein 4.05

Fat 8.37

Carbohydrate 4.12

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08107

Cereals, CREAM OF WHEAT, instant, prepared with water, without salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.036		0	FLA	4		0.087	0.005	0.065
17:0.....g									
18:0.....g	0.002		0	FLA	4		0.006	0.000	0.004
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.033		0	FLA	4		0.080	0.005	0.060
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	FLA	4		0.002	0.000	0.001
17:1.....g									
18:1 undifferentiated.....g	0.032		0	FLA	4		0.078	0.005	0.059
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.134		0	FLA	4		0.323	0.020	0.243
18:2 undifferentiated.....g	0.120		0	FLA	4		0.289	0.018	0.217
18:3 undifferentiated.....g	0.014		0	FLA	4		0.034	0.002	0.026
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.056	0.003	0.042
Carotene, alpha.....mcg	0		0	FLA	4		0.026	0.002	0.020
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.037	0.002	0.028
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	3		0	FLA	4		6.746	0.420	5.067

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 241g: 1 cup
- Measure 2 = 15g: 1 tbsp
- Measure 3 = 181g: .75 cup

Calories Factors: Protein 4.05

Fat 8.37

Carbohydrate 4.12

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08110

Cereals, CREAM OF WHEAT, mix'n eat, apple, banana and maple flavored, dry

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	8.00	0.061	65		1		2.80		
Energy.....kcal	373		0	NC	4		131		
Energy.....kj	1561				4		546		
Protein (N x 5.7).....g	6.90	0.048	67		1		2.42		
Total lipid (fat).....g	1.10	0.035	64		1		0.39		
Ash.....g	2.40	0.026	67		1		0.84		
Carbohydrate, by difference.....g	81.60		0	NC	4		28.56		
Fiber, total dietary.....g	2.5		0		4		0.9		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	113		0		5		40		
Iron, Fe.....mg	22.90		0		5		8.02		
Magnesium, Mg.....mg	26		1		1		9		
Phosphorus, P.....mg	57		0		5		20		
Potassium, K.....mg	155		1		1		54		
Sodium, Na.....mg	680		1		1		238		
Zinc, Zn.....mg	0.65		1		1		0.23		
Copper, Cu.....mg	0.159		1		1		0.056		
Manganese, Mn.....mg									
Selenium, Se.....mcg	20.0		0	BFZN	4		7.0		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	1.100		0		5		0.385		
Riboflavin.....mg	0.700		0		5		0.245		
Niacin.....mg	14.100		0		5		4.935		
Pantothenic acid.....mg	0.329		0		4		0.115		
Vitamin B-6.....mg	1.400		0		5		0.490		
Folate, total.....mcg	282		0		5		99		
Folic acid.....mcg	255		0	O	4		89		
Folate, food.....mcg	27		0	NC	4		9		
Folate, DFE.....mcg_DFE	461		0	NC	4		161		
Vitamin B-12.....mcg	0.00		0		4		0.00		
Vitamin A, IU.....IU	3531		0		5		1236		
Vitamin A, RAE.....mcg_RAE	1060		0	NC	4		371		
Retinol.....mcg	1060		0	NC	4		371		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.096		0		1		0.034		
Threonine.....g	0.219		0		1		0.077		
Isoleucine.....g	0.303		0		1		0.106		
Leucine.....g	0.523		0		1		0.183		
Lysine.....g	0.183		0		1		0.064		
Methionine.....g	0.129		0		1		0.045		
Cystine.....g	0.155		0		1		0.054		

NDB No. 08110

Cereals, CREAM OF WHEAT, mix'n eat, apple, banana and maple flavored, dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine.....g	0.373		0		1		0.131		
Tyrosine.....g	0.220		0		1		0.077		
Valine.....g	0.336		0		1		0.118		
Arginine.....g	0.311		0		1		0.109		
Histidine.....g	0.160		0		1		0.056		
Alanine.....g	0.246		0		1		0.086		
Aspartic acid.....g	0.337		0		1		0.118		
Glutamic acid.....g	2.537		0		1		0.888		
Glycine.....g	0.271		0		1		0.095		
Proline.....g	0.831		0		1		0.291		
Serine.....g	0.390		0		1		0.137		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 35g: 1 packet

Calories Factors: Protein 4.05

Fat 8.37

Carbohydrate 4.12

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08111

Cereals, CREAM OF WHEAT, mix'n eat, apple, banana and maple flavored, prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	78.30		0		1		117.45		
Energy.....kcal	88		0	NC	4		132		
Energy.....kj	368				4		552		
Protein (N x 5.7).....g	1.60		0		1		2.40		
Total lipid (fat).....g	0.30		0		1		0.45		
Ash.....g	0.60		0		1		0.90		
Carbohydrate, by difference.....g	19.30		0	NC	4		28.95		
Fiber, total dietary.....g	0.3		0		4		0.5		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	27		0		5		41		
Iron, Fe.....mg	5.40		0		5		8.10		
Magnesium, Mg.....mg	6		0		1		9		
Phosphorus, P.....mg	13		0		5		20		
Potassium, K.....mg	37		0		1		56		
Sodium, Na.....mg	161		0		1		242		
Zinc, Zn.....mg	0.15		0		1		0.23		
Copper, Cu.....mg	0.038		0		1		0.057		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	0.300		0		5		0.450		
Riboflavin.....mg	0.200		0		5		0.300		
Niacin.....mg	3.300		0		5		4.950		
Pantothenic acid.....mg	0.078		0		4		0.117		
Vitamin B-6.....mg	0.300		0		5		0.450		
Folate, total.....mcg	67		0		5		101		
Folic acid.....mcg	61		0	O	4		92		
Folate, food.....mcg	6		0	NC	4		9		
Folate, DFE.....mcg_DFE	110		0	NC	4		165		
Vitamin B-12.....mcg	0.00		0		4		0.00		
Vitamin A, IU.....IU	834		0		5		1251		
Vitamin A, RAE.....mcg_RAE	250		0	NC	4		376		
Retinol.....mcg	250		0	NC	4		376		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.044		0		4		0.066		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.023		0		1		0.035		
Threonine.....g	0.052		0		1		0.078		
Isoleucine.....g	0.071		0		1		0.107		
Leucine.....g	0.124		0		1		0.186		
Lysine.....g	0.043		0		1		0.065		
Methionine.....g	0.031		0		1		0.047		
Cystine.....g	0.037		0		1		0.056		

NDB No. 08111

Cereals, CREAM OF WHEAT, mix'n eat, apple, banana and maple flavored, prepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine.....g	0.088		0		1		0.132		
Tyrosine.....g	0.052		0		1		0.078		
Valine.....g	0.079		0		1		0.119		
Arginine.....g	0.073		0		1		0.110		
Histidine.....g	0.038		0		1		0.057		
Alanine.....g	0.058		0		1		0.087		
Aspartic acid.....g	0.079		0		1		0.119		
Glutamic acid.....g	0.600		0		1		0.900		
Glycine.....g	0.064		0		1		0.096		
Proline.....g	0.196		0		1		0.294		
Serine.....g	0.092		0		1		0.138		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 150g: 1 packet, prepared

Calories Factors: Protein 4.05

Fat 8.37

Carbohydrate 4.12

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08108

Cereals, CREAM OF WHEAT, mix'n eat, plain, dry

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.166		0		4		0.046		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		4		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.163		0		4		0.046		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.666		0		4		0.186		
18:2 undifferentiated.....g	0.596		0		4		0.167		
18:3 undifferentiated.....g	0.071		0		4		0.020		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.134		0		1		0.038		
Threonine.....g	0.306		0		1		0.086		
Isoleucine.....g	0.425		0		1		0.119		
Leucine.....g	0.735		0		1		0.206		
Lysine.....g	0.254		0		1		0.071		
Methionine.....g	0.180		0		1		0.050		
Cystine.....g	0.218		0		1		0.061		
Phenylalanine.....g	0.524		0		1		0.147		
Tyrosine.....g	0.309		0		1		0.087		
Valine.....g	0.471		0		1		0.132		
Arginine.....g	0.431		0		1		0.121		
Histidine.....g	0.223		0		1		0.062		
Alanine.....g	0.341		0		1		0.095		
Aspartic acid.....g	0.465		0		1		0.130		
Glutamic acid.....g	3.575		0		1		1.001		
Glycine.....g	0.377		0		1		0.106		
Proline.....g	1.177		0		1		0.330		
Serine.....g	0.546		0		1		0.153		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 packet

Calories Factors: Protein 4.05

Fat 8.37

Carbohydrate 4.12

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08109

Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.028		0		4		0.040		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		4		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.027		0		4		0.038		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.111		0		4		0.158		
18:2 undifferentiated.....g	0.099		0		4		0.141		
18:3 undifferentiated.....g	0.012		0		4		0.017		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.027		0		1		0.038		
Threonine.....g	0.061		0		1		0.087		
Isoleucine.....g	0.085		0		1		0.121		
Leucine.....g	0.147		0		1		0.209		
Lysine.....g	0.051		0		1		0.072		
Methionine.....g	0.036		0		1		0.051		
Cystine.....g	0.044		0		1		0.062		
Phenylalanine.....g	0.105		0		1		0.149		
Tyrosine.....g	0.062		0		1		0.088		
Valine.....g	0.095		0		1		0.135		
Arginine.....g	0.086		0		1		0.122		
Histidine.....g	0.044		0		1		0.062		
Alanine.....g	0.068		0		1		0.097		
Aspartic acid.....g	0.093		0		1		0.132		
Glutamic acid.....g	0.715		0		1		1.015		
Glycine.....g	0.075		0		1		0.107		
Proline.....g	0.236		0		1		0.335		
Serine.....g	0.109		0		1		0.155		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 142g: 1 packet, prepared

Calories Factors: Protein 4.05

Fat 8.37

Carbohydrate 4.12

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08170

Cereals, CREAM OF WHEAT, quick, cooked with water, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	86.60		0		1		206.97	155.01	
Energy.....kcal	54		0	NC	4		129	97	
Energy.....kj	226				4		540	404	
Protein (N x 5.7).....g	1.50		0		1		3.59	2.69	
Total lipid (fat).....g	0.20		0		1		0.48	0.36	
Ash.....g	0.50		0		1		1.20	0.90	
Carbohydrate, by difference.....g	11.20		0	NC	4		26.77	20.05	
Fiber, total dietary.....g	0.5		0		4		1.2	0.9	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	21		0		5		50	38	
Iron, Fe.....mg	4.30		0		5		10.28	7.70	
Magnesium, Mg.....mg	5		0		1		12	9	
Phosphorus, P.....mg	42		0		5		100	75	
Potassium, K.....mg	19		0		1		45	34	
Sodium, Na.....mg	194		0		1		464	347	
Zinc, Zn.....mg	0.14		0		1		0.33	0.25	
Copper, Cu.....mg	0.028		0		1		0.067	0.050	
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.100		0		5		0.239	0.179	
Riboflavin.....mg	0.000		0		5		0.000	0.000	
Niacin.....mg	0.600		0		5		1.434	1.074	
Pantothenic acid.....mg	0.071		0		1		0.170	0.127	
Vitamin B-6.....mg	0.012		0		4		0.029	0.021	
Folate, total.....mcg	45		0	BFSN	4		108	81	
Folic acid.....mcg	41		0	NC	4		98	73	
Folate, food.....mcg	4		0		1		10	7	
Folate, DFE.....mcg_DFE	74		0	NC	4		176	132	
Vitamin B-12.....mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU.....IU	0		0		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.031		0		4		0.074	0.055	
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.021		0		1		0.050	0.038	
Threonine.....g	0.048		0		1		0.115	0.086	
Isoleucine.....g	0.067		0		1		0.160	0.120	
Leucine.....g	0.115		0		1		0.275	0.206	
Lysine.....g	0.039		0		1		0.093	0.070	
Methionine.....g	0.028		0		1		0.067	0.050	
Cystine.....g	0.034		0		1		0.081	0.061	

NDB No. 08170

Cereals, CREAM OF WHEAT, quick, cooked with water, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine.....g	0.082		0		1		0.196	0.147	
Tyrosine.....g	0.048		0		1		0.115	0.086	
Valine.....g	0.074		0		1		0.177	0.132	
Arginine.....g	0.066		0		1		0.158	0.118	
Histidine.....g	0.035		0		1		0.084	0.063	
Alanine.....g	0.053		0		1		0.127	0.095	
Aspartic acid.....g	0.072		0		1		0.172	0.129	
Glutamic acid.....g	0.566		0		1		1.353	1.013	
Glycine.....g	0.059		0		1		0.141	0.106	
Proline.....g	0.186		0		1		0.445	0.333	
Serine.....g	0.086		0		1		0.206	0.154	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 239g: 1 cup

Measure 2 = 179g: .75 cup

Calories Factors: Protein 4.05

Fat 8.37

Carbohydrate 4.12

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08105

Cereals, CREAM OF WHEAT, quick, cooked with water, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.027		0		4		0.065	0.004	0.048
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		4		0.002	0.000	0.002
17:1.....g									
18:1 undifferentiated.....g	0.027		0		4		0.065	0.004	0.048
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.110		0		4		0.263	0.016	0.197
18:2 undifferentiated.....g	0.099		0		4		0.237	0.015	0.177
18:3 undifferentiated.....g	0.012		0		4		0.029	0.002	0.021
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.021		0		1		0.050	0.003	0.038
Threonine.....g	0.048		0		1		0.115	0.007	0.086
Isoleucine.....g	0.067		0		1		0.160	0.010	0.120
Leucine.....g	0.115		0		1		0.275	0.017	0.206
Lysine.....g	0.039		0		1		0.093	0.006	0.070
Methionine.....g	0.028		0		1		0.067	0.004	0.050
Cystine.....g	0.034		0		1		0.081	0.005	0.061
Phenylalanine.....g	0.082		0		1		0.196	0.012	0.147
Tyrosine.....g	0.048		0		1		0.115	0.007	0.086
Valine.....g	0.074		0		1		0.177	0.011	0.132
Arginine.....g	0.066		0		1		0.158	0.010	0.118
Histidine.....g	0.035		0		1		0.084	0.005	0.063
Alanine.....g	0.053		0		1		0.127	0.008	0.095
Aspartic acid.....g	0.072		0		1		0.172	0.011	0.129
Glutamic acid.....g	0.566		0		1		1.353	0.084	1.013
Glycine.....g	0.059		0		1		0.141	0.009	0.106
Proline.....g	0.186		0		1		0.445	0.028	0.333
Serine.....g	0.086		0		1		0.206	0.013	0.154
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 239g: 1 cup
- Measure 2 = 14.9g: 1 tbsp
- Measure 3 = 179g: .75 cup

Calories Factors: Protein 4.05

Fat 8.37

Carbohydrate 4.12

Food Group: 08 Breakfast Cereals

NDB No. 08104

Cereals, CREAM OF WHEAT, quick, dry

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.193		0	FLM	4		0.339	0.021	
17:0.....g									
18:0.....g	0.013		0	FLM	4		0.023	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.178		0	FLM	4		0.313	0.020	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0	FLM	4		0.007	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.174		0	FLM	4		0.306	0.019	
20:1.....g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.718		0	FLM	4		1.264	0.079	
18:2 undifferentiated.....g	0.642		0	FLM	4		1.130	0.071	
18:3 undifferentiated.....g	0.076		0	FLM	4		0.133	0.008	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.140		0		1		0.246	0.015	
Threonine.....g	0.323		0		1		0.568	0.036	
Isoleucine.....g	0.448		0		1		0.788	0.049	
Leucine.....g	0.774		0		1		1.362	0.085	
Lysine.....g	0.265		0		1		0.466	0.029	
Methionine.....g	0.190		0		1		0.334	0.021	
Cystine.....g	0.230		0		1		0.405	0.025	
Phenylalanine.....g	0.552		0		1		0.972	0.061	
Tyrosine.....g	0.324		0		1		0.570	0.036	
Valine.....g	0.496		0		1		0.873	0.055	
Arginine.....g	0.444		0		1		0.781	0.049	
Histidine.....g	0.235		0		1		0.414	0.026	
Alanine.....g	0.359		0		1		0.632	0.039	
Aspartic acid.....g	0.485		0		1		0.854	0.053	
Glutamic acid.....g	3.797		0		1		6.683	0.418	
Glycine.....g	0.396		0		1		0.697	0.044	
Proline.....g	1.250		0		1		2.200	0.138	
Serine.....g	0.576		0		1		1.014	0.063	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLM	4		0	0	
Theobromine.....mg	0		0	FLM	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLM	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	FLM	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000	0.000	
Lycopene.....mcg	0		0	FLM	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	16		0	FLM	4		28.198	1.762	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 08104

Cereals, CREAM OF WHEAT, quick, dry

Common Measures:

Measure 1 = 176g: 1 cup

Measure 2 = 11.0g: 1 tbsp

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 4.05

Fat 8.37

Carbohydrate 4.12

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

Cereals, CREAM OF WHEAT, regular, cooked with water, with salt, (wheat)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.028		0	BFZN	4		0.069	0.052	
17:0.....g									
18:0.....g	0.002		0	BFZN	4		0.005	0.004	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.025		0	BFZN	4		0.064	0.048	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	BFZN	4		0.001	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.025		0	BFZN	4		0.062	0.047	
20:1.....g	0.000		0	BFZN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.103		0	BFZN	4		0.258	0.193	
18:2 undifferentiated.....g	0.092		0	BFZN	4		0.231	0.173	
18:3 undifferentiated.....g	0.011		0	BFZN	4		0.027	0.020	
18:4.....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	BFZN	4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.020		0	BFZN	4		0.050	0.038	
Threonine.....g	0.046		0	BFZN	4		0.116	0.087	
Isoleucine.....g	0.064		0	BFZN	4		0.161	0.120	
Leucine.....g	0.111		0	BFZN	4		0.278	0.208	
Lysine.....g	0.038		0	BFZN	4		0.095	0.071	
Methionine.....g	0.027		0	BFZN	4		0.068	0.051	
Cystine.....g	0.033		0	BFZN	4		0.083	0.062	
Phenylalanine.....g	0.079		0	BFZN	4		0.198	0.148	
Tyrosine.....g	0.046		0	BFZN	4		0.116	0.087	
Valine.....g	0.071		0	BFZN	4		0.178	0.133	
Arginine.....g	0.064		0	BFZN	4		0.159	0.119	
Histidine.....g	0.034		0	BFZN	4		0.084	0.063	
Alanine.....g	0.051		0	BFZN	4		0.129	0.097	
Aspartic acid.....g	0.069		0	BFZN	4		0.174	0.130	
Glutamic acid.....g	0.543		0	BFZN	4		1.363	1.021	
Glycine.....g	0.057		0	BFZN	4		0.142	0.106	
Proline.....g	0.179		0	BFZN	4		0.449	0.336	
Serine.....g	0.082		0	BFZN	4		0.207	0.155	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	2		0	BFZN	4		5.176	3.877	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 08169

Cereals, CREAM OF WHEAT, regular, cooked with water, with salt, (wheat)

Common Measures:

Measure 1 = 251g: 1 cup

Measure 2 = 188g: .75 cup

Calories Factors: Protein 4.05

Fat 8.37

Carbohydrate 4.12

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

Cereals, CREAM OF WHEAT, regular, cooked with water, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.028		0	FLA	4		0.069	0.004	0.052
17:0.....g									
18:0.....g	0.002		0	FLA	4		0.005	0.000	0.004
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.025		0	FLA	4		0.064	0.004	0.048
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	FLA	4		0.001	0.000	0.001
17:1.....g									
18:1 undifferentiated.....g	0.025		0	FLA	4		0.062	0.004	0.047
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.103		0	FLA	4		0.258	0.016	0.193
18:2 undifferentiated.....g	0.092		0	FLA	4		0.231	0.015	0.173
18:3 undifferentiated.....g	0.011		0	FLA	4		0.027	0.002	0.020
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.020		0	FLA	4		0.050	0.003	0.038
Threonine.....g	0.046		0	FLA	4		0.116	0.007	0.087
Isoleucine.....g	0.064		0	FLA	4		0.161	0.010	0.120
Leucine.....g	0.111		0	FLA	4		0.278	0.018	0.208
Lysine.....g	0.038		0	FLA	4		0.095	0.006	0.071
Methionine.....g	0.027		0	FLA	4		0.068	0.004	0.051
Cystine.....g	0.033		0	FLA	4		0.083	0.005	0.062
Phenylalanine.....g	0.079		0	FLA	4		0.198	0.013	0.148
Tyrosine.....g	0.046		0	FLA	4		0.116	0.007	0.087
Valine.....g	0.071		0	FLA	4		0.178	0.011	0.133
Arginine.....g	0.064		0	FLA	4		0.159	0.010	0.119
Histidine.....g	0.034		0	FLA	4		0.084	0.005	0.063
Alanine.....g	0.051		0	FLA	4		0.129	0.008	0.097
Aspartic acid.....g	0.069		0	FLA	4		0.174	0.011	0.130
Glutamic acid.....g	0.543		0	FLA	4		1.363	0.087	1.021
Glycine.....g	0.057		0	FLA	4		0.142	0.009	0.106
Proline.....g	0.179		0	FLA	4		0.449	0.029	0.336
Serine.....g	0.082		0	FLA	4		0.207	0.013	0.155
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	2		0	FLA	4		5.176	0.330	3.877

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 08103

Cereals, CREAM OF WHEAT, regular, cooked with water, without salt

Common Measures:

Measure 1 = 251g: 1 cup

Measure 2 = 16g: 1 tbsp

Measure 3 = 188g: .75 cup

Calories Factors: Protein 4.05

Fat 8.37

Carbohydrate 4.12

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.223		0	FLA	4		0.385	0.024	
17:0.....g									
18:0.....g	0.014		0	FLA	4		0.024	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.205		0	FLA	4		0.355	0.022	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0	FLA	4		0.008	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.200		0	FLA	4		0.346	0.021	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.829		0	FLA	4		1.434	0.088	
18:2 undifferentiated.....g	0.741		0	FLA	4		1.282	0.079	
18:3 undifferentiated.....g	0.088		0	FLA	4		0.153	0.009	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.145		0		1		0.251	0.015	
Threonine.....g	0.330		0		1		0.571	0.035	
Isoleucine.....g	0.461		0		1		0.798	0.049	
Leucine.....g	0.796		0		1		1.377	0.084	
Lysine.....g	0.271		0		1		0.469	0.029	
Methionine.....g	0.196		0		1		0.339	0.021	
Cystine.....g	0.237		0		1		0.410	0.025	
Phenylalanine.....g	0.568		0		1		0.983	0.060	
Tyrosine.....g	0.334		0		1		0.578	0.035	
Valine.....g	0.510		0		1		0.882	0.054	
Arginine.....g	0.455		0		1		0.787	0.048	
Histidine.....g	0.242		0		1		0.419	0.026	
Alanine.....g	0.367		0		1		0.635	0.039	
Aspartic acid.....g	0.495		0		1		0.856	0.052	
Glutamic acid.....g	3.903		0		1		6.752	0.414	
Glycine.....g	0.406		0		1		0.702	0.043	
Proline.....g	1.285		0		1		2.223	0.136	
Serine.....g	0.593		0		1		1.026	0.063	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	16		0	FLA	4		27.943	1.712	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 08102

Cereals, CREAM OF WHEAT, regular, dry

Common Measures:

Measure 1 = 173g: 1 cup

Measure 2 = 10.6g: 1 tbsp

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 4.05

Fat 8.37

Carbohydrate 4.12

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08177

Cereals, MALT-O-MEAL, chocolate, dry

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	10.30	0.472	10		1		17.00	1.06	
Energy.....kcal	368		0	NC	4		607	38	
Energy.....kj	1540				4		2541	159	
Protein (N x 5.7).....g	10.50	0.271	10		1		17.33	1.08	
Total lipid (fat).....g	0.90	0.045	10		1		1.49	0.09	
Ash.....g	0.60	0.038	10		1		0.99	0.06	
Carbohydrate, by difference.....g	77.70		0	NC	4		128.21	8.00	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	14		0		1		23	1	
Iron, Fe.....mg	28.60		0		5		47.19	2.95	
Magnesium, Mg.....mg	13		0		4		21	1	
Phosphorus, P.....mg	71		0		5		117	7	
Potassium, K.....mg	94		0		4		155	10	
Sodium, Na.....mg	10		0		1		17	1	
Zinc, Zn.....mg	0.53		0		1		0.87	0.05	
Copper, Cu.....mg	0.079		0		1		0.130	0.008	
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	1.300		0		5		2.145	0.134	
Riboflavin.....mg	0.900		0		5		1.485	0.093	
Niacin.....mg	17.600		0		5		29.040	1.813	
Pantothenic acid.....mg	0.416		0		1		0.686	0.043	
Vitamin B-6.....mg	0.058		0		1		0.096	0.006	
Folate, total.....mcg	24		0		1		40	2	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	24		0		1		40	2	
Folate, DFE.....mcg_DFE	24		0	NC	4		40	2	
Vitamin B-12.....mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU.....IU	0		0		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	3		0	CAZN	4		5	0	
Theobromine.....mg	97		0	CAZN	4		160	10	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 08177

Cereals, MALT-O-MEAL, chocolate, dry

Common Measures:

Measure 1 = 165g: 1 cup

Measure 2 = 10.3g: 1 tbsp

Calories Factors: Protein 4

Fat 8.37

Carbohydrate 4.1

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08178

Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	87.60		0		1		210.24	157.68	
Energy.....kcal	51		0	NC	4		122	92	
Energy.....kj	213		4		4		512	384	
Protein (N x 5.7).....g	1.50		0		1		3.60	2.70	
Total lipid (fat).....g	0.10		0		1		0.24	0.18	
Ash.....g	0.20		0		1		0.48	0.36	
Carbohydrate, by difference.....g	10.80		0	NC	4		25.92	19.44	
Fiber, total dietary.....g	0.4		0		4		1.0	0.7	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	2		0		1		5	4	
Iron, Fe.....mg	4.00		0		5		9.60	7.20	
Magnesium, Mg.....mg	2		0		4		5	4	
Phosphorus, P.....mg	10		0		5		24	18	
Potassium, K.....mg	13		0		4		31	23	
Sodium, Na.....mg	135		0		1		324	243	
Zinc, Zn.....mg	0.07		0		1		0.17	0.13	
Copper, Cu.....mg	0.011		0		1		0.026	0.020	
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.200		0		5		0.480	0.360	
Riboflavin.....mg	0.100		0		5		0.240	0.180	
Niacin.....mg	2.400		0		5		5.760	4.320	
Pantothenic acid.....mg	0.058		0		1		0.139	0.104	
Vitamin B-6.....mg	0.008		0		1		0.019	0.014	
Folate, total.....mcg	2		0		1		5	4	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	2		0		1		5	4	
Folate, DFE.....mcg_DFE	2		0	NC	4		5	4	
Vitamin B-12.....mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU.....IU	0		0		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.020		0		4		0.048	0.036	
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	1		0	BFSN	4		2	2	
Theobromine.....mg	7		0	BFSN	4		17	13	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 08178

Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, with salt

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 180g: .75 cup

Calories Factors: Protein 4

Fat 8.37

Carbohydrate 4.1

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08117

Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.025		0		4		0.060	0.004	0.045
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.025		0		4		0.060	0.004	0.045
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.016		0		4		0.038	0.002	0.029
18:2 undifferentiated.....g	0.015		0		4		0.036	0.002	0.027
18:3 undifferentiated.....g	0.001		0		4		0.002	0.000	0.002
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	1		0	BFSN	4		2	0	2
Theobromine.....mg	7		0	BFSN	4		17	1	13

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 240g: 1 cup
- Measure 2 = 15.0g: 1 tbsp
- Measure 3 = 180g: .75 cup

Calories Factors: Protein 3.6

Fat 8.37

Carbohydrate 4.1

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08116

Cereals, MALT-O-MEAL, plain, dry

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	10.30	0.472	10		1		17.00	1.06	
Energy.....kcal	368		0	NC	4		607	38	
Energy.....kj	1540				4		2541	159	
Protein (N x 5.7).....g	10.50	0.271	10		1		17.33	1.08	
Total lipid (fat).....g	0.90	0.045	10		1		1.49	0.09	
Ash.....g	0.60	0.038	10		1		0.99	0.06	
Carbohydrate, by difference.....g	77.70		0	NC	4		128.21	8.00	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	14		0		1		23	1	
Iron, Fe.....mg	28.60		0		5		47.19	2.95	
Magnesium, Mg.....mg	13		0		4		21	1	
Phosphorus, P.....mg	71		0		5		117	7	
Potassium, K.....mg	94		0		4		155	10	
Sodium, Na.....mg	7		0		5		12	1	
Zinc, Zn.....mg	0.53		0		1		0.87	0.05	
Copper, Cu.....mg	0.079		0		1		0.130	0.008	
Manganese, Mn.....mg									
Selenium, Se.....mcg	23.5		0	BFZN	4		38.8	2.4	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	1.300		0		5		2.145	0.134	
Riboflavin.....mg	0.900		0		5		1.485	0.093	
Niacin.....mg	17.600		0		5		29.040	1.813	
Pantothenic acid.....mg	0.416		0		1		0.686	0.043	
Vitamin B-6.....mg	0.058		0		1		0.096	0.006	
Folate, total.....mcg	24		0		1		40	2	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	24		0	NC	4		40	2	
Folate, DFE.....mcg_DFE	24		0	NC	4		40	2	
Vitamin B-12.....mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU.....IU	0		0		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 165g: 1 cup

NDB No. 08116

Cereals, MALT-O-MEAL, plain, dry

Measure 2 = 10.3g: 1 tbsp

Calories Factors: Protein 3.6

Fat 8.37

Carbohydrate 4.1

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08176

Cereals, MALTEX, cooked with water, with salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.046		0	FLM	4		0.115	0.087	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	FLM	4		0.004	0.003	
17:1.....g									
18:1 undifferentiated.....g	0.044		0	FLM	4		0.111	0.083	
20:1.....g	0.000		0	FLM	4		0.001	0.000	
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.155		0	FLM	4		0.386	0.290	
18:2 undifferentiated.....g	0.140		0	FLM	4		0.348	0.261	
18:3 undifferentiated.....g	0.015		0	FLM	4		0.038	0.028	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLM	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0	0.0	
Caffeine.....mg	0		0	FLM	4		0	0	
Theobromine.....mg	0		0	FLM	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLM	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	FLM	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000	0.000	
Lycopene.....mcg	0		0	FLM	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	34		0	FLM	4		85.098	63.909	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 249g: 1 cup

Measure 2 = 187g: .75 cup

Calories Factors: Protein 3.6

Fat 8.37

Carbohydrate 3.8

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08115

Cereals, MALTEX, cooked with water, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
Fatty acids, total monounsaturated.....g	0.050		0	FLC	4		0.125	0.008	0.094
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	FLC	4		0.004	0.000	0.003
17:1.....g									
18:1 undifferentiated.....g	0.048		0	FLC	4		0.120	0.008	0.090
20:1.....g	0.000		0	FLC	4		0.001	0.000	0.001
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.167		0	FLC	4		0.416	0.027	0.312
18:2 undifferentiated.....g	0.151		0	FLC	4		0.375	0.024	0.282
18:3 undifferentiated.....g	0.016		0	FLC	4		0.040	0.003	0.030
18:4.....g	0.000		0	FLC	4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLC	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLC	4		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLC	4		0	0	0
Theobromine.....mg	0		0	FLC	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	FLC	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	31		0	FLC	4		76.588	4.921	57.518

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 249g: 1 cup

Measure 2 = 16g: 1 tbsp

Measure 3 = 187g: .75 cup

Calories Factors: Protein 3.6

Fat 8.37

Carbohydrate 3.8

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08114
Cereals, MALTEX, dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.243		0	FLM	4		0.367	0.092	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		0	FLM	4		0.013	0.003	
17:1.....g									
18:1 undifferentiated.....g	0.234		0	FLM	4		0.353	0.089	
20:1.....g	0.001		0	FLM	4		0.002	0.000	
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.813		0	FLM	4		1.228	0.309	
18:2 undifferentiated.....g	0.734		0	FLM	4		1.108	0.279	
18:3 undifferentiated.....g	0.079		0	FLM	4		0.120	0.030	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	FLM	4		0	0	
Theobromine.....mg	0		0	FLM	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	FLM	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000	0.000	
Lycopene.....mcg	0		0	FLM	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	167		0	FLM	4		252.289	63.490	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 151g: 1 cup
 Measure 2 = 38g: .25 cup

Calories Factors: Protein 3.6

Fat 8.37

Carbohydrate 3.8

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08179

Cereals, MAYPO, cooked with water, with salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.255		0	FLM	4		0.611	0.458	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	FLM	4		0.004	0.003	
17:1.....g									
18:1 undifferentiated.....g	0.252		0	FLM	4		0.605	0.454	
20:1.....g	0.001		0	FLM	4		0.002	0.001	
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.212		0	FLM	4		0.510	0.382	
18:2 undifferentiated.....g	0.199		0	FLM	4		0.478	0.358	
18:3 undifferentiated.....g	0.013		0	FLM	4		0.032	0.024	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLM	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0	0.0	
Caffeine.....mg	0		0	FLM	4		0	0	
Theobromine.....mg	0		0	FLM	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLM	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	FLM	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000	0.000	
Lycopene.....mcg	0		0	FLM	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	23		0	FLM	4		54.559	40.919	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 180g: .75 cup

Calories Factors: Protein 3.46

Fat 8.37

Carbohydrate 4.1

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08119

Cereals, MAYPO, cooked with water, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.305		0		4		0.732	0.046	0.549
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		4		0.005	0.000	0.004
17:1.....g									
18:1 undifferentiated.....g	0.303		0		4		0.727	0.045	0.545
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.368		0		4		0.883	0.055	0.662
18:2 undifferentiated.....g	0.351		0		4		0.842	0.053	0.632
18:3 undifferentiated.....g	0.003		0		4		0.007	0.000	0.005
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	FLM	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	FLM	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	FLM	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	20		0	FLM	4		49.103	3.069	36.827

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 240g: 1 cup
- Measure 2 = 15.0g: 1 tbsp
- Measure 3 = 180g: .75 cup

Calories Factors: Protein 3.46

Fat 8.37

Carbohydrate 4.1

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08118
Cereals, MAYPO, dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.510		0	FLA	4		1.419	0.710	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.011		0	FLA	4		0.010	0.005	
17:1.....g									
18:1 undifferentiated.....g	1.495		0	FLA	4		1.405	0.703	
20:1.....g	0.004		0	FLA	4		0.004	0.002	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.260		0	FLA	4		1.184	0.592	
18:2 undifferentiated.....g	1.181		0	FLA	4		1.110	0.555	
18:3 undifferentiated.....g	0.079		0	FLA	4		0.074	0.037	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	124		0	FLA	4		116.287	58.143	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 94g: 1 cup
Measure 2 = 47g: .5 cup

Calories Factors: Protein 3.46

Fat 8.37

Carbohydrate 4.1

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43306
Cereals, NESTUM, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.119				4		0.292	0.018	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002				4		0.005	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.115				4		0.282	0.017	
20:1.....g	0.000				4		0.000	0.000	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.197				4		0.483	0.030	
18:2 undifferentiated.....g	0.186				4		0.456	0.028	
18:3 undifferentiated.....g	0.007				4		0.017	0.001	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.000				4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 245g: 1 cup
 Measure 2 = 15g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08240

Cereals, Oat Bran, QUAKER, QUAKER/MOTHER'S Oat Bran, prepared with water, salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2
Fatty acids, total monounsaturated.....g	0.310		0	RA	4			
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.002		0	RA	4			
17:1.....g								
18:1 undifferentiated.....g	0.299		0	RA	4			
20:1.....g	0.000		0	RA	4			
22:1 undifferentiated.....g	0.000		0	RA	4			
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.360		0	RA	4			
18:2 undifferentiated.....g	0.334		0	RA	4			
18:3 undifferentiated.....g	0.015		0	RA	4			
18:4.....g	0.000		0	RA	4			
20:2 n-6 c.c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	RA	4			
20:5 n-3.....g	0.000		0	RA	4			
22:5 n-3.....g	0.000		0	RA	4			
22:6 n-3.....g	0.000		0	RA	4			
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	RA	4			
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08431

Cereals, QUAKER Instant Oatmeal, NUTRITION FOR WOMEN, Vanilla Cinnamon, prepared with boiling water

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08237

Cereals, QUAKER, Creamy Wheat, farina, enriched, prepared with water, no salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.040		0	RA	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RA	4				
17:1.....g									
18:1 undifferentiated.....g	0.039		0	RA	4				
20:1.....g	0.000		0	RA	4				
22:1 undifferentiated.....g	0.000		0	RA	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.022		0	RA	4				
18:2 undifferentiated.....g	0.019		0	RA	4				
18:3 undifferentiated.....g	0.002		0	RA	4				
18:4.....g	0.000		0	RA	4				
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RA	4				
20:5 n-3.....g	0.000		0	RA	4				
22:5 n-3.....g	0.000		0	RA	4				
22:6 n-3.....g	0.000		0	RA	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RA	4				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4				
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08241

Cereals, QUAKER, Creamy Wheat, farina, enriched, prepared with water, salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.040		0	RA	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RA	4				
17:1.....g									
18:1 undifferentiated.....g	0.039		0	RA	4				
20:1.....g	0.000		0	RA	4				
22:1 undifferentiated.....g	0.000		0	RA	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.022		0	RA	4				
18:2 undifferentiated.....g	0.019		0	RA	4				
18:3 undifferentiated.....g	0.002		0	RA	4				
18:4.....g	0.000		0	RA	4				
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RA	4				
20:5 n-3.....g	0.000		0	RA	4				
22:5 n-3.....g	0.000		0	RA	4				
22:6 n-3.....g	0.000		0	RA	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RA	4				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4				
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08449

Cereals, QUAKER, Instant Grits Product with American Cheese Flavor, Dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	6.80		0	MC	9		1.90		
Energy.....kcal	364		0	MC	9		102		
Energy.....kj	1522		0	MC	9		426		
Protein (N x 6.25).....g	8.90		0	MC	9		2.49		
Total lipid (fat).....g	4.67		0	MC	9		1.31		
Ash.....g	4.46		0	MC	9		1.25		
Carbohydrate, by difference.....g	75.15		0	MC	9		21.04		
Fiber, total dietary.....g	4.4		0	MC	9		1.2		
Sugars, total.....g	2.01		0	MC	9		0.56		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	12		0	MC	9		3		
* Iron, Fe.....mg	28.93		0	MC	9		8.10		
Magnesium, Mg.....mg	25		0	MC	9		7		
Phosphorus, P.....mg	77		0	MC	9		22		
Potassium, K.....mg	135		0	MC	9		38		
Sodium, Na.....mg	1518		0	MC	9		425		
Zinc, Zn.....mg	0.41		0	MC	9		0.11		
Copper, Cu.....mg	0.060		0	MC	9		0.017		
Manganese, Mn.....mg	0.090		0	MC	9		0.025		
Selenium, Se.....mcg	0.0		0	MC	9		0.0		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
* Thiamin.....mg	0.610		0	MC	9		0.171		
* Riboflavin.....mg	0.690		0	MC	9		0.193		
* Niacin.....mg	8.150		0	MC	9		2.282		
Pantothenic acid.....mg	0.410		0	MC	9		0.115		
Vitamin B-6.....mg	0.140		0	MC	9		0.039		
* Folate, total.....mcg	162		0	MC	9		45		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.29		0	MC	9		0.08		
Vitamin A, IU.....IU	9		0	MC	9		3		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	0.090		0	MC	9		0.025		
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.080		0	MC	9		0.302		
Fatty acids, total monounsaturated.....g	2.290		0	MC	9		0.641		
Fatty acids, total polyunsaturated.....g	1.120		0	MC	9		0.314		
Fatty acids, total trans.....g									
Cholesterol.....mg	1		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 0 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08449

Cereals, QUAKER, Instant Grits Product with American Cheese Flavor, Dry

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08448

Cereals, QUAKER, Instant Grits Product with Imitation Bacon Bits and Cheddar Flavor, Dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	6.96		0	MC	9		1.95		
Energy.....kcal	363		0	MC	9		102		
Energy.....kj	1520		0	MC	9		426		
Protein (N x 6.25).....g	10.29		0	MC	9		2.88		
Total lipid (fat).....g	5.35		0	MC	9		1.50		
Ash.....g	4.88		0	MC	9		1.37		
Carbohydrate, by difference.....g	72.49		0	MC	9		20.30		
Fiber, total dietary.....g	4.7		0	MC	9		1.3		
Sugars, total.....g	2.27		0	MC	9		0.64		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	24		0	MC	9		7		
* Iron, Fe.....mg	28.93		0	MC	9		8.10		
Magnesium, Mg.....mg	24		0	MC	9		7		
Phosphorus, P.....mg	99		0	MC	9		28		
Potassium, K.....mg	209		0	MC	9		59		
Sodium, Na.....mg	1557		0	MC	9		436		
Zinc, Zn.....mg	0.56		0	MC	9		0.16		
Copper, Cu.....mg	0.110		0	MC	9		0.031		
Manganese, Mn.....mg	0.090		0	MC	9		0.025		
Selenium, Se.....mcg	0.0		0	MC	9		0.0		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
* Thiamin.....mg	0.570		0	MC	9		0.160		
* Riboflavin.....mg	0.650		0	MC	9		0.182		
* Niacin.....mg	7.640		0	MC	9		2.139		
Pantothenic acid.....mg	0.430		0	MC	9		0.120		
Vitamin B-6.....mg	0.160		0	MC	9		0.045		
* Folate, total.....mcg	152		0	MC	9		43		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.38		0	MC	9		0.11		
Vitamin A, IU.....IU	12		0	MC	9		3		
Vitamin A, RAE.....mcg_RAE	1		0	NC	4		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	0.120		0	MC	9		0.034		
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.200		0	MC	9		0.336		
Fatty acids, total monounsaturated.....g	2.530		0	MC	9		0.708		
Fatty acids, total polyunsaturated.....g	1.430		0	MC	9		0.400		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08448

Cereals, QUAKER, Instant Grits Product with Imitation Bacon Bits and Cheddar Flavor, Dry

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08444

Cereals, QUAKER, Instant Grits Product with Redeye Gravy and Imitation Ham Bits, Dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	7.13		0	MC	9		2.00		
Energy.....kcal	346		0	MC	9		97		
Energy.....kj	1450		0	MC	9		406		
Protein (N x 6.25).....g	9.93		0	MC	9		2.78		
Total lipid (fat).....g	1.75		0	MC	9		0.49		
Ash.....g	4.55		0	MC	9		1.27		
Carbohydrate, by difference.....g	76.62		0	MC	9		21.45		
Fiber, total dietary.....g	4.6		0	MC	9		1.3		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	9		0	MC	9		3		
* Iron, Fe.....mg	28.93		0	MC	9		8.10		
Magnesium, Mg.....mg	31		0	MC	9		9		
Phosphorus, P.....mg	80		0	MC	9		22		
Potassium, K.....mg	173		0	MC	9		49		
Sodium, Na.....mg	1764		0	MC	9		494		
Zinc, Zn.....mg	0.48		0	MC	9		0.13		
Copper, Cu.....mg	0.090		0	MC	9		0.025		
Manganese, Mn.....mg	0.100		0	MC	9		0.028		
Selenium, Se.....mcg	0.0		0	MC	9		0.0		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
* Thiamin.....mg	0.620		0	MC	9		0.174		
* Riboflavin.....mg	0.710		0	MC	9		0.199		
* Niacin.....mg	8.350		0	MC	9		2.338		
Pantothenic acid.....mg	0.470		0	MC	9		0.132		
Vitamin B-6.....mg	0.140		0	MC	9		0.039		
* Folate, total.....mcg	166		0	MC	9		47		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.00		0	MC	9		0.00		
Vitamin A, IU.....IU	0		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	0.000		0	MC	9		0.000		
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.250		0	MC	9		0.070		
Fatty acids, total monounsaturated.....g	0.520		0	MC	9		0.146		
Fatty acids, total polyunsaturated.....g	0.730		0	MC	9		0.204		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08444

Cereals, QUAKER, Instant Grits Product with Redeye Gravy and Imitation Ham Bits, Dry

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08450
Cereals, QUAKER, Instant Grits Product--Ham 'n' Cheese
The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	6.82		0	MC	9		1.91		
Energy.....kcal	359		0	MC	9		101		
Energy.....kj	1504		0	MC	9		421		
Protein (N x 6.25).....g	10.83		0	MC	9		3.03		
Total lipid (fat).....g	4.69		0	MC	9		1.31		
Ash.....g	5.66		0	MC	9		1.58		
Carbohydrate, by difference.....g	71.98		0	MC	9		20.15		
Fiber, total dietary.....g	4.2		0	MC	9		1.2		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	23		0	MC	9		6		
* Iron, Fe.....mg	28.93		0	MC	9		8.10		
Magnesium, Mg.....mg	34		0	MC	9		9		
Phosphorus, P.....mg	95		0	MC	9		27		
Potassium, K.....mg	212		0	MC	9		59		
Sodium, Na.....mg	1930		0	MC	9		541		
Zinc, Zn.....mg	0.58		0	MC	9		0.16		
Copper, Cu.....mg	0.110		0	MC	9		0.031		
Manganese, Mn.....mg	0.090		0	MC	9		0.025		
Selenium, Se.....mcg	0.0		0	MC	9		0.0		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
* Thiamin.....mg	0.560		0	MC	9		0.157		
* Riboflavin.....mg	0.640		0	MC	9		0.179		
* Niacin.....mg	7.560		0	MC	9		2.117		
Pantothenic acid.....mg	0.460		0	MC	9		0.129		
Vitamin B-6.....mg	0.180		0	MC	9		0.050		
* Folate, total.....mcg	150		0	MC	9		42		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.42		0	MC	9		0.12		
Vitamin A, IU.....IU	13		0	MC	9		4		
Vitamin A, RAE.....mcg_RAE	1		0	NC	4		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	0.140		0	MC	9		0.039		
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.060		0	MC	9		0.297		
Fatty acids, total monounsaturated.....g	2.260		0	MC	9		0.633		
Fatty acids, total polyunsaturated.....g	1.050		0	MC	9		0.294		
Fatty acids, total trans.....g									
Cholesterol.....mg	1		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08450

Cereals, QUAKER, Instant Grits Product--Ham 'n' Cheese

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08419
Cereals, QUAKER, Instant Oatmeal EXPRESS Cinnamon Roll, Dry

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.730		0	MC	9				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009		0	FLM	4				
17:1.....g									
18:1 undifferentiated.....g	1.721		0	FLM	4				
20:1.....g	0.000		0	FLM	4				
22:1 undifferentiated.....g	0.000		0	FLM	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.500		0	MC	9				
18:2 undifferentiated.....g	1.435		0	FLM	4				
18:3 undifferentiated.....g	0.065		0	FLM	4				
18:4.....g	0.000		0	FLM	4				
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4				
20:5 n-3.....g	0.000		0	FLM	4				
22:5 n-3.....g	0.000		0	FLM	4				
22:6 n-3.....g	0.000		0	FLM	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4				
Caffeine.....mg	0		0	FLM	4				
Theobromine.....mg	0		0	FLM	4				
Carotenoids:									
Carotene, beta.....mcg	0		0	MC	9				
Carotene, alpha.....mcg	0		0	FLM	4				
Cryptoxanthin, beta.....mcg	0		0	FLM	4				
Lycopene.....mcg	0		0	FLM	4				
Lutein + zeaxanthin.....mcg	118		0	FLM	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08418

Cereals, QUAKER, Instant Oatmeal EXPRESS, Baked Apple, dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.550		0	FLM	4		0.837		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.015		0	FLM	4		0.008		
17:1.....g									
18:1 undifferentiated.....g	1.535		0	FLM	4		0.829		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.370		0	FLM	4		0.740		
18:2 undifferentiated.....g	1.275		0	FLM	4		0.688		
18:3 undifferentiated.....g	0.095		0	FLM	4		0.051		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	BNA	4		0.000		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	0		0	BNA	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BNA	4		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 54g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08414

Cereals, QUAKER, Instant Oatmeal EXPRESS, Golden Brown Sugar, dry

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.660		0	FLM	4		0.896		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.012		0	FLM	4		0.007		
17:1.....g									
18:1 undifferentiated.....g	1.648		0	FLM	4		0.890		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.440		0	FLM	4		0.778		
18:2 undifferentiated.....g	1.355		0	FLM	4		0.732		
18:3 undifferentiated.....g	0.085		0	FLM	4		0.046		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	BNA	4		0.000		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	0		0	BNA	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BNA	4		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 54g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08413

Cereals, QUAKER, Instant Oatmeal, Baked Apple, dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.520		0	FLM	4		0.608		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009		0	FLM	4		0.003		
17:1.....g									
18:1 undifferentiated.....g	1.512		0	FLM	4		0.605		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.270		0	FLM	4		0.508		
18:2 undifferentiated.....g	1.213		0	FLM	4		0.485		
18:3 undifferentiated.....g	0.057		0	FLM	4		0.023		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	BNA	4		0.000		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	0		0	BNA	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BNA	4		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 40g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08426

Cereals, QUAKER, Instant Oatmeal, Baked Apple, prepared with boiling water

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08417

Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.708		0	FLM	4		0.700		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.023		0	FLM	4		0.009		
17:1.....g									
18:1 undifferentiated.....g	1.685		0	FLM	4		0.691		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.410		0	FLM	4		0.578		
18:2 undifferentiated.....g	1.324		0	FLM	4		0.543		
18:3 undifferentiated.....g	0.086		0	FLM	4		0.035		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	BNA	4		0.000		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	0		0	BNA	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BNA	4		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 41g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08423

Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, prepared with boiling water

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.467		0	RP	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	RP	4				
17:1.....g									
18:1 undifferentiated.....g	0.465		0	RP	4				
20:1.....g	0.000		0	RP	4				
22:1 undifferentiated.....g	0.000		0	RP	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.386		0	RP	4				
18:2 undifferentiated.....g	0.369		0	RP	4				
18:3 undifferentiated.....g	0.017		0	RP	4				
18:4.....g	0.000		0	RP	4				
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP	4				
20:5 n-3.....g	0.000		0	RP	4				
22:5 n-3.....g	0.000		0	RP	4				
22:6 n-3.....g	0.000		0	RP	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RP	4				
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									
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RP	4				
Caffeine.....mg	0		0	RP	4				
Theobromine.....mg	0		0	RP	4				
Carotenoids:									
Carotene, beta.....mcg	0		0	RP	4				
Carotene, alpha.....mcg	0		0	RP	4				
Cryptoxanthin, beta.....mcg	0		0	RP	4				
Lycopene.....mcg	0		0	RP	4				
Lutein + zeaxanthin.....mcg	0		0	RP	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08423

Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, prepared with boiling water

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08410

Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.670		0	MC	9		0.768		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009		0	BFZN	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	1.661		0	BFZN	4		0.764		
20:1.....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.380		0	MC	9		0.635		
18:2 undifferentiated.....g	1.320		0	BFZN	4		0.607		
18:3 undifferentiated.....g	0.060		0	BFZN	4		0.027		
18:4.....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:5 n-3.....g	0.000		0	BFZN	4		0.000		
22:5 n-3.....g	0.000		0	BFZN	4		0.000		
22:6 n-3.....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0		
Caffeine.....mg	0		0	BFZN	4		0		
Theobromine.....mg	0		0	BFZN	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	MC	9		0.000		
Carotene, alpha.....mcg	0		0	BFZN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 46g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08411

Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS with "DINOSAUR BONES", Brown Sugar Cinnamon, dry

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.520		0	FLM	4		0.760		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		0	FLM	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	1.512		0	FLM	4		0.756		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.210		0	FLM	4		0.605		
18:2 undifferentiated.....g	1.157		0	FLM	4		0.579		
18:3 undifferentiated.....g	0.052		0	FLM	4		0.026		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	BNA	4		0.000		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	0		0	BNA	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BNA	4		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 50g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08424

Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS with DINOSAUR BONES, Brown Sugar Cinnamon, prepared with boiling wa

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
24:0.....g									
Fatty acids, total monounsaturated.....g	0.451		0	RP	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	RP	4				
17:1.....g									
18:1 undifferentiated.....g	0.449		0	RP	4				
20:1.....g	0.000		0	RP	4				
22:1 undifferentiated.....g	0.000		0	RP	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.359		0	RP	4				
18:2 undifferentiated.....g	0.343		0	RP	4				
18:3 undifferentiated.....g	0.016		0	RP	4				
18:4.....g	0.000		0	RP	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP	4				
20:5 n-3.....g	0.000		0	RP	4				
22:5 n-3.....g	0.000		0	RP	4				
22:6 n-3.....g	0.000		0	RP	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RP	4				
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									
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RP	4				
Caffeine.....mg	0		0	RP	4				
Theobromine.....mg	0		0	RP	4				
Carotenoids:									
Carotene, beta.....mcg	0		0	RP	4				
Carotene, alpha.....mcg	0		0	RP	4				
Cryptoxanthin, beta.....mcg	0		0	RP	4				
Lycopene.....mcg	0		0	RP	4				
Lutein + zeaxanthin.....mcg	0		0	RP	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

NDB No. 08424

Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS with DINOSAUR BONES, Brown Sugar Cinnamon, prepared with boiling wa

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08429

Cereals, QUAKER, Instant Oatmeal, EXPRESS Baked Apple, prepared with boiling water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.485		0	RP		4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0	RP		4			
17:1.....g									
18:1 undifferentiated.....g	0.480		0	RP		4			
20:1.....g	0.000		0	RP		4			
22:1 undifferentiated.....g	0.000		0	RP		4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.429		0	RP		4			
18:2 undifferentiated.....g	0.399		0	RP		4			
18:3 undifferentiated.....g	0.030		0	RP		4			
18:4.....g	0.000		0	RP		4			
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP		4			
20:5 n-3.....g	0.000		0	RP		4			
22:5 n-3.....g	0.000		0	RP		4			
22:6 n-3.....g	0.000		0	RP		4			
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RP		4			
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									
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RP		4			
Caffeine.....mg	0		0	RP		4			
Theobromine.....mg	0		0	RP		4			
Carotenoids:									
Carotene, beta.....mcg	0		0	RP		4			
Carotene, alpha.....mcg	0		0	RP		4			
Cryptoxanthin, beta.....mcg	0		0	RP		4			
Lycopene.....mcg	0		0	RP		4			
Lutein + zeaxanthin.....mcg	0		0	RP		4			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08429

Cereals, QUAKER, Instant Oatmeal, EXPRESS Baked Apple, prepared with boiling water

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08434

Cereals, QUAKER, Instant Oatmeal, EXPRESS, Golden Brown Sugar, prepared with boiling water

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08412

Cereals, QUAKER, Instant Oatmeal, French Vanilla Flavor, dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.770		0	FLM	4		0.761		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009		0	FLM	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	1.761		0	FLM	4		0.757		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.470		0	FLM	4		0.632		
18:2 undifferentiated.....g	1.406		0	FLM	4		0.605		
18:3 undifferentiated.....g	0.064		0	FLM	4		0.027		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0			MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	BNA	4		0.000		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	0		0	BNA	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BNA	4		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 43g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08425

Cereals, QUAKER, Instant Oatmeal, French Vanilla, prepared with boiling water

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.471		0	RP	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	RP	4				
17:1.....g									
18:1 undifferentiated.....g	0.469		0	RP	4				
20:1.....g	0.000		0	RP	4				
22:1 undifferentiated.....g	0.000		0	RP	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.391		0	RP	4				
18:2 undifferentiated.....g	0.374		0	RP	4				
18:3 undifferentiated.....g	0.017		0	RP	4				
18:4.....g	0.000		0	RP	4				
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP	4				
20:5 n-3.....g	0.000		0	RP	4				
22:5 n-3.....g	0.000		0	RP	4				
22:6 n-3.....g	0.000		0	RP	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RP	4				
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									
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RP	4				
Caffeine.....mg	0		0	RP	4				
Theobromine.....mg	0		0	RP	4				
Carotenoids:									
Carotene, beta.....mcg	0		0	RP	4				
Carotene, alpha.....mcg	0		0	RP	4				
Cryptoxanthin, beta.....mcg	0		0	RP	4				
Lycopene.....mcg	0		0	RP	4				
Lutein + zeaxanthin.....mcg	0		0	RP	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08425

Cereals, QUAKER, Instant Oatmeal, French Vanilla, prepared with boiling water

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08416

Cereals, QUAKER, Instant Oatmeal, Honey Nut, dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.140		0	FLM	4		0.920		
14:1.....g	0.000		0	FLM	4		0.000		
15:1.....g	0.000		0	FLM	4		0.000		
16:1 undifferentiated.....g	0.010		0	FLM	4		0.004		
17:1.....g	0.000		0	FLM	4		0.000		
18:1 undifferentiated.....g	2.099		0	FLM	4		0.903		
20:1.....g	0.031		0	FLM	4		0.013		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.200		0	FLM	4		1.806		
18:2 undifferentiated.....g	3.977		0	FLM	4		1.710		
18:3 undifferentiated.....g	0.223		0	FLM	4		0.096		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g	0.000		0	FLM	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	BNA	4		0.000		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	0		0	BNA	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BNA	4		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 43g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08428

Cereals, QUAKER, Instant Oatmeal, Honey Nut, prepared with boiling water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.570		0	RP		4			
14:1.....g	0.000		0	RP		4			
15:1.....g	0.000		0	RP		4			
16:1 undifferentiated.....g	0.003		0	RP		4			
17:1.....g	0.000		0	RP		4			
18:1 undifferentiated.....g	0.559		0	RP		4			
20:1.....g	0.008		0	RP		4			
22:1 undifferentiated.....g	0.000		0	RP		4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.118		0	RP		4			
18:2 undifferentiated.....g	1.059		0	RP		4			
18:3 undifferentiated.....g	0.059		0	RP		4			
18:4.....g	0.000		0	RP		4			
20:2 n-6 c,c.....g	0.000		0	RP		4			
20:3 undifferentiated.....g	0.000		0	RP		4			
20:4 undifferentiated.....g	0.000		0	RP		4			
20:5 n-3.....g	0.000		0	RP		4			
22:5 n-3.....g	0.000		0	RP		4			
22:6 n-3.....g	0.000		0	RP		4			
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RP		4			
Phytosterols.....mg									
<u>Amino Acids:</u>									
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									
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	RP		4			
Caffeine.....mg	0		0	RP		4			
Theobromine.....mg	0		0	RP		4			
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	RP		4			
Carotene, alpha.....mcg	0		0	RP		4			
Cryptoxanthin, beta.....mcg	0		0	RP		4			
Lycopene.....mcg	0		0	RP		4			
Lutein + zeaxanthin.....mcg	0		0	RP		4			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08428

Cereals, QUAKER, Instant Oatmeal, Honey Nut, prepared with boiling water

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08432

Cereals, QUAKER, Instant Oatmeal, NUTRION FOR WOMEN, Golden Brown Sugar, prepared with boiling water

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08422

Cereals, QUAKER, Instant Oatmeal, NUTRITION FOR WOMEN, Apple Spice, dry

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.410		0	FLM	4		0.663		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		0	FLM	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	1.402		0	FLM	4		0.659		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.260		0	FLM	4		0.592		
18:2 undifferentiated.....g	1.202		0	FLM	4		0.565		
18:3 undifferentiated.....g	0.058		0	FLM	4		0.027		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	BNA	4		0.000		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	0		0	BNA	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BNA	4		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 47g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08433

Cereals, QUAKER, Instant Oatmeal, NUTRITION FOR WOMEN, Apple Spice, prepared with boiling water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.400		0	RP		4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	RP		4			
17:1.....g									
18:1 undifferentiated.....g	0.398		0	RP		4			
20:1.....g	0.000		0	RP		4			
22:1 undifferentiated.....g	0.000		0	RP		4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.358		0	RP		4			
18:2 undifferentiated.....g	0.341		0	RP		4			
18:3 undifferentiated.....g	0.016		0	RP		4			
18:4.....g	0.000		0	RP		4			
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP		4			
20:5 n-3.....g	0.000		0	RP		4			
22:5 n-3.....g	0.000		0	RP		4			
22:6 n-3.....g	0.000		0	RP		4			
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RP		4			
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									
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RP		4			
Caffeine.....mg	0		0	RP		4			
Theobromine.....mg	0		0	RP		4			
Carotenoids:									
Carotene, beta.....mcg	0		0	RP		4			
Carotene, alpha.....mcg	0		0	RP		4			
Cryptoxanthin, beta.....mcg	0		0	RP		4			
Lycopene.....mcg	0		0	RP		4			
Lutein + zeaxanthin.....mcg	0		0	RP		4			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08433

Cereals, QUAKER, Instant Oatmeal, NUTRITION FOR WOMEN, Apple Spice, prepared with boiling water

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08421

Cereals, QUAKER, Instant Oatmeal, NUTRITION FOR WOMEN, Golden Brown Sugar, dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.630		0	FLM	4		0.750		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		0	FLM	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	1.622		0	FLM	4		0.746		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.390		0	FLM	4		0.639		
18:2 undifferentiated.....g	1.328		0	FLM	4		0.611		
18:3 undifferentiated.....g	0.062		0	FLM	4		0.029		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	BNA	4		0.000		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	0		0	BNA	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BNA	4		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 46g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08420

Cereals, QUAKER, Instant Oatmeal, NUTRITION FOR WOMEN, Vanilla Cinnamon, dry

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.630		0	FLM	4		0.734		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009		0	FLM	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	1.621		0	FLM	4		0.730		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.410		0	FLM	4		0.634		
18:2 undifferentiated.....g	1.347		0	FLM	4		0.606		
18:3 undifferentiated.....g	0.063		0	FLM	4		0.028		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	BNA	4		0.000		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	0		0	BNA	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BNA	4		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 45g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08436

Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.490		0	MC		9			
14:1.....g	0.000		0	FLM		4			
15:1.....g	0.000		0	FLM		4			
16:1 undifferentiated.....g	0.009		0	FLM		4			
17:1.....g	0.000		0	FLM		4			
18:1 undifferentiated.....g	1.481		0	FLM		4			
20:1.....g	0.000		0	FLM		4			
22:1 undifferentiated.....g	0.000		0	FLM		4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.340		0	MC		9			
18:2 undifferentiated.....g	1.282		0	FLM		4			
18:3 undifferentiated.....g	0.058		0	FLM		4			
18:4.....g	0.000		0	FLM		4			
20:2 n-6 c,c.....g	0.000		0	FLM		4			
20:3 undifferentiated.....g	0.000		0	FLM		4			
20:4 undifferentiated.....g	0.000		0	FLM		4			
20:5 n-3.....g	0.000		0	FLM		4			
22:5 n-3.....g	0.000		0	FLM		4			
22:6 n-3.....g	0.000		0	FLM		4			
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC		9			
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM		4			
Caffeine.....mg	0		0	FLM		4			
Theobromine.....mg	0		0	FLM		4			
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN		4			
Carotene, alpha.....mcg	0		0	BFZN		4			
Cryptoxanthin, beta.....mcg	0		0	BFZN		4			
Lycopene.....mcg	0		0	BFZN		4			
Lutein + zeaxanthin.....mcg	0		0	BFZN		4			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08437

Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, prepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.397		0	RP		4			
14:1.....g	0.000		0	RP		4			
15:1.....g	0.000		0	RP		4			
16:1 undifferentiated.....g	0.002		0	RP		4			
17:1.....g	0.000		0	RP		4			
18:1 undifferentiated.....g	0.394		0	RP		4			
20:1.....g	0.000		0	RP		4			
22:1 undifferentiated.....g	0.000		0	RP		4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.357		0	RP		4			
18:2 undifferentiated.....g	0.341		0	RP		4			
18:3 undifferentiated.....g	0.015		0	RP		4			
18:4.....g	0.000		0	RP		4			
20:2 n-6 c,c.....g	0.000		0	RP		4			
20:3 undifferentiated.....g	0.000		0	RP		4			
20:4 undifferentiated.....g	0.000		0	RP		4			
20:5 n-3.....g	0.000		0	RP		4			
22:5 n-3.....g	0.000		0	RP		4			
22:6 n-3.....g	0.000		0	RP		4			
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RP		4			
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RP		4			
Caffeine.....mg	0		0	RP		4			
Theobromine.....mg	0		0	RP		4			
Carotenoids:									
Carotene, beta.....mcg	0		0	RP		4			
Carotene, alpha.....mcg	0		0	RP		4			
Cryptoxanthin, beta.....mcg	0		0	RP		4			
Lycopene.....mcg	0		0	RP		4			
Lutein + zeaxanthin.....mcg	0		0	RP		4			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08427

Cereals, QUAKER, Instant Oatmeal, TREASURE HUNT, prepared with boiling water

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08124

Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.510		0	FLM	4		0.529		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		0	FLM	4		0.003		
17:1.....g									
18:1 undifferentiated.....g	1.502		0	FLM	4		0.526		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.260		0	FLM	4		0.441		
18:2 undifferentiated.....g	1.205		0	FLM	4		0.422		
18:3 undifferentiated.....g	0.055		0	FLM	4		0.019		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	BNA	4		0.000		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	0		0	BNA	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BNA	4		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 35g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08225

Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.384		0	FLM	4		0.834		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.011		0	FLM	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	2.373		0	FLM	4		0.831		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.280		0	FLM	4		0.448		
18:2 undifferentiated.....g	1.221		0	FLM	4		0.427		
18:3 undifferentiated.....g	0.059		0	FLM	4		0.021		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	BNA	4		0.000		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	0		0	BNA	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BNA	4		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 35g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08227

Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, prepared with boiling water

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.433		0	RP	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	RP	4				
17:1.....g									
18:1 undifferentiated.....g	0.431		0	RP	4				
20:1.....g	0.000		0	RP	4				
22:1 undifferentiated.....g	0.000		0	RP	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.232		0	RP	4				
18:2 undifferentiated.....g	0.222		0	RP	4				
18:3 undifferentiated.....g	0.011		0	RP	4				
18:4.....g	0.000		0	RP	4				
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP	4				
20:5 n-3.....g	0.000		0	RP	4				
22:5 n-3.....g	0.000		0	RP	4				
22:6 n-3.....g	0.000		0	RP	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RP	4				
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									
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RP	4				
Caffeine.....mg	0		0	RP	4				
Theobromine.....mg	0		0	RP	4				
Carotenoids:									
Carotene, beta.....mcg	0		0	RP	4				
Carotene, alpha.....mcg	0		0	RP	4				
Cryptoxanthin, beta.....mcg	0		0	RP	4				
Lycopene.....mcg	0		0	RP	4				
Lutein + zeaxanthin.....mcg	0		0	RP	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 08227

Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, prepared with boiling water

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08229

Cereals, QUAKER, Instant Oatmeal, low sodium, dry

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.570		0	FLM	4		0.720		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.013		0	FLM	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	2.557		0	FLM	4		0.716		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.830		0	FLM	4		0.792		
18:2 undifferentiated.....g	2.707		0	FLM	4		0.758		
18:3 undifferentiated.....g	0.123		0	FLM	4		0.034		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	BNA	4		0.000		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	0		0	BNA	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BNA	4		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08130

Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.740		0	FLM	4		0.748		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009		0	FLM	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	1.731		0	FLM	4		0.744		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.440		0	FLM	4		0.619		
18:2 undifferentiated.....g	1.377		0	FLM	4		0.592		
18:3 undifferentiated.....g	0.063		0	FLM	4		0.027		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	BNA	4		0.000		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	0		0	BNA	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BNA	4		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 43g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08131

Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.463		0	RP	4		0.718		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	RP	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.461		0	RP	4		0.714		
20:1.....g	0.000		0	RP	4		0.000		
22:1 undifferentiated.....g	0.000		0	RP	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.383		0	RP	4		0.594		
18:2 undifferentiated.....g	0.367		0	RP	4		0.568		
18:3 undifferentiated.....g	0.017		0	RP	4		0.026		
18:4.....g	0.000		0	RP	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP	4		0.000		
20:5 n-3.....g	0.000		0	RP	4		0.000		
22:5 n-3.....g	0.000		0	RP	4		0.000		
22:6 n-3.....g	0.000		0	RP	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RP	4		0		
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									
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RP	4		0.0		
Caffeine.....mg	0		0	RP	4		0		
Theobromine.....mg	0		0	RP	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	RP	4		0.000		
Carotene, alpha.....mcg	0		0	RP	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	RP	4		0.000		
Lycopene.....mcg	0		0	RP	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	RP	4		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 155g: 1 packet, prepared

NDB No. 08131

Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08228

Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.730		0	MC	9		0.640		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		0	FLC	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	1.635		0	FLC	4		0.605		
20:1.....g	0.010		0	FLC	4		0.004		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.110		0	MC	9		0.781		
18:2 undifferentiated.....g	1.861		0	FLC	4		0.689		
18:3 undifferentiated.....g	0.177		0	FLC	4		0.065		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3.....g	0.000		0	FLC	4		0.000		
22:5 n-3.....g	0.000		0	FLC	4		0.000		
22:6 n-3.....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 37g: 1 packet

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08415

Cereals, QUAKER, Instant Oatmeal, TREASURE HUNT, dry

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.570		0	FLM	4		0.738		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.013		0	FLM	4		0.006		
17:1.....g									
18:1 undifferentiated.....g	1.557		0	FLM	4		0.732		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.240		0	FLM	4		0.583		
18:2 undifferentiated.....g	1.162		0	FLM	4		0.546		
18:3 undifferentiated.....g	0.078		0	FLM	4		0.037		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	BNA	4		0.000		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	0		0	BNA	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BNA	4		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 47g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08446

Cereals, QUAKER, Mother's Instant Oatmeal (Non-Fortified), Dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	11.50		0	MC		9			
Energy.....kcal	359		0	MC		9			
Energy.....kj	1502		0	MC		9			
Protein (N x 6.25).....g	13.70		0	MC		9			
Total lipid (fat).....g	7.10		0	MC		9			
Ash.....g	1.89		0	MC		9			
Carbohydrate, by difference.....g	65.81		0	MC		9			
Fiber, total dietary.....g	9.5		0	MC		9			
Sugars, total.....g	1.42		0	MC		9			
Starch.....g									
Minerals:									
Calcium, Ca.....mg	52		0	MC		9			
Iron, Fe.....mg	3.81		0	MC		9			
Magnesium, Mg.....mg	136		0	MC		9			
Phosphorus, P.....mg	460		0	MC		9			
Potassium, K.....mg	384		0	MC		9			
Sodium, Na.....mg	3		0	MC		9			
Zinc, Zn.....mg	3.08		0	MC		9			
Copper, Cu.....mg	0.310		0	MC		9			
Manganese, Mn.....mg	4.300		0	MC		9			
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC		9			
Thiamin.....mg	0.560		0	MC		9			
Riboflavin.....mg	0.130		0	MC		9			
Niacin.....mg	0.870		0	MC		9			
Pantothenic acid.....mg	0.710		0	MC		9			
Vitamin B-6.....mg	0.100		0	MC		9			
Folate, total.....mcg	27		0	MC		9			
Folic acid.....mcg	0		0	NC		4			
Folate, food.....mcg	27		0	MC		9			
Folate, DFE.....mcg_DFE	27		0	NC		4			
Vitamin B-12.....mcg	0.00		0	MC		9			
Vitamin A, IU.....IU	0		0	MC		9			
Vitamin A, RAE.....mcg_RAE	0		0	NC		4			
Retinol.....mcg	0		0	NC		4			
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	0.000		0	MC		9			
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.340		0	MC		9			
Fatty acids, total monounsaturated.....g	2.590		0	MC		9			
Fatty acids, total polyunsaturated.....g	2.140		0	MC		9			
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC		9			
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 08446

Cereals, QUAKER, Mother's Instant Oatmeal (Non-Fortified), Dry

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08231

Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	8.90		0	MC	9		3.56		
Energy.....kcal	364		0	MC	9		146		
Energy.....kj	1525		0	MC	9		610		
Protein.....g	17.03		0	MC	9		6.81		
Total lipid (fat).....g	7.97		0	MC	9		3.19		
Ash.....g	3.14		0	MC	9		1.26		
Carbohydrate, by difference.....g	62.94		0	MC	9		25.18		
Fiber, total dietary.....g	14.3		0	MC	9		5.7		
Sugars, total.....g	1.43		0	MC	9		0.57		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	79		0	MC	9		32		
Iron, Fe.....mg	8.07		0	MC	9		3.23		
Magnesium, Mg.....mg	241		0	MC	9		96		
Phosphorus, P.....mg	694		0	MC	9		278		
Potassium, K.....mg	579		0	MC	9		232		
Sodium, Na.....mg	5		0	MC	9		2		
Zinc, Zn.....mg	4.20		0	MC	9		1.68		
Copper, Cu.....mg	0.300		0	MC	9		0.120		
Manganese, Mn.....mg	5.700		0	MC	9		2.280		
Selenium, Se.....mcg	0.0		0	MC	9		0.0		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.970		0	MC	9		0.388		
Riboflavin.....mg	0.300		0	MC	9		0.120		
Niacin.....mg	0.800		0	MC	9		0.320		
Pantothenic acid.....mg	0.850		0	MC	9		0.340		
Vitamin B-6.....mg	0.110		0	MC	9		0.044		
Folate, total.....mcg	38		0	MC	9		15		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	38		0	MC	9		15		
Folate, DFE.....mcg_DFE	38		0	NC	4		15		
Vitamin B-12.....mcg	0.00		0	MC	9		0.00		
Vitamin A, IU.....IU	100		0	MC	9		40		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	0.000		0	MC	9		0.000		
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.430		0	MC	9		0.572		
Fatty acids, total monounsaturated.....g	2.610		0	MC	9		1.044		
Fatty acids, total polyunsaturated.....g	3.030		0	MC	9		1.212		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 08231

Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry

Common Measures:

Measure 1 = 40g: .5 cup (1 NLEA serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08236

Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, prepared with water, no salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.310		0	RA		4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	RA		4			
17:1.....g									
18:1 undifferentiated.....g	0.300		0	RA		4			
20:1.....g	0.000		0	RA		4			
22:1 undifferentiated.....g	0.000		0	RA		4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.360		0	RA		4			
18:2 undifferentiated.....g	0.334		0	RA		4			
18:3 undifferentiated.....g	0.015		0	RA		4			
18:4.....g	0.000		0	RA		4			
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RA		4			
20:5 n-3.....g	0.000		0	RA		4			
22:5 n-3.....g	0.000		0	RA		4			
22:6 n-3.....g	0.000		0	RA		4			
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RA		4			
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RA		4			
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08200

Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.570		0	MC	9		0.228		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		0	FLM	4		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.551		0	FLM	4		0.220		
20:1.....g	0.004		0	FLM	4		0.002		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.280		0	MC	9		0.512		
18:2 undifferentiated.....g	0.952		0	FLM	4		0.381		
18:3 undifferentiated.....g	0.083		0	FLM	4		0.033		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	RA	4		0		
Theobromine.....mg	0		0	RA	4		0		
Carotenoids:									
Carotene, beta.....mcg	6		0	RA	4		2.480		
Carotene, alpha.....mcg	0		0	RA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	RA	4		0.000		
Lycopene.....mcg	0		0	RA	4		0.000		
Lutein + zeaxanthin.....mcg	193		0	RA	4		77.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 40g: .5 cup (1 NLEA serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08249

Cereals, QUAKER, QUAKER MultiGrain Oatmeal, prepared with water, no salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.105		0	RA	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	RA	4				
17:1.....g									
18:1 undifferentiated.....g	0.101		0	RA	4				
20:1.....g	0.001		0	RA	4				
22:1 undifferentiated.....g	0.000		0	RA	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.235		0	RA	4				
18:2 undifferentiated.....g	0.175		0	RA	4				
18:3 undifferentiated.....g	0.015		0	RA	4				
18:4.....g	0.000		0	RA	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RA	4				
20:5 n-3.....g	0.000		0	RA	4				
22:5 n-3.....g	0.000		0	RA	4				
22:6 n-3.....g	0.000		0	RA	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RA	4				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08252

Cereals, QUAKER, QUAKER MultiGrain Oatmeal, prepared with water, salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.105		0	RA	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	RA	4				
17:1.....g									
18:1 undifferentiated.....g	0.101		0	RA	4				
20:1.....g	0.001		0	RA	4				
22:1 undifferentiated.....g	0.000		0	RA	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.235		0	RA	4				
18:2 undifferentiated.....g	0.175		0	RA	4				
18:3 undifferentiated.....g	0.015		0	RA	4				
18:4.....g	0.000		0	RA	4				
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RA	4				
20:5 n-3.....g	0.000		0	RA	4				
22:5 n-3.....g	0.000		0	RA	4				
22:6 n-3.....g	0.000		0	RA	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RA	4				
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08402
Cereals, QUAKER, Quick Oats, Dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.980		0	BFZN		4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		0	BFZN		4			
17:1.....g									
18:1 undifferentiated.....g	1.970		0	BFZN		4			
20:1.....g	0.000		0	BFZN		4			
22:1 undifferentiated.....g	0.000		0	BFZN		4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.300		0	BFZN		4			
18:2 undifferentiated.....g	2.200		0	BFZN		4			
18:3 undifferentiated.....g	0.100		0	BFZN		4			
18:4.....g	0.000		0	BFZN		4			
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN		4			
20:5 n-3.....g	0.000		0	BFZN		4			
22:5 n-3.....g	0.000		0	BFZN		4			
22:6 n-3.....g	0.000		0	BFZN		4			
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC		9			
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN		4			
Caffeine.....mg	0		0	BFZN		4			
Theobromine.....mg	0		0	BFZN		4			
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN		4			
Carotene, alpha.....mcg	0		0	BFZN		4			
Cryptoxanthin, beta.....mcg	0		0	BFZN		4			
Lycopene.....mcg	0		0	BFZN		4			
Lutein + zeaxanthin.....mcg	180		0	BFZN		4			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08232

Cereals, QUAKER, Scotch Barley, regular and quick, dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	9.65		0	MC		9			
Energy.....kcal	346		0	MC		9			
Energy.....kj	1446		0	MC		9			
Protein.....g	10.74		0	MC		9			
Total lipid (fat).....g	2.24		0	MC		9			
Ash.....g	0.97		0	MC		9			
Carbohydrate, by difference.....g	76.38		0	MC		9			
Fiber, total dietary.....g	10.4		0	MC		9			
Sugars, total.....g	0.66		0	MC		9			
Starch.....g									
Minerals:									
Calcium, Ca.....mg	28		0	MC		9			
Iron, Fe.....mg	1.99		0	MC		9			
Magnesium, Mg.....mg	60		0	MC		9			
Phosphorus, P.....mg	211		0	MC		9			
Potassium, K.....mg	261		0	MC		9			
Sodium, Na.....mg	7		0	MC		9			
Zinc, Zn.....mg	1.46		0	MC		9			
Copper, Cu.....mg	0.380		0	MC		9			
Manganese, Mn.....mg	1.260		0	MC		9			
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC		9			
Thiamin.....mg	0.250		0	MC		9			
Riboflavin.....mg	0.090		0	MC		9			
Niacin.....mg	4.520		0	MC		9			
Pantothenic acid.....mg	0.280		0	MC		9			
Vitamin B-6.....mg	0.260		0	MC		9			
Folate, total.....mcg	23		0	MC		9			
Folic acid.....mcg	0		0	Z		7			
Folate, food.....mcg	23		0	MC		9			
Folate, DFE.....mcg_DFE	23		0	NC		4			
Vitamin B-12.....mcg	0.00		0	MC		9			
Vitamin A, IU.....IU	22		0	MC		9			
Vitamin A, RAE.....mcg_RAE	1		0	NC		4			
Retinol.....mcg	0		0	Z		7			
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	0.000		0	MC		9			
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.470		0	MC		9			
Fatty acids, total monounsaturated.....g	0.200		0	MC		9			
Fatty acids, total polyunsaturated.....g	1.030		0	MC		9			
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC		9			
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 08232

Cereals, QUAKER, Scotch Barley, regular and quick, dry

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08221

Cereals, QUAKER, corn grits, instant, butter flavor, dry

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08238

Cereals, QUAKER, corn grits, instant, butter flavor, prepared with water

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08094

Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.570		0	MC	9		0.440		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.029		0	FLM	4		0.008		
17:1.....g									
18:1 undifferentiated.....g	1.520		0	FLM	4		0.426		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.870		0	MC	9		0.244		
18:2 undifferentiated.....g	0.720		0	FLM	4		0.202		
18:3 undifferentiated.....g	0.048		0	FLM	4		0.014		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	2		0	MC	9		1		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	2		0	FLM	4		0.537		
Carotene, alpha.....mcg	0		0	FLM	4		0.015		
Cryptoxanthin, beta.....mcg	1		0	FLM	4		0.320		
Lycopene.....mcg	0		0	FLM	4		0.000		
Lutein + zeaxanthin.....mcg	4		0	FLM	4		1.204		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08095

Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.284		0	FLA	4		0.080	0.404	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.011		0	FLA	4		0.003	0.015	
17:1.....g									
18:1 undifferentiated.....g	0.273		0	FLA	4		0.077	0.388	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.142		0	FLA	4		0.040	0.201	
18:2 undifferentiated.....g	0.132		0	FLA	4		0.037	0.188	
18:3 undifferentiated.....g	0.009		0	FLA	4		0.003	0.013	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	1	
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									
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.103	0.521	
Carotene, alpha.....mcg	0		0	FLA	4		0.003	0.014	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.061	0.310	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	1		0	FLA	4		0.230	1.167	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 packet

Measure 2 = 142g: 1 packet, prepared

NDB No. 08095

Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, prepared with water

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08097

Cereals, QUAKER, corn grits, instant, country bacon (imitation bacon bits), prepared with water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		0	FLM	4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLM	4		0.000		
18:2 undifferentiated.....g	0.000		0	FLM	4		0.000		
18:3 undifferentiated.....g	0.000		0	FLM	4		0.000		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLM	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	FLM	4		0.000		
Carotene, alpha.....mcg	0		0	FLM	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000		
Lycopene.....mcg	0		0	FLM	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	FLM	4		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 141g: 1 packet, prepared

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08092

Cereals, QUAKER, corn grits, instant, plain, dry

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.140		0	MC	9		0.039		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	FLM	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.138		0	FLM	4		0.039		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.300		0	MC	9		0.084		
18:2 undifferentiated.....g	0.292		0	FLM	4		0.082		
18:3 undifferentiated.....g	0.008		0	FLM	4		0.002		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	1		0	FLM	4		0.348		
Carotene, alpha.....mcg	0		0	FLM	4		0.017		
Cryptoxanthin, beta.....mcg	1		0	FLM	4		0.356		
Lycopene.....mcg	0		0	FLM	4		0.000		
Lutein + zeaxanthin.....mcg	5		0	FLM	4		1.339		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08093

Cereals, QUAKER, corn grits, instant, plain, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
Fatty acids, total monounsaturated.....g	0.027		0	FLM	4		0.066	0.004	0.037
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLM	4		0.001	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.027		0	FLM	4		0.065	0.004	0.037
20:1.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.057		0	FLM	4		0.140	0.009	0.078
18:2 undifferentiated.....g	0.055		0	FLM	4		0.136	0.008	0.076
18:3 undifferentiated.....g	0.002		0	FLM	4		0.004	0.000	0.002
18:4.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLM	4		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLM	4		0	0	0
Theobromine.....mg	0		0	FLM	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	FLM	4		0.582	0.036	0.325
Carotene, alpha.....mcg	0		0	FLM	4		0.028	0.002	0.015
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.596	0.036	0.333
Lycopene.....mcg	0		0	FLM	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	1		0	FLM	4		2.240	0.137	1.252

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 15g: 1 tbsp

Measure 3 = 137g: 1 packet, prepared

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08096

Cereals, QUAKER, corn grits, instant, with imitation bacon bits, dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.420		0	FLC	4		0.118		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.290		0	FLC	4		0.081		
20:1.....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.640		0	FLC	4		0.179		
18:2 undifferentiated.....g	0.398		0	FLC	4		0.111		
18:3 undifferentiated.....g	0.008		0	FLC	4		0.002		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3.....g	0.000		0	FLC	4		0.000		
22:5 n-3.....g	0.000		0	FLC	4		0.000		
22:6 n-3.....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 packet

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08230

Cereals, QUAKER, farina, Creamy Wheat, enriched, dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	11.66		0	MC	9		5.13		
Energy.....kcal	349		0	MC	9		154		
Energy.....kj	1460						642		
Protein.....g	10.82		0	MC	9		4.76		
Total lipid (fat).....g	0.95		0	MC	9		0.42		
Ash.....g	0.42		0	MC	9		0.18		
Carbohydrate, by difference.....g	76.13		0	MC	9		33.50		
Fiber, total dietary.....g	2.9		0	MC	9		1.3		
Sugars, total.....g	0.30		0	MC	9		0.13		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	12		0	MC	9		5		
Iron, Fe.....mg	30.00		0	ML	5		13.20		
Magnesium, Mg.....mg	17		0	MC	9		7		
Phosphorus, P.....mg	85		0	MC	9		37		
Potassium, K.....mg	98		0	MC	9		43		
Sodium, Na.....mg	2		0	MC	9		1		
Zinc, Zn.....mg	0.61		0	MC	9		0.27		
Copper, Cu.....mg	0.120		0	MC	9		0.053		
Manganese, Mn.....mg	0.280		0	MC	9		0.123		
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.440		0	ML	5		0.194		
Riboflavin.....mg	0.260		0	ML	5		0.114		
Niacin.....mg	3.520		0	ML	5		1.549		
Pantothenic acid.....mg	0.430		0	MC	9		0.189		
Vitamin B-6.....mg	0.050		0	MC	9		0.022		
Folate, total.....mcg	154		0	MC	9		68		
Folic acid.....mcg	132		0	NC	4		58		
Folate, food.....mcg	22		0		9		10		
Folate, DFE.....mcg_DFE	246		0	NC	4		108		
Vitamin B-12.....mcg	0.00		0	MC	9		0.00		
Vitamin A, IU.....IU	0		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.240		0	MC	9		0.106		
Fatty acids, total monounsaturated.....g	0.080		0	MC	9		0.035		
Fatty acids, total polyunsaturated.....g	0.480		0	MC	9		0.211		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 08230

Cereals, QUAKER, farina, Creamy Wheat, enriched, dry

Common Measures:

Measure 1 = 44g: .25 cup (1 NLEA serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08317

Cereals, QUAKER, farina, enriched cinnamon flavor, dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	12.14		0	MC		9			
Energy.....kcal	346		0	MC		9			
Energy.....kj	1450		0	MC		9			
Protein.....g	12.11		0	MC		9			
Total lipid (fat).....g	0.79		0	MC		9			
Ash.....g	0.40		0	MC		9			
Carbohydrate, by difference.....g	74.54		0	MC		9			
Fiber, total dietary.....g	3.7		0	MC		9			
Sugars, total.....g	0.29		0	MC		9			
Starch.....g									
Minerals:									
Calcium, Ca.....mg	33		0	MC		9			
* Iron, Fe.....mg	30.00		0	MC		9			
Magnesium, Mg.....mg	14		0	MC		9			
Phosphorus, P.....mg	88		0	MC		9			
Potassium, K.....mg	104		0	MC		9			
Sodium, Na.....mg	3		0	MC		9			
Zinc, Zn.....mg	0.55		0	MC		9			
Copper, Cu.....mg	0.070		0	MC		9			
Manganese, Mn.....mg	0.270		0	MC		9			
Selenium, Se.....mcg	0.0		0	MC		9			
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.4		0	MC		9			
* Thiamin.....mg	0.440		0	MC		9			
* Riboflavin.....mg	0.260		0	MC		9			
* Niacin.....mg	3.520		0	MC		9			
Pantothenic acid.....mg	0.360		0	MC		9			
Vitamin B-6.....mg	0.050		0	MC		9			
* Folate, total.....mcg	154		0	MC		9			
Folic acid.....mcg									
Folate, food.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.00		0	MC		9			
Vitamin A, IU.....IU	4		0	MC		9			
Vitamin A, RAE.....mcg_RAE	0		0	NC		4			
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	0.000		0	MC		9			
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.280		0	MC		9			
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC		9			
Phytosterols.....mg									
Carotenoids:									
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 08317

Cereals, QUAKER, farina, enriched cinnamon flavor, dry

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08314

Cereals, **QUAKER**, hominy grits, white, quick, dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	10.48		0	MC		9			
Energy.....kcal	347		0	MC		9			
Energy.....kj	1452								
Protein.....g	8.53		0	MC		9			
Total lipid (fat).....g	1.36		0	MC		9			
Ash.....g	0.44		0	MC		9			
Carbohydrate, by difference.....g	79.16		0	MC		9			
Fiber, total dietary.....g	4.8		0	MC		9			
Sugars, total.....g	1.00		0	MC		9			
Starch.....g									
Minerals:									
Calcium, Ca.....mg	4		0	MC		9			
Iron, Fe.....mg	3.52		0	MC		9			
Magnesium, Mg.....mg	49		0	MC		9			
Phosphorus, P.....mg	166		0	MC		9			
Potassium, K.....mg	146		0	MC		9			
Sodium, Na.....mg	2		0	MC		9			
Zinc, Zn.....mg	0.92		0	MC		9			
Copper, Cu.....mg	0.110		0	MC		9			
Manganese, Mn.....mg	0.220		0	MC		9			
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC		9			
Thiamin.....mg	0.580		0	MC		9			
Riboflavin.....mg	0.330		0	MC		9			
Niacin.....mg	4.810		0	MC		9			
Pantothenic acid.....mg	0.310		0	MC		9			
Vitamin B-6.....mg	0.270		0	MC		9			
Folate, total.....mcg	154		0	MC		9			
Folic acid.....mcg	150		0	NC		4			
Folate, food.....mcg	4		0	CAZN		4			
Folate, DFE.....mcg_DFE	259		0	NC		4			
Vitamin B-12.....mcg	0.00		0	MC		9			
Vitamin A, IU.....IU	0		0	MC		9			
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.260		0	MC		9			
Fatty acids, total monounsaturated.....g	0.200		0	MC		9			
Fatty acids, total polyunsaturated.....g	0.680		0	MC		9			
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC		9			
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 08314

Cereals, QUAKER, hominy grits, white, quick, dry

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08316

Cereals, QUAKER, hominy grits, white, regular, dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	10.48		0	MC		9			
Energy.....kcal	347		0	MC		9			
Energy.....kj	1451		0	MC		9			
Protein.....g	8.53		0	MC		9			
Total lipid (fat).....g	1.36		0	MC		9			
Ash.....g	0.44		0	MC		9			
Carbohydrate, by difference.....g	79.16		0	MC		9			
Fiber, total dietary.....g	4.8		0	MC		9			
Sugars, total.....g	1.00		0	MC		9			
Starch.....g									
Minerals:									
Calcium, Ca.....mg	4		0	MC		9			
* Iron, Fe.....mg	3.52		0	MC		9			
Magnesium, Mg.....mg	49		0	MC		9			
Phosphorus, P.....mg	166		0	MC		9			
Potassium, K.....mg	146		0	MC		9			
Sodium, Na.....mg	2		0	MC		9			
Zinc, Zn.....mg	0.92		0	MC		9			
Copper, Cu.....mg	0.110		0	MC		9			
Manganese, Mn.....mg	0.220		0	MC		9			
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC		9			
* Thiamin.....mg	0.580		0	MC		9			
* Riboflavin.....mg	0.330		0	MC		9			
* Niacin.....mg	4.810		0	MC		9			
Pantothenic acid.....mg	0.310		0	MC		9			
Vitamin B-6.....mg	0.270		0	MC		9			
* Folate, total.....mcg	154		0	MC		9			
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.00		0	MC		9			
Vitamin A, IU.....IU	0		0	MC		9			
Vitamin A, RAE.....mcg_RAE	0		0	NC		4			
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.260		0	MC		9			
Fatty acids, total monounsaturated.....g	0.200		0	MC		9			
Fatty acids, total polyunsaturated.....g	0.680		0	MC		9			
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC		9			
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08316

Cereals, QUAKER, hominy grits, white, regular, dry

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08315

Cereals, **QUAKER**, hominy grits, yellow, quick, dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	11.74		0	MC		9			
Energy.....kcal	337		0	MC		9			
Energy.....kj	1411		0	MC		9			
Protein.....g	8.26		0	MC		9			
Total lipid (fat).....g	1.66		0	MC		9			
Ash.....g	0.56		0	MC		9			
Carbohydrate, by difference.....g	77.76		0	MC		9			
Fiber, total dietary.....g	5.6		0	MC		9			
Sugars, total.....g	1.08		0	MC		9			
Starch.....g									
Minerals:									
Calcium, Ca.....mg	4		0	MC		9			
* Iron, Fe.....mg	4.11		0	MC		9			
Magnesium, Mg.....mg	40		0	MC		9			
Phosphorus, P.....mg	124		0	MC		9			
Potassium, K.....mg	167		0	MC		9			
Sodium, Na.....mg	2		0	MC		9			
Zinc, Zn.....mg	0.72		0	MC		9			
Copper, Cu.....mg	0.070		0	MC		9			
Manganese, Mn.....mg	0.100		0	MC		9			
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC		9			
* Thiamin.....mg	0.510		0	MC		9			
* Riboflavin.....mg	0.370		0	MC		9			
* Niacin.....mg	4.310		0	MC		9			
Pantothenic acid.....mg	0.310		0	MC		9			
Vitamin B-6.....mg	0.250		0	MC		9			
* Folate, total.....mcg	154		0	MC		9			
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.00		0	MC		9			
Vitamin A, IU.....IU	569		0	MC		9			
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.450		0	MC		9			
Fatty acids, total monounsaturated.....g	0.550		0	MC		9			
Fatty acids, total polyunsaturated.....g	0.710		0	MC		9			
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC		9			
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08315

Cereals, QUAKER, hominy grits, yellow, quick, dry

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08234

Cereals, QUAKER, oatmeal, instant, low sodium, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.649		0	RA		4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RA		4			
17:1.....g									
18:1 undifferentiated.....g	0.626		0	RA		4			
20:1.....g	0.000		0	RA		4			
22:1 undifferentiated.....g	0.000		0	RA		4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.714		0	RA		4			
18:2 undifferentiated.....g	0.660		0	RA		4			
18:3 undifferentiated.....g	0.030		0	RA		4			
18:4.....g	0.000		0	RA		4			
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RA		4			
20:5 n-3.....g	0.000		0	RA		4			
22:5 n-3.....g	0.000		0	RA		4			
22:6 n-3.....g	0.000		0	RA		4			
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RA		4			
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RA		4			
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08235

Cereals, QUAKER, oatmeal, instant, raisins, dates and walnuts, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.552		0	RA		4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0	RA		4			
17:1.....g									
18:1 undifferentiated.....g	0.522		0	RA		4			
20:1.....g	0.003		0	RA		4			
22:1 undifferentiated.....g	0.000		0	RA		4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.673		0	RA		4			
18:2 undifferentiated.....g	0.594		0	RA		4			
18:3 undifferentiated.....g	0.056		0	RA		4			
18:4.....g	0.000		0	RA		4			
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RA		4			
20:5 n-3.....g	0.000		0	RA		4			
22:5 n-3.....g	0.000		0	RA		4			
22:6 n-3.....g	0.000		0	RA		4			
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RA		4			
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RA		4			
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08125

Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
24:0.....g									
Fatty acids, total monounsaturated.....g	0.344		0	RP	4		0.513		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	RP	4		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.342		0	RP	4		0.510		
20:1.....g	0.000		0	RP	4		0.000		
22:1 undifferentiated.....g	0.000		0	RP	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.287		0	RP	4		0.428		
18:2 undifferentiated.....g	0.275		0	RP	4		0.409		
18:3 undifferentiated.....g	0.013		0	RP	4		0.019		
18:4.....g	0.000		0	RP	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP	4		0.000		
20:5 n-3.....g	0.000		0	RP	4		0.000		
22:5 n-3.....g	0.000		0	RP	4		0.000		
22:6 n-3.....g	0.000		0	RP	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RP	4		0		
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									
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RP	4		0.0		
Caffeine.....mg	0		0	RP	4		0		
Theobromine.....mg	0		0	RP	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	RP	4		0.000		
Carotene, alpha.....mcg	0		0	RP	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	RP	4		0.000		
Lycopene.....mcg	0		0	RP	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	RP	4		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 149g: 1 packet, prepared

NDB No. 08125

Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08185

Cereals, RALSTON, cooked with water, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	86.10		0		1		217.83	163.59	
Energy.....kcal	53		0	NC	4		134	101	
Energy.....kj	222				4		561	421	
Protein (N x 5.83).....g	2.20		0		1		5.57	4.18	
Total lipid (fat).....g	0.30		0		1		0.76	0.57	
Ash.....g	0.30		0		1		0.76	0.57	
Carbohydrate, by difference.....g	11.20		0	NC	4		28.34	21.28	
Fiber, total dietary.....g	2.4		0		4		6.1	4.6	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		0		1		13	10	
Iron, Fe.....mg	0.65		0		1		1.64	1.24	
Magnesium, Mg.....mg	23		0		1		58	44	
Phosphorus, P.....mg	58		0		1		147	110	
Potassium, K.....mg	61		0		1		154	116	
Sodium, Na.....mg	188		0		1		476	357	
Zinc, Zn.....mg	0.56		0		1		1.42	1.06	
Copper, Cu.....mg	0.079		0		1		0.200	0.150	
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.080		0		1		0.202	0.152	
Riboflavin.....mg	0.070		0		1		0.177	0.133	
Niacin.....mg	0.810		0		1		2.049	1.539	
Pantothenic acid.....mg	0.130		0		1		0.329	0.247	
Vitamin B-6.....mg	0.045		0		1		0.114	0.086	
Folate, total.....mcg	7		0		1		18	13	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	7		0		1		18	13	
Folate, DFE.....mcg_DFE	7		0	NC	4		18	13	
Vitamin B-12.....mcg	0.04		0		1		0.11	0.08	
Vitamin A, IU.....IU	0		0		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.056		0		4		0.142	0.106	
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 253g: 1 cup

NDB No. 08185

Cereals, RALSTON, cooked with water, with salt

Measure 2 = 190g: .75 cup

Calories Factors: Protein 3.59

Fat 8.37

Carbohydrate 3.78

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08135

Cereals, RALSTON, cooked with water, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.040		0		4		0.101	0.006	0.076
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		4		0.005	0.000	0.004
17:1.....g									
18:1 undifferentiated.....g	0.038		0		4		0.096	0.006	0.072
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.146		0		4		0.369	0.023	0.277
18:2 undifferentiated.....g	0.135		0		4		0.342	0.022	0.257
18:3 undifferentiated.....g	0.012		0		4		0.030	0.002	0.023
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 253g: 1 cup
- Measure 2 = 16g: 1 tbsp
- Measure 3 = 190g: .75 cup

Calories Factors: Protein 3.59

Fat 8.37

Carbohydrate 3.78

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08134
Cereals, RALSTON, dry

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	9.90	0.191	36		1		11.68	2.97	
Energy.....kcal	341		0	NC	4		402	102	
Energy.....kj	1427				4		1684	428	
Protein (N x 5.83).....g	14.10		88		1		16.64	4.23	
Total lipid (fat).....g	2.10		76		1		2.48	0.63	
Ash.....g	1.70	0.046	3		1		2.01	0.51	
Carbohydrate, by difference.....g	72.10		0	NC	4		85.08	21.63	
Fiber, total dietary.....g	13.4		0		1		15.8	4.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	35		50		1		41	11	
Iron, Fe.....mg	4.20		118		1		4.96	1.26	
Magnesium, Mg.....mg	152		109		1		179	46	
Phosphorus, P.....mg	377		123		1		445	113	
Potassium, K.....mg	392		49		1		463	118	
Sodium, Na.....mg	11		109		1		13	3	
Zinc, Zn.....mg	3.60		93		1		4.25	1.08	
Copper, Cu.....mg	0.508		90		1		0.599	0.152	
Manganese, Mn.....mg									
Selenium, Se.....mcg	70.7		0	BFZN	4		83.4	21.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.540		121		1		0.637	0.162	
Riboflavin.....mg	0.480		110		1		0.566	0.144	
Niacin.....mg	5.220		13		1		6.160	1.566	
Pantothenic acid.....mg	0.741		104		1		0.874	0.222	
Vitamin B-6.....mg	0.289		95		1		0.341	0.087	
Folate, total.....mcg	60		104		1		71	18	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	60			NC	4		71	18	
Folate, DFE.....mcg_DFE	60		0	NC	4		71	18	
Vitamin B-12.....mcg	0.28		0		4		0.33	0.08	
Vitamin A, IU.....IU	0		0		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 118g: 1 cup

NDB No. 08134

Cereals, RALSTON, dry

Measure 2 = 30g: .25 cup

Calories Factors: Protein 3.59

Fat 8.37

Carbohydrate 3.78

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08184

Cereals, ROMAN MEAL WITH OATS, cooked with water, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	81.50		0		1		195.60	146.70	
Energy.....kcal	71		0	NC	4		170	128	
Energy.....kj	297				4		713	535	
Protein (N x 5.9).....g	3.00		0		1		7.20	5.40	
Total lipid (fat).....g	0.80		0		1		1.92	1.44	
Ash.....g	0.40		0		1		0.96	0.72	
Carbohydrate, by difference.....g	14.20		0	NC	4		34.08	25.56	
Fiber, total dietary.....g	3.4		0		4		8.2	6.1	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	11		0		1		26	20	
Iron, Fe.....mg	0.58		0		1		1.39	1.04	
Magnesium, Mg.....mg	31		0		1		74	56	
Phosphorus, P.....mg	98		0		1		235	176	
Potassium, K.....mg	107		0		4		257	193	
Sodium, Na.....mg	225		0		1		540	405	
Zinc, Zn.....mg	0.81		0		4		1.94	1.46	
Copper, Cu.....mg	0.062		0		1		0.149	0.112	
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.130		0		1		0.312	0.234	
Riboflavin.....mg	0.090		0		1		0.216	0.162	
Niacin.....mg	1.360		0		1		3.264	2.448	
Pantothenic acid.....mg	0.104		0		1		0.250	0.187	
Vitamin B-6.....mg	0.158		0		1		0.379	0.284	
Folate, total.....mcg	10		0		4		24	18	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	10		0		4		24	18	
Folate, DFE.....mcg_DFE	10		0	NC	4		24	18	
Vitamin B-12.....mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU.....IU	9		0		4		22	16	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		1	1	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.072		0		4		0.173	0.130	
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 1 cup

NDB No. 08184

Cereals, ROMAN MEAL WITH OATS, cooked with water, with salt

Measure 2 = 180g: .75 cup

Calories Factors: Protein 3.2

Fat 8.37

Carbohydrate 3.8

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08155

Cereals, ROMAN MEAL WITH OATS, cooked with water, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	81.50		0		1		195.60	146.70	
Energy.....kcal	71		0	NC	4		170	128	
Energy.....kj	297				4		713	535	
Protein (N x 5.83).....g	3.00		0		1		7.20	5.40	
Total lipid (fat).....g	0.80		0		1		1.92	1.44	
Ash.....g	0.40		0		1		0.96	0.72	
Carbohydrate, by difference.....g	14.20		0	NC	4		34.08	25.56	
Fiber, total dietary.....g	2.9		0		4		7.0	5.2	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	11		0		1		26	20	
Iron, Fe.....mg	0.58		0		1		1.39	1.04	
Magnesium, Mg.....mg	31		0		1		74	56	
Phosphorus, P.....mg	98		0		1		235	176	
Potassium, K.....mg	107		0		4		257	193	
Sodium, Na.....mg	4		0		1		10	7	
Zinc, Zn.....mg	0.81		0		4		1.94	1.46	
Copper, Cu.....mg	0.062		0		1		0.149	0.112	
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.130		0		1		0.312	0.234	
Riboflavin.....mg	0.090		0		1		0.216	0.162	
Niacin.....mg	1.360		0		1		3.264	2.448	
Pantothenic acid.....mg	0.104		0		1		0.250	0.187	
Vitamin B-6.....mg	0.158		0		1		0.379	0.284	
Folate, total.....mcg	10		0		4		24	18	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	10		0	NC	4		24	18	
Folate, DFE.....mcg_DFE	10		0	NC	4		24	18	
Vitamin B-12.....mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU.....IU	9		0		4		22	16	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		1	1	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.072		0		4		0.173	0.130	
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 1 cup

NDB No. 08155

Cereals, ROMAN MEAL WITH OATS, cooked with water, without salt

Measure 2 = 180g: .75 cup

Calories Factors: Protein 3.2

Fat 8.37

Carbohydrate 3.8

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08181

Cereals, ROMAN MEAL, plain, cooked with water, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	82.70		0		1		199.31	149.69	
Energy.....kcal	61		0	NC	4		147	110	
Energy.....kj	255				4		615	462	
Protein (N x 5.9).....g	2.70		0		1		6.51	4.89	
Total lipid (fat).....g	0.40		0		1		0.96	0.72	
Ash.....g	0.50		0		1		1.21	0.91	
Carbohydrate, by difference.....g	13.70		0	NC	4		33.02	24.80	
Fiber, total dietary.....g	3.4		0		4		8.2	6.2	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	12		0		1		29	22	
Iron, Fe.....mg	0.88		0		1		2.12	1.59	
Magnesium, Mg.....mg	45		0		1		108	81	
Phosphorus, P.....mg	89		0		1		214	161	
Potassium, K.....mg	125		0		1		301	226	
Sodium, Na.....mg	82		0		1		198	148	
Zinc, Zn.....mg	0.74		0		1		1.78	1.34	
Copper, Cu.....mg	0.133		0		1		0.321	0.241	
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.100		0		1		0.241	0.181	
Riboflavin.....mg	0.050		0		1		0.121	0.091	
Niacin.....mg	1.280		0		1		3.085	2.317	
Pantothenic acid.....mg	0.154		0		1		0.371	0.279	
Vitamin B-6.....mg	0.047		0		1		0.113	0.085	
Folate, total.....mcg	10		0		1		24	18	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	10		0		1		24	18	
Folate, DFE.....mcg_DFE	10		0	NC	4		24	18	
Vitamin B-12.....mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU.....IU	0		0		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.053		0		4		0.128	0.096	
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 241g: 1 cup

NDB No. 08181

Cereals, ROMAN MEAL, plain, cooked with water, with salt

Measure 2 = 181g: .75 cup

Calories Factors: Protein 3.1

Fat 8.37

Carbohydrate 3.6

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08137

Cereals, ROMAN MEAL, plain, cooked with water, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	82.70		0		1		199.31	149.69	
Energy.....kcal	61		0	NC	4		147	110	
Energy.....kj	255				4		615	462	
Protein (N x 5.9).....g	2.70		0		1		6.51	4.89	
Total lipid (fat).....g	0.40		0		1		0.96	0.72	
Ash.....g	0.50		0		1		1.21	0.91	
Carbohydrate, by difference.....g	13.70		0	NC	4		33.02	24.80	
Fiber, total dietary.....g	3.4		0		4		8.2	6.2	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	12		0		1		29	22	
Iron, Fe.....mg	0.88		0		1		2.12	1.59	
Magnesium, Mg.....mg	45		0		1		108	81	
Phosphorus, P.....mg	89		0		1		214	161	
Potassium, K.....mg	125		0		1		301	226	
Sodium, Na.....mg	1		0		1		2	2	
Zinc, Zn.....mg	0.74		0		1		1.78	1.34	
Copper, Cu.....mg	0.133		0		1		0.321	0.241	
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.100		0		1		0.241	0.181	
Riboflavin.....mg	0.050		0		1		0.121	0.091	
Niacin.....mg	1.280		0		1		3.085	2.317	
Pantothenic acid.....mg	0.154		0		1		0.371	0.279	
Vitamin B-6.....mg	0.047		0		1		0.113	0.085	
Folate, total.....mcg	10		0		1		24	18	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	10		0	NC	4		24	18	
Folate, DFE.....mcg_DFE	10		0	NC	4		24	18	
Vitamin B-12.....mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU.....IU	0		0		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.053		0		4		0.128	0.096	
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 241g: 1 cup

NDB No. 08137

Cereals, ROMAN MEAL, plain, cooked with water, without salt

Measure 2 = 181g: .75 cup

Calories Factors: Protein 3.1

Fat 8.37

Carbohydrate 3.6

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08136

Cereals, ROMAN MEAL, plain, dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.288		0		4		0.268	0.017	0.089
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.012		0		4		0.011	0.001	0.004
17:1.....g									
18:1 undifferentiated.....g	0.274		0		4		0.255	0.016	0.085
20:1.....g	0.003		0		4		0.003	0.000	0.001
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.005		0		4		0.935	0.058	0.312
18:2 undifferentiated.....g	0.918		0		4		0.854	0.053	0.285
18:3 undifferentiated.....g	0.085		0		4		0.079	0.005	0.026
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0		4		0.002	0.000	0.001
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 93g: 1 cup
- Measure 2 = 5.8g: 1 tbsp
- Measure 3 = 31g: .333 cup

Calories Factors: Protein 3.1

Fat 8.37

Carbohydrate 3.6

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08143
Cereals, WHEATENA, cooked with water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.071		0		4		0.173	0.129	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.071		0		4		0.173	0.129	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.252		0		4		0.612	0.459	
18:2 undifferentiated.....g	0.234		0		4		0.569	0.426	
18:3 undifferentiated.....g	0.019		0		4		0.046	0.035	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 243g: 1 cup

Measure 2 = 182g: .75 cup

Calories Factors: Protein 3.59

Fat 8.37

Carbohydrate 3.78

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08182

Cereals, WHEATENA, cooked with water, with salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.067		0	FLM	4		0.164	0.123	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.067		0	FLM	4		0.164	0.123	
20:1.....g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.240		0	FLM	4		0.582	0.436	
18:2 undifferentiated.....g	0.222		0	FLM	4		0.539	0.404	
18:3 undifferentiated.....g	0.018		0	FLM	4		0.043	0.033	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLM	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0	0.0	
Caffeine.....mg	0		0	FLM	4		0	0	
Theobromine.....mg	0		0	FLM	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	2		0	FLM	4		4.955	3.711	
Carotene, alpha.....mcg	0		0	FLM	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000	0.000	
Lycopene.....mcg	0		0	FLM	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	45		0	FLM	4		110.033	82.411	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 243g: 1 cup

Measure 2 = 182g: .75 cup

Calories Factors: Protein 3.59

Fat 8.37

Carbohydrate 3.78

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08142
Cereals, WHEATENA, dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.410		0		4		0.578	0.144	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.411		0		4		0.580	0.144	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.460		0		4		2.059	0.511	
18:2 undifferentiated.....g	1.353		0		4		1.908	0.474	
18:3 undifferentiated.....g	0.109		0		4		0.154	0.038	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	13		0	FLA	4		18.520	4.597	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	292		0	FLA	4		411.248	102.083	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 141g: 1 cup
Measure 2 = 35g: .25 cup

Calories Factors: Protein 3.59

Fat 8.37

Carbohydrate 3.78

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08091

Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.048		0	RP	4		0.117	0.007	0.088
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	RP	4		0.001	0.000	0.001
17:1.....g									
18:1 undifferentiated.....g	0.048		0	RP	4		0.116	0.007	0.087
20:1.....g	0.000		0	RP	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	RP	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.083		0	RP	4		0.202	0.013	0.152
18:2 undifferentiated.....g	0.081		0	RP	4		0.196	0.012	0.148
18:3 undifferentiated.....g	0.002		0	RP	4		0.006	0.000	0.004
18:4.....g	0.000		0	RP	4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	RP	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	RP	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	RP	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RP	4		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.010		0	RP	4		0.024	0.002	0.018
Threonine.....g	0.053		0	RP	4		0.129	0.008	0.097
Isoleucine.....g	0.051		0	RP	4		0.123	0.008	0.092
Leucine.....g	0.174		0	RP	4		0.421	0.026	0.317
Lysine.....g	0.040		0	RP	4		0.097	0.006	0.073
Methionine.....g	0.030		0	RP	4		0.072	0.004	0.054
Cystine.....g	0.026		0	RP	4		0.062	0.004	0.046
Phenylalanine.....g	0.070		0	RP	4		0.169	0.010	0.127
Tyrosine.....g	0.058		0	RP	4		0.140	0.009	0.105
Valine.....g	0.072		0	RP	4		0.174	0.011	0.131
Arginine.....g	0.071		0	RP	4		0.171	0.011	0.129
Histidine.....g	0.043		0	RP	4		0.105	0.007	0.079
Alanine.....g	0.106		0	RP	4		0.257	0.016	0.193
Aspartic acid.....g	0.099		0	RP	4		0.239	0.015	0.180
Glutamic acid.....g	0.266		0	RP	4		0.645	0.040	0.485
Glycine.....g	0.058		0	RP	4		0.141	0.009	0.106
Proline.....g	0.124		0	RP	4		0.299	0.019	0.225
Serine.....g	0.067		0	RP	4		0.163	0.010	0.123
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RP	4		0.0	0.0	0.0
Caffeine.....mg	0		0	RP	4		0	0	0
Theobromine.....mg	0		0	RP	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	RP	4		0.493	0.031	0.371
Carotene, alpha.....mcg	0		0	RP	4		0.023	0.001	0.018
Cryptoxanthin, beta.....mcg	0		0	RP	4		0.505	0.031	0.380
Lycopene.....mcg	0		0	RP	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	1		0	RP	4		1.898	0.118	1.427

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 242g: 1 cup

Measure 2 = 15g: 1 tbsp

Measure 3 = 182g: .75 cup

NDB No. 08091

Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt

Calories Factors: Protein 3.46

Fat 8.37

Carbohydrate 4.16

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08090

Cereals, corn grits, white, regular and quick, enriched, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.300		0	FLA	4		0.467	0.029	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0	FLA	4		0.006	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.296		0	FLA	4		0.462	0.029	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.516		0	FLA	4		0.806	0.050	
18:2 undifferentiated.....g	0.502		0	FLA	4		0.783	0.049	
18:3 undifferentiated.....g	0.015		0	FLA	4		0.023	0.001	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.062		0		1		0.097	0.006	
Threonine.....g	0.330		0		1		0.515	0.032	
Isoleucine.....g	0.314		0		1		0.490	0.030	
Leucine.....g	1.076		0		1		1.679	0.104	
Lysine.....g	0.247		0		1		0.385	0.024	
Methionine.....g	0.184		0		1		0.287	0.018	
Cystine.....g	0.158		0		1		0.246	0.015	
Phenylalanine.....g	0.431		0		1		0.672	0.042	
Tyrosine.....g	0.357		0		1		0.557	0.035	
Valine.....g	0.444		0		1		0.693	0.043	
Arginine.....g	0.437		0		1		0.682	0.042	
Histidine.....g	0.268		0		1		0.418	0.026	
Alanine.....g	0.656		0		1		1.023	0.064	
Aspartic acid.....g	0.610		0		1		0.952	0.059	
Glutamic acid.....g	1.647		0		1		2.569	0.160	
Glycine.....g	0.360		0		1		0.562	0.035	
Proline.....g	0.765		0		1		1.193	0.074	
Serine.....g	0.417		0		1		0.651	0.040	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	1		0	FLA	4		1.966	0.122	
Carotene, alpha.....mcg	0		0	FLA	4		0.094	0.006	
Cryptoxanthin, beta.....mcg	1		0	FLA	4		2.012	0.125	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	5		0	FLA	4		7.566	0.470	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 156g: 1 cup

Measure 2 = 9.7g: 1 tbsp

NDB No. 08090

Cereals, corn grits, white, regular and quick, enriched, dry

Calories Factors: Protein 3.46

Fat 8.37

Carbohydrate 4.16

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08162

Cereals, corn grits, white, regular and quick, unenriched, cooked with water, without salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.048		0	RP	4		0.117	0.088	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	RP	4		0.001	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.048		0	RP	4		0.116	0.087	
20:1.....g	0.000		0	RP	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RP	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.083		0	RP	4		0.202	0.152	
18:2 undifferentiated.....g	0.081		0	RP	4		0.196	0.148	
18:3 undifferentiated.....g	0.002		0	RP	4		0.006	0.004	
18:4.....g	0.000		0	RP	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP	4		0.000	0.000	
20:5 n-3.....g	0.000		0	RP	4		0.000	0.000	
22:5 n-3.....g	0.000		0	RP	4		0.000	0.000	
22:6 n-3.....g	0.000		0	RP	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RP	4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.010		0	RP	4		0.024	0.018	
Threonine.....g	0.053		0	RP	4		0.129	0.097	
Isoleucine.....g	0.051		0	RP	4		0.123	0.092	
Leucine.....g	0.174		0	RP	4		0.421	0.317	
Lysine.....g	0.040		0	RP	4		0.097	0.073	
Methionine.....g	0.030		0	RP	4		0.072	0.054	
Cystine.....g	0.026		0	RP	4		0.062	0.046	
Phenylalanine.....g	0.070		0	RP	4		0.169	0.127	
Tyrosine.....g	0.058		0	RP	4		0.140	0.105	
Valine.....g	0.072		0	RP	4		0.174	0.131	
Arginine.....g	0.071		0	RP	4		0.171	0.129	
Histidine.....g	0.043		0	RP	4		0.105	0.079	
Alanine.....g	0.106		0	RP	4		0.257	0.193	
Aspartic acid.....g	0.099		0	RP	4		0.239	0.180	
Glutamic acid.....g	0.266		0	RP	4		0.645	0.485	
Glycine.....g	0.058		0	RP	4		0.141	0.106	
Proline.....g	0.124		0	RP	4		0.299	0.225	
Serine.....g	0.067		0	RP	4		0.163	0.123	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RP	4		0.0	0.0	
Caffeine.....mg	0		0	RP	4		0	0	
Theobromine.....mg	0		0	RP	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	RP	4		0.493	0.371	
Carotene, alpha.....mcg	0		0	RP	4		0.023	0.018	
Cryptoxanthin, beta.....mcg	0		0	RP	4		0.505	0.380	
Lycopene.....mcg	0		0	RP	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	1		0	RP	4		1.898	1.427	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 242g: 1 cup

Measure 2 = 182g: .75 cup

NDB No. 08162

Cereals, corn grits, white, regular and quick, unenriched, cooked with water, without salt

Calories Factors: Protein 3.46

Fat 8.37

Carbohydrate 4.16

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08158

Cereals, corn grits, white, regular and quick, unenriched, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.300		0	FLA	4		0.467	0.029	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0	FLA	4		0.006	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.296		0	FLA	4		0.462	0.029	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.516		0	FLA	4		0.806	0.050	
18:2 undifferentiated.....g	0.502		0	FLA	4		0.783	0.049	
18:3 undifferentiated.....g	0.015		0	FLA	4		0.023	0.001	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.062		0		1		0.097	0.006	
Threonine.....g	0.330		0		1		0.515	0.032	
Isoleucine.....g	0.314		0		1		0.490	0.030	
Leucine.....g	1.076		0		1		1.679	0.104	
Lysine.....g	0.247		0		1		0.385	0.024	
Methionine.....g	0.184		0		1		0.287	0.018	
Cystine.....g	0.158		0		1		0.246	0.015	
Phenylalanine.....g	0.431		0		1		0.672	0.042	
Tyrosine.....g	0.357		0		1		0.557	0.035	
Valine.....g	0.444		0		1		0.693	0.043	
Arginine.....g	0.437		0		1		0.682	0.042	
Histidine.....g	0.268		0		1		0.418	0.026	
Alanine.....g	0.656		0		1		1.023	0.064	
Aspartic acid.....g	0.610		0		1		0.952	0.059	
Glutamic acid.....g	1.647		0		1		2.569	0.160	
Glycine.....g	0.360		0		1		0.562	0.035	
Proline.....g	0.765		0		1		1.193	0.074	
Serine.....g	0.417		0		1		0.651	0.040	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	1		0	FLA	4		1.966	0.122	
Carotene, alpha.....mcg	0		0	FLA	4		0.094	0.006	
Cryptoxanthin, beta.....mcg	1		0	FLA	4		2.012	0.125	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	5		0	FLA	4		7.566	0.470	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 156g: 1 cup

Measure 2 = 9.7g: 1 tbsp

NDB No. 08158

Cereals, corn grits, white, regular and quick, unenriched, dry

Calories Factors: Protein 3.46

Fat 8.37

Carbohydrate 4.16

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08161

Cereals, corn grits, white, regular, quick, enriched, cooked with water, with salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.048		0	BFZN	4		0.117	0.088	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	BFZN	4		0.001	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.048		0	BFZN	4		0.116	0.087	
20:1.....g	0.000		0	BFZN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.083		0	BFZN	4		0.202	0.152	
18:2 undifferentiated.....g	0.081		0	BFZN	4		0.196	0.148	
18:3 undifferentiated.....g	0.002		0	BFZN	4		0.006	0.004	
18:4.....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	BFZN	4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.010		0	BFZN	4		0.024	0.018	
Threonine.....g	0.053		0	BFZN	4		0.129	0.097	
Isoleucine.....g	0.051		0	BFZN	4		0.123	0.092	
Leucine.....g	0.174		0	BFZN	4		0.421	0.317	
Lysine.....g	0.040		0	BFZN	4		0.097	0.073	
Methionine.....g	0.030		0	BFZN	4		0.072	0.054	
Cystine.....g	0.026		0	BFZN	4		0.062	0.046	
Phenylalanine.....g	0.070		0	BFZN	4		0.169	0.127	
Tyrosine.....g	0.058		0	BFZN	4		0.140	0.105	
Valine.....g	0.072		0	BFZN	4		0.174	0.131	
Arginine.....g	0.071		0	BFZN	4		0.171	0.129	
Histidine.....g	0.043		0	BFZN	4		0.105	0.079	
Alanine.....g	0.106		0	BFZN	4		0.257	0.193	
Aspartic acid.....g	0.099		0	BFZN	4		0.239	0.180	
Glutamic acid.....g	0.266		0	BFZN	4		0.645	0.485	
Glycine.....g	0.058		0	BFZN	4		0.141	0.106	
Proline.....g	0.124		0	BFZN	4		0.299	0.225	
Serine.....g	0.067		0	BFZN	4		0.163	0.123	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.493	0.371	
Carotene, alpha.....mcg	0		0	BFZN	4		0.023	0.018	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.505	0.380	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	1		0	BFZN	4		1.898	1.427	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 242g: 1 cup

Measure 2 = 182g: .75 cup

NDB No. 08161

Cereals, corn grits, white, regular, quick, enriched, cooked with water, with salt

Calories Factors: Protein 3.46

Fat 8.37

Carbohydrate 4.16

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08163

Cereals, corn grits, white, regular, quick, unenriched, cooked with water, with salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.050		0		1		0.121	0.091	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.050		0		1		0.121	0.091	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.080		0		1		0.194	0.146	
18:2 undifferentiated.....g	0.080		0		1		0.194	0.146	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.010		0		1		0.024	0.018	
Threonine.....g	0.054		0		1		0.131	0.098	
Isoleucine.....g	0.051		0		1		0.123	0.093	
Leucine.....g	0.175		0		1		0.424	0.319	
Lysine.....g	0.040		0		1		0.097	0.073	
Methionine.....g	0.030		0		1		0.073	0.055	
Cystine.....g	0.026		0		1		0.063	0.047	
Phenylalanine.....g	0.070		0		1		0.169	0.127	
Tyrosine.....g	0.058		0		1		0.140	0.106	
Valine.....g	0.072		0		1		0.174	0.131	
Arginine.....g	0.071		0		1		0.172	0.129	
Histidine.....g	0.044		0		1		0.106	0.080	
Alanine.....g	0.107		0		1		0.259	0.195	
Aspartic acid.....g	0.099		0		1		0.240	0.180	
Glutamic acid.....g	0.268		0		1		0.649	0.488	
Glycine.....g	0.059		0		1		0.143	0.107	
Proline.....g	0.125		0		1		0.303	0.228	
Serine.....g	0.068		0		1		0.165	0.124	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 242g: 1 cup

Measure 2 = 182g: .75 cup

Calories Factors: Protein 3.46

Fat 8.37

Carbohydrate 4.16

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08164

Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.048		0	RP	4		0.117	0.088	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	RP	4		0.001	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.048		0	RP	4		0.116	0.087	
20:1.....g	0.000		0	RP	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RP	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.083		0	RP	4		0.202	0.152	
18:2 undifferentiated.....g	0.081		0	RP	4		0.196	0.148	
18:3 undifferentiated.....g	0.002		0	RP	4		0.006	0.004	
18:4.....g	0.000		0	RP	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP	4		0.000	0.000	
20:5 n-3.....g	0.000		0	RP	4		0.000	0.000	
22:5 n-3.....g	0.000		0	RP	4		0.000	0.000	
22:6 n-3.....g	0.000		0	RP	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RP	4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.010		0	RP	4		0.024	0.018	
Threonine.....g	0.053		0	RP	4		0.129	0.097	
Isoleucine.....g	0.051		0	RP	4		0.123	0.092	
Leucine.....g	0.174		0	RP	4		0.421	0.317	
Lysine.....g	0.040		0	RP	4		0.097	0.073	
Methionine.....g	0.030		0	RP	4		0.072	0.054	
Cystine.....g	0.026		0	RP	4		0.062	0.046	
Phenylalanine.....g	0.070		0	RP	4		0.169	0.127	
Tyrosine.....g	0.058		0	RP	4		0.140	0.105	
Valine.....g	0.072		0	RP	4		0.174	0.131	
Arginine.....g	0.071		0	RP	4		0.171	0.129	
Histidine.....g	0.043		0	RP	4		0.105	0.079	
Alanine.....g	0.106		0	RP	4		0.257	0.193	
Aspartic acid.....g	0.099		0	RP	4		0.239	0.180	
Glutamic acid.....g	0.266		0	RP	4		0.645	0.485	
Glycine.....g	0.058		0	RP	4		0.141	0.106	
Proline.....g	0.124		0	RP	4		0.299	0.225	
Serine.....g	0.067		0	RP	4		0.163	0.123	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RP	4		0.0	0.0	
Caffeine.....mg	0		0	RP	4		0	0	
Theobromine.....mg	0		0	RP	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	14		0	RP	4		34.057	25.613	
Carotene, alpha.....mcg	9		0	RP	4		22.294	16.766	
Cryptoxanthin, beta.....mcg	0		0	RP	4		0.000	0.000	
Lycopene.....mcg	0		0	RP	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	197		0	RP	4		477.216	358.898	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 242g: 1 cup

Measure 2 = 182g: .75 cup

NDB No. 08164

Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt

Calories Factors: Protein 3.46

Fat 8.37

Carbohydrate 4.16

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08159

Cereals, corn grits, yellow, regular and quick, enriched, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.300		0	FLA	4		0.467	0.029	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0	FLA	4		0.006	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.296		0	FLA	4		0.462	0.029	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.516		0	FLA	4		0.806	0.050	
18:2 undifferentiated.....g	0.502		0	FLA	4		0.783	0.049	
18:3 undifferentiated.....g	0.015		0	FLA	4		0.023	0.001	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.062		0		1		0.097	0.006	
Threonine.....g	0.330		0		1		0.515	0.032	
Isoleucine.....g	0.314		0		1		0.490	0.030	
Leucine.....g	1.076		0		1		1.679	0.104	
Lysine.....g	0.247		0		1		0.385	0.024	
Methionine.....g	0.184		0		1		0.287	0.018	
Cystine.....g	0.158		0		1		0.246	0.015	
Phenylalanine.....g	0.431		0		1		0.672	0.042	
Tyrosine.....g	0.357		0		1		0.557	0.035	
Valine.....g	0.444		0		1		0.693	0.043	
Arginine.....g	0.437		0		1		0.682	0.042	
Histidine.....g	0.268		0		1		0.418	0.026	
Alanine.....g	0.656		0		1		1.023	0.064	
Aspartic acid.....g	0.610		0		1		0.952	0.059	
Glutamic acid.....g	1.647		0		1		2.569	0.160	
Glycine.....g	0.360		0		1		0.562	0.035	
Proline.....g	0.765		0		1		1.193	0.074	
Serine.....g	0.417		0		1		0.651	0.040	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	97		0	FLA	4		150.852	9.380	
Carotene, alpha.....mcg	63		0	FLA	4		98.748	6.140	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	1355		0	FLA	4		2113.800	131.435	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 156g: 1 cup

Measure 2 = 9.7g: 1 tbsp

NDB No. 08159

Cereals, corn grits, yellow, regular and quick, enriched, dry

Calories Factors: Protein 3.46

Fat 8.37

Carbohydrate 4.16

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08166

Cereals, corn grits, yellow, regular and quick, unenriched, cooked with water, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.048		0	RP	4		0.117	0.088	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	RP	4		0.001	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.048		0	RP	4		0.116	0.087	
20:1.....g	0.000		0	RP	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RP	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.083		0	RP	4		0.202	0.152	
18:2 undifferentiated.....g	0.081		0	RP	4		0.196	0.148	
18:3 undifferentiated.....g	0.002		0	RP	4		0.006	0.004	
18:4.....g	0.000		0	RP	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP	4		0.000	0.000	
20:5 n-3.....g	0.000		0	RP	4		0.000	0.000	
22:5 n-3.....g	0.000		0	RP	4		0.000	0.000	
22:6 n-3.....g	0.000		0	RP	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RP	4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.010		0	RP	4		0.024	0.018	
Threonine.....g	0.053		0	RP	4		0.129	0.097	
Isoleucine.....g	0.051		0	RP	4		0.123	0.092	
Leucine.....g	0.174		0	RP	4		0.421	0.317	
Lysine.....g	0.040		0	RP	4		0.097	0.073	
Methionine.....g	0.030		0	RP	4		0.072	0.054	
Cystine.....g	0.026		0	RP	4		0.062	0.046	
Phenylalanine.....g	0.070		0	RP	4		0.169	0.127	
Tyrosine.....g	0.058		0	RP	4		0.140	0.105	
Valine.....g	0.072		0	RP	4		0.174	0.131	
Arginine.....g	0.071		0	RP	4		0.171	0.129	
Histidine.....g	0.043		0	RP	4		0.105	0.079	
Alanine.....g	0.106		0	RP	4		0.257	0.193	
Aspartic acid.....g	0.099		0	RP	4		0.239	0.180	
Glutamic acid.....g	0.266		0	RP	4		0.645	0.485	
Glycine.....g	0.058		0	RP	4		0.141	0.106	
Proline.....g	0.124		0	RP	4		0.299	0.225	
Serine.....g	0.067		0	RP	4		0.163	0.123	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RP	4		0.0	0.0	
Caffeine.....mg	0		0	RP	4		0	0	
Theobromine.....mg	0		0	RP	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	14		0	RP	4		34.057	25.613	
Carotene, alpha.....mcg	9		0	RP	4		22.294	16.766	
Cryptoxanthin, beta.....mcg	0		0	RP	4		0.000	0.000	
Lycopene.....mcg	0		0	RP	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	197		0	RP	4		477.216	358.898	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 242g: 1 cup

Measure 2 = 182g: .75 cup

NDB No. 08166

Cereals, corn grits, yellow, regular and quick, unenriched, cooked with water, without salt

Calories Factors: Protein 3.46

Fat 8.37

Carbohydrate 4.16

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08160

Cereals, corn grits, yellow, regular and quick, unenriched, dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.300		0	FLA	4		0.467	0.029	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0	FLA	4		0.006	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.296		0	FLA	4		0.462	0.029	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.516		0	FLA	4		0.806	0.050	
18:2 undifferentiated.....g	0.502		0	FLA	4		0.783	0.049	
18:3 undifferentiated.....g	0.015		0	FLA	4		0.023	0.001	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.062		0		1		0.097	0.006	
Threonine.....g	0.330		0		1		0.515	0.032	
Isoleucine.....g	0.314		0		1		0.490	0.030	
Leucine.....g	1.076		0		1		1.679	0.104	
Lysine.....g	0.247		0		1		0.385	0.024	
Methionine.....g	0.184		0		1		0.287	0.018	
Cystine.....g	0.158		0		1		0.246	0.015	
Phenylalanine.....g	0.431		0		1		0.672	0.042	
Tyrosine.....g	0.357		0		1		0.557	0.035	
Valine.....g	0.444		0		1		0.693	0.043	
Arginine.....g	0.437		0		1		0.682	0.042	
Histidine.....g	0.268		0		1		0.418	0.026	
Alanine.....g	0.656		0		1		1.023	0.064	
Aspartic acid.....g	0.610		0		1		0.952	0.059	
Glutamic acid.....g	1.647		0		1		2.569	0.160	
Glycine.....g	0.360		0		1		0.562	0.035	
Proline.....g	0.765		0		1		1.193	0.074	
Serine.....g	0.417		0		1		0.651	0.040	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	97		0	FLA	4		150.852	9.380	
Carotene, alpha.....mcg	63		0	FLA	4		98.748	6.140	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	1355		0	FLA	4		2113.800	131.435	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 156g: 1 cup

Measure 2 = 9.7g: 1 tbsp

NDB No. 08160

Cereals, corn grits, yellow, regular and quick, unenriched, dry

Calories Factors: Protein 3.46

Fat 8.37

Carbohydrate 4.16

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08165

Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.048		0	BFZN	4		0.117	0.088	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	BFZN	4		0.001	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.048		0	BFZN	4		0.116	0.087	
20:1.....g	0.000		0	BFZN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.083		0	BFZN	4		0.202	0.152	
18:2 undifferentiated.....g	0.081		0	BFZN	4		0.196	0.148	
18:3 undifferentiated.....g	0.002		0	BFZN	4		0.006	0.004	
18:4.....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	BFZN	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	14		0	BFZN	4		34.057	25.613	
Carotene, alpha.....mcg	9		0	BFZN	4		22.294	16.766	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	197		0	BFZN	4		477.216	358.898	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 242g: 1 cup

Measure 2 = 182g: .75 cup

Calories Factors: Protein 3.46

Fat 8.37

Carbohydrate 4.16

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08167

Cereals, corn grits, yellow, regular, quick, unenriched, cooked with water, with salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.048		0	BFZN	4		0.117	0.088	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	BFZN	4		0.001	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.048		0	BFZN	4		0.116	0.087	
20:1.....g	0.000		0	BFZN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.083		0	BFZN	4		0.202	0.152	
18:2 undifferentiated.....g	0.081		0	BFZN	4		0.196	0.148	
18:3 undifferentiated.....g	0.002		0	BFZN	4		0.006	0.004	
18:4.....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	BFZN	4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.010		0	BFZN	4		0.024	0.018	
Threonine.....g	0.053		0	BFZN	4		0.129	0.097	
Isoleucine.....g	0.051		0	BFZN	4		0.123	0.092	
Leucine.....g	0.174		0	BFZN	4		0.421	0.317	
Lysine.....g	0.040		0	BFZN	4		0.097	0.073	
Methionine.....g	0.030		0	BFZN	4		0.072	0.054	
Cystine.....g	0.026		0	BFZN	4		0.062	0.046	
Phenylalanine.....g	0.070		0	BFZN	4		0.169	0.127	
Tyrosine.....g	0.058		0	BFZN	4		0.140	0.105	
Valine.....g	0.072		0	BFZN	4		0.174	0.131	
Arginine.....g	0.071		0	BFZN	4		0.171	0.129	
Histidine.....g	0.043		0	BFZN	4		0.105	0.079	
Alanine.....g	0.106		0	BFZN	4		0.257	0.193	
Aspartic acid.....g	0.099		0	BFZN	4		0.239	0.180	
Glutamic acid.....g	0.266		0	BFZN	4		0.645	0.485	
Glycine.....g	0.058		0	BFZN	4		0.141	0.106	
Proline.....g	0.124		0	BFZN	4		0.299	0.225	
Serine.....g	0.067		0	BFZN	4		0.163	0.123	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	14		0	BFZN	4		34.057	25.613	
Carotene, alpha.....mcg	9		0	BFZN	4		22.294	16.766	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	197		0	BFZN	4		477.216	358.898	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 242g: 1 cup

Measure 2 = 182g: .75 cup

NDB No. 08167

Cereals, corn grits, yellow, regular, quick, unenriched, cooked with water, with salt

Calories Factors: Protein 3.46

Fat 8.37

Carbohydrate 4.16

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08173

Cereals, farina, enriched, cooked with water, with salt,

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.010		0	BFZN	4		0.023	0.018	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.010		0	BFZN	4		0.023	0.018	
20:1.....g	0.000		0	BFZN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.030		0	BFZN	4		0.070	0.053	
18:2 undifferentiated.....g	0.027		0	BFZN	4		0.064	0.048	
18:3 undifferentiated.....g	0.003		0	BFZN	4		0.006	0.005	
18:4.....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	BFZN	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.042	0.032	
Carotene, alpha.....mcg	0		0	BFZN	4		0.020	0.015	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.028	0.021	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	2		0	BFZN	4		5.103	3.833	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 233g: 1 cup

Measure 2 = 175g: .75 cup

Calories Factors: Protein 4.05

Fat 8.37

Carbohydrate 4.12

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08113

Cereals, farina, enriched, cooked with water, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
24:0.....g									
Fatty acids, total monounsaturated.....g	0.010		0	FLC	4		0.023	0.001	0.018
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.010		0	FLC	4		0.023	0.001	0.018
20:1.....g	0.000		0	FLC	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.030		0	FLC	4		0.070	0.004	0.053
18:2 undifferentiated.....g	0.027		0	FLC	4		0.064	0.004	0.048
18:3 undifferentiated.....g	0.003		0	FLC	4		0.006	0.000	0.005
18:4.....g	0.000		0	FLC	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLC	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLC	4		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLC	4		0	0	0
Theobromine.....mg	0		0	FLC	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	FLC	4		0.042	0.003	0.032
Carotene, alpha.....mcg	0		0	FLC	4		0.020	0.001	0.015
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.028	0.002	0.021
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	2		0	FLC	4		5.103	0.320	3.833

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 233g: 1 cup
- Measure 2 = 14.6g: 1 tbsp
- Measure 3 = 175g: .75 cup

Calories Factors: Protein 4.05 Fat .837 Carbohydrate 4.12

Food Group: 08 Breakfast Cereals
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08112
Cereals, farina, enriched, dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.060		0		1		0.106	0.007	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.060		1		1		0.106	0.007	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.220		0		1		0.387	0.024	
18:2 undifferentiated.....g	0.200		1		1		0.352	0.022	
18:3 undifferentiated.....g	0.020		1		1		0.035	0.002	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.136		0		1		0.239	0.015	
Threonine.....g	0.280		0		1		0.493	0.031	
Isoleucine.....g	0.409		0		1		0.720	0.045	
Leucine.....g	0.724		0		1		1.274	0.079	
Lysine.....g	0.203		0		1		0.357	0.022	
Methionine.....g	0.165		0		1		0.290	0.018	
Cystine.....g	0.299		0		1		0.526	0.033	
Phenylalanine.....g	0.514		0		1		0.905	0.056	
Tyrosine.....g	0.278		0		1		0.489	0.030	
Valine.....g	0.451		0		1		0.794	0.049	
Arginine.....g	0.390		0		1		0.686	0.043	
Histidine.....g	0.215		0		1		0.378	0.023	
Alanine.....g	0.311		0		1		0.547	0.034	
Aspartic acid.....g	0.433		0		1		0.762	0.047	
Glutamic acid.....g	3.817		0		1		6.718	0.416	
Glycine.....g	0.335		0		1		0.590	0.037	
Proline.....g	1.165		0		1		2.050	0.127	
Serine.....g	0.499		0		1		0.878	0.054	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.264	0.016	
Carotene, alpha.....mcg	0		0	BFZN	4		0.123	0.008	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.176	0.011	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	18		0	BFZN	4		31.909	1.976	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 176g: 1 cup

Measure 2 = 10.9g: 1 tbsp

NDB No. 08112

Cereals, farina, enriched, dry

Calories Factors: Protein 4.05

Fat 8.37

Carbohydrate 4.12

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08172
Cereals, farina, unenriched, dry

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.060		0		1		0.106	0.007	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.060		1		1		0.106	0.007	
20:1.....g	0.000		0	BFZN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.220		0		1		0.387	0.024	
18:2 undifferentiated.....g	0.200		1		1		0.352	0.022	
18:3 undifferentiated.....g	0.020		1		1		0.035	0.002	
18:4.....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.136		0		1		0.239	0.015	
Threonine.....g	0.280		0		1		0.493	0.031	
Isoleucine.....g	0.409		0		1		0.720	0.045	
Leucine.....g	0.724		0		1		1.274	0.079	
Lysine.....g	0.203		0		1		0.357	0.022	
Methionine.....g	0.165		0		1		0.290	0.018	
Cystine.....g	0.299		0		1		0.526	0.033	
Phenylalanine.....g	0.514		0		1		0.905	0.056	
Tyrosine.....g	0.278		0		1		0.489	0.030	
Valine.....g	0.451		0		1		0.794	0.049	
Arginine.....g	0.390		0		1		0.686	0.043	
Histidine.....g	0.215		0		1		0.378	0.023	
Alanine.....g	0.311		0		1		0.547	0.034	
Aspartic acid.....g	0.433		0		1		0.762	0.047	
Glutamic acid.....g	3.817		0		1		6.718	0.416	
Glycine.....g	0.335		0		1		0.590	0.037	
Proline.....g	1.165		0		1		2.050	0.127	
Serine.....g	0.499		0		1		0.878	0.054	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 176g: 1 cup
 Measure 2 = 10.9g: 1 tbsp

Calories Factors: Protein 4.05 Fat 8.37 Carbohydrate 4.12

Food Group: 08 Breakfast Cereals

NDB No. 08122

Cereals, oats, instant, fortified, plain, dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.917		0		4		0.537		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		0		4		0.003		
17:1.....g									
18:1 undifferentiated.....g	1.907		0		4		0.534		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.227		0		4		0.624		
18:2 undifferentiated.....g	2.130		0		4		0.596		
18:3 undifferentiated.....g	0.097		0		4		0.027		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		4		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 3.46 Fat 8.37 Carbohydrate 4.12

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08123

Cereals, oats, instant, fortified, plain, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.287		0	RP	4		0.672	1.440	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	RP	4		0.004	0.008	
17:1.....g									
18:1 undifferentiated.....g	0.286		0	RP	4		0.669	1.432	
20:1.....g	0.000		0	RP	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RP	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.334		0	RP	4		0.781	1.672	
18:2 undifferentiated.....g	0.319		0	RP	4		0.747	1.600	
18:3 undifferentiated.....g	0.015		0	RP	4		0.034	0.073	
18:4.....g	0.000		0	RP	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP	4		0.000	0.000	
20:5 n-3.....g	0.000		0	RP	4		0.000	0.000	
22:5 n-3.....g	0.000		0	RP	4		0.000	0.000	
22:6 n-3.....g	0.000		0	RP	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RP	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RP	4		0.0	0.0	
Caffeine.....mg	0		0	RP	4		0	0	
Theobromine.....mg	0		0	RP	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	RP	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	RP	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	RP	4		0.000	0.000	
Lycopene.....mcg	0		0	RP	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	RP	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 234g: 1 cup, cooked

Measure 2 = 501g: 1 cup, dry, yields

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 3.46

Fat 8.37

Carbohydrate 4.12

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08128

Cereals, oats, instant, fortified, with cinnamon and spice, dry

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.670		0	FLM	4		0.768		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009		0	FLM	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	1.661		0	FLM	4		0.764		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.380		0	FLM	4		0.635		
18:2 undifferentiated.....g	1.320		0	FLM	4		0.607		
18:3 undifferentiated.....g	0.060		0	FLM	4		0.027		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	BNA	4		0.000		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	0		0	BNA	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BNA	4		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 46g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 3.46 Fat 8.37 Carbohydrate 4.12

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08129

Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.467		0	BFZN	4		1.121	0.070	0.752
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	BFZN	4		0.006	0.000	0.004
17:1.....g									
18:1 undifferentiated.....g	0.465		0	BFZN	4		1.115	0.070	0.748
20:1.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.386		0	BFZN	4		0.926	0.058	0.621
18:2 undifferentiated.....g	0.369		0	BFZN	4		0.886	0.055	0.594
18:3 undifferentiated.....g	0.017		0	BFZN	4		0.040	0.003	0.027
18:4.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 15.0g: 1 tbsp

Measure 3 = 161g: 1 packet, prepared

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08132

Cereals, oats, instant, fortified, with raisins and spice, dry

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.490		0	BFZN	4		0.641		
14:1.....g	0.000		0	BFZN	4		0.000		
15:1.....g	0.000		0	BFZN	4		0.000		
16:1 undifferentiated.....g	0.009		0	BFZN	4		0.004		
17:1.....g	0.000		0	BFZN	4		0.000		
18:1 undifferentiated.....g	1.481		0	BFZN	4		0.637		
20:1.....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.340		0	BFZN	4		0.576		
18:2 undifferentiated.....g	1.282		0	BFZN	4		0.551		
18:3 undifferentiated.....g	0.058		0	BFZN	4		0.025		
18:4.....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c.....g	0.000		0	BFZN	4		0.000		
20:3 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:5 n-3.....g	0.000		0	BFZN	4		0.000		
22:5 n-3.....g	0.000		0	BFZN	4		0.000		
22:6 n-3.....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	BFZN	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0		
Caffeine.....mg	0		0	BFZN	4		0		
Theobromine.....mg	0		0	BFZN	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000		
Carotene, alpha.....mcg	0		0	BFZN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 43g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08133

Cereals, oats, instant, fortified, with raisins and spice, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Fatty acids, total monounsaturated.....g	0.397		0	BFZN	4		0.952	0.060	0.627
14:1.....g	0.000		0	BFZN	4		0.000	0.000	0.000
15:1.....g	0.000		0	BFZN	4		0.000	0.000	0.000
16:1 undifferentiated.....g	0.002		0	BFZN	4		0.006	0.000	0.004
17:1.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:1 undifferentiated.....g	0.394		0	BFZN	4		0.947	0.059	0.623
20:1.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.357		0	BFZN	4		0.856	0.054	0.564
18:2 undifferentiated.....g	0.341		0	BFZN	4		0.819	0.051	0.539
18:3 undifferentiated.....g	0.015		0	BFZN	4		0.037	0.002	0.024
18:4.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c.c.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 15.0g: 1 tbsp

Measure 3 = 158g: 1 packet, prepared

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08120

Cereals, oats, regular and quick and instant, not fortified, dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.940		238		1		0.761	0.254	
17:0.....g									
18:0.....g	0.060		238		1		0.049	0.016	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.980		0		1		1.604	0.535	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		238		1		0.008	0.003	
17:1.....g									
18:1 undifferentiated.....g	1.970		238		1		1.596	0.532	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.300		0		1		1.863	0.621	
18:2 undifferentiated.....g	2.200		238		1		1.782	0.594	
18:3 undifferentiated.....g	0.100		238		1		0.081	0.027	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.222		0		1		0.180	0.060	
Threonine.....g	0.545		0		1		0.441	0.147	
Isoleucine.....g	0.657		0		1		0.532	0.177	
Leucine.....g	1.216		0		1		0.985	0.328	
Lysine.....g	0.664		0		1		0.538	0.179	
Methionine.....g	0.295		0		1		0.239	0.080	
Cystine.....g	0.386		0		1		0.313	0.104	
Phenylalanine.....g	0.847		0		1		0.686	0.229	
Tyrosine.....g	0.543		0		1		0.440	0.147	
Valine.....g	0.888		0		1		0.719	0.240	
Arginine.....g	1.129		0		1		0.914	0.305	
Histidine.....g	0.383		0		1		0.310	0.103	
Alanine.....g	0.835		0		1		0.676	0.225	
Aspartic acid.....g	1.371		0		1		1.111	0.370	
Glutamic acid.....g	3.517		0		1		2.849	0.950	
Glycine.....g	0.797		0		1		0.646	0.215	
Proline.....g	0.885		0		1		0.717	0.239	
Serine.....g	0.711		0		1		0.576	0.192	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		1	A	1		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	180		1	A	1		145.800	48.600	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 08120

Cereals, oats, regular and quick and instant, not fortified, dry

Common Measures:

Measure 1 = 81g: 1 cup

Measure 2 = 27g: .333 cup

Calories Factors: Protein 3.46

Fat 8.37

Carbohydrate 4.12

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08180

Cereals, oats, regular and quick and instant, unenriched, cooked with water, with salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.320		0		1		0.749	0.560	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		238		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.320		238		1		0.749	0.560	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.370		0		1		0.866	0.648	
18:2 undifferentiated.....g	0.360		238		1		0.842	0.630	
18:3 undifferentiated.....g	0.020		238		1		0.047	0.035	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.036		0		1		0.084	0.063	
Threonine.....g	0.088		0		1		0.206	0.154	
Isoleucine.....g	0.106		0		1		0.248	0.186	
Leucine.....g	0.196		0		1		0.459	0.343	
Lysine.....g	0.107		0		1		0.250	0.187	
Methionine.....g	0.048		0		1		0.112	0.084	
Cystine.....g	0.062		0		1		0.145	0.109	
Phenylalanine.....g	0.137		0		1		0.321	0.240	
Tyrosine.....g	0.088		0		1		0.206	0.154	
Valine.....g	0.143		0		1		0.335	0.250	
Arginine.....g	0.182		0		1		0.426	0.319	
Histidine.....g	0.062		0		1		0.145	0.109	
Alanine.....g	0.135		0		1		0.316	0.236	
Aspartic acid.....g	0.221		0		1		0.517	0.387	
Glutamic acid.....g	0.567		0		1		1.327	0.992	
Glycine.....g	0.128		0		1		0.300	0.224	
Proline.....g	0.143		0		1		0.335	0.250	
Serine.....g	0.115		0		1		0.269	0.201	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 234g: 1 cup

Measure 2 = 175g: .75 cup

Calories Factors: Protein 3.46

Fat 8.37

Carbohydrate 4.12

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08121

Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.320		0	FLM	4		0.749	0.047	0.560
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.320		0	FLM	4		0.749	0.047	0.560
20:1.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.380		0	FLM	4		0.889	0.055	0.665
18:2 undifferentiated.....g	0.360		0	FLM	4		0.842	0.053	0.630
18:3 undifferentiated.....g	0.020		0	FLM	4		0.047	0.003	0.035
18:4.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLM	4		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.036		0	FLM	4		0.084	0.005	0.063
Threonine.....g	0.088		0	FLM	4		0.206	0.013	0.154
Isoleucine.....g	0.106		0	FLM	4		0.248	0.015	0.186
Leucine.....g	0.196		0	FLM	4		0.459	0.029	0.343
Lysine.....g	0.107		0	FLM	4		0.250	0.016	0.187
Methionine.....g	0.048		0	FLM	4		0.112	0.007	0.084
Cystine.....g	0.062		0	FLM	4		0.145	0.009	0.109
Phenylalanine.....g	0.137		0	FLM	4		0.321	0.020	0.240
Tyrosine.....g	0.088		0	FLM	4		0.206	0.013	0.154
Valine.....g	0.143		0	FLM	4		0.335	0.021	0.250
Arginine.....g	0.182		0	FLM	4		0.426	0.027	0.319
Histidine.....g	0.062		0	FLM	4		0.145	0.009	0.109
Alanine.....g	0.000		0	FLM	4		0.000	0.000	0.000
Aspartic acid.....g	0.221		0	FLM	4		0.517	0.032	0.387
Glutamic acid.....g	0.567		0	FLM	4		1.327	0.083	0.992
Glycine.....g	0.128		0	FLM	4		0.300	0.019	0.224
Proline.....g	0.143		0	FLM	4		0.335	0.021	0.250
Serine.....g	0.115		0	FLM	4		0.269	0.017	0.201
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLM	4		0	0	0
Theobromine.....mg	0		0	FLM	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	FLM	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	FLM	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	FLM	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	180		0	FLM	4		421.200	26.280	315.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 234g: 1 cup

Measure 2 = 14.6g: 1 tbsp

Measure 3 = 175g: .75 cup

NDB No. 08121

Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt

Calories Factors: Protein 3.46

Fat 8.37

Carbohydrate 4.12

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43218
Cereals, ready-to-eat, ALPEN

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	7.40						8.36		
Energy.....kcal	352						398		
Energy.....kj	1473						1664		
Protein.....g	11.20						12.66		
Total lipid (fat).....g	3.30						3.73		
Ash.....g	2.40		0	NC	4		2.71		
Carbohydrate, by difference.....g	75.70			NC	4		85.54		
Fiber, total dietary.....g	9.1						10.3		
Sugars, total.....g	20.00		0	LC	8		22.60		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	147						166		
Iron, Fe.....mg	3.00						3.39		
Magnesium, Mg.....mg	94						106		
Phosphorus, P.....mg	371						419		
Potassium, K.....mg	568						642		
Sodium, Na.....mg	213						241		
Zinc, Zn.....mg	3.00						3.39		
Copper, Cu.....mg	0.300						0.339		
Manganese, Mn.....mg									
Selenium, Se.....mcg	17.3		0	BFZN	4		19.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	8.7						9.8		
Thiamin.....mg	0.400						0.452		
Riboflavin.....mg	0.400						0.452		
Niacin.....mg	2.120						2.396		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.280						0.316		
Folate, total.....mcg	30						34		
Folic acid.....mcg	0		0	NC	4		0		
Folate, food.....mcg	30		0	NC	4		34		
Folate, DFE.....mcg_DFE	30		0	NC	4		34		
Vitamin B-12.....mcg	0.12						0.14		
Vitamin A, IU.....IU	0						0		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....mcg	0		0	NC	4		0		
Vitamin E (alpha-tocopherol).....mg	0.51		0	FLM	4		0.58		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.5		0	FLM	4		2.8		
Lipids:									
Fatty acids, total saturated.....g	0.496						0.560		
4:0.....g	0.000		0	FLM	4		0.000		
6:0.....g	0.000		0	FLM	4		0.000		
8:0.....g	0.003		0	FLM	4		0.004		
10:0.....g	0.000		0	FLM	4		0.000		
12:0.....g	0.008		0	FLM	4		0.009		
13:0.....g	0.000		0	FLM	4		0.000		
14:0.....g	0.005		0	FLM	4		0.006		
15:0.....g	0.000		0	FLM	4		0.000		
16:0.....g	0.418		0	FLM	4		0.472		
17:0.....g	0.000		0	FLM	4		0.000		
18:0.....g	0.028		0	FLM	4		0.032		
20:0.....g	0.000		0	FLM	4		0.000		
22:0.....g	0.000		0	FLM	4		0.000		
24:0.....g	0.000		0	FLM	4		0.000		

NDB No. 43218
Cereals, ready-to-eat, ALPEN

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.327						1.500		
14:1.....g	0.000		0	FLM	4		0.000		
15:1.....g	0.000		0	FLM	4		0.000		
16:1 undifferentiated.....g	0.017		0	FLM	4		0.019		
17:1.....g	0.000		0	FLM	4		0.000		
18:1 undifferentiated.....g	1.306		0	FLM	4		1.476		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated.....g	0.925						1.045		
18:2 undifferentiated.....g	0.880		0	FLM	4		0.995		
18:3 undifferentiated.....g	0.044		0	FLM	4		0.050		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLM	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0					7	0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0					7	0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08350

Cereals, ready-to-eat, MALT-O-MEAL, TOASTY O'S

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.230		1	MA	12		0.669		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.016		0	FLM	4		0.005		
17:1.....g									
18:1 undifferentiated.....g	2.212		0	FLM	4		0.664		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.030		1	MA	12		0.609		
18:2 undifferentiated.....g	1.911		0	FLM	4		0.573		
18:3 undifferentiated.....g	0.118		0	FLM	4		0.035		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	MA	12		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1 cup (1 NLEA serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08183

Cereals, whole wheat hot natural cereal, cooked with water, with salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.057		0	FLM	4		0.137	0.103	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.057		0	FLM	4		0.137	0.103	
20:1.....g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.202		0	FLM	4		0.488	0.367	
18:2 undifferentiated.....g	0.187		0	FLM	4		0.452	0.340	
18:3 undifferentiated.....g	0.015		0	FLM	4		0.036	0.027	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLM	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0	0.0	
Caffeine.....mg	0		0	FLM	4		0	0	
Theobromine.....mg	0		0	FLM	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	1		0	FLM	4		2.397	1.803	
Carotene, alpha.....mcg	0		0	FLM	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000	0.000	
Lycopene.....mcg	0		0	FLM	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	41		0	FLM	4		99.518	74.844	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 242g: 1 cup

Measure 2 = 182g: .75 cup

Calories Factors: Protein 3.59

Fat 8.37

Carbohydrate 3.78

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08145

Cereals, whole wheat hot natural cereal, cooked with water, without salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.057		0	BFZN	4		0.137	0.103	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.057		0	BFZN	4		0.137	0.103	
20:1.....g	0.000		0	BFZN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.202		0	BFZN	4		0.488	0.367	
18:2 undifferentiated.....g	0.187		0	BFZN	4		0.452	0.340	
18:3 undifferentiated.....g	0.015		0	BFZN	4		0.036	0.027	
18:4.....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	BFZN	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	1		0	BFZN	4		2.397	1.803	
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	41		0	BFZN	4		99.518	74.844	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 242g: 1 cup

Measure 2 = 182g: .75 cup

Calories Factors: Protein 3.59

Fat 8.37

Carbohydrate 3.78

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08144

Cereals, whole wheat hot natural cereal, dry

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.283		0		4		0.266	0.088	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.283		0		4		0.266	0.088	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.008		0		4		0.948	0.312	
18:2 undifferentiated.....g	0.933		0		4		0.877	0.289	
18:3 undifferentiated.....g	0.075		0		4		0.071	0.023	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	5		0	BFNN	4		5.142	1.696	
Carotene, alpha.....mcg	0		0	BFNN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFNN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFNN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	227		0	BFNN	4		213.438	70.389	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 94g: 1 cup

Measure 2 = 31g: .333 cup

Calories Factors: Protein 3.59

Fat 8.37

Carbohydrate 3.78

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43483
Millet, puffed

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.733				4		0.154		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.013				4		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.701				4		0.147		
20:1.....g	0.019				4		0.004		
22:1 undifferentiated.....g	0.000				4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.023				4		0.425		
18:2 undifferentiated.....g	1.910				4		0.401		
18:3 undifferentiated.....g	0.112				4		0.024		
18:4.....g	0.000				4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000		
20:5 n-3.....g	0.000				4		0.000		
22:5 n-3.....g	0.000				4		0.000		
22:6 n-3.....g	0.000				4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	0		0	BFZN	4		0		
Theobromine.....mg	0		0	BFZN	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000		
Carotene, alpha.....mcg	0		0	BFZN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 21g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)