

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.147		0	NC	4		0.816		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.011		0		4		0.004		
17:1.....g									
18:1 undifferentiated.....g	2.135		0		4		0.811		
20:1.....g	0.001		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		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		0		4		1.001		
18:3 undifferentiated.....g	0.077		0		4		0.029		
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	Z	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 18 (2005)

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
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.011		0		4		0.324		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.057		0		4		0.018		
17:1.....g									
18:1 undifferentiated.....g	0.954		0		4		0.305		
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	1.473		0		4		0.471		
18:2 undifferentiated.....g	1.433		0		4		0.459		
18:3 undifferentiated.....g	0.040		0		4		0.013		
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	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 = 32g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 08217

Cereals ready to eat, composite character cereals (movies, TV), brand A

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	2.68		0	MC	9				
Energy.....kcal	389		0	NC	4				
Energy.....kj	1628		0	NC	4				
Protein.....g	6.13		0	MC	9				
Total lipid (fat).....g	2.33		0	MC	9				
Ash.....g	3.10		0	MC	9				
Carbohydrate, by difference.....g	85.90		0	MC	9				
Fiber, total dietary.....g	3.6		0	MC	9				
Sugars, total.....g	39.25		0	MC	9				
Starch.....g									
Minerals:									
* Calcium, Ca.....mg	107		0	MC	9				
* Iron, Fe.....mg	14.43		0	MC	9				
Magnesium, Mg.....mg	51		0	MC	9				
Phosphorus, P.....mg	122		0	MC	9				
Potassium, K.....mg	165		0	MC	9				
Sodium, Na.....mg	648		0	MC	9				
* Zinc, Zn.....mg	5.60		0	MC	9				
Copper, Cu.....mg	0.120		0	MC	9				
Manganese, Mn.....mg									
Selenium, Se.....mcg	6.5		0	FLM	4				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	52.5		0	MC	9				
* Thiamin.....mg	1.325		0	MC	9				
* Riboflavin.....mg	1.500		0	MC	9				
* Niacin.....mg	17.750		0	MC	9				
Pantothenic acid.....mg	0.151		0	FLM	4				
* Vitamin B-6.....mg	1.800		0	MC	9				
* Folate, total.....mcg	358		0	MC	9				
* Folic acid.....mcg	339		0	NC	4				
Folate, food.....mcg	19		0	CAAN	4				
Folate, DFE.....mcg_DFE	594		0	NC	4				
* Vitamin B-12.....mcg	5.18		0	MC	9				
* Vitamin B-12, added.....mcg	5.18		0	NR	4				
* Vitamin A, IU.....IU	1740		0	MC	9				
Vitamin A, RAE.....mcg_RAE	501		0	NC	4				
Retinol.....mcg	497		0	NC	4				
Vitamin E (alpha-tocopherol).....mg	0.21		0	FLM	4				
Vitamin E, added.....mg	0.00		0	FLM	4				
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
* Vitamin D.....IU	163		0	MC	9				
Vitamin K (phylloquinone).....mcg	0.7		0	FLM	4				
Lipids:									
Fatty acids, total saturated.....g	0.525		0	MC	9				
4:0.....g	0.000		0	FLM	4				
6:0.....g	0.000		0	FLM	4				
8:0.....g	0.000		0	FLM	4				
10:0.....g	0.000		0	FLM	4				
12:0.....g	0.010		0	FLM	4				
13:0.....g									
14:0.....g	0.007		0	FLM	4				
15:0.....g	0.000		0	FLM	4				
16:0.....g	0.334		0	FLM	4				
17:0.....g	0.001		0	FLM	4				
18:0.....g	0.156		0	FLM	4				
20:0.....g	0.005		0	FLM	4				

NDB No. 08222

Cereals ready to eat, composite character cereals (movies, TV), brand B

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	CAAN	4				
Energy.....kcal	388		0	NC	4				
Energy.....kj	1625		0	NC	4				
Protein (N x 6.25).....g	3.33		0	LC	8				
Total lipid (fat).....g	1.67		0	LC	8				
Ash.....g	2.45		0	NC	4				
Carbohydrate, by difference.....g	90.00		0	LC	8				
Fiber, total dietary.....g	0.0		0	LC	8				
Sugars, total.....g	46.67		0	LC	8				
Starch.....g									
Minerals:									
* Calcium, Ca.....mg	333		0	LC	8				
* Iron, Fe.....mg	15.00		0	LC	8				
Magnesium, Mg.....mg	15		0	FLC	4				
Phosphorus, P.....mg	67		0	LC	8				
Potassium, K.....mg	33		0	LC	8				
Sodium, Na.....mg	533		0	LC	8				
* Zinc, Zn.....mg	12.50		0	LC	8				
Copper, Cu.....mg	0.061		0	FLC	4				
Manganese, Mn.....mg	0.045		0	FLC	4				
Selenium, Se.....mcg	3.6		0	FLC	4				
Vitamins:									
* Vitamin C, total ascorbic acid.....mg	20.0		0	LC	8				
* Thiamin.....mg	1.250		0	LC	8				
* Riboflavin.....mg	1.417		0	LC	8				
* Niacin.....mg	16.667		0	LC	8				
Pantothenic acid.....mg	0.111		0	FLC	4				
* Vitamin B-6.....mg	1.667		0	LC	8				
* Folate, total.....mcg	333		0	LC	8				
* 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	5.00		0	LC	8				
* Vitamin B-12, added.....mcg	5.00		0	NR	4				
* Vitamin A, IU.....IU	1667		0	LC	8				
Vitamin A, RAE.....mcg_RAE	481		0	NC	4				
Retinol.....mcg	478		0	NC	4				
Vitamin E (alpha-tocopherol).....mg	0.29		0	FLC	4				
Vitamin E, added.....mg	0.00		0	FLC	4				
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
* Vitamin D.....IU	133		0	LC	8				
Vitamin K (phylloquinone).....mcg	1.8		0	FLC	4				
Lipids:									
Fatty acids, total saturated.....g	0.000		0	LC	8				
4:0.....g	0.000		0	FLC	4				
6:0.....g	0.000		0	FLC	4				
8:0.....g	0.000		0	FLC	4				
10:0.....g	0.000		0	FLC	4				
12:0.....g	0.000		0	FLC	4				
13:0.....g									
14:0.....g	0.000		0	FLC	4				
15:0.....g	0.000		0	FLC	4				
16:0.....g	0.000		0	FLC	4				
17:0.....g	0.000		0	FLC	4				
18:0.....g	0.000		0	FLC	4				
20:0.....g	0.000		0	FLC	4				

NDB No. 08222

Cereals ready to eat, composite character cereals (movies, TV), brand B

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	0.000		0	FLC		4			
24:0.....g									
Fatty acids, total monounsaturated.....g	1.667		0	LC		8			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.011		0	FLC		4			
17:1.....g									
18:1 undifferentiated.....g	1.631		0	FLC		4			
20:1.....g	0.025		0	FLC		4			
22:1 undifferentiated.....g	0.000		0	FLC		4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLC		4			
18:2 undifferentiated.....g	0.000		0	FLC		4			
18:3 undifferentiated.....g	0.000		0	FLC		4			
18:4.....g	0.000		0	FLC		4			
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC		4			
20:5 n-3.....g	0.000		0	FLC		4			
22:5 n-3.....g	0.000		0	FLC		4			
22:6 n-3.....g	0.000		0	FLC		4			
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	LC		8			
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC		4			
Caffeine.....mg	0		0	FLC		4			
Theobromine.....mg	0		0	FLC		4			
Carotenoids:									
Carotene, beta.....mcg	31		0	FLC		4			
Carotene, alpha.....mcg	20		0	FLC		4			
Cryptoxanthin, beta.....mcg	0		0	FLC		4			
Lycopene.....mcg	0		0	FLC		4			
Lutein + zeaxanthin.....mcg	428		0	FLC		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 4 Fat 9 Carbohydrate 4

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

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
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.205		0		4		3.910		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.023		0		4		0.028		
17:1.....g									
18:1 undifferentiated.....g	3.164		0		4		3.860		
20:1.....g	0.007		0		4		0.009		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.656		0		4		2.020		
18:2 undifferentiated.....g	1.548		0		4		1.889		
18:3 undifferentiated.....g	0.092		0		4		0.112		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0		4		0.002		
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		7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		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

*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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
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 18 (2005)

NDB No. 08263

Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON 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	2.00		1	MA	12		0.60		
Energy.....kcal	392		0	MC	9		118		
Energy.....kj	1640		0	MC	9		492		
Protein (N x 6.25).....g	6.00		1	MA	12		1.80		
Total lipid (fat).....g	5.10		0	NR	4		1.53		
Ash.....g	2.44		1	MA	12		0.73		
Carbohydrate, by difference.....g	84.00		0	MC	9		25.20		
Fiber, total dietary.....g	4.3		1	MA	12		1.3		
Sugars, total.....g	42.00		1	MA	12		12.60		
Starch.....g									
Minerals:									
* Calcium, Ca.....mg	333		0	MC	9		100		
* Iron, Fe.....mg	15.00		0	MC	9		4.50		
Magnesium, Mg.....mg	67		1	MA	12		20		
Phosphorus, P.....mg	217		1	MA	12		65		
Potassium, K.....mg	192		1	MA	12		58		
Sodium, Na.....mg	401		1	MA	12		120		
* Zinc, Zn.....mg	12.50		0	MC	9		3.75		
Copper, Cu.....mg	0.200		1	MA	12		0.060		
Manganese, Mn.....mg	1.414		0	FLM	4		0.424		
Selenium, Se.....mcg	37.5		0	BFZN	4		11.3		
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	0.515		0	FLM	4		0.155		
* 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 B-12, added.....mcg	5.00		0	NR	4		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	0.50		0	FLA	4		0.15		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
* Vitamin D.....IU	133		0	MC	9		40		
Vitamin K (phylloquinone).....mcg	1.8		0	FLA	4		0.6		
Lipids:									
Fatty acids, total saturated.....g	0.990		1	MA	12		0.297		
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	0.007		0	FLA	4		0.002		
13:0.....g									
14:0.....g	0.007		0	FLA	4		0.002		
15:0.....g									
16:0.....g	0.730		0	FLA	4		0.219		
17:0.....g									
18:0.....g	0.216		0	FLA	4		0.065		

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0.....g									
22:0.....g									
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 18 (2005)

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 B-12, added.....mcg	2.10		0	NR	4		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		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	57		0	MC	9		31		
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		

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						
22:0.....g	0.000		0	FLA	4		0.000		
24:0.....g	0.000		0	FLA	4		0.000		
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)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08274

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

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	2.36		1	MA	12		0.71		
Energy.....kcal	393		0	MC	9		118		
Energy.....kj	1644		0	MC	9		493		
Protein (N x 6.25).....g	4.00		1	MA	12		1.20		
Total lipid (fat).....g	4.30		0	NR	4		1.29		
Ash.....g	2.13		1	MA	12		0.64		
Carbohydrate, by difference.....g	87.00		0	MC	9		26.10		
Fiber, total dietary.....g	2.5		1	MA	12		0.8		
Sugars, total.....g	31.00		1	MA	12		9.30		
Starch.....g									
Minerals:									
* Calcium, Ca.....mg	167		0	MC	9		50		
* Iron, Fe.....mg	15.00		0	MC	9		4.50		
Magnesium, Mg.....mg	19		1	MA	12		6		
Phosphorus, P.....mg	124		1	MA	12		37		
Potassium, K.....mg	82		1	MA	12		25		
Sodium, Na.....mg	593		1	MA	12		178		
* Zinc, Zn.....mg	12.50		0	MC	9		3.75		
Copper, Cu.....mg	0.080		1	MA	12		0.024		
Manganese, Mn.....mg	0.520		0	FLM	4		0.156		
Selenium, Se.....mcg	6.5		0	RA	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	0.277		0	FLM	4		0.083		
* 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 B-12, added.....mcg	5.00		0	NR	4		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	0.52		0	FLA	4		0.16		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
* Vitamin D.....IU	133		0	MC	9		40		
Vitamin K (phylloquinone).....mcg	1.2		0	FLA	4		0.4		
Lipids:									
Fatty acids, total saturated.....g	0.700		1	MA	12		0.210		
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	0.002		0	FLA	4		0.001		
13:0.....g									
14:0.....g	0.010		0	FLA	4		0.003		
15:0.....g									
16:0.....g	0.554		0	FLA	4		0.166		
17:0.....g									
18:0.....g	0.124		0	FLA	4		0.037		

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0.....g									
22:0.....g									
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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
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 18 (2005)

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						
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		
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	2.210		0	NC	4		0.663		
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									
Amino Acids:									
Tryptophan.....g	0.160		0	A	1		0.048		
Threonine.....g	0.350		0	A	1		0.105		
Isoleucine.....g	0.380		0	A	1		0.114		
Leucine.....g	0.770		0	A	1		0.231		
Lysine.....g	0.350		0	A	1		0.105		
Methionine.....g	0.150		0	A	1		0.045		
Cystine.....g	0.250		0	A	1		0.075		
Phenylalanine.....g	0.530		0	A	1		0.159		
Tyrosine.....g	0.160		0	A	1		0.048		
Valine.....g	0.540		0	A	1		0.162		
Arginine.....g	0.570		0	A	1		0.171		
Histidine.....g	0.220		0	A	1		0.066		
Alanine.....g	0.500		0	A	1		0.150		
Aspartic acid.....g	0.820		0	A	1		0.246		
Glutamic acid.....g	2.250		0	A	1		0.675		
Glycine.....g	0.520		0	A	1		0.156		
Proline.....g	0.550		0	A	1		0.165		
Serine.....g	0.510		0	A	1		0.153		
Hydroxyproline.....g									
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

NDB No. 08013

Cereals ready-to-eat, GENERAL MILLS, CHEERIOS

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 (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 18 (2005)

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
22:0.....g									
24:0.....g									
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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
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 18 (2005)

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
22:0.....g									
24:0.....g									
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		

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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 18 (2005)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
22:0.....g									
24:0.....g									
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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
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 18 (2005)

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
22:0.....g									
24:0.....g									
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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
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 18 (2005)

NDB No. 08268

Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY

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	2.24		1	MA	12		0.67		
Energy.....kcal	392		0	MC	9		118		
Energy.....kj	1640		0	MC	9		492		
Protein (N x 6.25).....g	3.00		1	MA	12		0.90		
Total lipid (fat).....g	2.60		0	NR	4		0.78		
Ash.....g	2.13		1	MA	12		0.64		
Carbohydrate, by difference.....g	90.00		0	MC	9		27.00		
Fiber, total dietary.....g	0.9		1	MA	12		0.3		
Sugars, total.....g	47.00		1	MA	12		14.10		
Starch.....g									
Minerals:									
* Calcium, Ca.....mg	67		0	MC	9		20		
* Iron, Fe.....mg	15.00		0	MC	9		4.50		
Magnesium, Mg.....mg	9		2	MA	12		3		
Phosphorus, P.....mg	67		1	MA	12		20		
Potassium, K.....mg	46		1	MA	12		14		
Sodium, Na.....mg	711		1	MA	12		213		
* Zinc, Zn.....mg	12.50		0	MC	9		3.75		
Copper, Cu.....mg	0.080		2	MA	12		0.024		
Manganese, Mn.....mg	0.134		0	FLM	4		0.040		
Selenium, Se.....mcg	19.8		0	BFZN	4		5.9		
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	0.118		0	FLM	4		0.035		
* 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 B-12, added.....mcg	5.00		0	NR	4		1.50		
Vitamin A, IU.....IU	0		0	ML	5		0		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.22		0	FLA	4		0.07		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.6		0	FLA	4		0.2		
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									
14:0.....g	0.003		0	FLA	4		0.001		
15:0.....g									
16:0.....g	0.277		0	FLA	4		0.083		
17:0.....g									
18:0.....g	0.117		0	FLA	4		0.035		

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0.....g									
22:0.....g									
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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
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 18 (2005)

NDB No. 08086

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

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	2.24		1	MA	12		0.67		
Energy.....kcal	390		0	MC	9		117		
Energy.....kj	1632		0	MC	9		490		
Protein (N x 6.25).....g	4.00		0	MA	12		1.20		
Total lipid (fat).....g	3.20		0	NR	4		0.96		
Ash.....g	2.26		1	MA	12		0.68		
Carbohydrate, by difference.....g	88.00		0	MC	9		26.40		
Fiber, total dietary.....g	1.0		1	MA	12		0.3		
Sugars, total.....g	40.00		0	MC	9		12.00		
Starch.....g									
Minerals:									
* Calcium, Ca.....mg	267		0	MC	9		80		
* Iron, Fe.....mg	15.00		0	MC	9		4.50		
Magnesium, Mg.....mg	10		8	MA	12		3		
Phosphorus, P.....mg	200		0	MA	12		60		
Potassium, K.....mg	73		1	MA	12		22		
Sodium, Na.....mg	593		1	MA	12		178		
* Zinc, Zn.....mg	12.50		0	MC	9		3.75		
Copper, Cu.....mg	0.000		8	MA	12		0.000		
Manganese, Mn.....mg	0.065		0	FLA	4		0.020		
Selenium, Se.....mcg	3.9		0	FLA	4		1.2		
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	0.000		8	MA	12		0.000		
* 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 B-12, added.....mcg	5.00		0	NR	4		1.50		
* Vitamin A, IU.....IU	1667		0	MC	9		500		
Vitamin A, RAE.....mcg_RAE	473		0	NC	4		142		
Retinol.....mcg	467		0	NC	4		140		
Vitamin E (alpha-tocopherol).....mg	1.04		0	NR	4		0.31		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
* Vitamin D.....IU	133		0	MC	9		40		
Vitamin K (phylloquinone).....mcg	0.8		0	FLA	4		0.2		
Lipids:									
Fatty acids, total saturated.....g	0.600		1	MA	12		0.180		
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	0.001		0	FLA	4		0.000		
13:0.....g									
14:0.....g	0.004		0	FLA	4		0.001		
15:0.....g									
16:0.....g	0.419		0	FLA	4		0.126		
17:0.....g									
18:0.....g	0.169		0	FLA	4		0.051		

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
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.594		0	FLA	4		0.478		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.016		0	FLA	4		0.005		
17:1.....g									
18:1 undifferentiated.....g	1.578		0	FLA	4		0.473		
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	0.498		0	FLA	4		0.149		
18:2 undifferentiated.....g	0.469		0	FLA	4		0.141		
18:3 undifferentiated.....g	0.029		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	50		0	FLA	4		15.095		
Carotene, alpha.....mcg	33		0	FLA	4		9.881		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	705		0	FLA	4		211.515		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 18 (2005)

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		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 18 (2005)

NDB No. 08239

Cereals ready-to-eat, GENERAL MILLS, GENERAL MILLS Berry Burst CHEERIOS, all flavors

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						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	LC	8		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
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	4.750		0	NC	4		1.425		
18:2 undifferentiated.....g	4.511		0	FLC	4		1.353		
18:3 undifferentiated.....g	0.239		0	FLC	4		0.072		
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	LC	8		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	2		0	FLC	4		0.488		
Carotene, alpha.....mcg	0		0	FLC	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000		
Lycopene.....mcg	0		0	FLC	4		0.000		
Lutein + zeaxanthin.....mcg	122		0	FLC	4		36.596		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 18 (2005)

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
22:0.....g									
24:0.....g									
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 18 (2005)

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		1.56		
Energy.....kcal	365		0	MC	9		201		
Energy.....kj	1527		0	MC	9		840		
Protein (N x 6.25).....g	11.00		1	MA	12		6.05		
Total lipid (fat).....g	2.20		0	MC	9		1.21		
Ash.....g	4.64		1	MA	12		2.55		
Carbohydrate, by difference.....g	79.00		0	MC	9		43.45		
Fiber, total dietary.....g	4.0		1	MA	12		2.2		
Sugars, total.....g	24.00		0	LC	8		13.20		
Starch.....g									
Minerals:									
* Calcium, Ca.....mg	1091		0	MC	9		600		
* Iron, Fe.....mg	16.40		0	MC	9		9.02		
Magnesium, Mg.....mg	44		0	MC	9		24		
Phosphorus, P.....mg	182		0	MC	9		100		
Potassium, K.....mg	166		1	MA	12		91		
Sodium, Na.....mg	645		1	MA	12		355		
* Zinc, Zn.....mg	13.60		0	MC	9		7.48		
Copper, Cu.....mg	0.145		0	MC	9		0.080		
Manganese, Mn.....mg	1.359		0	FLM	4		0.748		
Selenium, Se.....mcg	21.8		0	FLM	4		12.0		
Vitamins:									
* Vitamin C, total ascorbic acid.....mg	55.0		0	MC	9		30.3		
* Thiamin.....mg	2.730		0	MC	9		1.502		
* Riboflavin.....mg	1.550		0	MC	9		0.853		
* Niacin.....mg	18.200		0	MC	9		10.010		
Pantothenic acid.....mg									
* Vitamin B-6.....mg	1.820		0	MC	9		1.001		
* Folate, total.....mcg	727		0	MC	9		400		
Folic acid.....mcg	708		0	NC	4		389		
Folate, food.....mcg	19		0	NC	4		10		
Folate, DFE.....mcg_DFE	1223		0	NC	4		672		
* Vitamin B-12.....mcg	7.60		0	MC	9		4.18		
* Vitamin B-12, added.....mcg	7.60		0	NR	4		4.18		
* Vitamin A, IU.....IU	909		0	MC	9		500		
Vitamin A, RAE.....mcg_RAE	273		0	NC	4		150		
Retinol.....mcg	273		0	NR	4		150		
* Vitamin E (alpha-tocopherol).....mg	24.54		0	MC	9		13.50		
* Vitamin E, added.....mg	24.54		0	NR	4		13.50		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
* Vitamin D.....IU	73		0	MC	9		40		
Vitamin K (phylloquinone).....mcg	0.5		0	FLM	4		0.3		
Lipids:									
Fatty acids, total saturated.....g	0.500		1	MA	12		0.275		
4:0.....g	0.001		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	0.001		0	FLM	4		0.001		
13:0.....g	0.000		0	FLM	4		0.000		
14:0.....g	0.007		0	FLM	4		0.004		
15:0.....g	0.000		0	FLM	4		0.000		
16:0.....g	0.414		0	FLM	4		0.228		
17:0.....g	0.000		0	FLM	4		0.000		
18:0.....g	0.057		0	FLM	4		0.031		
20:0.....g	0.000		0	FLM	4		0.000		

NDB No. 08398

Cereals ready-to-eat, GENERAL MILLS, HARMONY

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						
22:0.....g	0.000		0	FLM	4		0.000		
24:0.....g	0.000		0	FLM	4		0.000		
Fatty acids, total monounsaturated.....g	0.814		0	FLM	4		0.448		
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	0.805		0	FLM	4		0.443		
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	0.601		0	FLM	4		0.331		
18:2 undifferentiated.....g	0.574		0	FLM	4		0.315		
18:3 undifferentiated.....g	0.028		0	FLM	4		0.015		
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	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

*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 18 (2005)

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 B-12, added.....mcg	5.00		0	NR	4		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		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
* Vitamin D.....IU	133		0	MC	9		40		
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		

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g	0.000		0	FLA	4		0.000		
24:0.....g	0.000		0	FLA	4		0.000		
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 18 (2005)

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 B-12, added.....mcg	2.70		0	NR	4		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		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	0		0	MC	9		0		
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		

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g	0.000		0	FLM	4		0.000		
24:0.....g	0.000		0	FLM	4		0.000		
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 18 (2005)

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 B-12, added.....mcg	5.00		0	NR	4		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		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	0		0	MC	9		0		
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		

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
22:0.....g	0.000		0	FLA	4		0.000		
24:0.....g	0.000		0	FLA	4		0.000		
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 (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 18 (2005)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
22:0.....g									
24:0.....g									
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 18 (2005)

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
22:0.....g									
24:0.....g									
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 18 (2005)

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
22:0.....g									
24:0.....g									
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 18 (2005)

NDB No. 08087

Cereals ready-to-eat, GENERAL MILLS, Multi-Grain 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	2.56		1	MA	12		0.77		
Energy.....kcal	361		0	MC	9		108		
Energy.....kj	1510		0	MC	9		453		
Protein (N x 6.25).....g	8.00		1	MA	12		2.40		
Total lipid (fat).....g	4.00		0	NR	4		1.20		
Ash.....g	3.72		1	MA	12		1.12		
Carbohydrate, by difference.....g	81.00		0	MC	9		24.30		
Fiber, total dietary.....g	9.0		1	MA	12		2.7		
Sugars, total.....g	20.00		1	MA	12		6.00		
Starch.....g									
Minerals:									
* Calcium, Ca.....mg	316		0	MC	9		95		
* Iron, Fe.....mg	56.80		0	MC	9		17.04		
Magnesium, Mg.....mg	93		0	MC	9		28		
Phosphorus, P.....mg	328		0	MC	9		98		
Potassium, K.....mg	293		1	MA	12		88		
Sodium, Na.....mg	669		1	MA	12		201		
* Zinc, Zn.....mg	47.40		0	MC	9		14.22		
Copper, Cu.....mg	0.174		0	MC	9		0.052		
Manganese, Mn.....mg	1.770		0	FLC	4		0.531		
Selenium, Se.....mcg	16.8		0	FLC	4		5.0		
Vitamins:									
* Vitamin C, total ascorbic acid.....mg	47.0		0	MC	9		14.1		
* Thiamin.....mg	4.740		0	MC	9		1.422		
* Riboflavin.....mg	5.370		0	MC	9		1.611		
* Niacin.....mg	63.200		0	MC	9		18.960		
Pantothenic acid.....mg	31.600		0	MC	9		9.480		
* Vitamin B-6.....mg	6.320		0	MC	9		1.896		
* Folate, total.....mcg	1263		0	MC	9		379		
Folic acid.....mcg	1244		0	NC	4		373		
Folate, food.....mcg	19		0	CAAN	4		6		
Folate, DFE.....mcg_DFE	2134		0	NC	4		640		
* Vitamin B-12.....mcg	18.90		0	MC	9		5.67		
* Vitamin B-12, added.....mcg	18.90		0	NR	4		5.67		
* Vitamin A, IU.....IU	1579		0	MC	9		474		
Vitamin A, RAE.....mcg_RAE	474		0	NC	4		142		
Retinol.....mcg	474		0	NC	4		142		
* Vitamin E (alpha-tocopherol).....mg	45.00		0	MC	9		13.50		
* Vitamin E, added.....mg	45.00		0	NR	4		13.50		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
* Vitamin D.....IU	126		0	MC	9		38		
Vitamin K (phylloquinone).....mcg	1.7		0	FLA	4		0.5		
Lipids:									
Fatty acids, total saturated.....g	0.900		1	MA	12		0.270		
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		0.001		
10:0.....g	0.000		0	FLA	4		0.000		
12:0.....g	0.006		0	FLA	4		0.002		
13:0.....g									
14:0.....g	0.008		0	FLA	4		0.002		
15:0.....g									
16:0.....g	0.639		0	FLA	4		0.192		
17:0.....g									
18:0.....g	0.140		0	FLA	4		0.042		

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
20:0.....g									
22:0.....g									
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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g	0.018		0	FLA	4		0.010		
24:0.....g									
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

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		0.61		
Energy.....kcal	407		0	MC	9		122		
Energy.....kj	1703		0	MC	9		511		
Protein (N x 6.25).....g	5.00		1	MA	12		1.50		
Total lipid (fat).....g	5.40		0	NR	4		1.62		
Ash.....g	3.05		1	MA	12		0.91		
Carbohydrate, by difference.....g	85.00		0	MC	9		25.50		
Fiber, total dietary.....g	0.0		1	MA	12		0.0		
Sugars, total.....g	41.00		1	MA	12		12.30		
Starch.....g									
Minerals:									
* Calcium, Ca.....mg	333		0	MC	9		100		
* Iron, Fe.....mg	15.00		0	MC	9		4.50		
Magnesium, Mg.....mg	27		0	MC	9		8		
Phosphorus, P.....mg	133		0	MC	9		40		
Potassium, K.....mg	223		1	MA	12		67		
Sodium, Na.....mg	615		1	MA	12		185		
* Zinc, Zn.....mg	12.50		0	MC	9		3.75		
Copper, Cu.....mg	0.133		0	MC	9		0.040		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
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									
* 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	NR	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	501		0	NC	4		150		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
* Vitamin D.....IU	133		0	MC	9		40		
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.300		1	MA	12		0.390		
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

NDB No. 08372

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

*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 18 (2005)

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 B-12, added.....mcg	2.70		0	NR	4		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		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	0		0	MC	9		0		
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		

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g	0.000		0	FLA	4		0.000		
24:0.....g	0.000		0	FLA	4		0.000		
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 18 (2005)

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
22:0.....g									
24:0.....g									
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 18 (2005)

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 B-12, added.....mcg	2.70		0	NR	4		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		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	0		0	MC	9		0		
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		

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						
22:0.....g	0.000		0	FLA	4		0.000		
24:0.....g	0.000		0	FLA	4		0.000		
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

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		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 18 (2005)

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		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 18 (2005)

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		0		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 B-12, added.....mcg	2.70		0	NR	4		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		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	0		0	MC	9		0		
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		

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g	0.000		0	FLA	4		0.000		
24:0.....g	0.000		0	FLA	4		0.000		
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 18 (2005)

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 B-12, added.....mcg	5.00		0	NR	4		1.50		
* Vitamin A, IU.....IU	1668		0	FLM	4		501		
Vitamin A, RAE.....mcg_RAE	479		0	NC	4		144		
Retinol.....mcg	474		0	FLM	4		142		
Vitamin E (alpha-tocopherol).....mg	1.20		0	FLM	4		0.36		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
* Vitamin D.....IU	133		0	MC	9		40		
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		

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g	0.159		0	FLM	4		0.048		
24:0.....g	0.051		0	FLM	4		0.015		
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 18 (2005)

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		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 18 (2005)

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
22:0.....g									
24:0.....g									
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 18 (2005)

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		0.77		
Energy.....kcal	380		0	MC	9		114		
Energy.....kj	1590		0	MC	9		477		
Protein (N x 6.25).....g	6.00		1	MA	12		1.80		
Total lipid (fat).....g	2.50		0	NR	4		0.75		
Ash.....g	2.06		1	MA	12		0.62		
Carbohydrate, by difference.....g	87.00		0	MC	9		26.10		
Fiber, total dietary.....g	4.0		1	MA	12		1.2		
Sugars, total.....g	33.00		1	MA	12		9.90		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		0	MC	9		0		
* Iron, Fe.....mg	15.00		0	MC	9		4.50		
Magnesium, Mg.....mg	27		0	MC	9		8		
Phosphorus, P.....mg	67		0	MC	9		20		
Potassium, K.....mg	150		1	MA	12		45		
Sodium, Na.....mg	610		1	MA	12		183		
* Zinc, Zn.....mg	12.50		0	MC	9		3.75		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
* Vitamin C, total ascorbic acid.....mg	20.0		0	MC	9		6.0		
* Thiamin.....mg	0.100		0	MC	9		0.030		
* Riboflavin.....mg	1.420		0	MC	9		0.426		
* 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									
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	0		0	MC	9		0		
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.400		1	MA	12		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

NDB No. 08367

Cereals ready-to-eat, GENERAL MILLS, SUNRISE

*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 18 (2005)

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		0.75		
Energy.....kcal	339		0	MC	9		102		
Energy.....kj	1418		0	MC	9		426		
Protein (N x 6.25).....g	6.40		1	MA	12		1.92		
Total lipid (fat).....g	2.30		0	NR	4		0.69		
Ash.....g	11.90		1	MA	12		3.57		
Carbohydrate, by difference.....g	76.30		0	MC	9		22.89		
Fiber, total dietary.....g	4.0		1	MA	12		1.2		
Sugars, total.....g	31.00		1	MA	12		9.30		
Starch.....g									
Minerals:									
* Calcium, Ca.....mg	3333		0	MC	9		1000		
* Iron, Fe.....mg	60.00		0	MC	9		18.00		
Magnesium, Mg.....mg	53		0	MC	9		16		
Phosphorus, P.....mg	200		0	MC	9		60		
Potassium, K.....mg	223		1	MA	12		67		
Sodium, Na.....mg	636		1	MA	12		191		
* Zinc, Zn.....mg	50.00		0	MC	9		15.00		
Copper, Cu.....mg	0.133		0	MC	9		0.040		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
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	33.300		0	MC	9		9.990		
* Vitamin B-6.....mg	6.670		0	MC	9		2.001		
* Folate, total.....mcg	1333		0	MC	9		400		
Folate, DFE.....mcg_DFE									
* 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									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
* Vitamin D.....IU	133		0	MC	9		40		
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.500		1	MA	12		0.150		
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

*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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
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 18 (2005)

NDB No. 08247

Cereals ready-to-eat, GENERAL MILLS, TOTAL 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	8.27		1	MA	12		4.55		
Energy.....kcal	311		0	MC	9		171		
Energy.....kj	1301		0	MC	9		716		
Protein (N x 6.25).....g	7.00		1	MA	12		3.85		
Total lipid (fat).....g	2.00		0	NR	4		1.10		
Ash.....g	5.96		1	MA	12		3.28		
Carbohydrate, by difference.....g	75.00		0	MC	9		41.25		
Fiber, total dietary.....g	9.0		1	MA	12		5.0		
Sugars, total.....g	36.00		1	MA	12		19.80		
Starch.....g									
Minerals:									
* Calcium, Ca.....mg	1818		0	MC	9		1000		
* Iron, Fe.....mg	32.70		0	MC	9		17.99		
Magnesium, Mg.....mg	73		0	MC	9		40		
Phosphorus, P.....mg	182		0	MC	9		100		
Potassium, K.....mg	644		1	MA	12		354		
Sodium, Na.....mg	435		1	MA	12		239		
* Zinc, Zn.....mg	27.30		0	MC	9		15.02		
Copper, Cu.....mg	0.291		0	MC	9		0.160		
Manganese, Mn.....mg	4.637		0	FLC	4		2.550		
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	2.730		0	MC	9		1.502		
* Riboflavin.....mg	3.090		0	MC	9		1.700		
* Niacin.....mg	36.400		0	MC	9		20.020		
Pantothenic acid.....mg	18.000		0	MC	9		9.900		
* Vitamin B-6.....mg	3.640		0	MC	9		2.002		
* Folate, total.....mcg	727		0	MC	9		400		
Folic acid.....mcg	708		0	NC	4		389		
Folate, food.....mcg	19		0	CAAN	4		10		
Folate, DFE.....mcg_DFE	1223		0	NC	4		672		
* Vitamin B-12.....mcg	10.90		0	MC	9		6.00		
* Vitamin B-12, added.....mcg	10.90		0	NR	4		6.00		
* Vitamin A, IU.....IU	909		0	MC	9		500		
Vitamin A, RAE.....mcg_RAE	273		0	NC	4		150		
Retinol.....mcg	273		0	NC	4		150		
* Vitamin E (alpha-tocopherol).....mg	24.54		0	MC	9		13.50		
* Vitamin E, added.....mg	24.54		0	NR	4		13.50		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
* Vitamin D.....IU	73		0	MC	9		40		
Vitamin K (phylloquinone).....mcg	1.7		0	FLA	4		0.9		
Lipids:									
Fatty acids, total saturated.....g	0.400		1	MA	12		0.220		
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	0.001		0	FLA	4		0.001		
13:0.....g									
14:0.....g	0.004		0	FLA	4		0.002		
15:0.....g	0.000		0	FLA	4		0.000		
16:0.....g	0.342		0	FLA	4		0.188		
17:0.....g	0.000		0	FLA	4		0.000		
18:0.....g	0.036		0	FLA	4		0.020		
20:0.....g	0.000		0	FLA	4		0.000		

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g	0.001		0	FLA	4		0.000		
24:0.....g									
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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
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 18 (2005)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
22:0.....g									
24:0.....g									
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 18 (2005)

NDB No. 08026

Cereals ready-to-eat, GENERAL MILLS, WHEATIES 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	7.00		1	MA	12		3.85		
Energy.....kcal	333		0	MC	9		183		
Energy.....kj	1393		0	MC	9		766		
Protein (N x 6.25).....g	7.00		1	MA	12		3.85		
Total lipid (fat).....g	1.70		1	NR	4		0.94		
Ash.....g	2.71		1	MA	12		1.49		
Carbohydrate, by difference.....g	81.00		0	MC	9		44.55		
Fiber, total dietary.....g	9.0		1	MA	12		5.0		
Sugars, total.....g	33.00		1	MA	12		18.15		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		0	MC	9		0		
* Iron, Fe.....mg	13.60		0	MC	9		7.48		
Magnesium, Mg.....mg	77		1	MA	12		42		
Phosphorus, P.....mg	255		1	MA	12		140		
Potassium, K.....mg	413		1	MA	12		227		
Sodium, Na.....mg	457		1	MA	12		251		
* Zinc, Zn.....mg	13.60		0	MC	9		7.48		
Copper, Cu.....mg	0.320		1	MA	12		0.176		
Manganese, Mn.....mg	2.624		0	FLM	4		1.443		
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	1.360		0	MC	9		0.748		
* Riboflavin.....mg	1.550		0	MC	9		0.853		
* Niacin.....mg	18.200		0	MC	9		10.010		
Pantothenic acid.....mg	0.651		0	FLM	4		0.358		
* Vitamin B-6.....mg	1.820		0	MC	9		1.001		
* Folate, total.....mcg	364		0	MC	9		200		
Folic acid.....mcg	323		0	NC	4		178		
Folate, food.....mcg	41		0	CAAN	4		23		
Folate, DFE.....mcg_DFE	590		0	NC	4		325		
* Vitamin B-12.....mcg	5.50		0	MC	9		3.03		
* Vitamin B-12, added.....mcg	5.50		0	NR	4		3.03		
* Vitamin A, IU.....IU	909		0	MC	9		500		
Vitamin A, RAE.....mcg_RAE	273		0	NC	4		150		
Retinol.....mcg	273		0	NC	4		150		
Vitamin E (alpha-tocopherol).....mg	0.63		0	FLM	4		0.35		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
* Vitamin D.....IU	73		0	MC	9		40		
Vitamin K (phylloquinone).....mcg	1.4		0	FLM	4		0.8		
Lipids:									
Fatty acids, total saturated.....g	0.400		1	MA	12		0.220		
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	0.001		0	FLM	4		0.001		
13:0.....g									
14:0.....g	0.004		0	FLM	4		0.002		
15:0.....g	0.000		0	FLM	4		0.000		
16:0.....g	0.348		0	FLM	4		0.191		
17:0.....g	0.000		0	FLM	4		0.000		
18:0.....g	0.025		0	FLM	4		0.014		
20:0.....g	0.000		0	FLM	4		0.000		

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g	0.000		0	FLM	4		0.000		
24:0.....g									
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 18 (2005)

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
22:0.....g									
24:0.....g									
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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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		
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									
Amino Acids:									
Tryptophan.....g	0.130		0	A	1		0.039		
Threonine.....g	0.230		0	A	1		0.069		
Isoleucine.....g	0.260		0	A	1		0.078		
Leucine.....g	0.520		0	A	1		0.156		
Lysine.....g	0.140		0	A	1		0.042		
Methionine.....g	0.110		0	A	1		0.033		
Cystine.....g	0.150		0	A	1		0.045		
Phenylalanine.....g	0.350		0	A	1		0.105		
Tyrosine.....g	0.080		0	A	1		0.024		
Valine.....g	0.340		0	A	1		0.102		
Arginine.....g	0.250		0	A	1		0.075		
Histidine.....g	0.160		0	A	1		0.048		
Alanine.....g	0.300		0	A	1		0.090		
Aspartic acid.....g	0.420		0	A	1		0.126		
Glutamic acid.....g	2.190		0	A	1		0.657		
Glycine.....g	0.320		0	A	1		0.096		
Proline.....g	0.700		0	A	1		0.210		
Serine.....g	0.360		0	A	1		0.108		
Hydroxyproline.....g									
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

NDB No. 08077

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

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			

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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.244		0	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		0	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		0	LC		8			
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		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:

*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 18 (2005)

NDB No. 08195

Cereals ready-to-eat, HEALTHY CHOICE, KELLOGG'S Almond Crunch 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	5.84		0	MC	9		3.21		
Energy.....kcal	360		0	MC	9		198		
Energy.....kj	1506		0		9		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 B-12, added.....mcg	3.60		0	NR	4		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	3.49		0	MC	9		1.92		
* Vitamin E, added.....mg	3.49		0	NR	4		1.92		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
* Vitamin D.....IU	138		0	MC	9		76		
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		

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g	0.000		0	FLM	4		0.000		
24:0.....g	0.000		0	FLM	4		0.000		
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)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08389

Cereals ready-to-eat, Honey 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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
24:0.....g									
Fatty acids, total monounsaturated.....g	0.558		0	FLM	4		0.167		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.011		0	FLM	4		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.544		0	FLM	4		0.163		
20:1.....g	0.003		0	FLM	4		0.001		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.866		0	FLM	4		0.260		
18:2 undifferentiated.....g	0.814		0	FLM	4		0.244		
18:3 undifferentiated.....g	0.052		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	0.000		0	MC	9		0.000		
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 = 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 18 (2005)

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
22:0.....g									
24:0.....g									
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)

*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 18 (2005)

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	2.20		0	MC	9		0.88		
Energy.....kcal	284		0	MC	9		114		
Energy.....kj	1188		0	MC	9		475		
Protein (N x 6.25).....g	26.10		0	MC	9		10.44		
Total lipid (fat).....g	1.90		0	MC	9		0.76		
Ash.....g	12.00		0	MC	9		4.80		
Carbohydrate, by difference.....g	58.00		0	MC	9		23.20		
Fiber, total dietary.....g	19.6		0	MC	9		7.8		
Sugars, total.....g	12.00		0	MC	9		4.80		
Starch.....g									
Minerals:									
* Calcium, Ca.....mg	140		0	MC	9		56		
Iron, Fe.....mg	5.00		0	MC	9		2.00		
Magnesium, Mg.....mg	165		0	MC	9		66		
Phosphorus, P.....mg	475		0	MC	9		190		
Potassium, K.....mg	926		0	MC	9		370		
Sodium, Na.....mg	165		0	MC	9		66		
Zinc, Zn.....mg	0.70		0	MC	9		0.28		
Copper, Cu.....mg	0.844		0	FLM	4		0.338		
Manganese, Mn.....mg	2.932		0	FLM	4		1.173		
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLM	4		0.0		
Thiamin.....mg	0.340		0	FLM	4		0.136		
Riboflavin.....mg	0.158		0	FLM	4		0.063		
Niacin.....mg	3.251		0	FLM	4		1.301		
Pantothenic acid.....mg	0.990		0	FLM	4		0.396		
Vitamin B-6.....mg	0.321		0	FLM	4		0.128		
Folate, total.....mcg	64		0	FLM	4		25		
Folic acid.....mcg	0		0	FLM	4		0		
Folate, food.....mcg	64		0	FLM	4		25		
Folate, DFE.....mcg_DFE	64		0	NC	4		25		
Vitamin B-12.....mcg	0.00		0	FLM	4		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	97		0	MC	9		39		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....mcg	0		0	NC	4		0		
Vitamin E (alpha-tocopherol).....mg	0.60		0	FLM	4		0.24		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.2		0	FLM	4		0.9		
Lipids:									
Fatty acids, total saturated.....g	0.400		0	MC	9		0.160		
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	0.001		0	FLM	4		0.000		
12:0.....g	0.005		0	FLM	4		0.002		
13:0.....g									
14:0.....g	0.007		0	FLM	4		0.003		
15:0.....g									
16:0.....g	0.396		0	FLM	4		0.159		
17:0.....g									
18:0.....g	0.057		0	FLM	4		0.023		

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.400		0	MC	9		0.160		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		0	FLM	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.811		0	FLM	4		0.324		
20:1.....g	0.002		0	FLM	4		0.001		
22:1 undifferentiated.....g	0.001		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.100		0	MC	9		0.440		
18:2 undifferentiated.....g	1.232		0	FLM	4		0.493		
18:3 undifferentiated.....g	0.079		0	FLM	4		0.032		
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	0.000		0	MC	9		0.000		
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 = 40g: .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 18 (2005)

NDB No. 08387

Cereals ready-to-eat, KASHI Heart to Heart 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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
24:0.....g									
Fatty acids, total monounsaturated.....g	1.100		0	MC	9		0.363		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.011		0	FLM	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	1.051		0	FLM	4		0.347		
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	1.200		0	MC	9		0.396		
18:2 undifferentiated.....g	1.071		0	FLM	4		0.353		
18:3 undifferentiated.....g	0.088		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	0.000		0	MC	9		0.000		
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		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: .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 18 (2005)

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			
Folic acid.....mcg									
Folate, food.....mcg	15		1	MC		9			
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU									
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									
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:

*Vitamin or mineral added for enrichment or fortification

NDB No. 08391

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

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 08461

Cereals ready-to-eat, KASHI, CINNA-RAISIN 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	5.00		0	MC	9		2.50		
Energy.....kcal	330		0	MC	9		165		
Energy.....kj	1381		0	MC	9		690		
Protein (N x 6.25).....g	7.90		0	MC	9		3.95		
Total lipid (fat).....g	2.80		0	MC	9		1.40		
Ash.....g	2.00		0	MC	9		1.00		
Carbohydrate, by difference.....g	82.00		0	MC	9		41.00		
Fiber, total dietary.....g	15.1		0	MC	9		7.6		
Sugars, total.....g	25.00		0	MC	9		12.50		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	32		0	MC	9		16		
Iron, Fe.....mg	2.60		0	MC	9		1.30		
Magnesium, Mg.....mg	62		0	MC	9		31		
Phosphorus, P.....mg	136		0	MC	9		68		
Potassium, K.....mg	442		0	MC	9		221		
Sodium, Na.....mg	208		0	MC	9		104		
Zinc, Zn.....mg	0.90		0	MC	9		0.45		
Copper, Cu.....mg	0.314		0	FLM	4		0.157		
Manganese, Mn.....mg	2.394		0	FLM	4		1.197		
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg	0.395		0	FLM	4		0.198		
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	71		0	MC	9		36		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Vitamin E (alpha-tocopherol).....mg	0.78		0	FLM	4		0.39		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	27		0	FLM	4		14		
Vitamin K (phylloquinone).....mcg	3.1		0	FLM	4		1.5		
Lipids:									
Fatty acids, total saturated.....g	0.400		0	MC	9		0.200		
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	0.002		0	FLM	4		0.001		
13:0.....g	0.000		0	FLM	4		0.000		
14:0.....g	0.005		0	FLM	4		0.002		
15:0.....g	0.000		0	FLM	4		0.000		
16:0.....g	0.322		0	FLM	4		0.161		
17:0.....g	0.000		0	FLM	4		0.000		
18:0.....g	0.047		0	FLM	4		0.024		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.000		0	MC	9		0.500		
14:1.....g	0.000		0	FLM	4		0.000		
15:1.....g	0.000		0	FLM	4		0.000		

NDB No. 08461

Cereals ready-to-eat, KASHI, CINNA-RAISIN CRUNCH 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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
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	0.970		0	FLM	4		0.485		
20:1.....g	0.005		0	FLM	4		0.003		
22:1 undifferentiated.....g	0.002		0	FLM	4		0.001		
24:1 c.....g	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated.....g	1.400		0	MC	9		0.700		
18:2 undifferentiated.....g	1.278		0	FLM	4		0.639		
18:3 undifferentiated.....g	0.117		0	FLM	4		0.058		
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	0.000		0	MC	9		0.000		
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		

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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 18 (2005)

NDB No. 08462

Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat 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	3.90		0	MC	9		2.11		
Energy.....kcal	335		0	MC	9		181		
Energy.....kj	1402		0	MC	9		757		
Protein (N x 6.25).....g	9.70		0	MC	9		5.24		
Total lipid (fat).....g	2.10		0	MC	9		1.13		
Ash.....g	1.30		0	MC	9		0.70		
Carbohydrate, by difference.....g	83.00		0	MC	9		44.82		
Fiber, total dietary.....g	13.9		0	MC	9		7.5		
Sugars, total.....g	12.00		0	MC	9		6.48		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	57		0	MC	9		31		
Iron, Fe.....mg	3.00		0	MC	9		1.62		
Magnesium, Mg.....mg	81		0	MC	9		44		
Phosphorus, P.....mg	225		0	MC	9		122		
Potassium, K.....mg	338		0	MC	9		183		
Sodium, Na.....mg	3		0	MC	9		2		
Zinc, Zn.....mg	1.50		0	MC	9		0.81		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.400		0	MC	9		0.216		
Fatty acids, total monounsaturated.....g	0.400		0	MC	9		0.216		
Fatty acids, total polyunsaturated.....g	1.200		0	MC	9		0.648		
Fatty acids, total trans.....g	0.000		0	MC	9		0.000		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
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: 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 18 (2005)

NDB No. 08467

Cereals ready-to-eat, KASHI, ORGANIC PROMISE Cranberry Sunshine

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		0.87		
Energy.....kcal	317		0	MC	9		92		
Energy.....kj	1326		0	MC	9		385		
Protein (N x 6.25).....g	5.50		0	MC	9		1.60		
Total lipid (fat).....g	3.00		0	MC	9		0.87		
Ash.....g	1.10		0	MC	9		0.32		
Carbohydrate, by difference.....g	88.00		0	MC	9		25.52		
Fiber, total dietary.....g	9.9		0	MC	9		2.9		
Sugars, total.....g	25.00		0	MC	9		7.25		
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg	1.40		0	MC	9		0.41		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	286		0	MC	9		83		
Sodium, Na.....mg	71		0	MC	9		21		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.500		0	MC	9		0.145		
Fatty acids, total monounsaturated.....g	0.800		0	MC	9		0.232		
Fatty acids, total polyunsaturated.....g	1.700		0	MC	9		0.493		
Fatty acids, total trans.....g	0.000		0	MC	9		0.000		
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

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 08463

Cereals ready-to-eat, KASHI, ORGANIC PROMISE Strawberry Fields 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	2.00		0	MC	9		0.64		
Energy.....kcal	348		0	MC	9		111		
Energy.....kj	1456		0	MC	9		466		
Protein (N x 6.25).....g	9.10		0	MC	9		2.91		
Total lipid (fat).....g	0.40		0	MC	9		0.13		
Ash.....g	1.50		0	MC	9		0.48		
Carbohydrate, by difference.....g	87.00		0	MC	9		27.84		
Fiber, total dietary.....g	3.5		0	MC	9		1.1		
Sugars, total.....g	29.40		0	MC	9		9.41		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	17		0	MC	9		5		
Iron, Fe.....mg	1.50		0	MC	9		0.48		
Magnesium, Mg.....mg	70		0	MC	9		22		
Phosphorus, P.....mg	35		0	MC	9		11		
Potassium, K.....mg	122		0	MC	9		39		
Sodium, Na.....mg	626		0	MC	9		200		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.100		0	MC	9		0.032		
Fatty acids, total monounsaturated.....g	0.100		0	MC	9		0.032		
Fatty acids, total polyunsaturated.....g	0.200		0	MC	9		0.064		
Fatty acids, total trans.....g	0.000		0	MC	9		0.000		
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

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 08464

Cereals ready-to-eat, KASHI, SEVEN IN THE MORNING 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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
24:0.....g									
Fatty acids, total monounsaturated.....g	0.600		0	MC	9		0.348		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.013		0	FLM	4		0.008		
17:1.....g									
18:1 undifferentiated.....g	0.406		0	FLM	4		0.235		
20:1.....g	0.002		0	FLM	4		0.001		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.600		0	MC	9		0.928		
18:2 undifferentiated.....g	1.120		0	FLM	4		0.650		
18:3 undifferentiated.....g	0.065		0	FLM	4		0.038		
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	0.000		0	MC	9		0.000		
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 = 58g: .5 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 08455

Cereals ready-to-eat, KELLOGG'S DISNEY MICKEY'S MAGIX

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						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.900		0	MC	9		0.261		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0	FLM	4		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.895		0	FLM	4		0.259		
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		0.290		
18:2 undifferentiated.....g	0.957		0	FLM	4		0.277		
18:3 undifferentiated.....g	0.043		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	0.000		0	MC	9		0.000		
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 = 29g: 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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.240		0	MC	9		0.122		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.013		0	FLM	4		0.007		
17:1.....g									
18:1 undifferentiated.....g	0.227		0	FLM	4		0.116		
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	0.947		0	FLM	4		0.483		
18:3 undifferentiated.....g	0.049		0	FLM	4		0.025		
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	0.000		0	MC	9		0.000		
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 18 (2005)

NDB No. 08466

Cereals ready-to-eat, KELLOGG'S, CINNAMON MARSHMALLOW SCOOPY-DOO! 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
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.800		0	MC	9		1.216		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		0	FLM	4		0.002		
17:1.....g									
18:1 undifferentiated.....g	3.791		0	FLM	4		1.213		
20:1.....g	0.002		0	FLM	4		0.001		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.600		0	MC	9		0.192		
18:2 undifferentiated.....g	0.564		0	FLM	4		0.180		
18:3 undifferentiated.....g	0.018		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		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 = 32g: 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 18 (2005)

NDB No. 08472

Cereals ready-to-eat, KELLOGG'S, CORN FLAKES With Real Bananas

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.600		0	MC	9		0.156		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.016		0	FLM	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.583		0	FLM	4		0.152		
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		0.104		
18:2 undifferentiated.....g	0.358		0	FLM	4		0.093		
18:3 undifferentiated.....g	0.042		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	0.000		0	MC	9		0.000		
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	63		0	FLM	4		16.493		
Carotene, alpha.....mcg	52		0	FLM	4		13.479		
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000		
Lycopene.....mcg	0		0	FLM	4		0.000		
Lutein + zeaxanthin.....mcg	440		0	FLM	4		114.520		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

*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 18 (2005)

NDB No. 08465

Cereals ready-to-eat, KELLOGG'S, DISNEY MUD & BUGS

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	1.500		0	MC	9		0.435		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.006		0	FLM	4		0.002		
17:1.....g									
18:1 undifferentiated.....g	1.493		0	FLM	4		0.433		
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	0.600		0	MC	9		0.174		
18:2 undifferentiated.....g	0.572		0	FLM	4		0.166		
18:3 undifferentiated.....g	0.023		0	FLM	4		0.007		
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	0.470		0	MC	9		0.136		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	3		0	FLM	4		1		
Theobromine.....mg	117		0	FLM	4		34		
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

*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 18 (2005)

NDB No. 08473

Cereals ready-to-eat, KELLOGG'S, DISNEY PIXAR FINDING NEMO

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						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.000		0	MC	9		0.290		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		0	FLM	4		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.993		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	1.000		0	MC	9		0.290		
18:2 undifferentiated.....g	0.959		0	FLM	4		0.278		
18:3 undifferentiated.....g	0.041		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	0.000		0	MC	9		0.000		
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 = 29g: 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 18 (2005)

NDB No. 08474

Cereals ready-to-eat, KELLOGG'S, DISNEY PIXAR INCREDIBLES

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						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.300		0	MC	9		0.377		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		0	FLM	4		0.002		
17:1.....g									
18:1 undifferentiated.....g	1.292		0	FLM	4		0.375		
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		0.232		
18:2 undifferentiated.....g	0.768		0	FLM	4		0.223		
18:3 undifferentiated.....g	0.032		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	0.000		0	MC	9		0.000		
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 = 29g: 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 18 (2005)

NDB No. 08468

Cereals ready-to-eat, KELLOGG'S, FROOT LOOPS 1/3 Less Sugar

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		0.80		
Energy.....kcal	394		0	MC	9		126		
Energy.....kj	1648		0	MC	9		528		
Protein (N x 6.25).....g	6.20		0	MC	9		1.98		
Total lipid (fat).....g	3.40		0	MC	9		1.09		
Ash.....g	2.00		0	MC	9		0.64		
Carbohydrate, by difference.....g	86.00		0	MC	9		27.52		
Fiber, total dietary.....g	3.2		0	MC	9		1.0		
Sugars, total.....g	31.50		0	MC	9		10.08		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	17		0	MC	9		5		
* Iron, Fe.....mg	19.00		0	MC	9		6.08		
Magnesium, Mg.....mg	38		0	MC	9		12		
Phosphorus, P.....mg	92		0	MC	9		29		
Potassium, K.....mg	137		0	MC	9		44		
Sodium, Na.....mg	561		0	MC	9		180		
* Zinc, Zn.....mg	6.00		0	MC	9		1.92		
Copper, Cu.....mg	0.146		0	FLM	4		0.047		
Manganese, Mn.....mg	0.825		0	FLM	4		0.264		
Selenium, Se.....mcg									
Vitamins:									
* Vitamin C, total ascorbic acid.....mg	47.0		0	MC	9		15.0		
* Thiamin.....mg	1.600		0	MC	9		0.512		
* Riboflavin.....mg	1.800		0	MC	9		0.576		
* Niacin.....mg	21.000		0	MC	9		6.720		
Pantothenic acid.....mg	0.154		0	FLM	4		0.049		
* Vitamin B-6.....mg	2.000		0	MC	9		0.640		
* Folate, total.....mcg	421		0	MC	9		135		
Folic acid.....mcg	402		0	NC	4		129		
Folate, food.....mcg	19		0	CAAN	4		6		
Folate, DFE.....mcg_DFE	702		0	NC	4		225		
* Vitamin B-12.....mcg	5.00		0	MC	9		1.60		
* Vitamin B-12, added.....mcg	5.00		0	NR	4		1.60		
* Vitamin A, IU.....IU	1611		0	MC	9		516		
Vitamin A, RAE.....mcg_RAE	484		0	NC	4		155		
Retinol.....mcg	484		0	NC	4		155		
Vitamin E (alpha-tocopherol).....mg	0.34		0	FLM	4		0.11		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
* Vitamin D.....IU	169		0	MC	9		54		
Vitamin K (phylloquinone).....mcg	1.0		0	FLM	4		0.3		
Lipids:									
Fatty acids, total saturated.....g	1.400		0	MC	9		0.448		
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	0.011		0	FLM	4		0.003		
13:0.....g									
14:0.....g	0.010		0	FLM	4		0.003		
15:0.....g									
16:0.....g	0.940		0	FLM	4		0.301		
17:0.....g									
18:0.....g	0.377		0	FLM	4		0.120		
20:0.....g	0.010		0	FLM	4		0.003		

NDB No. 08468

Cereals ready-to-eat, KELLOGG'S, FROOT LOOPS 1/3 Less Sugar

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.010		0	FLM	4		0.003		
24:0.....g									
Fatty acids, total monounsaturated.....g	0.500		0	MC	9		0.160		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	FLM	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.499		0	FLM	4		0.160		
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	0.600		0	MC	9		0.192		
18:2 undifferentiated.....g	0.573		0	FLM	4		0.183		
18:3 undifferentiated.....g	0.023		0	FLM	4		0.007		
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 = 32g: 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 18 (2005)

NDB No. 08469

Cereals ready-to-eat, KELLOGG'S, FROSTED FLAKES 1/3 Less Sugar

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						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.030		0	MC	9		0.009		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.030		0	FLM	4		0.009		
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	0.090		0	MC	9		0.028		
18:2 undifferentiated.....g	0.087		0	FLM	4		0.027		
18:3 undifferentiated.....g	0.003		0	FLM	4		0.001		
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	0.000		0	MC	9		0.000		
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	58		0	FLM	4		18.080		
Carotene, alpha.....mcg	38		0	FLM	4		11.835		
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000		
Lycopene.....mcg	0		0	FLM	4		0.000		
Lutein + zeaxanthin.....mcg	817		0	FLM	4		253.345		

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 = 31g: 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 18 (2005)

NDB No. 08459

Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS, Maple & Brown Sugar, 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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	0.200		0	MC	9		0.104		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		0	FLM	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.192		0	FLM	4		0.100		
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		0.520		
18:2 undifferentiated.....g	0.934		0	FLM	4		0.486		
18:3 undifferentiated.....g	0.065		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	0.001		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	0.000		0	MC	9		0.000		
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 = 52g: 24 biscuit

*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 18 (2005)

NDB No. 08456

Cereals ready-to-eat, KELLOGG'S, FRUIT HARVEST Apple Cinnamon

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	Code	Code				
24:0.....g									
Fatty acids, total monounsaturated.....g	3.800		0	MC	9		1.976		
14:1.....g	0.000		0	FLM	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.032		0	FLM	4		0.016		
17:1.....g									
18:1 undifferentiated.....g	3.768		0	FLM	4		1.959		
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		0.676		
18:2 undifferentiated.....g	1.280		0	FLM	4		0.666		
18:3 undifferentiated.....g	0.019		0	FLM	4		0.010		
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	0.000		0	MC	9		0.000		
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		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 18 (2005)

NDB No. 08470

Cereals ready-to-eat, KELLOGG'S, FRUIT HARVEST Banana Berry

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						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.500		0	MC	9		0.150		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.015		0	FLM	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.483		0	FLM	4		0.145		
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	0.598		0	FLM	4		0.179		
18:3 undifferentiated.....g	0.101		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	0.001		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	0.000		0	MC	9		0.000		
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		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 18 (2005)

NDB No. 08457

Cereals ready-to-eat, KELLOGG'S, FRUIT HARVEST Peach/Strawberry

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						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.300		0	MC	9		0.090		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		0	FLM	4		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.292		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	0.600		0	MC	9		0.180		
18:2 undifferentiated.....g	0.537		0	FLM	4		0.161		
18:3 undifferentiated.....g	0.062		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	0.001		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	0.000		0	MC	9		0.000		
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 = 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 18 (2005)

NDB No. 08458

Cereals ready-to-eat, KELLOGG'S, FRUIT HARVEST Strawberry/Blueberry

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						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.300		0	MC	9		0.087		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0	FLM	4		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.294		0	FLM	4		0.085		
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	0.600		0	MC	9		0.174		
18:2 undifferentiated.....g	0.512		0	FLM	4		0.149		
18:3 undifferentiated.....g	0.088		0	FLM	4		0.025		
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	0.000		0	MC	9		0.000		
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 = 29g: .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 18 (2005)

NDB No. 08385

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.500		0	MC	9		0.275		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		0	FLM	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.493		0	FLM	4		0.271		
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	1.600		0	MC	9		0.880		
18:2 undifferentiated.....g	1.473		0	FLM	4		0.810		
18:3 undifferentiated.....g	0.125		0	FLM	4		0.069		
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	0.000		0	MC	9		0.000		
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 = 55g: 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 18 (2005)

NDB No. 08471

Cereals ready-to-eat, KELLOGG'S, SPECIAL K Low Carb Lifestyle

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		0.87		
Energy.....kcal	349		0	MC	9		101		
Energy.....kj	1460		0	MC	9		423		
Protein (N x 6.25).....g	33.70		0	MC	9		9.77		
Total lipid (fat).....g	9.70		0	MC	9		2.81		
Ash.....g	5.80		0	MC	9		1.68		
Carbohydrate, by difference.....g	47.80		0	MC	9		13.86		
Fiber, total dietary.....g	17.0		0	MC	9		4.9		
Sugars, total.....g	6.70		0	MC	9		1.94		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	135		0	MC	9		39		
* Iron, Fe.....mg	21.00		0	MC	9		6.09		
Magnesium, Mg.....mg	236		0	MC	9		68		
Phosphorus, P.....mg	671		0	MC	9		195		
Potassium, K.....mg	1111		0	MC	9		322		
Sodium, Na.....mg	380		0	MC	9		110		
Zinc, Zn.....mg	4.80		0	MC	9		1.39		
Copper, Cu.....mg	0.500		0	MC	9		0.145		
Manganese, Mn.....mg	1.000		0	MC	9		0.290		
Selenium, Se.....mcg	26.0		0	MC	9		7.5		
Vitamins:									
* Vitamin C, total ascorbic acid.....mg	61.0		0	MC	9		17.7		
* Thiamin.....mg	1.300		0	MC	9		0.377		
* Riboflavin.....mg	1.700		0	MC	9		0.493		
* Niacin.....mg	17.600		0	MC	9		5.104		
Pantothenic acid.....mg	0.911		0	FLM	4		0.264		
* Vitamin B-6.....mg	2.300		0	MC	9		0.667		
* Folate, total.....mcg	448		0	MC	9		130		
Folic acid.....mcg	429		0	NC	4		124		
Folate, food.....mcg	19		0	CAAN	4		6		
Folate, DFE.....mcg_DFE	748		0	NC	4		217		
* Vitamin B-12.....mcg	5.70		0	MC	9		1.65		
* Vitamin B-12, added.....mcg	5.70		0	NR	4		1.65		
* Vitamin A, IU.....IU	3630		0	MC	9		1053		
Vitamin A, RAE.....mcg_RAE	1090		0	NC	4		316		
Retinol.....mcg	1090		0	NC	4		316		
* Vitamin E (alpha-tocopherol).....mg	22.95		0	MC	9		6.66		
* Vitamin E, added.....mg	22.95		0	NR	4		6.66		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	15.2		0	FLM	4		4.4		
Lipids:									
Fatty acids, total saturated.....g	2.000		0	MC	9		0.580		
4:0.....g	0.000		0	FLM	4		0.000		
6:0.....g	0.000		0	FLM	4		0.000		
8:0.....g	0.001		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									
14:0.....g	0.017		0	FLM	4		0.005		
15:0.....g									
16:0.....g	1.450		0	FLM	4		0.421		
17:0.....g									
18:0.....g	0.441		0	FLM	4		0.128		
20:0.....g	0.031		0	FLM	4		0.009		

NDB No. 08471

Cereals ready-to-eat, KELLOGG'S, SPECIAL K Low Carb Lifestyle

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						
22:0.....g	0.033		0	FLM	4		0.010		
24:0.....g									
Fatty acids, total monounsaturated.....g	2.300		0	MC	9		0.667		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		0	FLM	4		0.006		
17:1.....g									
18:1 undifferentiated.....g	2.276		0	FLM	4		0.660		
20:1.....g	0.003		0	FLM	4		0.001		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.400		0	MC	9		1.566		
18:2 undifferentiated.....g	4.783		0	FLM	4		1.387		
18:3 undifferentiated.....g	0.616		0	FLM	4		0.179		
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	0.000		0	MC	9		0.000		
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 = 29g: .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 18 (2005)

NDB No. 08460

Cereals ready-to-eat, KELLOGG'S, TONY'S CINNAMON KRUNCHERS

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						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.000		0	MC	9		1.160		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		0	FLM	4		0.002		
17:1.....g									
18:1 undifferentiated.....g	3.990		0	FLM	4		1.157		
20:1.....g	0.002		0	FLM	4		0.001		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	MC	9		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	6.000		0	MC	9		1.740		
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 = 29g: .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 18 (2005)

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	0.000		0	MC	9				
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

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 08454

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

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						
22:0.....g									
24:0.....g									
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	0.199		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	0.700		0	MC	9		0.203		
18:2 undifferentiated.....g	0.675		0	FLM	4		0.196		
18:3 undifferentiated.....g	0.025		0	FLM	4		0.007		
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	0.000		0	MC	9		0.000		
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 = 29g: 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 18 (2005)

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
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.500		0	MC	9		0.150		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.011		0	FLM	4		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.489		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		0.390		
18:2 undifferentiated.....g	1.206		0	FLM	4		0.362		
18:3 undifferentiated.....g	0.091		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	0.000		0	MC	9		0.000		
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 18 (2005)

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	2.12		1	A	1		0.64		
Energy.....kcal	260		0	MC	9		78		
Energy.....kj	1088		0	MC	9		326		
Protein (N x 6.25).....g	13.14		1	A	1		3.94		
Total lipid (fat).....g	4.90		1	A	1		1.47		
Ash.....g	5.60		1	A	1		1.68		
Carbohydrate, by difference.....g	74.24		0	NC	4		22.27		
Fiber, total dietary.....g	29.3		1	A	1		8.8		
Sugars, total.....g	15.69		0	AS	1		4.71		
Sucrose.....g	13.20		1	A	1		3.96		
Glucose (dextrose).....g	1.07		1	A	1		0.32		
Fructose.....g	0.36		1	A	1		0.11		
Lactose.....g	0.00		1	A	1		0.00		
Maltose.....g	1.06		1	A	1		0.32		
Galactose.....g	0.00		0	Z	7		0.00		
Starch.....g	21.80		1	A	1		6.54		
Minerals:									
* Calcium, Ca.....mg	389		1	A	1		117		
* Iron, Fe.....mg	17.60		1	A	1		5.28		
Magnesium, Mg.....mg	362		1	A	1		109		
Phosphorus, P.....mg	1150		1	A	1		345		
Potassium, K.....mg	1020		1	A	1		306		
Sodium, Na.....mg	242		1	A	1		73		
Zinc, Zn.....mg	12.40		1	A	1		3.72		
Copper, Cu.....mg	1.040		1	A	1		0.312		
Manganese, Mn.....mg	7.410		1	A	1		2.223		
Selenium, Se.....mcg	9.4	2.107	8	JA	6		2.8		
Vitamins:									
* Vitamin C, total ascorbic acid.....mg	20.0		0	MC	9		6.0		
* Thiamin.....mg	2.270		1	A	1		0.681		
* Riboflavin.....mg	2.710		1	A	1		0.813		
* Niacin.....mg	14.800		1	A	1		4.440		
Pantothenic acid.....mg	1.060		1	A	1		0.318		
* Vitamin B-6.....mg	12.000		1	A	1		3.600		
* 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	18.80		1	A	1		5.64		
* Vitamin B-12, added.....mcg	18.80		0	NR	4		5.64		
* Vitamin A, IU.....IU	1747		0	MC	9		524		
Vitamin A, RAE.....mcg_RAE	525		0	NC	4		157		
Retinol.....mcg	525		0	NC	4		158		
Vitamin E (alpha-tocopherol).....mg	1.24		0	FLM	4		0.37		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
* Vitamin D.....IU	170		0	MC	9		51		
Vitamin K (phylloquinone).....mcg	5.2		1	A	1		1.6		
Lipids:									
Fatty acids, total saturated.....g	0.640		0	NC	4		0.192		
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		

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
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		
24:0.....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.670		0	NC	4		0.201		
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	2.110		0	NC	4		0.633		
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	0.000		0	MC	9		0.000		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.220		0	A	1		0.066		
Threonine.....g	0.380		0	A	1		0.114		
Isoleucine.....g	0.350		0	A	1		0.105		
Leucine.....g	0.700		0	A	1		0.210		
Lysine.....g	0.350		0	A	1		0.105		
Methionine.....g	0.170		0	A	1		0.051		
Cystine.....g	0.240		0	A	1		0.072		
Phenylalanine.....g	0.480		0	A	1		0.144		
Tyrosine.....g	0.150		0	A	1		0.045		
Valine.....g	0.520		0	A	1		0.156		
Arginine.....g	0.610		0	A	1		0.183		
Histidine.....g	0.280		0	A	1		0.084		
Alanine.....g	0.550		0	A	1		0.165		
Aspartic acid.....g	0.770		0	A	1		0.231		
Glutamic acid.....g	2.240		0	A	1		0.672		
Glycine.....g	0.580		0	A	1		0.174		
Proline.....g	0.730		0	A	1		0.219		
Serine.....g	0.500		0	A	1		0.150		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
<u>Carotenoids:</u>									
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		

NDB No. 08001

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

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 = 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 18 (2005)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.700		0	MC	9		0.210		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009		0	FLM	4		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.691		0	FLM	4		0.207		
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	2.073		0	FLM	4		0.622		
18:3 undifferentiated.....g	0.124		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	0.003		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	0.000		0	MC	9		0.000		
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 18 (2005)

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						
22:0.....g									
24:0.....g									
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)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.600		0	MC	9		0.180		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0	FLM	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.597		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	0.000		0	MC	9		0.000		
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	39		0	FLM	4		11.823		
Carotene, alpha.....mcg	25		0	FLM	4		7.551		
Cryptoxanthin, beta.....mcg	6		0	FLM	4		1.913		
Lycopene.....mcg	1		0	FLM	4		0.216		
Lutein + zeaxanthin.....mcg	554		0	FLM	4		166.315		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 18 (2005)

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						
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		
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									
Amino Acids:									
Tryptophan.....g	0.080		0	A	1		0.025		
Threonine.....g	0.160		0	A	1		0.050		
Isoleucine.....g	0.160		0	A	1		0.050		
Leucine.....g	0.340		0	A	1		0.105		
Lysine.....g	0.130		0	A	1		0.040		
Methionine.....g	0.090		0	A	1		0.028		
Cystine.....g	0.090		0	A	1		0.028		
Phenylalanine.....g	0.230		0	A	1		0.071		
Tyrosine.....g	0.060		0	A	1		0.019		
Valine.....g	0.240		0	A	1		0.074		
Arginine.....g	0.280		0	A	1		0.087		
Histidine.....g	0.090		0	A	1		0.028		
Alanine.....g	0.230		0	A	1		0.071		
Aspartic acid.....g	0.400		0	A	1		0.124		
Glutamic acid.....g	0.800		0	A	1		0.248		
Glycine.....g	0.190		0	A	1		0.059		
Proline.....g	0.190		0	A	1		0.059		
Serine.....g	0.220		0	A	1		0.068		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	3		0	FLM	4		1		
Theobromine.....mg	66		0	FLM	4		20		
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

NDB No. 08014

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

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			

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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.240		0	MC	9		0.074		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0	FLM	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.237		0	FLM	4		0.074		
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	0.200		0	MC	9		0.062		
18:2 undifferentiated.....g	0.194		0	FLM	4		0.060		
18:3 undifferentiated.....g	0.006		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	0.130		0	MC	9		0.040		
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		12.306		
Carotene, alpha.....mcg	26		0	FLM	4		8.056		
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000		
Lycopene.....mcg	0		0	FLM	4		0.000		
Lutein + zeaxanthin.....mcg	556		0	FLM	4		172.440		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.700		0	MC	9		2.585		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.011		0	FLM	4		0.006		
17:1.....g									
18:1 undifferentiated.....g	4.688		0	FLM	4		2.579		
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	3.000		0	MC	9		1.650		
18:2 undifferentiated.....g	2.869		0	FLM	4		1.578		
18:3 undifferentiated.....g	0.129		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	0.002		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	0.100		0	MC	9		0.055		
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 18 (2005)

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						
14:0.....g	0.000		2	A	1		0.000	0.000	
15:0.....g	0.000		2	A	1		0.000	0.000	
16:0.....g	0.235		2	A	1		0.070	0.070	
17:0.....g	0.000		2	A	1		0.000	0.000	
18:0.....g	0.020		2	A	1		0.006	0.006	
20:0.....g	0.000		2	A	1		0.000	0.000	
22:0.....g	0.000		2	A	1		0.000	0.000	
24:0.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.220		0	NC	4		0.066	0.066	
14:1.....g	0.000		2	A	1		0.000	0.000	
15:1.....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
17:1.....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated.....g	0.220		2	A	1		0.066	0.066	
20:1.....g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
24:1 c.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.360		0	NC	4		0.108	0.108	
18:2 undifferentiated.....g	0.350		2	A	1		0.105	0.105	
18:3 undifferentiated.....g	0.010		2	A	1		0.003	0.003	
18:4.....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:5 n-3.....g	0.000		2	A	1		0.000	0.000	
22:5 n-3.....g	0.000		2	A	1		0.000	0.000	
22:6 n-3.....g	0.000		2	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	0.071		0	MC	9		0.021	0.021	
Threonine.....g	0.245		0	MC	9		0.073	0.073	
Isoleucine.....g	0.277		0	MC	9		0.083	0.083	
Leucine.....g	0.778		0	MC	9		0.233	0.233	
Lysine.....g	0.087		0	MC	9		0.026	0.026	
Methionine.....g	0.136		0	MC	9		0.041	0.041	
Cystine.....g	0.130		0	MC	9		0.039	0.039	
Phenylalanine.....g	0.381		0	MC	9		0.114	0.114	
Tyrosine.....g	0.174		0	MC	9		0.052	0.052	
Valine.....g	0.381		0	MC	9		0.114	0.114	
Arginine.....g	0.337		0	MC	9		0.101	0.101	
Histidine.....g	0.174		0	MC	9		0.052	0.052	
Alanine.....g	0.490		0	MC	9		0.147	0.147	
Aspartic acid.....g	0.794		0	MC	9		0.238	0.238	
Glutamic acid.....g	1.441		0	MC	9		0.432	0.432	
Glycine.....g	0.277		0	MC	9		0.083	0.083	
Proline.....g	0.571		0	MC	9		0.171	0.171	
Serine.....g	0.316		0	MC	9		0.095	0.095	
Hydroxyproline.....g									
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	39		2	A	1		11.685	11.685	
Carotene, alpha.....mcg	0		2	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	34		2	A	1		10.110	10.110	
Lycopene.....mcg	0		2	A	1		0.000	0.000	
Lutein + zeaxanthin.....mcg	196		2	A	1		58.650	58.650	

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NDB No. 08259

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

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 serving (1 NLEA serving size = 1 cup)

Measure 2 = 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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.700		0	MC	9		0.510		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.015		0	FLM	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	1.685		0	FLM	4		0.506		
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		0.287		
18:3 undifferentiated.....g	0.044		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	0.000		0	MC	9		0.000		
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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.500		0	MC	9		0.145		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.021		0	FLM	4		0.006		
17:1.....g									
18:1 undifferentiated.....g	0.479		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	1.028		0	FLM	4		0.298		
18:3 undifferentiated.....g	0.069		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	0.000		0	MC	9		0.000		
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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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		
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									
Amino Acids:									
Tryptophan.....g	0.040		0	A	1		0.011		
Threonine.....g	0.200		0	A	1		0.056		
Isoleucine.....g	0.220		0	A	1		0.062		
Leucine.....g	0.920		0	A	1		0.258		
Lysine.....g	0.070		0	A	1		0.020		
Methionine.....g	0.120		0	A	1		0.034		
Cystine.....g	0.120		0	A	1		0.034		
Phenylalanine.....g	0.330		0	A	1		0.092		
Tyrosine.....g	0.070		0	A	1		0.020		
Valine.....g	0.270		0	A	1		0.076		
Arginine.....g	0.100		0	A	1		0.028		
Histidine.....g	0.150		0	A	1		0.042		
Alanine.....g	0.510		0	A	1		0.143		
Aspartic acid.....g	0.350		0	A	1		0.098		
Glutamic acid.....g	1.370		0	A	1		0.384		
Glycine.....g	0.170		0	A	1		0.048		
Proline.....g	0.630		0	A	1		0.176		
Serine.....g	0.300		0	A	1		0.084		
Hydroxyproline.....g									
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	162		1	A	1		45.360		
Carotene, alpha.....mcg	19		1	A	1		5.320		
Cryptoxanthin, beta.....mcg	50		1	A	1		13.888		
Lycopene.....mcg	0		1	A	1		0.000		
Lutein + zeaxanthin.....mcg	339		0	NR	4		94.920		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of 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. 08020

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

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			

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 18 (2005)

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						
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		
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									
Amino Acids:									
Tryptophan.....g	0.070		0	A	1		0.021		
Threonine.....g	0.150		0	A	1		0.045		
Isoleucine.....g	0.160		0	A	1		0.048		
Leucine.....g	0.410		0	A	1		0.123		
Lysine.....g	0.150		0	A	1		0.045		
Methionine.....g	0.080		0	A	1		0.024		
Cystine.....g	0.130		0	A	1		0.039		
Phenylalanine.....g	0.220		0	A	1		0.066		
Tyrosine.....g	0.040		0	A	1		0.012		
Valine.....g	0.210		0	A	1		0.063		
Arginine.....g	0.180		0	A	1		0.054		
Histidine.....g	0.100		0	A	1		0.030		
Alanine.....g	0.240		0	A	1		0.072		
Aspartic acid.....g	0.290		0	A	1		0.087		
Glutamic acid.....g	1.130		0	A	1		0.339		
Glycine.....g	0.190		0	A	1		0.057		
Proline.....g	0.380		0	A	1		0.114		
Serine.....g	0.220		0	A	1		0.066		
Hydroxyproline.....g									
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	30		0	FLM	4		8.953		
Carotene, alpha.....mcg	20		0	FLM	4		5.860		
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.003		
Lycopene.....mcg	0		0	FLM	4		0.000		
Lutein + zeaxanthin.....mcg	425		0	FLM	4		127.511		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of 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. 08030

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

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			

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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
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	0.090		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	0.300		0	MC	9		0.093		
18:2 undifferentiated.....g	0.291		0	FLM	4		0.090		
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	0.000		0	MC	9		0.000		
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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
24:0.....g									
Fatty acids, total monounsaturated.....g	0.240		0	MC	9		0.132		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.013		0	FLM	4		0.007		
17:1.....g									
18:1 undifferentiated.....g	0.227		0	FLM	4		0.125		
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	0.000		0	MC	9		0.000		
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 = 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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
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	0.000		0	MC	9		0.000		
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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.000		0	MC	9		0.300		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009		0	FLM	4		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.991		0	FLM	4		0.297		
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	0.600		0	MC	9		0.180		
18:2 undifferentiated.....g	0.589		0	FLM	4		0.177		
18:3 undifferentiated.....g	0.011		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	0.000		0	MC	9		0.000		
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	56		0	FLM	4		16.795		
Carotene, alpha.....mcg	37		0	FLM	4		10.984		
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000		
Lycopene.....mcg	0		0	FLM	4		0.000		
Lutein + zeaxanthin.....mcg	784		0	FLM	4		235.133		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 18 (2005)

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	269		0	MC	9		148		
Sodium, Na.....mg	459		0	MC	9		252		
* Zinc, Zn.....mg	1.30		0	MC	9		0.72		
Copper, Cu.....mg	0.200		0	MC	9		0.110		
Manganese, Mn.....mg	1.428		0	FLM	4		0.785		
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 B-12, added.....mcg	10.00		0	NR	4		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	2.25		0	MC	9		1.24		
* Vitamin E, added.....mg	2.25		0	NR	4		1.24		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
* Vitamin D.....IU	83		0	MC	9		46		
Vitamin K (phylloquinone).....mcg	1.0		0	FLM	4		0.6		
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	0.006		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									
14:0.....g	0.002		0	FLM	4		0.001		
15:0.....g									
16:0.....g	0.416		0	FLM	4		0.229		
17:0.....g									
18:0.....g	0.059		0	FLM	4		0.033		

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.500		0	MC	9		0.825		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.015		0	FLM	4		0.008		
17:1.....g									
18:1 undifferentiated.....g	1.485		0	FLM	4		0.816		
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		0.715		
18:2 undifferentiated.....g	1.272		0	FLM	4		0.699		
18:3 undifferentiated.....g	0.027		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	0.001		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	0.000		0	MC	9		0.000		
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

NDB No. 08284

Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat 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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.400		0	MC	9		1.320		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.014		0	FLM	4		0.008		
17:1.....g									
18:1 undifferentiated.....g	2.385		0	FLM	4		1.312		
20:1.....g	0.001		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	0.861		0	FLM	4		0.474		
18:3 undifferentiated.....g	0.030		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	0.000		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	0.600		0	MC	9		0.330		
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: .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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.500		0	MC	9		1.375		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.013		0	FLM	4		0.007		
17:1.....g									
18:1 undifferentiated.....g	2.486		0	FLM	4		1.367		
20:1.....g	0.001		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	0.862		0	FLM	4		0.474		
18:3 undifferentiated.....g	0.031		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	0.000		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	0.600		0	MC	9		0.330		
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 18 (2005)

NDB No. 08376

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.500		0	MC	9		0.150		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	FLM	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.498		0	FLM	4		0.150		
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	0.600		0	MC	9		0.180		
18:2 undifferentiated.....g	0.573		0	FLM	4		0.172		
18:3 undifferentiated.....g	0.023		0	FLM	4		0.007		
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	0.000		0	MC	9		0.000		
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 = 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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.900		0	MC	9		1.595		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.025		0	FLM	4		0.014		
17:1.....g									
18:1 undifferentiated.....g	2.864		0	FLM	4		1.575		
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	1.800		0	MC	9		0.990		
18:2 undifferentiated.....g	1.740		0	FLM	4		0.957		
18:3 undifferentiated.....g	0.055		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	0.000		0	MC	9		0.000		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	MC	9		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: .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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.400		0	MC	9		0.120		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0	FLM	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.397		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	0.671		0	FLM	4		0.201		
18:3 undifferentiated.....g	0.029		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	0.000		0	MC	9		0.000		
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	66		0	FLM	4		19.771		
Carotene, alpha.....mcg	43		0	FLM	4		12.941		
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.001		
Lycopene.....mcg	0		0	FLM	4		0.000		
Lutein + zeaxanthin.....mcg	942		0	FLM	4		282.460		

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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 18 (2005)

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	0.000		0	MC	9				
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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.500		0	MC	9		0.305		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.025		0	FLM	4		0.015		
17:1.....g									
18:1 undifferentiated.....g	0.474		0	FLM	4		0.289		
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	1.500		0	MC	9		0.915		
18:2 undifferentiated.....g	1.386		0	FLM	4		0.845		
18:3 undifferentiated.....g	0.110		0	FLM	4		0.067		
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		0.002		
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	0.000		0	MC	9		0.000		
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 18 (2005)

NDB No. 08287

Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN 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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.200		0	MC	9		0.110		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.017		0	FLM	4		0.010		
17:1.....g									
18:1 undifferentiated.....g	0.183		0	FLM	4		0.100		
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		0.440		
18:2 undifferentiated.....g	0.759		0	FLM	4		0.418		
18:3 undifferentiated.....g	0.039		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	0.000		0	MC	9		0.000		
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 18 (2005)

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				
14:0.....g	0.020	0.000	4	A	1		0.007	0.006	
15:0.....g	0.000	0.000	4	A	1		0.000	0.000	
16:0.....g	0.307	0.005	4	A	1		0.101	0.086	
17:0.....g	0.000	0.000	4	A	1		0.000	0.000	
18:0.....g	0.030	0.005	4	A	1		0.010	0.008	
20:0.....g	0.000	0.000	4	A	1		0.000	0.000	
22:0.....g	0.000	0.000	4	A	1		0.000	0.000	
24:0.....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.265		0	NC	4		0.087	0.074	
14:1.....g	0.000	0.000	4	A	1		0.000	0.000	
15:1.....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	
17:1.....g	0.000	0.000	4	A	1		0.000	0.000	
18:1 undifferentiated.....g	0.265	0.007	4	A	1		0.087	0.074	
20:1.....g	0.000	0.000	4	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.365		0	NC	4		0.120	0.102	
18:2 undifferentiated.....g	0.360	0.009	4	A	1		0.119	0.101	
18:3 undifferentiated.....g	0.005		2	A	1		0.002	0.001	
18:4.....g	0.000	0.000	4	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	
20:5 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	
22:5 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	
22:6 n-3.....g	0.000	0.000	4	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	0.090		0	A	1		0.030	0.025	
Threonine.....g	0.252		0	A	1		0.083	0.071	
Isoleucine.....g	0.269		0	A	1		0.089	0.075	
Leucine.....g	0.530		0	A	1		0.175	0.148	
Lysine.....g	0.153		0	A	1		0.051	0.043	
Methionine.....g	0.137		0	A	1		0.045	0.038	
Cystine.....g	0.134		0	A	1		0.044	0.037	
Phenylalanine.....g	0.350		0	A	1		0.115	0.098	
Tyrosine.....g	0.164		0	A	1		0.054	0.046	
Valine.....g	0.389		0	A	1		0.129	0.109	
Arginine.....g	0.446		0	A	1		0.147	0.125	
Histidine.....g	0.147		0	A	1		0.049	0.041	
Alanine.....g	0.377		0	A	1		0.124	0.105	
Aspartic acid.....g	0.893		0	A	1		0.295	0.250	
Glutamic acid.....g	1.212		0	A	1		0.400	0.339	
Glycine.....g	0.292		0	A	1		0.096	0.082	
Proline.....g	0.352		0	A	1		0.116	0.098	
Serine.....g	0.328		0	A	1		0.108	0.092	
Hydroxyproline.....g									
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	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	0		0	FLM	4		0.000	0.000	

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NDB No. 08065

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

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number	Deriv	Source	measures of food		
			of Data	Code	Code	Code	Measure 1	Measure 2

food, or similar food.

Common Measures:

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

Measure 2 = 28g: 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 18 (2005)

NDB No. 08288

Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS 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
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.600		0	MC	9		0.480		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0	FLM	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	1.594		0	FLM	4		0.478		
20:1.....g	0.001		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	0.600		0	MC	9		0.180		
18:2 undifferentiated.....g	0.529		0	FLM	4		0.159		
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	1.480		0	MC	9		0.444		
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 18 (2005)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.650		0	MC	9		0.176		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		0	FLM	4		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.643		0	FLM	4		0.174		
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	0.846		0	FLM	4		0.228		
18:3 undifferentiated.....g	0.042		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	0.002		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	1.000		0	MC	9		0.270		
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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.200		0	MC	9		0.100		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0	FLM	4		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.196		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	0.900		0	MC	9		0.450		
18:2 undifferentiated.....g	0.830		0	FLM	4		0.415		
18:3 undifferentiated.....g	0.068		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	0.001		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	0.000		0	MC	9		0.000		
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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.400		0	MC	9		0.124		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		0	FLM	4		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.392		0	FLM	4		0.122		
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	0.705		0	FLM	4		0.218		
18:3 undifferentiated.....g	0.096		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	0.000		0	MC	9		0.000		
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 18 (2005)

NDB No. 08383

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

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						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.200		0	MC	9		0.062		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0	FLM	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.196		0	FLM	4		0.061		
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	0.600		0	MC	9		0.186		
18:2 undifferentiated.....g	0.531		0	FLM	4		0.165		
18:3 undifferentiated.....g	0.069		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	0.000		0	MC	9		0.000		
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 = 31g: 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 18 (2005)

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
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.300		0	MC	9		0.165		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0	FLM	4		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.297		0	FLM	4		0.163		
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		0.715		
18:2 undifferentiated.....g	1.226		0	FLM	4		0.674		
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									
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	0.000		0	MC	9		0.000		
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 18 (2005)

NDB No. 08384

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

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						
24:0.....g									
Fatty acids, total monounsaturated.....g	0.200		0	MC	9		0.024		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		0	FLM	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.192		0	FLM	4		0.023		
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		0.108		
18:2 undifferentiated.....g	0.861		0	FLM	4		0.103		
18:3 undifferentiated.....g	0.039		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	0.000		0	MC	9		0.000		
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		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 box (1 single serving box)

*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 18 (2005)

NDB No. 08374

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

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						
24:0.....g									
Fatty acids, total monounsaturated.....g	2.100		0	MC	9		0.630		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.006		0	FLM	4		0.002		
17:1.....g									
18:1 undifferentiated.....g	2.093		0	FLM	4		0.628		
20:1.....g	0.001		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		0.330		
18:2 undifferentiated.....g	1.033		0	FLM	4		0.310		
18:3 undifferentiated.....g	0.044		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	0.800		0	MC	9		0.240		
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 = 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 18 (2005)

NDB No. 08380

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

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						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.700		0	MC	9		0.371		
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		0.004		
17:1.....g	0.000		0	FLM	4		0.000		
18:1 undifferentiated.....g	0.691		0	FLM	4		0.366		
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		0.424		
18:2 undifferentiated.....g	0.732		0	FLM	4		0.388		
18:3 undifferentiated.....g	0.059		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	0.001		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	0.000		0	MC	9		0.000		
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 = 53g: 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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
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 18 (2005)

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				9		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		0	MC	9		0		
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 18 (2005)

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				9		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		0	MC	9		40		
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 18 (2005)

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				9		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		0	MC	9		40		
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 18 (2005)

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				9		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		0	MC	9		40		
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 18 (2005)

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				9		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		0	MC	9		40		
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 18 (2005)

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				9		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		0	MC	9		40		
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 18 (2005)

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				9		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		0	MC	9		40		
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 18 (2005)

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				9		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		0	MC	9		0		
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 18 (2005)

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				9		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		0	MC	9		40		
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 18 (2005)

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				9		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		0	MC	9		40		
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 18 (2005)

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				9		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		0	MC	9		40		
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 18 (2005)

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				9		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		0	MC	9		40		
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 18 (2005)

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				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									
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		0	MC	9		40		
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 18 (2005)

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				9		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		0	MC	9		40		
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 18 (2005)

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				9		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		0	MC	9		40		
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 18 (2005)

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				9		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		0	MC	9		40		
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 18 (2005)

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				9		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		0	MC	9		40		
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 18 (2005)

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				9		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		0	MC	9		40		
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 18 (2005)

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				9		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		0	MC	9		40		
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 18 (2005)

NDB No. 08061

Cereals ready-to-eat, KRAFT, POST Raisin 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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
14:0.....g	0.000		1	A	1		0.000	0.000	
15:0.....g	0.000		1	A	1		0.000	0.000	
16:0.....g	0.360		1	A	1		0.202	0.102	
17:0.....g	0.000		1	A	1		0.000	0.000	
18:0.....g	0.030		1	A	1		0.017	0.008	
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	0.460		0	NC	4		0.257	0.130	
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	0.450		1	A	1		0.252	0.128	
20:1.....g	0.010		1	A	1		0.006	0.003	
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.050		0	NC	4		0.588	0.298	
18:2 undifferentiated.....g	0.970		1	A	1		0.543	0.275	
18:3 undifferentiated.....g	0.080		1	A	1		0.045	0.023	
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		0	A	1		0.078	0.040	
Threonine.....g	0.250		0	A	1		0.140	0.071	
Isoleucine.....g	0.250		0	A	1		0.140	0.071	
Leucine.....g	0.500		0	A	1		0.280	0.142	
Lysine.....g	0.190		0	A	1		0.106	0.054	
Methionine.....g	0.100		0	A	1		0.056	0.028	
Cystine.....g	0.180		0	A	1		0.101	0.051	
Phenylalanine.....g	0.370		0	A	1		0.207	0.105	
Tyrosine.....g	0.100		0	A	1		0.056	0.028	
Valine.....g	0.350		0	A	1		0.196	0.099	
Arginine.....g	0.420		0	A	1		0.235	0.119	
Histidine.....g	0.180		0	A	1		0.101	0.051	
Alanine.....g	0.330		0	A	1		0.185	0.094	
Aspartic acid.....g	0.470		0	A	1		0.263	0.133	
Glutamic acid.....g	1.980		0	A	1		1.109	0.561	
Glycine.....g	0.360		0	A	1		0.202	0.102	
Proline.....g	0.680		0	A	1		0.381	0.193	
Serine.....g	0.360		0	A	1		0.202	0.102	
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

NDB No. 08061

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

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			

food, or similar food.

Common Measures:

Measure 1 = 56g: 1 cup

Measure 2 = 28.35g: 1 oz

*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 18 (2005)

NDB No. 08341

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

Kraft Foods, 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		0	MC	9		2.66		
Energy.....kcal	334		0	MC	9		197		
Energy.....kj	1397				9		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		0	MC	9		0		
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 SHREDDED WHEAT 'N BRAN Cereal

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 08342

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

Kraft Foods, 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	4.10		0	MC	9		2.01		
Energy.....kcal	340		0	MC	9		167		
Energy.....kj	1423				9		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		0	MC	9		0		
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 SHREDDED WHEAT SPOON SIZE Cereal

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

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				9		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		0	MC	9		40		
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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.090		1	MA	12		0.927	1.236	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.012		0	FLA	4		0.003	0.005	
17:1.....g									
18:1 undifferentiated.....g	3.078		0	FLA	4		0.923	1.231	
20:1.....g	0.001		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	1.420		1	MA	12		0.426	0.568	
18:2 undifferentiated.....g	1.355		0	FLA	4		0.407	0.542	
18:3 undifferentiated.....g	0.060		0	FLA	4		0.018	0.024	
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	1.010		1	MA	12		0.303	0.404	
Cholesterol.....mg	1		1	MA	12		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 18 (2005)

NDB No. 08493

Cereals ready-to-eat, MALT-O-MEAL, Apple Multi-Grain Cereal

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						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.260		1	MA	12		0.416		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0	FLA	4		0.002		
17:1.....g									
18:1 undifferentiated.....g	1.255		0	FLA	4		0.414		
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	0.835		1	MA	12		0.276		
18:2 undifferentiated.....g	0.804		0	FLA	4		0.265		
18:3 undifferentiated.....g	0.031		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	0.210		1	MA	12		0.069		
Cholesterol.....mg	1		1	MA	12		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		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 = 33g: 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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	1.400		1	MA	12		0.420		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0	FLA	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	1.397		0	FLA	4		0.419		
20:1.....g	0.001		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	0.630		1	MA	12		0.189		
18:2 undifferentiated.....g	0.606		0	FLA	4		0.182		
18:3 undifferentiated.....g	0.018		0	FLA	4		0.006		
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	0.480		1	MA	12		0.144		
Cholesterol.....mg	1		1	MA	12		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		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 18 (2005)

NDB No. 08487

Cereals ready-to-eat, MALT-O-MEAL, Blueberry Muffin Tops Cereal

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						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.490		1	MA	12		1.347		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009		0	FLA	4		0.003		
17:1.....g									
18:1 undifferentiated.....g	4.476		0	FLA	4		1.343		
20:1.....g	0.003		0	FLA	4		0.001		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.630		1	MA	12		1.389		
18:2 undifferentiated.....g	4.218		0	FLA	4		1.265		
18:3 undifferentiated.....g	0.256		0	FLA	4		0.077		
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	FLA	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.610		1	MA	12		0.483		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0	FLA	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	1.606		0	FLA	4		0.482		
20:1.....g	0.001		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	0.419		1	MA	12		0.126		
18:2 undifferentiated.....g	0.401		0	FLA	4		0.120		
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	0.930		1	MA	12		0.279		
Cholesterol.....mg	1		1	MA	12		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	4		0	FLM	4		1		
Theobromine.....mg	136		0	FLM	4		41		
Carotenoids:									
Carotene, beta.....mcg	43		0	FLA	4		13.028		
Carotene, alpha.....mcg	28		0	FLA	4		8.528		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	609		0	FLA	4		182.752		

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 = 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 18 (2005)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	1.430		1	MA	12		0.429		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0	FLA	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	1.425		0	FLA	4		0.428		
20:1.....g	0.002		0	FLA	4		0.001		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.460		1	MA	12		0.138		
18:2 undifferentiated.....g	0.448		0	FLA	4		0.134		
18:3 undifferentiated.....g	0.010		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	0.480		1	MA	12		0.144		
Cholesterol.....mg	0		5	MA	12		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		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 18 (2005)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.042		1	MA	12		0.013		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	FLA	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.042		0	FLA	4		0.013		
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	0.113		1	MA	12		0.035		
18:2 undifferentiated.....g	0.110		0	FLA	4		0.034		
18:3 undifferentiated.....g	0.003		0	FLA	4		0.001		
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	0.160		1	MA	12		0.050		
Cholesterol.....mg	1		1	MA	12		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	60		0	FLA	4		18.637		
Carotene, alpha.....mcg	39		0	FLA	4		12.200		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	842		0	FLA	4		261.155		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 08495

Cereals ready-to-eat, MALT-O-MEAL, Chocolate Flavored Crisp Rice Cereal

Malt-O-Meal, 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	1.50		1	MA	12		0.44		
Energy.....kcal	402		1	MC	9		117		
Energy.....kj	1682		0	MC	9		488		
Protein (N x 6.25).....g	4.10		1	MA	12		1.19		
Total lipid (fat).....g	3.06		0	NR	4		0.89		
Ash.....g	1.90		1	MA	12		0.55		
Carbohydrate, by difference.....g	89.40		1	MC	9		25.93		
Fiber, total dietary.....g	1.2		1	MA	12		0.3		
Sugars, total.....g	45.20		1	MA	12		13.11		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	8		1	MA	12		2		
* Iron, Fe.....mg	6.81		1	MA	12		1.97		
Magnesium, Mg.....mg	25		1	MA	12		7		
Phosphorus, P.....mg	70		1	MA	12		20		
Potassium, K.....mg	179		1	MA	12		52		
Sodium, Na.....mg	609		1	MA	12		177		
* Zinc, Zn.....mg	5.45		1	MA	12		1.58		
Copper, Cu.....mg	0.193		1	MA	12		0.056		
Manganese, Mn.....mg	0.670		0	FLA	4		0.194		
Selenium, Se.....mcg	9.0		0	FLA	4		2.6		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.0		1	MA	12		0.3		
* Thiamin.....mg	1.600		1	MA	12		0.464		
* Riboflavin.....mg	2.300		1	MA	12		0.667		
* Niacin.....mg	39.900		1	MA	12		11.571		
Pantothenic acid.....mg	0.580		0	FLA	4		0.168		
* Vitamin B-6.....mg	3.320		1	MA	12		0.963		
* Folate, total.....mcg	495		0	NC	4		144		
* Folic acid.....mcg	491		1	MA	12		142		
Folate, food.....mcg	4		0	CAAN	4		1		
Folate, DFE.....mcg_DFE	839		0	NC	4		243		
* Vitamin B-12.....mcg	8.19		1	MA	12		2.38		
* Vitamin B-12, added.....mcg	8.19		0	NR	4		2.38		
* Vitamin A, IU.....IU	3450		1	MA	12		1001		
Vitamin A, RAE.....mcg_RAE	1036		0	NC	4		300		
Retinol.....mcg	1036		0	NC	4		300		
Vitamin E (alpha-tocopherol).....mg	0.12		0	FLA	4		0.03		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
* Vitamin D.....IU	230		1	MA	12		67		
Vitamin K (phylloquinone).....mcg	0.4		0	FLA	4		0.1		
Lipids:									
Fatty acids, total saturated.....g	2.430		1	MA	12		0.705		
4:0.....g	0.002		0	FLA	4		0.000		
6:0.....g	0.012		0	FLA	4		0.003		
8:0.....g	0.140		0	FLA	4		0.041		
10:0.....g	0.109		0	FLA	4		0.032		
12:0.....g	1.096		0	FLA	4		0.318		
13:0.....g									
14:0.....g	0.378		0	FLA	4		0.110		
15:0.....g									
16:0.....g	0.328		0	FLA	4		0.095		
17:0.....g									
18:0.....g	0.361		0	FLA	4		0.105		
20:0.....g	0.002		0	FLA	4		0.001		

NDB No. 08495

Cereals ready-to-eat, MALT-O-MEAL, Chocolate Flavored Crisp Rice Cereal

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						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.256		1	MA	12		0.074		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	FLA	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.254		0	FLA	4		0.074		
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	0.211		1	MA	12		0.061		
18:2 undifferentiated.....g	0.176		0	FLA	4		0.051		
18:3 undifferentiated.....g	0.035		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	0.010		1	MA	12		0.003		
Cholesterol.....mg	1		1	MA	12		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	1		0	FLA	4		0		
Theobromine.....mg	35		0	FLA	4		10		
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

*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 18 (2005)

NDB No. 08494

Cereals ready-to-eat, MALT-O-MEAL, Cinnamon Sweet Whole Wheat and Rice Cereal

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	Code	Code				
Fatty acids, total monounsaturated.....g	3.910		1	MA	12		1.173		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.013		0	FLA	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	3.895		0	FLA	4		1.168		
20:1.....g	0.002		0	FLA	4		0.001		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.070		1	MA	12		1.221		
18:2 undifferentiated.....g	3.720		0	FLA	4		1.116		
18:3 undifferentiated.....g	0.246		0	FLA	4		0.074		
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		0.001		
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	1.080		1	MA	12		0.324		
Cholesterol.....mg	1		1	MA	12		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		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 18 (2005)

NDB No. 08497

Cereals ready-to-eat, MALT-O-MEAL, 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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	0.060		1	MA	12		0.018		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	FLA	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.060		0	FLA	4		0.018		
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	0.180		1	MA	12		0.054		
18:2 undifferentiated.....g	0.174		0	FLA	4		0.052		
18:3 undifferentiated.....g	0.006		0	FLA	4		0.002		
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	0.000		1	MA	12		0.000		
Cholesterol.....mg	1		1	MA	12		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	85		0	FLA	4		25.642		
Carotene, alpha.....mcg	56		0	FLA	4		16.785		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	1198		0	FLA	4		359.299		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.251		1	MA	12		0.083		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0	FLA	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.248		0	FLA	4		0.082		
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	0.358		1	MA	12		0.118		
18:2 undifferentiated.....g	0.296		0	FLA	4		0.098		
18:3 undifferentiated.....g	0.063		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	0.000		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	0.000		1	MA	12		0.000		
Cholesterol.....mg	1		1	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		
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.000		
Carotene, alpha.....mcg	0		0	FLA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	FLA	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 = 33g: 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 18 (2005)

NDB No. 08488

Cereals ready-to-eat, MALT-O-MEAL, Farina Hot Wheat Cereal, dry

Malt-O-Meal, 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	9.70		1	MA	12		3.40		
Energy.....kcal	362		0	NC	4		127		
Energy.....kj	1514		0	NC	4		530		
Protein (N x 6.25).....g	13.30		1	MA	12		4.66		
Total lipid (fat).....g	1.28		0	NR	4		0.45		
Ash.....g	1.40		1	MA	12		0.49		
Carbohydrate, by difference.....g	74.30		0	MC	9		26.01		
Fiber, total dietary.....g	3.9		1	MA	12		1.4		
Sugars, total.....g	0.70		1	MA	12		0.25		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	377		1	MA	12		132		
Iron, Fe.....mg	39.60		1	MA	12		13.86		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	140		1	MA	12		49		
Sodium, Na.....mg	10		1	MA	12		4		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.0		1	MA	12		0.4		
Thiamin.....mg	1.670		1	MA	12		0.585		
Riboflavin.....mg	0.970		1	MA	12		0.340		
Niacin.....mg	13.000		1	MA	12		4.550		
Pantothenic acid.....mg									
Vitamin B-6.....mg	1.850		1	MA	12		0.648		
Folate, total.....mcg	990		0	NC	4		347		
* Folic acid.....mcg	962		1	MA	12		337		
Folate, food.....mcg	28		0	CAAN	4		10		
Folate, DFE.....mcg_DFE	1663		0	NC	4		582		
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	100		1	MA	12		35		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		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	0.306		1	MA	12		0.107		
Fatty acids, total monounsaturated.....g	0.151		1	MA	12		0.053		
Fatty acids, total polyunsaturated.....g	0.759		1	MA	12		0.266		
Fatty acids, total trans.....g									
Cholesterol.....mg	1		1	MA	12		0		
Phytosterols.....mg									
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.

NDB No. 08488

Cereals ready-to-eat, MALT-O-MEAL, Farina Hot Wheat Cereal, dry

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number	Deriv	Source	measures of food			
			of Data	Code	Code	Measure 1	Measure 2	Measure 3	
			Points	Code	Code	Code			

Number of Data Points of zero indicates the mean was 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: 3 tbsp

*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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.070		1	MA	12		0.021	0.028	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	FLA	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.069		0	FLA	4		0.021	0.028	
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	0.190		1	MA	12		0.057	0.076	
18:2 undifferentiated.....g	0.185		0	FLA	4		0.055	0.074	
18:3 undifferentiated.....g	0.005		0	FLA	4		0.002	0.002	
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		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 18 (2005)

NDB No. 08500

Cereals ready-to-eat, MALT-O-MEAL, Frosted Whole Wheat Cereal

Malt-O-Meal, 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	4.40		1	MA	12		2.42		
Energy.....kcal	388		0	MC	9		213		
Energy.....kj	1623		0	MC	9		893		
Protein (N x 6.25).....g	9.40		1	MA	12		5.17		
Total lipid (fat).....g	2.08		0	NR	4		1.14		
Ash.....g	1.20		1	MA	12		0.66		
Carbohydrate, by difference.....g	82.90		0	MC	9		45.60		
Fiber, total dietary.....g	10.5		1	MA	12		5.8		
Sugars, total.....g	17.90		1	MA	12		9.85		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	27		1	MA	12		15		
* Iron, Fe.....mg	38.70		1	MA	12		21.29		
Magnesium, Mg.....mg	106		1	MA	12		58		
Phosphorus, P.....mg	311		1	MA	12		171		
Potassium, K.....mg	340		1	MA	12		187		
Sodium, Na.....mg	18		1	MA	12		10		
* Zinc, Zn.....mg	6.09		1	MA	12		3.35		
Copper, Cu.....mg	0.349		1	MA	12		0.192		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.0		1	MA	12		0.6		
Thiamin.....mg	0.760		1	MA	12		0.418		
* Riboflavin.....mg	1.030		1	MA	12		0.567		
* Niacin.....mg	16.100		1	MA	12		8.855		
Pantothenic acid.....mg									
* Vitamin B-6.....mg	1.470		1	MA	12		0.809		
Folate, total.....mcg									
* Folic acid.....mcg	811		1	MA	12		446		
Folate, food.....mcg									
Folate, DFE.....mcg_DFE									
* Vitamin B-12.....mcg	2.65		1	MA	12		1.46		
Vitamin A, IU.....IU	100		1	MA	12		55		
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	0.393		1	MA	12		0.216		
Fatty acids, total monounsaturated.....g	0.367		1	MA	12		0.202		
Fatty acids, total polyunsaturated.....g	1.230		1	MA	12		0.677		
Fatty acids, total trans.....g	0.000		1	MA	12		0.000		
Cholesterol.....mg	1		1	MA	12		1		
Phytosterols.....mg									

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Common Measures:

Measure 1 = 55g: 1 cup

NDB No. 08500

Cereals ready-to-eat, MALT-O-MEAL, Frosted Whole Wheat 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 18 (2005)

NDB No. 08501

Cereals ready-to-eat, MALT-O-MEAL, Fruit Flavored Crisp Rice Cereal

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	Code	Code				
Fatty acids, total monounsaturated.....g	2.120		1	MA	12		0.572		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0	FLA	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	2.107		0	FLA	4		0.569		
20:1.....g	0.007		0	FLA	4		0.002		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.258		1	MA	12		0.070		
18:2 undifferentiated.....g	0.253		0	FLA	4		0.068		
18:3 undifferentiated.....g	0.005		0	FLA	4		0.001		
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	0.140		1	MA	12		0.038		
Cholesterol.....mg	1		1	MA	12		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.000		
Carotene, alpha.....mcg	0		0	FLA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	FLA	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

*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 18 (2005)

NDB No. 08490

Cereals ready-to-eat, MALT-O-MEAL, High Fiber 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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.464		1	MA	12		0.135		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.016		0	FLA	4		0.005		
17:1.....g									
18:1 undifferentiated.....g	0.447		0	FLA	4		0.130		
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	1.360		1	MA	12		0.394		
18:2 undifferentiated.....g	1.263		0	FLA	4		0.366		
18:3 undifferentiated.....g	0.093		0	FLA	4		0.027		
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	0.003		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	1		1	MA	12		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	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 = 29g: .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 18 (2005)

NDB No. 08491

Cereals ready-to-eat, MALT-O-MEAL, Honey Nut Toasted Oat Cereal

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	1.050		1	MA	12		0.315		
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	1.042		0	FLA	4		0.313		
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	1.100		1	MA	12		0.330		
18:2 undifferentiated.....g	1.017		0	FLA	4		0.305		
18:3 undifferentiated.....g	0.083		0	FLA	4		0.025		
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	0.000		1	LC	8		0.000		
Cholesterol.....mg	0		1	LC	8		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		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

NDB No. 08476

Cereals ready-to-eat, MALT-O-MEAL, Honey Sweetened Corn & Oat Cereal

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	Code	Code				
Fatty acids, total monounsaturated.....g	0.550		1	MA	12		0.160		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0	FLA	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.548		0	FLA	4		0.159		
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	0.650		1	MA	12		0.189		
18:2 undifferentiated.....g	0.626		0	FLA	4		0.181		
18:3 undifferentiated.....g	0.024		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	0.190		1	MA	12		0.055		
Cholesterol.....mg	1		1	MA	12		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		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 = 29g: 1.333 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 18 (2005)

NDB No. 08498

Cereals ready-to-eat, MALT-O-MEAL, Lightly Frosted Bran Flakes with Strawberries

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	0.395		1	MA	12		0.122		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.013		0	FLA	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.381		0	FLA	4		0.118		
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	1.100		1	MA	12		0.341		
18:2 undifferentiated.....g	0.992		0	FLA	4		0.307		
18:3 undifferentiated.....g	0.105		0	FLA	4		0.033		
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		0.001		
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	0.010		1	MA	12		0.003		
Cholesterol.....mg	1		1	MA	12		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	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 = 31g: 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 18 (2005)

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
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.420		1	MA	12		0.426		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009		0	FLA	4		0.003		
17:1.....g									
18:1 undifferentiated.....g	1.411		0	FLA	4		0.423		
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	1.300		1	MA	12		0.390		
18:2 undifferentiated.....g	1.244		0	FLA	4		0.373		
18:3 undifferentiated.....g	0.056		0	FLA	4		0.017		
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	1		1	MA	12		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		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 18 (2005)

NDB No. 08489

Cereals ready-to-eat, MALT-O-MEAL, Maple & Brown Sugar Hot Wheat Cereal, dry

Malt-O-Meal, 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		1	MA	12		2.66		
Energy.....kcal	377		0	NC	4		170		
Energy.....kj	1576		0	NC	4		709		
Protein (N x 6.25).....g	8.00		1	MA	12		3.60		
Total lipid (fat).....g	0.75		0	NR	4		0.34		
Ash.....g	0.90		1	MA	12		0.41		
Carbohydrate, by difference.....g	84.50		0	MC	9		38.03		
Fiber, total dietary.....g	3.1		1	MA	12		1.4		
Sugars, total.....g	35.60		1	MA	12		16.02		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	314		1	MA	12		141		
Iron, Fe.....mg	31.90		1	MA	12		14.36		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	125		1	MA	12		56		
Potassium, K.....mg	130		1	MA	12		59		
Sodium, Na.....mg	10		1	MA	12		5		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.0		1	MA	12		0.5		
Thiamin.....mg	1.200		1	MA	12		0.540		
Riboflavin.....mg	0.720		1	MA	12		0.324		
Niacin.....mg	22.500		1	MA	12		10.125		
Pantothenic acid.....mg									
Vitamin B-6.....mg	1.670		1	MA	12		0.752		
Folate, total.....mcg	882		0	NC	4		397		
* Folic acid.....mcg	854		1	MA	12		384		
Folate, food.....mcg	28		0	CAAN	4		13		
Folate, DFE.....mcg_DFE	1480		0	NC	4		666		
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	100		1	MA	12		45		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		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	0.190		1	MA	12		0.086		
Fatty acids, total monounsaturated.....g	0.096		1	MA	12		0.043		
Fatty acids, total polyunsaturated.....g	0.428		1	MA	12		0.193		
Fatty acids, total trans.....g									
Cholesterol.....mg	1		1	MA	12		0		
Phytosterols.....mg									
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.

NDB No. 08489

Cereals ready-to-eat, MALT-O-MEAL, Maple & Brown Sugar Hot Wheat Cereal, dry

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number	Deriv	Source	measures of food			
			of Data	Code	Code	Measure 1	Measure 2	Measure 3	
			Points	Code	Code	Code			

Number of Data Points of zero indicates the mean was 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: .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 18 (2005)

NDB No. 08482

Cereals ready-to-eat, MALT-O-MEAL, Perfect Balance Hot Wheat Cereal, dry

Malt-O-Meal, 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		1	MA	12		2.66		
Energy.....kcal	385		0	NC	4		173		
Energy.....kj	1610		0	NC	4		725		
Protein (N x 6.25).....g	12.50		1	MA	12		5.63		
Total lipid (fat).....g	3.39		0	NR	4		1.53		
Ash.....g	2.10		1	MA	12		0.95		
Carbohydrate, by difference.....g	76.10		0	MC	9		34.25		
Fiber, total dietary.....g	5.0		1	MA	12		2.3		
Sugars, total.....g	22.30		1	MA	12		10.04		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	333		1	MA	12		150		
Iron, Fe.....mg	35.90		1	MA	12		16.16		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	343		1	MA	12		154		
Potassium, K.....mg	281		1	MA	12		126		
Sodium, Na.....mg	10		1	MA	12		5		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.0		1	MA	12		0.5		
Thiamin.....mg	1.460		1	MA	12		0.657		
Riboflavin.....mg	1.000		1	MA	12		0.450		
Niacin.....mg	18.000		1	MA	12		8.100		
Pantothenic acid.....mg									
Vitamin B-6.....mg	1.970		1	MA	12		0.887		
Folate, total.....mcg	866		0	NC	4		390		
* Folic acid.....mcg	838		1	MA	12		377		
Folate, food.....mcg	28		0	CAAN	4		13		
Folate, DFE.....mcg_DFE	1453		0	NC	4		654		
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	155		1	MA	12		70		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		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	0.684		1	MA	12		0.308		
Fatty acids, total monounsaturated.....g	1.020		1	MA	12		0.459		
Fatty acids, total polyunsaturated.....g	1.530		1	MA	12		0.689		
Fatty acids, total trans.....g									
Cholesterol.....mg	1		1	MA	12		0		
Phytosterols.....mg									
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.

NDB No. 08482

Cereals ready-to-eat, MALT-O-MEAL, Perfect Balance Hot Wheat Cereal, dry

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number	Deriv	Source	measures of food			
			of Data	Code	Code	Code	Measure 1	Measure 2	Measure 3
			Points						

Number of Data Points of zero indicates the mean was 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: .333 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 18 (2005)

NDB No. 08492

Cereals ready-to-eat, MALT-O-MEAL, Puffed Rice Cereal

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						
16:1 undifferentiated.....g	0.003		0	FLA	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.251		0	FLA	4		0.038		
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	0.377		1	MA	12		0.057		
18:2 undifferentiated.....g	0.311		0	FLA	4		0.047		
18:3 undifferentiated.....g	0.066		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	0.000		1	LC	8		0.000		
Cholesterol.....mg	1		1	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 = 15.0g: 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 18 (2005)

NDB No. 08483

Cereals ready-to-eat, MALT-O-MEAL, Puffed 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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
16:1 undifferentiated.....g	0.017		0	FLA	4		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.336		0	FLA	4		0.050		
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	1.150		1	MA	12		0.173		
18:2 undifferentiated.....g	1.094		0	FLA	4		0.164		
18:3 undifferentiated.....g	0.053		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	0.002		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	1		1	MA	12		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	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 = 15.0g: 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 18 (2005)

NDB No. 08484

Cereals ready-to-eat, MALT-O-MEAL, Raisin 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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.401		1	MA	12		0.237		
14:1.....g	0.000		0	FLA	4		0.000		
15:1.....g	0.000		0	FLA	4		0.000		
16:1 undifferentiated.....g	0.026		0	FLA	4		0.015		
17:1.....g	0.000		0	FLA	4		0.000		
18:1 undifferentiated.....g	0.374		0	FLA	4		0.221		
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	1.010		1	MA	12		0.596		
18:2 undifferentiated.....g	0.929		0	FLA	4		0.548		
18:3 undifferentiated.....g	0.078		0	FLA	4		0.046		
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	1		1	MA	12		1		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		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 = 59g: 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 18 (2005)

NDB No. 08478

Cereals ready-to-eat, MALT-O-MEAL, Sugar Coated 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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	0.250		1	MA	12		0.068		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0	FLA	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.246		0	FLA	4		0.066		
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	0.480		1	MA	12		0.130		
18:2 undifferentiated.....g	0.441		0	FLA	4		0.119		
18:3 undifferentiated.....g	0.036		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	0.001		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	0.150		1	MA	12		0.041		
Cholesterol.....mg	0		0	FLA	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		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 = 27g: .75 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.470		1	MA	12		0.470		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0	FLA	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	1.466		0	FLA	4		0.469		
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	0.976		1	MA	12		0.312		
18:2 undifferentiated.....g	0.939		0	FLA	4		0.301		
18:3 undifferentiated.....g	0.037		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	0.560		1	MA	12		0.179		
Cholesterol.....mg	1		1	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)

*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 18 (2005)

NDB No. 42184

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

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		4		4.93		
Energy.....kcal	340		0		9		289		
Energy.....kj	1423		0		9		1209		
Protein.....g	9.70		0		5		8.25		
Total lipid (fat).....g	4.90		0		5		4.17		
Ash.....g	1.80		0	NC	4		1.53		
Carbohydrate, by difference.....g	77.80		0		9		66.13		
Fiber, total dietary.....g	7.3		0		5		6.2		
Sugars, total.....g	31.00		0	BFZN	4		26.35		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		0	Z	7		0		
Iron, Fe.....mg	8.75		0	LC	8		7.44		
Magnesium, Mg.....mg	78		0	LC	8		66		
Phosphorus, P.....mg	243		0	LC	8		207		
Potassium, K.....mg	486		0		5		413		
Sodium, Na.....mg	231		0		5		196		
Zinc, Zn.....mg	3.65		0	LC	8		3.10		
Copper, Cu.....mg	0.390		0	LC	8		0.332		
Manganese, Mn.....mg	2.177		0	BFZN	4		1.850		
Selenium, Se.....mcg	17.3		0	BFZN	4		14.7		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0		
Thiamin.....mg	0.910		0	LC	8		0.774		
Riboflavin.....mg	1.030		0	LC	8		0.876		
Niacin.....mg	12.150		0	LC	8		10.328		
Pantothenic acid.....mg	4.600		0	BFZN	4		3.910		
Vitamin B-6.....mg	1.220		0	LC	8		1.037		
Folate, total.....mcg	243		0	LC	8		207		
Folic acid.....mcg	224		0	NC	4		190		
Folate, food.....mcg	19		0	BFZN	4		16		
Folate, DFE.....mcg_DFE	400		0	NC	4		340		
* Vitamin B-12.....mcg	3.65		0	LC	8		3.10		
* Vitamin B-12, added.....mcg	3.65		0	NR	4		3.10		
* Vitamin A, IU.....IU	546		0	NC	4		464		
Vitamin A, RAE.....mcg_RAE	164		0	NC	4		139		
Retinol.....mcg	164		0	BFZN	4		139		
* Vitamin E (alpha-tocopherol).....mg	7.20		0	BFZN	4		6.12		
* Vitamin E, added.....mg	7.20		0	NR	4		6.12		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.9		0	BFZN	4		2.5		
Lipids:									
Fatty acids, total saturated.....g	0.805		0		4		0.684		
4:0.....g	0.000		0		4		0.000		
6:0.....g	0.000		0		4		0.000		
8:0.....g	0.001		0		4		0.001		
10:0.....g	0.001		0		4		0.001		
12:0.....g	0.008		0		4		0.007		
13:0.....g									
14:0.....g	0.025		0		4		0.021		
15:0.....g									
16:0.....g	0.539		0		4		0.458		
17:0.....g									
18:0.....g	0.210		0		4		0.179		

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
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.380		0		4		2.023		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.016		0		4		0.014		
17:1.....g									
18:1 undifferentiated.....g	2.346		0		4		1.994		
20:1.....g	0.002		0		4		0.002		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.315		0		4		1.118		
18:2 undifferentiated.....g	1.242		0		4		1.056		
18:3 undifferentiated.....g	0.061		0		4		0.052		
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		5		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 = 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 18 (2005)

NDB No. 08481

Cereals ready-to-eat, Malt-O-Meal Honey Graham 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	1.110		1	MA	12		0.333		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0	FLA	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	1.105		0	FLA	4		0.332		
20:1.....g	0.001		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	1.250		1	MA	12		0.375		
18:2 undifferentiated.....g	1.187		0	FLA	4		0.356		
18:3 undifferentiated.....g	0.038		0	FLA	4		0.011		
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	0.250		1	MA	12		0.075		
Cholesterol.....mg	0		0	FLA	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		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 18 (2005)

NDB No. 08502

Cereals ready-to-eat, NATURE'S PATH, OPTIMUM

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						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.962		0	FLC	4		0.529		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		0	FLC	4		0.005		
17:1.....g									
18:1 undifferentiated.....g	0.953		0	FLC	4		0.524		
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	3.110		0	FLC	4		1.710		
18:2 undifferentiated.....g	1.238		0	FLC	4		0.681		
18:3 undifferentiated.....g	1.870		0	FLC	4		1.028		
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	0.002		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		1	LC	8		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 = 55g: 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 18 (2005)

NDB No. 08503

Cereals ready-to-eat, NATURE'S PATH, OPTIMUM SLIM

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						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.130		0	FLC	4		0.621		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.018		0	FLC	4		0.010		
17:1.....g									
18:1 undifferentiated.....g	1.111		0	FLC	4		0.611		
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	2.903		0	FLC	4		1.597		
18:2 undifferentiated.....g	2.586		0	FLC	4		1.422		
18:3 undifferentiated.....g	0.316		0	FLC	4		0.174		
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		1	LC	8		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 = 55g: 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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.431		0		4		0.203		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		4		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.428		0		4		0.201		
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	0.529		0		4		0.249		
18:2 undifferentiated.....g	0.501		0		4		0.235		
18:3 undifferentiated.....g	0.018		0		4		0.008		
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	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	1.63		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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.800		0	MC	9		0.152		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.012		0	FLM	4		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.778		0	FLM	4		0.148		
20:1.....g	0.004		0	FLM	4		0.001		
22:1 undifferentiated.....g	0.001		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.300		0	MC	9		0.247		
18:2 undifferentiated.....g	1.222		0	FLM	4		0.232		
18:3 undifferentiated.....g	0.078		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	0.000		0	MC	9		0.000		
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	3		0	FLM	4		0.627		
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	134		0	FLM	4		25.392		

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

Common Measures:

Measure 1 = 19g: 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 18 (2005)

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 B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	11		0	MC	9		6		
Vitamin A, RAE.....mcg_RAE	1		0	NC	4		0		
Retinol.....mcg	0		0	Z	7		0		
* Vitamin E (alpha-tocopherol).....mg	2.15		0	MC	9		1.10		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	0		0	MC	9		0		
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		

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
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		
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	1		0	FLM	4		0.730		
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)

*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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
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 (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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
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 18 (2005)

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	3.58		1	A	1		0.97		
Energy.....kcal	416		0	MC	9		112		
Energy.....kj	1741		0	MC	9		470		
Protein (N x 6.25).....g	6.94		1	A	1		1.87		
Total lipid (fat).....g	9.40		1	A	1		2.54		
Ash.....g	2.28		1	A	1		0.62		
Carbohydrate, by difference.....g	77.80		0	NC	4		21.01		
Fiber, total dietary.....g	5.0		1	A	1		1.3		
Sugars, total.....g	31.62		0	AS	1		8.54		
Sucrose.....g	29.60		1	A	1		7.99		
Glucose (dextrose).....g	1.36		1	A	1		0.37		
Fructose.....g	0.66		1	A	1		0.18		
Lactose.....g	0.00		1	A	1		0.00		
Maltose.....g	0.00		1	A	1		0.00		
Galactose.....g	0.00		0	Z	7		0.00		
Starch.....g	39.70		1	A	1		10.72		
Minerals:									
Calcium, Ca.....mg	13		1	A	1		3		
Iron, Fe.....mg	19.80		1	A	1		5.35		
Magnesium, Mg.....mg	56		1	A	1		15		
Phosphorus, P.....mg	147		1	A	1		40		
Potassium, K.....mg	190		1	A	1		51		
Sodium, Na.....mg	691		1	A	1		187		
Zinc, Zn.....mg	16.60		1	A	1		4.48		
Copper, Cu.....mg	0.250		1	A	1		0.068		
Manganese, Mn.....mg	0.667		1	A	1		0.180		
Selenium, Se.....mcg	10.3		1	A	1		2.8		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	2.330		1	A	1		0.629		
* Riboflavin.....mg	1.730		0	MC	9		0.467		
Niacin.....mg	21.500		1	A	1		5.805		
Pantothenic acid.....mg	0.480		0	MC	9		0.130		
Vitamin B-6.....mg	4.850		1	A	1		1.309		
* 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		1	A	1		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		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		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	0		0	MC	9		0		
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		

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
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		
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									
<u>Amino Acids:</u>									
Tryptophan.....g	0.070		0	A	1		0.019		
Threonine.....g	0.200		0	A	1		0.054		
Isoleucine.....g	0.210		0	A	1		0.057		
Leucine.....g	0.570		0	A	1		0.154		
Lysine.....g	0.200		0	A	1		0.054		
Methionine.....g	0.090		0	A	1		0.024		
Cystine.....g	0.130		0	A	1		0.035		
Phenylalanine.....g	0.310		0	A	1		0.084		
Tyrosine.....g	0.100		0	A	1		0.027		
Valine.....g	0.290		0	A	1		0.078		
Arginine.....g	0.400		0	A	1		0.108		
Histidine.....g	0.150		0	A	1		0.041		
Alanine.....g	0.370		0	A	1		0.100		
Aspartic acid.....g	0.540		0	A	1		0.146		
Glutamic acid.....g	1.210		0	A	1		0.327		
Glycine.....g	0.290		0	A	1		0.078		
Proline.....g	0.400		0	A	1		0.108		
Serine.....g	0.300		0	A	1		0.081		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
<u>Carotenoids:</u>									
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		

NDB No. 08012

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

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 = 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 18 (2005)

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		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, QAKER, CRISPY CORN PUFFS Cereal

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

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		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, QAKER, Cinnamon Crunch bagged cereal

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

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	43		0	MC	9		26		
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, QAKER, 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 18 (2005)

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	165		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, QAKER, FRUITY BRONTOSAURUS BLASTS, bagged cereal

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

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		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, QAKER, Frosted Oats

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

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		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, QAKER, Fruity Ocean Adventure Bagged Cereal

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 08211

Cereals ready-to-eat, QUAKER, HONEY GRAHAM OHIS

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	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 18 (2005)

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		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 18 (2005)

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		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, QAKER, Honey Graham bagged cereal

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

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 B-12, added.....mcg	0.00		0	Z	7		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	3.67		0	MC	9		1.80		
* Vitamin E, added.....mg	3.67		0	NR	4		1.80		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	0		0	MC	9		0		
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		

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			Confidence Code	Measure 1	Measure 2	Measure 3	
			Points	Deriv Code	Source Code					
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			
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 18 (2005)

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		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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
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 (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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
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 18 (2005)

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			Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code			
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		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, QAKER, KRETSCHMER Toasted Wheat Bran

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

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		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 18 (2005)

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 B-12, added.....mcg	0.00		0	Z	7		0.00		
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	1.80		0	MC	9		0.90		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	0		0	MC	9		0		
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		

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g	0.000		0	FLM	4		0.000		
24:0.....g	0.000		0	FLM	4		0.000		
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)

*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 18 (2005)

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		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 18 (2005)

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		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 18 (2005)

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		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 18 (2005)

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		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 18 (2005)

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		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 18 (2005)

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		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 18 (2005)

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		0	MC	9		0		
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									

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Common Measures:

Measure 1 = 49g: 1 cup

NDB No. 08360

Cereals ready-to-eat, QAKER, 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 18 (2005)

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						
14:0.....g	0.990		1	A	1		0.505		
15:0.....g	0.000		1	A	1		0.000		
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									
Amino Acids:									
Tryptophan.....g	0.080		0	A	1		0.041		
Threonine.....g	0.310		0	A	1		0.158		
Isoleucine.....g	0.340		0	A	1		0.173		
Leucine.....g	0.660		0	A	1		0.337		
Lysine.....g	0.320		0	A	1		0.163		
Methionine.....g	0.140		0	A	1		0.071		
Cystine.....g	0.190		0	A	1		0.097		
Phenylalanine.....g	0.480		0	A	1		0.245		
Tyrosine.....g	0.120		0	A	1		0.061		
Valine.....g	0.450		0	A	1		0.229		
Arginine.....g	0.570		0	A	1		0.291		
Histidine.....g	0.200		0	A	1		0.102		
Alanine.....g	0.400		0	A	1		0.204		
Aspartic acid.....g	0.720		0	A	1		0.367		
Glutamic acid.....g	2.160		0	A	1		1.102		
Glycine.....g	0.400		0	A	1		0.204		
Proline.....g	0.610		0	A	1		0.311		
Serine.....g	0.430		0	A	1		0.219		
Hydroxyproline.....g									
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		0.485		
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		

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NDB No. 08218

Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			

food, or similar food.

Common Measures:

Measure 1 = 51g: .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 18 (2005)

NDB No. 08293

Cereals ready-to-eat, QUAKER, QUAKER APPLE ZAPS

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	0.600		0	MC	9		0.180		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	FLM	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.599		0	FLM	4		0.180		
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	0.620		0	MC	9		0.186		
18:2 undifferentiated.....g	0.587		0	FLM	4		0.176		
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	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		

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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 18 (2005)

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		

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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 18 (2005)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
22:0.....g									
24:0.....g									
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		

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Common Measures:

Measure 1 = 33g: 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 18 (2005)

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
22:0.....g									
24:0.....g									
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)

*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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
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)

*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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
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)

*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 18 (2005)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
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 18 (2005)

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
22:0.....g									
24:0.....g									
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)

*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 18 (2005)

NDB No. 08214

Cereals ready-to-eat, QUAKER, QUAKER OATMEAL SQUARES

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	2.75		0	MC	9		1.54		
Energy.....kcal	378		0	MC	9		212		
Energy.....kj	1583		0	MC	9		887		
Protein (N x 6.25).....g	11.04		0	MC	9		6.18		
Total lipid (fat).....g	4.32		0	MC	9		2.42		
Ash.....g	3.54		0	MC	9		1.98		
Carbohydrate, by difference.....g	78.34		0	MC	9		43.87		
Fiber, total dietary.....g	7.1		0	MC	9		4.0		
Sugars, total.....g	16.10		0	LC	8		9.02		
Starch.....g									
Minerals:									
* Calcium, Ca.....mg	201		0	MC	9		113		
* Iron, Fe.....mg	30.48		0	MC	9		17.07		
Magnesium, Mg.....mg	117		0	MC	9		66		
Phosphorus, P.....mg	367		0	MC	9		206		
Potassium, K.....mg	366		0	MC	9		205		
Sodium, Na.....mg	480		0	MC	9		269		
* Zinc, Zn.....mg	7.57		0	MC	9		4.24		
Copper, Cu.....mg	0.320		0	MC	9		0.179		
Manganese, Mn.....mg	3.240		0	MC	9		1.814		
Selenium, Se.....mcg	6.9		0	MC	9		3.9		
Vitamins:									
* Vitamin C, total ascorbic acid.....mg	11.4		0	MC	9		6.4		
* Thiamin.....mg	0.690		0	MC	9		0.386		
* Riboflavin.....mg	0.850		0	MC	9		0.476		
* Niacin.....mg	10.050		0	MC	9		5.628		
Pantothenic acid.....mg	0.600		0	MC	9		0.336		
* Vitamin B-6.....mg	0.980		0	MC	9		0.549		
* Folate, total.....mcg	785		0	MC	9		440		
Folic acid.....mcg	766		0	NC	4		429		
Folate, food.....mcg	19		0	CAAN	4		11		
Folate, DFE.....mcg_DFE	1321		0	NC	4		740		
Vitamin B-12.....mcg	0.00		0	MC	9		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
* Vitamin A, IU.....IU	991		0	MC	9		555		
Vitamin A, RAE.....mcg_RAE	298		0	NC	4		167		
Retinol.....mcg	298		0	NC	4		167		
* Vitamin E (alpha-tocopherol).....mg	1.78		0	MC	9		1.00		
* Vitamin E, added.....mg	1.78		0	NR	4		1.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	0		0	MC	9		0		
Vitamin K (phylloquinone).....mcg	2.1		0	FLM	4		1.2		
Lipids:									
Fatty acids, total saturated.....g	0.900		0	MC	9		0.504		
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	0.014		0	FLM	4		0.008		
13:0.....g									
14:0.....g	0.008		0	FLM	4		0.005		
15:0.....g									
16:0.....g	0.761		0	FLM	4		0.426		
17:0.....g									
18:0.....g	0.048		0	FLM	4		0.027		

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
20:0.....g									
22:0.....g									
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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
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 18 (2005)

NDB No. 08066

Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice

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	3.91		0	MC	9		0.55		
Energy.....kcal	383		0	MC	9		54		
Energy.....kj	1604		0	MC	9		225		
Protein (N x 6.25).....g	7.00		0	MC	9		0.98		
Total lipid (fat).....g	0.90		0	MC	9		0.13		
Ash.....g	0.40		0	MC	9		0.06		
Carbohydrate, by difference.....g	87.77		0	MC	9		12.29		
Fiber, total dietary.....g	1.4		0	MC	9		0.2		
Sugars, total.....g	0.00		0	MC	9		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	9		0	MC	9		1		
Iron, Fe.....mg	2.86		0	MC	9		0.40		
Magnesium, Mg.....mg	30		0	MC	9		4		
Phosphorus, P.....mg	118		0	MC	9		17		
Potassium, K.....mg	116		0	MC	9		16		
Sodium, Na.....mg	5		0	MC	9		1		
Zinc, Zn.....mg	1.10		0	MC	9		0.15		
Copper, Cu.....mg	0.940		0	MC	9		0.132		
Manganese, Mn.....mg	0.940		0	MC	9		0.132		
Selenium, Se.....mcg	10.5	1.535	6	A	1		1.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0		
Thiamin.....mg	0.440		0	MC	9		0.062		
Riboflavin.....mg	0.260		0	MC	9		0.036		
Niacin.....mg	3.520		0	MC	9		0.493		
Pantothenic acid.....mg	0.340		0	MC	9		0.048		
Vitamin B-6.....mg	0.000		0	MC	9		0.000		
Folate, total.....mcg	154		0	MC	9		22		
Folic acid.....mcg	150		0	NC	4		21		
Folate, food.....mcg	4		0	CAAN	4		1		
Folate, DFE.....mcg_DFE	259		0	NC	4		36		
Vitamin B-12.....mcg	0.00		0	MC	9		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		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	0.12		0	FLA	4		0.02		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	0		0	MC	9		0		
Vitamin K (phylloquinone).....mcg	0.1		0	FLA	4		0.0		
Lipids:									
Fatty acids, total saturated.....g	0.320		0	MC	9		0.045		
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									
14:0.....g	0.007		0	FLA	4		0.001		
15:0.....g									
16:0.....g	0.286		0	FLA	4		0.040		
17:0.....g									
18:0.....g	0.021		0	FLA	4		0.003		

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
20:0.....g									
22:0.....g									
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 18 (2005)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
22:0.....g									
24:0.....g									
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 18 (2005)

NDB No. 08299

Cereals ready-to-eat, QUAKER, QUAKER SWEET PUFFS

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	2.22		0	MC	9		0.75		
Energy.....kcal	391		0	MC	9		133		
Energy.....kj	1634		0	MC	9		556		
Protein (N x 6.25).....g	6.76		0	MC	9		2.30		
Total lipid (fat).....g	1.93		0	MC	9		0.66		
Ash.....g	1.09		0	MC	9		0.37		
Carbohydrate, by difference.....g	87.99		0	MC	9		29.92		
Fiber, total dietary.....g	3.4		0	MC	9		1.1		
Sugars, total.....g	47.47		0	MC	9		16.14		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	10		0	MC	9		3		
Iron, Fe.....mg	1.90		0	MC	9		0.65		
Magnesium, Mg.....mg	57		0	MC	9		19		
Phosphorus, P.....mg	141		0	MC	9		48		
Potassium, K.....mg	148		0	MC	9		50		
Sodium, Na.....mg	236		0	MC	9		80		
Zinc, Zn.....mg	1.24		0	MC	9		0.42		
Copper, Cu.....mg	0.230		0	MC	9		0.078		
Manganese, Mn.....mg	0.890		0	MC	9		0.303		
Selenium, Se.....mcg	6.5		0	BFZN	4		2.2		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.140		0	MC	9		0.048		
Riboflavin.....mg	0.110		0	MC	9		0.037		
Niacin.....mg	4.300		0	MC	9		1.462		
Pantothenic acid.....mg	0.310		0	MC	9		0.105		
Vitamin B-6.....mg	0.050		0	MC	9		0.017		
Folate, total.....mcg	19		0	MC	9		6		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	19		0	MC	9		6		
Folate, DFE.....mcg_DFE	19		0	NC	4		6		
Vitamin B-12.....mcg	0.15		0	MC	9		0.05		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	4		0	MC	9		1		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	1.04		0	MC	9		0.35		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	0		0	MC	9		0		
Vitamin K (phylloquinone).....mcg	1.3		0	FLM	4		0.5		
Lipids:									
Fatty acids, total saturated.....g	0.360		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	0.010		0	FLM	4		0.003		
10:0.....g	0.000		0	FLM	4		0.000		
12:0.....g	0.000		0	FLM	4		0.000		
13:0.....g									
14:0.....g	0.003		0	FLM	4		0.001		
15:0.....g									
16:0.....g	0.271		0	FLM	4		0.092		
17:0.....g									
18:0.....g	0.068		0	FLM	4		0.023		

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0.....g									
22:0.....g									
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

*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 18 (2005)

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 B-12, added.....mcg	0.00		0	Z	7		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	3.85		0	FLM	4		2.19		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	0		0	MC	9		0		
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		

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g	0.000		0	FLM	4		0.000		
24:0.....g	0.000		0	FLM	4		0.000		
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)

*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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
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

*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 18 (2005)

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		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, QAKER, Toasted Oats/OATMMM'S

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 08505

Cereals ready-to-eat, Ralston Corn Biscuits

Ralston Foods

Includes USDA Commodity Corn Squares B851

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	3.59	0.056	3	A	1		1.08	1.11	
Energy.....kcal	367		1	LC	8		110	114	
Energy.....kj	1534		0	LC	8		460	476	
Protein.....g	5.83	0.041	3	A	1		1.75	1.81	
Total lipid (fat).....g	1.05	0.003	3	A	1		0.32	0.33	
Ash.....g	3.74	0.015	3	A	1		1.12	1.16	
Carbohydrate, by difference.....g	85.79		0	NC	4		25.74	26.60	
Fiber, total dietary.....g	2.6	0.146	3	A	1		0.8	0.8	
Sugars, total.....g	9.51	0.078	3	A	1		2.85	2.95	
Sucrose.....g	9.51	0.078	3	A	1		2.85	2.95	
Glucose (dextrose).....g	0.00	0.000	3	A	1		0.00	0.00	
Fructose.....g	0.00	0.000	3	A	1		0.00	0.00	
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	3	A	1		0.00	0.00	
Galactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Starch.....g									
Minerals:									
* Calcium, Ca.....mg	378	7.265	3	A	1		113	117	
Iron, Fe.....mg	38.37	0.684	3	A	1		11.51	11.89	
Magnesium, Mg.....mg	15	0.133	3	A	1		4	5	
Phosphorus, P.....mg	38	0.549	3	A	1		11	12	
Potassium, K.....mg	90	2.150	3	A	1		27	28	
Sodium, Na.....mg	1070	5.774	3	A	1		321	332	
* Zinc, Zn.....mg	17.13	0.273	3	A	1		5.14	5.31	
Copper, Cu.....mg	0.073	0.003	3	A	1		0.022	0.023	
Manganese, Mn.....mg	0.223	0.003	3	A	1		0.067	0.069	
Selenium, Se.....mcg	2.2	0.000	3	A	1		0.7	0.7	
Vitamins:									
* Vitamin C, total ascorbic acid.....mg	18.5	1.572	3	A	1		5.5	5.7	
* Thiamin.....mg	1.520	0.078	3	A	1		0.456	0.471	
* Riboflavin.....mg	1.697	0.137	3	A	1		0.509	0.526	
* Niacin.....mg	21.833	0.203	3	A	1		6.550	6.768	
Pantothenic acid.....mg	0.117	0.005	3	A	1		0.035	0.036	
* Vitamin B-6.....mg	2.230	0.032	3	A	1		0.669	0.691	
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
* Vitamin A, IU.....IU	1170		0	AS	1		351	363	
Vitamin A, RAE.....mcg_RAE	307		0	AS	1		92	95	
Vitamin E (alpha-tocopherol).....mg	0.10	0.038	3	A	1		0.03	0.03	
Tocopherol, beta.....mg	0.00	0.005	3	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.09	0.012	3	A	1		0.03	0.03	
Tocopherol, delta.....mg	0.01	0.005	3	A	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0	0.000	3	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.193		0	NC	4		0.058	0.060	
4:0.....g									
6:0.....g									
8:0.....g	0.000	0.000	3	A	1		0.000	0.000	
10:0.....g	0.000	0.000	3	A	1		0.000	0.000	
12:0.....g	0.000	0.000	3	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.000	0.000	3	A	1		0.000	0.000	
15:0.....g	0.000	0.000	3	A	1		0.000	0.000	
16:0.....g	0.173	0.007	3	A	1		0.052	0.054	
17:0.....g	0.000	0.000	3	A	1		0.000	0.000	
18:0.....g	0.020	0.000	3	A	1		0.006	0.006	

Cereals ready-to-eat, Ralston Corn Biscuits

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data			Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code				
20:0.....g	0.000	0.000	3	A	1	0.000	0.000		
22:0.....g	0.000	0.000	3	A	1	0.000	0.000		
24:0.....g	0.000	0.000	3	A	1	0.000	0.000		
Fatty acids, total monounsaturated.....g	0.133		0	NC	4	0.040	0.041		
14:1.....g	0.000	0.000	3	A	1	0.000	0.000		
15:1.....g	0.000	0.000	3	A	1	0.000	0.000		
16:1 undifferentiated.....g	0.000	0.000	3	A	1	0.000	0.000		
17:1.....g	0.000	0.000	3	A	1	0.000	0.000		
18:1 undifferentiated.....g	0.133	0.012	3	A	1	0.040	0.041		
20:1.....g	0.000	0.000	3	A	1	0.000	0.000		
22:1 undifferentiated.....g	0.000	0.000	3	A	1	0.000	0.000		
24:1 c.....g	0.000	0.000	3	A	1	0.000	0.000		
Fatty acids, total polyunsaturated.....g	0.347		0	NC	4	0.104	0.107		
18:2 undifferentiated.....g	0.327	0.013	3	A	1	0.098	0.101		
18:3 undifferentiated.....g	0.020	0.000	3	A	1	0.006	0.006		
18:4.....g	0.000	0.000	3	A	1	0.000	0.000		
20:2 n-6 c,c.....g	0.000	0.000	3	A	1	0.000	0.000		
20:3 undifferentiated.....g	0.000	0.000	3	A	1	0.000	0.000		
20:4 undifferentiated.....g	0.000	0.000	3	A	1	0.000	0.000		
20:5 n-3.....g	0.000	0.000	3	A	1	0.000	0.000		
22:5 n-3.....g	0.000	0.000	3	A	1	0.000	0.000		
22:6 n-3.....g	0.000	0.000	3	A	1	0.000	0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.030		0	A	1	0.009	0.009		
Threonine.....g	0.243		0	A	1	0.073	0.075		
Isoleucine.....g	0.253		0	A	1	0.076	0.078		
Leucine.....g	1.036		0	A	1	0.311	0.321		
Lysine.....g	0.053		0	A	1	0.016	0.017		
Methionine.....g	0.103		0	A	1	0.031	0.032		
Cystine.....g	0.087		0	A	1	0.026	0.027		
Phenylalanine.....g	0.403		0	A	1	0.121	0.125		
Tyrosine.....g	0.190		0	A	1	0.057	0.059		
Valine.....g	0.297		0	A	1	0.089	0.092		
Arginine.....g	0.157		0	A	1	0.047	0.049		
Histidine.....g	0.163		0	A	1	0.049	0.051		
Alanine.....g	0.590		0	A	1	0.177	0.183		
Aspartic acid.....g	0.666		0	A	1	0.200	0.207		
Glutamic acid.....g	1.563		0	A	1	0.469	0.485		
Glycine.....g	0.197		0	A	1	0.059	0.061		
Proline.....g	0.933		0	A	1	0.280	0.289		
Serine.....g	0.330		0	A	1	0.099	0.102		
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	73	5.934	3	A	1	22.000	22.733		
Carotene, alpha.....mcg	0	0.000	3	A	1	0.000	0.000		
Cryptoxanthin, beta.....mcg	66	2.076	3	A	1	19.730	20.388		
Lycopene.....mcg	0	0.000	3	A	1	0.000	0.000		
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. Number of Data Points of zero indicates the mean was 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 serving (NLEA serving size = 1 cup)

Measure 2 = 31g: 1 cup

*Vitamin or mineral added for enrichment or fortification

NDB No. 08505

Cereals ready-to-eat, Ralston Corn Biscuits

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 08506

Cereals ready-to-eat, Ralston Corn Flakes

Ralston Foods

Includes USDA Commodity B878

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	3.31	0.146	3	A	1		0.93	1.03	
Energy.....kcal	357		1	LC	8		100	111	
Energy.....kj	1494		0	LC	8		418	463	
Protein.....g	5.90	0.021	3	A	1		1.65	1.83	
Total lipid (fat).....g	0.91	0.020	3	A	1		0.25	0.28	
Ash.....g	1.88	0.000	3	A	1		0.53	0.58	
Carbohydrate, by difference.....g	88.01		0	NC	4		24.64	27.28	
Fiber, total dietary.....g	2.7	0.213	3	A	1		0.8	0.8	
Sugars, total.....g	7.84	0.069	3	A	1		2.19	2.43	
Sucrose.....g	4.61	0.062	3	A	1		1.29	1.43	
Glucose (dextrose).....g	1.48	0.007	3	A	1		0.41	0.46	
Fructose.....g	1.34	0.019	3	A	1		0.38	0.42	
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose.....g	0.40	0.023	3	A	1		0.11	0.12	
Galactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Starch.....g	60.42	7.663	3	A	1		16.92	18.73	
Minerals:									
Calcium, Ca.....mg	2	0.079	3	A	1		1	1	
* Iron, Fe.....mg	32.14		0	LC	8		9.00	9.96	
Magnesium, Mg.....mg	7	0.466	3	A	1		2	2	
Phosphorus, P.....mg	33	0.145	3	A	1		9	10	
Potassium, K.....mg	86	1.440	3	A	1		24	27	
Sodium, Na.....mg	710	4.978	3	A	1		199	220	
Zinc, Zn.....mg	0.20	0.029	3	A	1		0.06	0.06	
Copper, Cu.....mg	0.075	0.004	3	A	1		0.021	0.023	
Manganese, Mn.....mg	0.095	0.002	3	A	1		0.027	0.030	
Selenium, Se.....mcg	2.2	0.000	3	A	1		0.6	0.7	
Vitamins:									
* Vitamin C, total ascorbic acid.....mg	65.0	2.095	3	A	1		18.2	20.2	
* Thiamin.....mg	4.483	0.077	3	A	1		1.255	1.390	
* Riboflavin.....mg	1.740	0.307	3	A	1		0.487	0.539	
* Niacin.....mg	21.033	0.338	3	A	1		5.889	6.520	
Pantothenic acid.....mg	0.099	0.005	3	A	1		0.028	0.031	
* Vitamin B-6.....mg	1.907	0.101	3	A	1		0.534	0.591	
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
* Vitamin A, IU.....IU	2115		0	AS	1		592	656	
Vitamin A, RAE.....mcg_RAE	581		0	AS	1		163	180	
Vitamin E (alpha-tocopherol).....mg	0.02	0.000	3	A	1		0.01	0.01	
Tocopherol, beta.....mg	0.01	0.000	3	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.06	0.003	3	A	1		0.02	0.02	
Tocopherol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0	0.000	3	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.227		0	NC	4		0.063	0.070	
4:0.....g									
6:0.....g									
8:0.....g	0.000	0.000	3	A	1		0.000	0.000	
10:0.....g	0.000	0.000	3	A	1		0.000	0.000	
12:0.....g	0.000	0.000	3	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.000	0.000	3	A	1		0.000	0.000	
15:0.....g	0.000	0.000	3	A	1		0.000	0.000	
16:0.....g	0.177	0.003	3	A	1		0.049	0.055	
17:0.....g	0.000	0.000	3	A	1		0.000	0.000	
18:0.....g	0.050	0.000	3	A	1		0.014	0.016	

Cereals ready-to-eat, Ralston 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
20:0.....g	0.000	0.000	3	A	1		0.000	0.000	
22:0.....g	0.000	0.000	3	A	1		0.000	0.000	
24:0.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.107		0	NC	4		0.030	0.033	
14:1.....g	0.000		3	A	1		0.000	0.000	
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
17:1.....g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated.....g	0.107	0.003	3	A	1		0.030	0.033	
20:1.....g	0.000	0.000	3	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.293		0	NC	4		0.082	0.091	
18:2 undifferentiated.....g	0.277	0.003	3	A	1		0.077	0.086	
18:3 undifferentiated.....g	0.017	0.003	3	A	1		0.005	0.005	
18:4.....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:5 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	
22:5 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.037		0	A	1		0.010	0.011	
Threonine.....g	0.233		0	A	1		0.065	0.072	
Isoleucine.....g	0.247		0	A	1		0.069	0.076	
Leucine.....g	1.013		0	A	1		0.284	0.314	
Lysine.....g	0.043		0	A	1		0.012	0.013	
Methionine.....g	0.110		0	A	1		0.031	0.034	
Cystine.....g	0.110		0	A	1		0.031	0.034	
Phenylalanine.....g	0.390		0	A	1		0.109	0.121	
Tyrosine.....g	0.167		0	A	1		0.047	0.052	
Valine.....g	0.303		0	A	1		0.085	0.094	
Arginine.....g	0.133		0	A	1		0.037	0.041	
Histidine.....g	0.170		0	A	1		0.048	0.053	
Alanine.....g	0.580		0	A	1		0.162	0.180	
Aspartic acid.....g	0.643		0	A	1		0.180	0.199	
Glutamic acid.....g	1.520		0	A	1		0.426	0.471	
Glycine.....g	0.197		0	A	1		0.055	0.061	
Proline.....g	0.936		0	A	1		0.262	0.290	
Serine.....g	0.320		0	A	1		0.090	0.099	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	85	3.472	3	A	1		23.819	26.371	
Carotene, alpha.....mcg	22	1.135	3	A	1		6.263	6.934	
Cryptoxanthin, beta.....mcg	66	0.473	3	A	1		18.424	20.398	
Lycopene.....mcg	0	0.000	3	A	1		0.000	0.000	
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. Number of Data Points of zero indicates the mean was 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 serving (NLEA serving size = 1 cup)

Measure 2 = 31g: 1 cup

*Vitamin or mineral added for enrichment or fortification

NDB No. 08506

Cereals ready-to-eat, Ralston Corn Flakes

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 08507

Cereals ready-to-eat, Ralston Crispy Hexagons

Ralston Foods

Includes USDA Commodity Corn and Rice B855

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	4.07	0.224	3	A	1		1.18	1.14	
Energy.....kcal	379		1	LC	8		110	106	
Energy.....kj	1587		0	LC	8		460	444	
Protein.....g	5.94	0.130	3	A	1		1.72	1.66	
Total lipid (fat).....g	0.95	0.150	3	A	1		0.28	0.27	
Ash.....g	2.26	0.003	3	A	1		0.66	0.63	
Carbohydrate, by difference.....g	86.78		0	NC	4		25.17	24.30	
Fiber, total dietary.....g	1.5	0.161	3	A	1		0.4	0.4	
Sugars, total.....g	9.57	0.081	3	A	1		2.77	2.68	
Sucrose.....g	9.53	0.060	3	A	1		2.76	2.67	
Glucose (dextrose).....g	0.00	0.000	3	A	1		0.00	0.00	
Fructose.....g	0.03	0.034	3	A	1		0.01	0.01	
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	3	A	1		0.00	0.00	
Galactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	8	0.713	3	A	1		2	2	
* Iron, Fe.....mg	34.67	0.726	3	A	1		10.05	9.71	
Magnesium, Mg.....mg	16	0.551	3	A	1		5	5	
Phosphorus, P.....mg	63	1.073	3	A	1		18	18	
Potassium, K.....mg	99	1.098	3	A	1		29	28	
Sodium, Na.....mg	816	1.528	3	A	1		237	228	
* Zinc, Zn.....mg	7.43	0.125	3	A	1		2.15	2.08	
Copper, Cu.....mg	0.131	0.008	3	A	1		0.038	0.037	
Manganese, Mn.....mg	0.653	0.035	3	A	1		0.189	0.183	
Selenium, Se.....mcg	2.2	0.000	3	A	1		0.6	0.6	
Vitamins:									
* Vitamin C, total ascorbic acid.....mg	43.8	8.573	3	A	1		12.7	12.3	
* Thiamin.....mg	7.550	0.590	3	A	1		2.189	2.114	
* Riboflavin.....mg	3.570	0.015	3	A	1		1.035	1.000	
* Niacin.....mg	29.900	2.499	3	A	1		8.671	8.372	
Pantothenic acid.....mg	0.230	0.002	3	A	1		0.067	0.064	
* Vitamin B-6.....mg	7.720	0.721	3	A	1		2.239	2.162	
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
* Vitamin A, IU.....IU	2691		0	AS	1		780	754	
Vitamin A, RAE.....mcg_RAE	784		0	AS	1		227	220	
Vitamin E (alpha-tocopherol).....mg	0.05	0.003	3	A	1		0.01	0.01	
Tocopherol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.06	0.006	3	A	1		0.02	0.02	
Tocopherol, delta.....mg	0.00	0.005	3	A	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0	0.000	3	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.263		0	NC	4		0.076	0.074	
4:0.....g									
6:0.....g									
8:0.....g	0.000	0.000	3	A	1		0.000	0.000	
10:0.....g	0.000	0.000	3	A	1		0.000	0.000	
12:0.....g	0.000	0.000	3	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.000	0.000	3	A	1		0.000	0.000	
15:0.....g	0.000	0.000	3	A	1		0.000	0.000	
16:0.....g	0.233	0.007	3	A	1		0.068	0.065	
17:0.....g	0.000	0.000	3	A	1		0.000	0.000	
18:0.....g	0.030	0.000	3	A	1		0.009	0.008	

Cereals ready-to-eat, Ralston Crispy Hexagons

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0.....g	0.000	0.000	3	A	1		0.000	0.000	
22:0.....g	0.000	0.000	3	A	1		0.000	0.000	
24:0.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.193		0	NC	4		0.056	0.054	
14:1.....g	0.000	0.000	3	A	1		0.000	0.000	
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
17:1.....g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated.....g	0.193	0.003	3	A	1		0.056	0.054	
20:1.....g	0.000	0.000	3	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.350		0	NC	4		0.101	0.098	
18:2 undifferentiated.....g	0.337	0.012	3	A	1		0.098	0.094	
18:3 undifferentiated.....g	0.013	0.003	3	A	1		0.004	0.004	
18:4.....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:5 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	
22:5 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.067		0	A	1		0.019	0.019	
Threonine.....g	0.250		0	A	1		0.073	0.070	
Isoleucine.....g	0.263		0	A	1		0.076	0.074	
Leucine.....g	0.799		0	A	1		0.232	0.224	
Lysine.....g	0.134		0	A	1		0.039	0.038	
Methionine.....g	0.134		0	A	1		0.039	0.037	
Cystine.....g	0.113		0	A	1		0.033	0.032	
Phenylalanine.....g	0.374		0	A	1		0.108	0.105	
Tyrosine.....g	0.186		0	A	1		0.054	0.052	
Valine.....g	0.340		0	A	1		0.098	0.095	
Arginine.....g	0.300		0	A	1		0.087	0.084	
Histidine.....g	0.163		0	A	1		0.047	0.046	
Alanine.....g	0.466		0	A	1		0.135	0.130	
Aspartic acid.....g	0.878		0	A	1		0.255	0.246	
Glutamic acid.....g	1.394		0	A	1		0.404	0.390	
Glycine.....g	0.274		0	A	1		0.080	0.077	
Proline.....g	0.569		0	A	1		0.165	0.159	
Serine.....g	0.304		0	A	1		0.088	0.085	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	40	8.124	3	A	1		11.484	11.088	
Carotene, alpha.....mcg	0	0.000	3	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	33	2.060	3	A	1		9.599	9.268	
Lycopene.....mcg	0	0.000	3	A	1		0.000	0.000	
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. Number of Data Points of zero indicates the mean was 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 serving (NLEA serving size = 1 cup)

Measure 2 = 28g: 1 cup

*Vitamin or mineral added for enrichment or fortification

NDB No. 08507

Cereals ready-to-eat, Ralston Crispy Hexagons

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

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				
14:0.....g	0.013	0.003	3	A	1		0.004	0.004	
15:0.....g	0.000	0.000	3	A	1		0.000	0.000	
16:0.....g	0.273	0.003	3	A	1		0.090	0.077	
17:0.....g	0.000	0.000	3	A	1		0.000	0.000	
18:0.....g	0.073	0.003	3	A	1		0.024	0.021	
20:0.....g	0.000	0.000	3	A	1		0.000	0.000	
22:0.....g	0.000	0.000	3	A	1		0.000	0.000	
24:0.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.243		0	NC	4		0.080	0.068	
14:1.....g	0.000	0.000	3	A	1		0.000	0.000	
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
17:1.....g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated.....g	0.243	0.003	3	A	1		0.080	0.068	
20:1.....g	0.000	0.000	3	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.293		0	NC	4		0.097	0.082	
18:2 undifferentiated.....g	0.293	0.003	3	A	1		0.097	0.082	
18:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
18:4.....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:5 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	
22:5 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.095		0	A	1		0.032	0.027	
Threonine.....g	0.286		0	A	1		0.094	0.080	
Isoleucine.....g	0.301		0	A	1		0.099	0.084	
Leucine.....g	0.593		0	A	1		0.196	0.166	
Lysine.....g	0.171		0	A	1		0.056	0.048	
Methionine.....g	0.141		0	A	1		0.046	0.039	
Cystine.....g	0.131		0	A	1		0.043	0.037	
Phenylalanine.....g	0.402		0	A	1		0.133	0.112	
Tyrosine.....g	0.241		0	A	1		0.080	0.067	
Valine.....g	0.437		0	A	1		0.144	0.122	
Arginine.....g	0.538		0	A	1		0.177	0.151	
Histidine.....g	0.166		0	A	1		0.055	0.046	
Alanine.....g	0.422		0	A	1		0.139	0.118	
Aspartic acid.....g	1.115		0	A	1		0.368	0.312	
Glutamic acid.....g	1.381		0	A	1		0.456	0.387	
Glycine.....g	0.326		0	A	1		0.108	0.091	
Proline.....g	0.412		0	A	1		0.136	0.115	
Serine.....g	0.367		0	A	1		0.121	0.103	
Hydroxyproline.....g									
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

NDB No. 08025

Cereals ready-to-eat, Ralston Crispy Rice

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			

food, or similar food.

Common Measures:

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

Measure 2 = 28g: 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 18 (2005)

NDB No. 08504

Cereals ready-to-eat, Ralston Enriched Bran flakes

Ralston Foods

Includes USDA Commodity B877

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	2.53	0.115	3	A	1		0.73	1.06	
Energy.....kcal	310		1	LC	8		90	130	
Energy.....kj	1298		0	LC	8		377	545	
Protein.....g	10.21	0.021	3	A	1		2.96	4.29	
Total lipid (fat).....g	3.36	0.203	3	A	1		0.98	1.41	
Ash.....g	4.13	0.026	3	A	1		1.20	1.73	
Carbohydrate, by difference.....g	79.77		0	NC	4		23.13	33.50	
Fiber, total dietary.....g	16.9	0.215	3	A	1		4.9	7.1	
Sugars, total.....g	17.17	0.111	3	A	1		4.98	7.21	
Sucrose.....g	12.51	0.170	3	A	1		3.63	5.25	
Glucose (dextrose).....g	2.02	0.032	3	A	1		0.59	0.85	
Fructose.....g	2.27	0.024	3	A	1		0.66	0.95	
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose.....g	0.37	0.025	3	A	1		0.11	0.16	
Galactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Starch.....g	48.70	0.582	3	A	1		14.12	20.46	
Minerals:									
Calcium, Ca.....mg	45	2.000	3	A	1		13	19	
* Iron, Fe.....mg	67.67	6.386	3	A	1		19.62	28.42	
Magnesium, Mg.....mg	190	0.000	3	A	1		55	80	
Phosphorus, P.....mg	533	6.667	3	A	1		155	224	
Potassium, K.....mg	630	5.774	3	A	1		183	265	
Sodium, Na.....mg	813	6.667	3	A	1		236	342	
* Zinc, Zn.....mg	64.33	1.202	3	A	1		18.66	27.02	
Copper, Cu.....mg	0.537	0.009	3	A	1		0.156	0.225	
Manganese, Mn.....mg	3.467	0.067	3	A	1		1.005	1.456	
Selenium, Se.....mcg	9.2	0.458	3	A	1		2.7	3.9	
Vitamins:									
* Vitamin C, total ascorbic acid.....mg	239.7	6.489	3	A	1		69.5	100.7	
* Thiamin.....mg	4.713	1.322	3	A	1		1.367	1.980	
* Riboflavin.....mg	7.290	0.172	3	A	1		2.114	3.062	
* Niacin.....mg	90.567	0.784	3	A	1		26.264	38.038	
Pantothenic acid.....mg	29.800	0.458	3	A	1		8.642	12.516	
* Vitamin B-6.....mg	6.800	0.172	3	A	1		1.972	2.856	
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
* Vitamin A, IU.....IU	1771		0	AS	1		514	744	
Vitamin A, RAE.....mcg_RAE	531		0	AS	1		154	223	
* Vitamin E (alpha-tocopherol).....mg	80.46	1.465	3	A	1		23.33	33.79	
Tocopherol, beta.....mg	0.16	0.003	3	A	1		0.05	0.07	
Tocopherol, gamma.....mg	2.43	0.035	3	A	1		0.71	1.02	
Tocopherol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.7	0.291	3	A	1		0.8	1.1	
Lipids:									
Fatty acids, total saturated.....g	0.433		0	NC	4		0.126	0.182	
4:0.....g									
6:0.....g									
8:0.....g	0.000	0.000	3	A	1		0.000	0.000	
10:0.....g	0.000	0.000	3	A	1		0.000	0.000	
12:0.....g	0.000	0.000	3	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.000	0.000	3	A	1		0.000	0.000	
15:0.....g	0.000	0.000	3	A	1		0.000	0.000	
16:0.....g	0.410	0.012	3	A	1		0.119	0.172	
17:0.....g	0.000	0.000	3	A	1		0.000	0.000	
18:0.....g	0.023	0.003	3	A	1		0.007	0.010	

NDB No. 08504

Cereals ready-to-eat, Ralston Enriched 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
20:0.....g	0.000	0.000	3	A	1		0.000	0.000	
22:0.....g	0.000	0.000	3	A	1		0.000	0.000	
24:0.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.443		0	NC	4		0.129	0.186	
14:1.....g	0.000		3	A	1		0.000	0.000	
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
17:1.....g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated.....g	0.423	0.009	3	A	1		0.123	0.178	
20:1.....g	0.020	0.000	3	A	1		0.006	0.008	
22:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	1.383		0	NC	4		0.401	0.581	
18:2 undifferentiated.....g	1.297	0.032	3	A	1		0.376	0.545	
18:3 undifferentiated.....g	0.087	0.003	3	A	1		0.025	0.036	
18:4.....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:5 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	
22:5 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.137		0	A	1		0.040	0.057	
Threonine.....g	0.370		0	A	1		0.107	0.155	
Isoleucine.....g	0.343		0	A	1		0.100	0.144	
Leucine.....g	0.677		0	A	1		0.196	0.284	
Lysine.....g	0.150		0	A	1		0.043	0.063	
Methionine.....g	0.127		0	A	1		0.037	0.053	
Cystine.....g	0.200		0	A	1		0.058	0.084	
Phenylalanine.....g	0.457		0	A	1		0.132	0.192	
Tyrosine.....g	0.197		0	A	1		0.057	0.083	
Valine.....g	0.467		0	A	1		0.135	0.196	
Arginine.....g	0.393		0	A	1		0.114	0.165	
Histidine.....g	0.237		0	A	1		0.069	0.099	
Alanine.....g	0.447		0	A	1		0.130	0.188	
Aspartic acid.....g	0.970		0	A	1		0.281	0.407	
Glutamic acid.....g	2.836		0	A	1		0.823	1.191	
Glycine.....g	0.490		0	A	1		0.142	0.206	
Proline.....g	1.043		0	A	1		0.302	0.438	
Serine.....g	0.483		0	A	1		0.140	0.203	
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 = 29g: 1 serving (NLEA serving size = 0.75 cup)

Measure 2 = 42g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

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				
14:0.....g	0.017	0.003	3	A	1		0.005	0.005	
15:0.....g	0.000	0.000	3	A	1		0.000	0.000	
16:0.....g	0.933	0.028	3	A	1		0.280	0.261	
17:0.....g	0.000	0.000	3	A	1		0.000	0.000	
18:0.....g	0.073	0.003	3	A	1		0.022	0.021	
20:0.....g	0.000	0.000	3	A	1		0.000	0.000	
22:0.....g	0.000	0.000	3	A	1		0.000	0.000	
24:0.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	1.746		0	NC	4		0.524	0.489	
14:1.....g	0.000	0.000	3	A	1		0.000	0.000	
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
17:1.....g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated.....g	1.680	0.050	3	A	1		0.504	0.470	
20:1.....g	0.040	0.000	3	A	1		0.012	0.011	
22:1 undifferentiated.....g	0.027	0.003	3	A	1		0.008	0.007	
24:1 c.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	1.870		0	NC	4		0.561	0.524	
18:2 undifferentiated.....g	1.800	0.061	3	A	1		0.540	0.504	
18:3 undifferentiated.....g	0.063	0.003	3	A	1		0.019	0.018	
18:4.....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:5 n-3.....g	0.007	0.007	3	A	1		0.002	0.002	
22:5 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.163		0	A	1		0.049	0.046	
Threonine.....g	0.456		0	A	1		0.137	0.128	
Isoleucine.....g	0.490		0	A	1		0.147	0.137	
Leucine.....g	0.940		0	A	1		0.282	0.263	
Lysine.....g	0.407		0	A	1		0.122	0.114	
Methionine.....g	0.163		0	A	1		0.049	0.046	
Cystine.....g	0.283		0	A	1		0.085	0.079	
Phenylalanine.....g	0.720		0	A	1		0.216	0.202	
Tyrosine.....g	0.293		0	A	1		0.088	0.082	
Valine.....g	0.666		0	A	1		0.200	0.187	
Arginine.....g	0.757		0	A	1		0.227	0.212	
Histidine.....g	0.260		0	A	1		0.078	0.073	
Alanine.....g	0.633		0	A	1		0.190	0.177	
Aspartic acid.....g	1.629		0	A	1		0.489	0.456	
Glutamic acid.....g	2.597		0	A	1		0.779	0.727	
Glycine.....g	0.610		0	A	1		0.183	0.171	
Proline.....g	0.843		0	A	1		0.253	0.236	
Serine.....g	0.597		0	A	1		0.179	0.167	
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		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

NDB No. 08074

Cereals ready-to-eat, Ralston TASTEEOS

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 serving (NLEA serving size = 1 cup)

Measure 2 = 28g: 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 18 (2005)

NDB No. 08435

Cereals ready-to-eat, UNCLE SAM 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	4.43		1	A	1		2.44		
Energy.....kcal	431		0	NC	4		237		
Energy.....kj	1805		0	NC	4		993		
Protein.....g	15.98		1	A	1		8.79		
Total lipid (fat).....g	11.60		1	A	1		6.38		
Ash.....g	2.21		1	A	1		1.22		
Carbohydrate, by difference.....g	65.78		0	NC	4		36.18		
Fiber, total dietary.....g	20.3		1	A	1		11.2		
Sugars, total.....g	1.56		0	AS	1		0.86		
Sucrose.....g	0.94		1	A	1		0.52		
Glucose (dextrose).....g	0.41		1	A	1		0.23		
Fructose.....g	0.21		1	A	1		0.12		
Lactose.....g	0.00		1	A	1		0.00		
Maltose.....g	0.00		1	A	1		0.00		
Galactose.....g	0.00		0	Z	7		0.00		
Starch.....g	46.10		1	A	1		25.35		
Minerals:									
Calcium, Ca.....mg	95		1	A	1		52		
Iron, Fe.....mg	4.03		1	A	1		2.22		
Magnesium, Mg.....mg	206		1	A	1		113		
Phosphorus, P.....mg	374		1	A	1		206		
Potassium, K.....mg	446		1	A	1		245		
Sodium, Na.....mg	206		1	A	1		113		
Zinc, Zn.....mg	3.87		1	A	1		2.13		
Copper, Cu.....mg	0.752		1	A	1		0.414		
Manganese, Mn.....mg	3.610		1	A	1		1.985		
Selenium, Se.....mcg	88.3		1	A	1		48.6		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	61.5		1	A	1		33.8		
* Thiamin.....mg	2.270		1	A	1		1.248		
* Riboflavin.....mg	2.640		1	A	1		1.452		
* Niacin.....mg	16.300		1	A	1		8.965		
Pantothenic acid.....mg	0.621		1	A	1		0.341		
Vitamin B-6.....mg	0.956		1	A	1		0.526		
Folate, total.....mcg	53		1	A	1		29		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	53		1	A	1		29		
Folate, DFE.....mcg_DFE	53		0	NC	4		29		
Vitamin B-12.....mcg	0.00		1	A	1		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	0		0	Z	7		0		
Vitamin A, RAE.....mcg_RAE	0		0	Z	7		0		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.72		0	FLM	4		0.40		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.8		1	A	1		1.0		
Lipids:									
Fatty acids, total saturated.....g	1.320		0	NC	4		0.726		
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		

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	Deriv	Source	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
12:0.....g	0.000			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	0.950		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 18 (2005)

NDB No. 08508

Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)

Includes USDA Commodity B855

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	3.78	0.281	5	A	1		1.10	1.10	
Energy.....kcal	378		0	NC	4		110	110	
Energy.....kj	1582		0	NC	4		459	459	
Protein.....g	6.06	0.105	5	A	1		1.76	1.76	
Total lipid (fat).....g	1.08	0.116	5	A	1		0.31	0.31	
Ash.....g	2.23	0.024	5	A	1		0.65	0.65	
Carbohydrate, by difference.....g	86.85		0	NC	4		25.19	25.19	
Fiber, total dietary.....g	1.4	0.112	5	A	1		0.4	0.4	
Sugars, total.....g	10.35	0.485	5	A	1		3.00	3.00	
Sucrose.....g	9.74	0.129	5	A	1		2.82	2.82	
Glucose (dextrose).....g	0.27	0.168	5	A	1		0.08	0.08	
Fructose.....g	0.26	0.138	5	A	1		0.07	0.07	
Lactose.....g	0.00	0.000	5	A	1		0.00	0.00	
Maltose.....g	0.09	0.053	5	A	1		0.03	0.03	
Galactose.....g	0.00	0.000	5	A	1		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	10	1.131	5	A	1		3	3	
* Iron, Fe.....mg	34.06	0.847	5	A	1		9.88	9.88	
Magnesium, Mg.....mg	19	1.948	5	A	1		6	6	
Phosphorus, P.....mg	77	9.033	5	A	1		22	22	
Potassium, K.....mg	105	3.893	5	A	1		31	31	
Sodium, Na.....mg	795	12.780	5	A	1		231	231	
* Zinc, Zn.....mg	7.60	0.213	5	A	1		2.20	2.20	
Copper, Cu.....mg	0.137	0.007	5	A	1		0.040	0.040	
Manganese, Mn.....mg	0.790	0.086	5	A	1		0.229	0.229	
Selenium, Se.....mcg	6.3	2.506	5	A	1		1.8	1.8	
Vitamins:									
* Vitamin C, total ascorbic acid.....mg	38.5	6.129	5	A	1		11.2	11.2	
* Thiamin.....mg	6.288	1.155	5	A	1		1.824	1.824	
* Riboflavin.....mg	3.870	0.704	5	A	1		1.122	1.122	
* Niacin.....mg	29.620	1.559	5	A	1		8.590	8.590	
Pantothenic acid.....mg	0.226	0.003	5	A	1		0.066	0.066	
* Vitamin B-6.....mg	5.986	1.151	5	A	1		1.736	1.736	
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
* Vitamin A, IU.....IU	2792		0	AS	1		810	810	
Vitamin A, RAE.....mcg_RAE	814		0	AS	1		236	236	
Vitamin E (alpha-tocopherol).....mg	0.08	0.024	5	A	1		0.02	0.02	
Tocopherol, beta.....mg	0.01	0.004	5	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.08	0.012	5	A	1		0.02	0.02	
Tocopherol, delta.....mg	0.00	0.003	5	A	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0	0.000	5	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.260		0	NC	4		0.075	0.075	
4:0.....g									
6:0.....g									
8:0.....g	0.000	0.000	5	A	1		0.000	0.000	
10:0.....g	0.000	0.000	5	A	1		0.000	0.000	
12:0.....g	0.000	0.000	5	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.000	0.000	5	A	1		0.000	0.000	
15:0.....g	0.000	0.000	5	A	1		0.000	0.000	
16:0.....g	0.234	0.004	5	A	1		0.068	0.068	
17:0.....g	0.000	0.000	5	A	1		0.000	0.000	
18:0.....g	0.026	0.002	5	A	1		0.008	0.008	

Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number			Confidence	Measure 1	Measure 2	Measure 3
			of Data	Deriv	Source				
20:0.....g	0.000	0.000	5	A	1		0.000	0.000	
22:0.....g	0.000	0.000	5	A	1		0.000	0.000	
24:0.....g	0.000	0.000	5	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.204		0	NC	4		0.059	0.059	
14:1.....g	0.000	0.000	5	A	1		0.000	0.000	
15:1.....g	0.000	0.000	5	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.000	0.000	5	A	1		0.000	0.000	
17:1.....g	0.000	0.000	5	A	1		0.000	0.000	
18:1 undifferentiated.....g	0.204	0.007	5	A	1		0.059	0.059	
20:1.....g	0.000	0.000	5	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000	0.000	5	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	5	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.354		0	NC	4		0.103	0.103	
18:2 undifferentiated.....g	0.342	0.007	5	A	1		0.099	0.099	
18:3 undifferentiated.....g	0.012	0.002	5	A	1		0.003	0.003	
18:4.....g	0.000	0.000	5	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	5	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	5	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.000	0.000	5	A	1		0.000	0.000	
20:5 n-3.....g	0.000	0.000	5	A	1		0.000	0.000	
22:5 n-3.....g	0.000	0.000	5	A	1		0.000	0.000	
22:6 n-3.....g	0.000	0.000	5	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.066		0	A	1		0.019	0.019	
Threonine.....g	0.241		0	A	1		0.070	0.070	
Isoleucine.....g	0.260		0	A	1		0.075	0.075	
Leucine.....g	0.767		0	A	1		0.222	0.222	
Lysine.....g	0.113		0	A	1		0.033	0.033	
Methionine.....g	0.130		0	A	1		0.038	0.038	
Cystine.....g	0.116		0	A	1		0.034	0.034	
Phenylalanine.....g	0.365		0	A	1		0.106	0.106	
Tyrosine.....g	0.176		0	A	1		0.051	0.051	
Valine.....g	0.344		0	A	1		0.100	0.100	
Arginine.....g	0.304		0	A	1		0.088	0.088	
Histidine.....g	0.162		0	A	1		0.047	0.047	
Alanine.....g	0.460		0	A	1		0.133	0.133	
Aspartic acid.....g	0.821		0	A	1		0.238	0.238	
Glutamic acid.....g	1.368		0	A	1		0.397	0.397	
Glycine.....g	0.267		0	A	1		0.077	0.077	
Proline.....g	0.552		0	A	1		0.160	0.160	
Serine.....g	0.298		0	A	1		0.087	0.087	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	39	4.467	5	A	1		11.409	11.409	
Carotene, alpha.....mcg	0	0.000	5	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	33	1.149	5	A	1		9.669	9.669	
Lycopene.....mcg	0	0.000	5	A	1		0.000	0.000	
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. Number of Data Points of zero indicates the mean was 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

Measure 2 = 29g: 1 serving (NLEA serving = 1 cup)

*Vitamin or mineral added for enrichment or fortification

NDB No. 08508

Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 08509

Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)

Includes USDA Commodity B856 B857

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	3.85	0.151	5	A	1		1.27	1.08	
Energy.....kcal	381		0	NC	4		126	107	
Energy.....kj	1521		0	LC	8		502	426	
Protein.....g	6.45	0.183	5	A	1		2.13	1.81	
Total lipid (fat).....g	1.27	0.016	5	A	1		0.42	0.35	
Ash.....g	2.39	0.107	5	A	1		0.79	0.67	
Carbohydrate, by difference.....g	86.04		0	NC	4		28.39	24.09	
Fiber, total dietary.....g	0.7	0.000	6	A	1		0.2	0.2	
Sugars, total.....g	8.35	0.319	6	A	1		2.76	2.34	
Sucrose.....g	7.18	0.311	6	A	1		2.37	2.01	
Glucose (dextrose).....g	0.44	0.009	6	A	1		0.14	0.12	
Fructose.....g	0.41	0.023	6	A	1		0.14	0.11	
Lactose.....g	0.00	0.000	6	A	1		0.00	0.00	
Maltose.....g	0.32	0.013	6	A	1		0.11	0.09	
Galactose.....g	0.00	0.000	6	A	1		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5	0.207	6	A	1		2	1	
Iron, Fe.....mg	10.53	2.315	6	A	1		3.47	2.95	
Magnesium, Mg.....mg	24	0.558	6	A	1		8	7	
Phosphorus, P.....mg	96	2.012	6	A	1		32	27	
Potassium, K.....mg	108	1.667	6	A	1		36	30	
Sodium, Na.....mg	850	38.987	6	A	1		281	238	
Zinc, Zn.....mg	1.19	0.073	6	A	1		0.39	0.33	
Copper, Cu.....mg	0.158	0.009	6	A	1		0.052	0.044	
Manganese, Mn.....mg	1.057	0.069	6	A	1		0.349	0.296	
Selenium, Se.....mcg	13.6	3.678	6	A	1		4.5	3.8	
Vitamins:									
* Vitamin C, total ascorbic acid.....mg	46.0	8.316	6	A	1		15.2	12.9	
* Thiamin.....mg	2.052	0.080	6	A	1		0.677	0.574	
* Riboflavin.....mg	2.518	0.159	6	A	1		0.831	0.705	
* Niacin.....mg	26.217	1.244	6	A	1		8.651	7.341	
Pantothenic acid.....mg	0.311	0.003	6	A	1		0.103	0.087	
* Vitamin B-6.....mg	2.683	0.341	6	A	1		0.885	0.751	
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
* Vitamin A, IU.....IU	2028		0	AS	1		669	568	
Vitamin A, RAE.....mcg_RAE	608		0	AS	1		201	170	
Vitamin E (alpha-tocopherol).....mg	0.08	0.010	6	A	1		0.03	0.02	
Tocopherol, beta.....mg	0.00	0.000	6	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.03	0.002	6	A	1		0.01	0.01	
Tocopherol, delta.....mg	0.00	0.002	6	A	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0	0.000	6	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.355		0	NC	4		0.117	0.099	
4:0.....g									
6:0.....g									
8:0.....g	0.000	0.000	6	A	1		0.000	0.000	
10:0.....g	0.000	0.000	6	A	1		0.000	0.000	
12:0.....g	0.000	0.000	6	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.017	0.002	6	A	1		0.005	0.005	
15:0.....g	0.000	0.000	6	A	1		0.000	0.000	
16:0.....g	0.288	0.007	6	A	1		0.095	0.081	
17:0.....g	0.000	0.000	6	A	1		0.000	0.000	
18:0.....g	0.050	0.011	6	A	1		0.016	0.014	

Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0.....g	0.000	0.000	6	A	1		0.000	0.000	
22:0.....g	0.000	0.000	6	A	1		0.000	0.000	
24:0.....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.253		0	NC	4		0.084	0.071	
14:1.....g	0.000	0.000	6	A	1		0.000	0.000	
15:1.....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.000	0.000	6	A	1		0.000	0.000	
17:1.....g	0.000	0.000	6	A	1		0.000	0.000	
18:1 undifferentiated.....g	0.253	0.006	6	A	1		0.084	0.071	
20:1.....g	0.000	0.000	6	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.325		0	NC	4		0.107	0.091	
18:2 undifferentiated.....g	0.325	0.015	6	A	1		0.107	0.091	
18:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	
18:4.....g	0.000	0.000	6	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	6	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	6	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.000	0.000	6	A	1		0.000	0.000	
20:5 n-3.....g	0.000	0.000	6	A	1		0.000	0.000	
22:5 n-3.....g	0.000	0.000	6	A	1		0.000	0.000	
22:6 n-3.....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.091		0	A	1		0.030	0.025	
Threonine.....g	0.278		0	A	1		0.092	0.078	
Isoleucine.....g	0.294		0	A	1		0.097	0.082	
Leucine.....g	0.572		0	A	1		0.189	0.160	
Lysine.....g	0.159		0	A	1		0.053	0.045	
Methionine.....g	0.139		0	A	1		0.046	0.039	
Cystine.....g	0.132		0	A	1		0.044	0.037	
Phenylalanine.....g	0.385		0	A	1		0.127	0.108	
Tyrosine.....g	0.217		0	A	1		0.072	0.061	
Valine.....g	0.425		0	A	1		0.140	0.119	
Arginine.....g	0.503		0	A	1		0.166	0.141	
Histidine.....g	0.159		0	A	1		0.052	0.045	
Alanine.....g	0.410		0	A	1		0.135	0.115	
Aspartic acid.....g	1.085		0	A	1		0.358	0.304	
Glutamic acid.....g	1.319		0	A	1		0.435	0.369	
Glycine.....g	0.316		0	A	1		0.104	0.089	
Proline.....g	0.400		0	A	1		0.132	0.112	
Serine.....g	0.351		0	A	1		0.116	0.098	
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 = 33g: 1.25 serving (NLEA serving = 1.25 cup)

Measure 2 = 28g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08079
Cereals ready-to-eat, WAFELOS

Kraft Foods, 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		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	

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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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.350		0		4		0.200	0.063	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.019		0		4		0.011	0.003	
17:1.....g									
18:1 undifferentiated.....g	0.328		0		4		0.187	0.059	
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	1.170		0		4		0.667	0.211	
18:2 undifferentiated.....g	1.107		0		4		0.631	0.199	
18:3 undifferentiated.....g	0.057		0		4		0.032	0.010	
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	0.003		0		4		0.002	0.001	
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	LC	8		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	0		0	Z	7		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	238		0	BFNN	4		135.448	42.773	

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Common Measures:

Measure 1 = 57g: 1 cup

Measure 2 = 18g: 1 biscuit

*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 18 (2005)

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
22:0.....g									
24:0.....g									
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)

*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 18 (2005)

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
22:0.....g									
24:0.....g									
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)

*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 18 (2005)

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
22:0.....g									
24:0.....g									
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

*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 18 (2005)

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
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.079		0	FLC	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	FLC	4				
17:1.....g									
18:1 undifferentiated.....g	2.079		0	FLC	4				
20:1.....g	0.000		0	FLC	4				
22:1 undifferentiated.....g	0.000		0	FLC	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.231		0	FLC	4				
18:2 undifferentiated.....g	0.225		0	FLC	4				
18:3 undifferentiated.....g	0.008		0	FLC	4				
18:4.....g	0.000		0	FLC	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4				
20:5 n-3.....g	0.000		0	FLC	4				
22:5 n-3.....g	0.000		0	FLC	4				
22:6 n-3.....g	0.000		0	FLC	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	LC	8				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		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:

*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 18 (2005)

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
22:0.....g									
24:0.....g									
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		0	FLC	4		0		
Theobromine.....mg	0		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)

*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 18 (2005)

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
22:0.....g									
24:0.....g									
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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 3.46 Fat 8.37 Carbohydrate 4.16

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

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
22:0.....g									
24:0.....g									
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	

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Common Measures:

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

Measure 2 = 21g: 1 box, single serving (.75 oz)

*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 18 (2005)

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		0		9		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 B-12, added.....mcg	2.73		0	NR	4		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		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
* Vitamin D.....IU	73		0	MC	9		40		
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		

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g	0.000		0	FLM	4		0.000		
24:0.....g	0.000		0	FLM	4		0.000		
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		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)

*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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
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)

*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 18 (2005)

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		0	MC	9		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		0	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		0	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 B-12, added.....mcg	4.84		0	NR	4		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		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
* Vitamin D.....IU	129		0	MC	9		40		
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		

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g	0.000		0	FLM	4		0.000		
24:0.....g	0.000		0	FLM	4		0.000		
Fatty acids, total monounsaturated.....g	4.176		0	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)

*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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.100		0		4		0.308		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.006		0		4		0.002		
17:1.....g									
18:1 undifferentiated.....g	1.094		0		4		0.306		
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	1.280		0		4		0.358		
18:2 undifferentiated.....g	1.222		0		4		0.342		
18:3 undifferentiated.....g	0.056		0		4		0.016		
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	LC	8		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 = 28g: 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 18 (2005)

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 B-12, added.....mcg	0.00		0	Z	7		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	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
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	

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.000		0	RC	4		0.000	0.000	
24:0.....g	0.000		0	RC	4		0.000	0.000	
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	
18:3i.....g									
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	
21:5.....g									
22:4.....g									
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	
Amino Acids:									
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									
Others:									
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	
Carotenoids:									
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	

NDB No. 08037

Cereals ready-to-eat, granola, homemade

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number	Deriv	Source	measures of food		
			of Data	Code	Code	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 = 122g: 1 cup

Measure 2 = 28.35g: 1 oz

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 3.5 Fat 8.6 Carbohydrate 3.9

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
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)

*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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
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)

*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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
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)

*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 18 (2005)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
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									

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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 18 (2005)

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
22:0.....g									
24:0.....g									
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	

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Common Measures:

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

Measure 2 = 21g: 1 box, single serving (.75 oz)

*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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
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	

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Common Measures:

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

Measure 2 = 21g: 1 box, single serving (.75 oz)

*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 18 (2005)

NDB No. 43245

Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits

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		0	MC	9		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	2.474		0	FLM	4		1.361		
Selenium, Se.....mcg	17.3		0	BFZN	4		9.5		
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	0.775		0	FLM	4		0.426		
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 B-12, added.....mcg	2.73		0	NR	4		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	2.32		0	MC	9		1.28		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	73		0	MC	9		40		
Vitamin K (phylloquinone).....mcg	1.7		0	FLM	4		0.9		
Lipids:									
Fatty acids, total saturated.....g	0.800		0	MC	9		0.440		
4:0.....g	0.001		0	FLM	4		0.000		
6:0.....g	0.000		0	FLM	4		0.000		
8:0.....g	0.003		0	FLM	4		0.002		
10:0.....g	0.000		0	FLM	4		0.000		
12:0.....g	0.003		0	FLM	4		0.002		
13:0.....g									
14:0.....g	0.006		0	FLM	4		0.003		
15:0.....g	0.000		0	FLM	4		0.000		
16:0.....g	0.540		0	FLM	4		0.297		
17:0.....g	0.000		0	FLM	4		0.000		
18:0.....g	0.182		0	FLM	4		0.100		
20:0.....g	0.000		0	FLM	4		0.000		

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g	0.000		0	FLM	4		0.000		
24:0.....g									
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)

*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 18 (2005)

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
22:0.....g									
24:0.....g									
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	

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Common Measures:

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

Measure 2 = 21g: 1 box, single serving (.75 oz)

*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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
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	

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Common Measures:

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

Measure 2 = 38g: 1 box (1-1/3 oz)

*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 18 (2005)

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
14:0.....g	0.010		0		1		0.011	0.003	
15:0.....g									
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	

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NDB No. 08084

Cereals ready-to-eat, wheat germ, toasted, plain

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u> <u>measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			

food, or similar food.

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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
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		

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Common Measures:

Measure 1 = 59g: 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 18 (2005)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
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									

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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 18 (2005)

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
22:0.....g									
24:0.....g									
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)

*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 18 (2005)

Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free

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						
14:0.....g	0.000		1	A	1		0.000	0.000	0.000
15:0.....g	0.000		1	A	1		0.000	0.000	0.000
16:0.....g	0.430		1	A	1		0.198	0.198	0.108
17:0.....g	0.000		1	A	1		0.000	0.000	0.000
18:0.....g	0.020		1	A	1		0.009	0.009	0.005
20:0.....g	0.000		1	A	1		0.000	0.000	0.000
22:0.....g	0.000		1	A	1		0.000	0.000	0.000
24:0.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	0.350		0	NC	4		0.161	0.161	0.087
14:1.....g	0.000		1	A	1		0.000	0.000	0.000
15:1.....g	0.000		1	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
17:1.....g	0.000		1	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	0.330		1	A	1		0.152	0.152	0.083
20:1.....g	0.020		1	A	1		0.009	0.009	0.005
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.260		0	NC	4		0.580	0.580	0.315
18:2 undifferentiated.....g	1.180		1	A	1		0.543	0.543	0.295
18:3 undifferentiated.....g	0.080		1	A	1		0.037	0.037	0.020
18:4.....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000		1	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		5	MA	12		0.000	0.000	0.000
Cholesterol.....mg	0		5	MA	12		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.140		1	A	1		0.064	0.064	0.035
Threonine.....g	0.310		1	A	1		0.143	0.143	0.078
Isoleucine.....g	0.340		1	A	1		0.156	0.156	0.085
Leucine.....g	0.680		1	A	1		0.313	0.313	0.170
Lysine.....g	0.320		1	A	1		0.147	0.147	0.080
Methionine.....g	0.170		1	A	1		0.078	0.078	0.043
Cystine.....g	0.240		1	A	1		0.110	0.110	0.060
Phenylalanine.....g	0.460		1	A	1		0.212	0.212	0.115
Tyrosine.....g	0.130		1	A	1		0.060	0.060	0.032
Valine.....g	0.450		1	A	1		0.207	0.207	0.112
Arginine.....g	0.450		1	A	1		0.207	0.207	0.112
Histidine.....g	0.230		1	A	1		0.106	0.106	0.058
Alanine.....g	0.390		1	A	1		0.179	0.179	0.097
Aspartic acid.....g	0.530		1	A	1		0.244	0.244	0.132
Glutamic acid.....g	2.990		1	A	1		1.375	1.375	0.748
Glycine.....g	0.430		1	A	1		0.198	0.198	0.108
Proline.....g	0.970		1	A	1		0.446	0.446	0.243
Serine.....g	0.490		1	A	1		0.225	0.225	0.123
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		5	MA	12		0	0	0
Theobromine.....mg	0		0	FLC	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		5	MA	12		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		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

NDB No. 08147

Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u> <u>measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			

food, or similar food.

Common Measures:

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

Measure 2 = 46g: 1 serving

Measure 3 = 25g: 1 biscuit oblong

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
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 18 (2005)

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
22:0.....g									
24:0.....g									
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)

*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 18 (2005)

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		0	MC	9		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 B-12, added.....mcg	2.78		0	NR	4		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		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
* Vitamin D.....IU	74		0	MC	9		40		
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		

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g	0.000		0	FLM	4		0.000		
24:0.....g	0.000		0	FLM	4		0.000		
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)

*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 18 (2005)

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		0	MC	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 B-12, added.....mcg	2.83		0	NR	4		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		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	75		0	MC	9		40		
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		

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
20:0.....g	0.009		0	FLM	4		0.005		
22:0.....g	0.000		0	FLM	4		0.000		
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)

*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 18 (2005)

NDB No. 42297

Cereals ready-to-eat, whole wheat, rolled oats, presweetened, with walnuts 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	4.50		0	MC	9		2.66		
Energy.....kcal	422		0	MC	9		249		
Energy.....kj	1766		0	MC	9		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	2.200		0	FLM	4		1.298		
Selenium, Se.....mcg	18.0		0	RA	4		10.6		
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	0.746		0	FLM	4		0.440		
* 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 B-12, added.....mcg	2.54		0	NR	4		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	1.17		0	MC	9		0.69		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
* Vitamin D.....IU	68		0	MC	9		40		
Vitamin K (phylloquinone).....mcg	1.7		0	FLM	4		1.0		
Lipids:									
Fatty acids, total saturated.....g	1.400		0	MC	9		0.826		
4:0.....g	0.001		0	FLM	4		0.000		
6:0.....g	0.000		0	FLM	4		0.000		
8:0.....g	0.008		0	FLM	4		0.005		
10:0.....g	0.001		0	FLM	4		0.000		
12:0.....g	0.005		0	FLM	4		0.003		
13:0.....g									
14:0.....g	0.006		0	FLM	4		0.004		
15:0.....g	0.000		0	FLM	4		0.000		
16:0.....g	0.890		0	FLM	4		0.525		
17:0.....g	0.000		0	FLM	4		0.000		
18:0.....g	0.369		0	FLM	4		0.218		
20:0.....g	0.000		0	FLM	4		0.000		

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g	0.000		0	FLM	4		0.000		
24:0.....g									
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		

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Common Measures:

Measure 1 = 59g: 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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
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		

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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 18 (2005)

NDB No. 08386

Cereals ready-to-eat,, KASHI GoLEAN CRUNCH 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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
24:0.....g									
Fatty acids, total monounsaturated.....g	3.230		0	MC	9		1.712		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.015		0	FLM	4		0.008		
17:1.....g									
18:1 undifferentiated.....g	2.920		0	FLM	4		1.547		
20:1.....g	0.078		0	FLM	4		0.041		
22:1 undifferentiated.....g	0.027		0	FLM	4		0.014		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.100		0	MC	9		1.113		
18:2 undifferentiated.....g	1.389		0	FLM	4		0.736		
18:3 undifferentiated.....g	0.424		0	FLM	4		0.225		
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	0.000		0	MC	9		0.000		
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		

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Common Measures:

Measure 1 = 53g: 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 18 (2005)

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									
Amino Acids:									
Tryptophan.....g	0.013		0		1		0.032	0.024	
Threonine.....g	0.044		0		1		0.107	0.081	
Isoleucine.....g	0.015		0		1		0.037	0.027	
Leucine.....g	0.073		0		1		0.178	0.134	
Lysine.....g	0.037		0		1		0.090	0.068	
Methionine.....g	0.026		0		1		0.063	0.048	
Cystine.....g	0.015		0		1		0.037	0.027	
Phenylalanine.....g	0.037		0		1		0.090	0.068	
Tyrosine.....g	0.049		0		1		0.120	0.090	
Valine.....g	0.057		0		1		0.139	0.104	
Arginine.....g	0.072		0		1		0.176	0.132	
Histidine.....g	0.026		0		1		0.063	0.048	
Alanine.....g	0.036		0		1		0.088	0.066	
Aspartic acid.....g	0.080		0		1		0.195	0.146	
Glutamic acid.....g	0.140		0		1		0.342	0.256	
Glycine.....g	0.050		0		1		0.122	0.092	
Proline.....g	0.037		0		1		0.090	0.068	
Serine.....g	0.040		0		1		0.098	0.073	
Hydroxyproline.....g									
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	

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Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 183g: .75 cup

NDB No. 08168

Cereals, CREAM OF RICE, cooked with water, with salt

Calories Factors: Protein 3.82

Fat 8.37

Carbohydrate 4.16

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
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									
Amino Acids:									
Tryptophan.....g	0.013		0		1		0.032	0.002	0.024
Threonine.....g	0.044		0		1		0.107	0.007	0.081
Isoleucine.....g	0.015		0		1		0.037	0.002	0.027
Leucine.....g	0.073		0		1		0.178	0.011	0.134
Lysine.....g	0.037		0		1		0.090	0.006	0.068
Methionine.....g	0.026		0		1		0.063	0.004	0.048
Cystine.....g	0.015		0		1		0.037	0.002	0.027
Phenylalanine.....g	0.037		0		1		0.090	0.006	0.068
Tyrosine.....g	0.049		0		1		0.120	0.007	0.090
Valine.....g	0.057		0		1		0.139	0.009	0.104
Arginine.....g	0.072		0		1		0.176	0.011	0.132
Histidine.....g	0.026		0		1		0.063	0.004	0.048
Alanine.....g	0.036		0		1		0.088	0.005	0.066
Aspartic acid.....g	0.080		0		1		0.195	0.012	0.146
Glutamic acid.....g	0.140		0		1		0.342	0.021	0.256
Glycine.....g	0.050		0		1		0.122	0.008	0.092
Proline.....g	0.037		0		1		0.090	0.006	0.068
Serine.....g	0.040		0		1		0.098	0.006	0.073
Hydroxyproline.....g									
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

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Common Measures:

Measure 1 = 244g: 1 cup

NDB No. 08101

Cereals, CREAM OF RICE, cooked with water, without salt

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 18 (2005)

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									
Amino Acids:									
Tryptophan.....g	0.092		0		1		0.159	0.009	
Threonine.....g	0.314		0		1		0.543	0.032	
Isoleucine.....g	0.332		0		1		0.574	0.034	
Leucine.....g	0.520		0		1		0.900	0.053	
Lysine.....g	0.265		0		1		0.458	0.027	
Methionine.....g	0.187		0		1		0.324	0.019	
Cystine.....g	0.107		0		1		0.185	0.011	
Phenylalanine.....g	0.267		0		1		0.462	0.027	
Tyrosine.....g	0.351		0		1		0.607	0.036	
Valine.....g	0.407		0		1		0.704	0.042	
Arginine.....g	0.513		0		1		0.887	0.052	
Histidine.....g	0.189		0		1		0.327	0.019	
Alanine.....g	0.259		0		1		0.448	0.026	
Aspartic acid.....g	0.576		0		1		0.996	0.059	
Glutamic acid.....g	1.004		0		1		1.737	0.102	
Glycine.....g	0.362		0		1		0.626	0.037	
Proline.....g	0.263		0		1		0.455	0.027	
Serine.....g	0.284		0		1		0.491	0.029	
Hydroxyproline.....g									
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:

NDB No. 08100
Cereals, CREAM OF RICE, dry

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 18 (2005)

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						
14:0.....g	0.001		0	FLM	4		0.002	0.000	
15:0.....g									
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

NDB No. 08106

Cereals, CREAM OF WHEAT, instant, dry

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u> <u>measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			

food, or similar food.

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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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									
<u>Amino Acids:</u>									
Tryptophan.....g	0.025		0		1		0.060	0.045	
Threonine.....g	0.058		0		1		0.140	0.105	
Isoleucine.....g	0.080		0		1		0.193	0.145	
Leucine.....g	0.139		0		1		0.335	0.252	
Lysine.....g	0.047		0		1		0.113	0.085	
Methionine.....g	0.034		0		1		0.082	0.062	
Cystine.....g	0.041		0		1		0.099	0.074	
Phenylalanine.....g	0.099		0		1		0.239	0.179	
Tyrosine.....g	0.058		0		1		0.140	0.105	
Valine.....g	0.089		0		1		0.214	0.161	
Arginine.....g	0.079		0		1		0.190	0.143	
Histidine.....g	0.042		0		1		0.101	0.076	
Alanine.....g	0.064		0		1		0.154	0.116	
Aspartic acid.....g	0.087		0		1		0.210	0.157	
Glutamic acid.....g	0.683		0		1		1.646	1.236	
Glycine.....g	0.071		0		1		0.171	0.129	
Proline.....g	0.224		0		1		0.540	0.405	
Serine.....g	0.104		0		1		0.251	0.188	
Hydroxyproline.....g									
<u>Others:</u>									
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	
<u>Carotenoids:</u>									
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.

NDB No. 08171

Cereals, CREAM OF WHEAT, instant, prepared with water, with salt, (wheat)

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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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									
Amino Acids:									
Tryptophan.....g	0.025		0		1		0.060	0.004	0.045
Threonine.....g	0.058		0		1		0.140	0.009	0.105
Isoleucine.....g	0.080		0		1		0.193	0.012	0.145
Leucine.....g	0.139		0		1		0.335	0.021	0.252
Lysine.....g	0.047		0		1		0.113	0.007	0.085
Methionine.....g	0.034		0		1		0.082	0.005	0.062
Cystine.....g	0.041		0		1		0.099	0.006	0.074
Phenylalanine.....g	0.099		0		1		0.239	0.015	0.179
Tyrosine.....g	0.058		0		1		0.140	0.009	0.105
Valine.....g	0.089		0		1		0.214	0.013	0.161
Arginine.....g	0.079		0		1		0.190	0.012	0.143
Histidine.....g	0.042		0		1		0.101	0.006	0.076
Alanine.....g	0.064		0		1		0.154	0.010	0.116
Aspartic acid.....g	0.087		0		1		0.210	0.013	0.157
Glutamic acid.....g	0.683		0		1		1.646	0.102	1.236
Glycine.....g	0.071		0		1		0.171	0.011	0.129
Proline.....g	0.224		0		1		0.540	0.034	0.405
Serine.....g	0.104		0		1		0.251	0.016	0.188
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		0.056	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.

NDB No. 08107

Cereals, CREAM OF WHEAT, instant, prepared with water, without salt

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 18 (2005)

NDB No. 08110

Cereals, CREAM OF WHEAT, mix'n eat, apple, banana and maple flavored, dry

Kraft Foods, 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	8.00	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 18 (2005)

NDB No. 08111

Cereals, CREAM OF WHEAT, mix'n eat, apple, banana and maple flavored, prepared

Kraft Foods, 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	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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
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 18 (2005)

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 18 (2005)

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 18 (2005)

NDB No. 08170

Cereals, CREAM OF WHEAT, quick, cooked with water, with salt

Kraft Foods, 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	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	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u> <u>measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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

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						
14:0.....g	0.001		0	FLM	4		0.001	0.000	
15:0.....g									
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

NDB No. 08104

Cereals, CREAM OF WHEAT, quick, dry

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u> <u>measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			

food, or similar food.

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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
16:0.....g	0.032		0	BFZN	4		0.080	0.060	
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	0.029		0	BFZN	4		0.074	0.055	
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	0.029		0	BFZN	4		0.072	0.054	
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	0.119		0	BFZN	4		0.299	0.224	
18:2 undifferentiated.....g	0.107		0	BFZN	4		0.267	0.200	
18:3 undifferentiated.....g	0.013		0	BFZN	4		0.032	0.024	
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	0.021		0	BFZN	4		0.052	0.039	
Threonine.....g	0.047		0	BFZN	4		0.119	0.089	
Isoleucine.....g	0.066		0	BFZN	4		0.166	0.125	
Leucine.....g	0.114		0	BFZN	4		0.287	0.215	
Lysine.....g	0.039		0	BFZN	4		0.098	0.073	
Methionine.....g	0.028		0	BFZN	4		0.071	0.053	
Cystine.....g	0.034		0	BFZN	4		0.086	0.064	
Phenylalanine.....g	0.082		0	BFZN	4		0.205	0.154	
Tyrosine.....g	0.048		0	BFZN	4		0.121	0.090	
Valine.....g	0.073		0	BFZN	4		0.184	0.138	
Arginine.....g	0.065		0	BFZN	4		0.164	0.123	
Histidine.....g	0.035		0	BFZN	4		0.087	0.065	
Alanine.....g	0.053		0	BFZN	4		0.132	0.099	
Aspartic acid.....g	0.071		0	BFZN	4		0.179	0.134	
Glutamic acid.....g	0.561		0	BFZN	4		1.409	1.055	
Glycine.....g	0.058		0	BFZN	4		0.147	0.110	
Proline.....g	0.185		0	BFZN	4		0.464	0.347	
Serine.....g	0.085		0	BFZN	4		0.214	0.160	
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		5.831	4.367	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
16:0.....g	0.032		0	FLA	4		0.080	0.005	0.060
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	0.029		0	FLA	4		0.074	0.005	0.055
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	0.029		0	FLA	4		0.072	0.005	0.054
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	0.119		0	FLA	4		0.299	0.019	0.224
18:2 undifferentiated.....g	0.107		0	FLA	4		0.267	0.017	0.200
18:3 undifferentiated.....g	0.013		0	FLA	4		0.032	0.002	0.024
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	0.021		0	FLA	4		0.052	0.003	0.039
Threonine.....g	0.047		0	FLA	4		0.119	0.008	0.089
Isoleucine.....g	0.066		0	FLA	4		0.166	0.011	0.125
Leucine.....g	0.114		0	FLA	4		0.287	0.018	0.215
Lysine.....g	0.039		0	FLA	4		0.098	0.006	0.073
Methionine.....g	0.028		0	FLA	4		0.071	0.005	0.053
Cystine.....g	0.034		0	FLA	4		0.086	0.005	0.064
Phenylalanine.....g	0.082		0	FLA	4		0.205	0.013	0.154
Tyrosine.....g	0.048		0	FLA	4		0.121	0.008	0.090
Valine.....g	0.073		0	FLA	4		0.184	0.012	0.138
Arginine.....g	0.065		0	FLA	4		0.164	0.010	0.123
Histidine.....g	0.035		0	FLA	4		0.087	0.006	0.065
Alanine.....g	0.053		0	FLA	4		0.132	0.008	0.099
Aspartic acid.....g	0.071		0	FLA	4		0.179	0.011	0.134
Glutamic acid.....g	0.561		0	FLA	4		1.409	0.090	1.055
Glycine.....g	0.058		0	FLA	4		0.147	0.009	0.110
Proline.....g	0.185		0	FLA	4		0.464	0.030	0.347
Serine.....g	0.085		0	FLA	4		0.214	0.014	0.160
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		5.831	0.372	4.367

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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 18 (2005)

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						
14:0.....g	0.001		0	FLA	4		0.002	0.000	
15:0.....g									
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

NDB No. 08102

Cereals, CREAM OF WHEAT, regular, dry

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u> <u>measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			

food, or similar food.

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 18 (2005)

NDB No. 08177

Cereals, MALT-O-MEAL, chocolate, dry

Malt-O-Meal, 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	6.70		1	MA	12		11.06	0.69	
Energy.....kcal	374		0	MC	9		617	39	
Energy.....kj	1565		0	MC	9		2582	161	
Protein (N x 5.7).....g	10.60		1	MA	12		17.49	1.09	
Total lipid (fat).....g	1.31		0	NR	4		2.16	0.13	
Ash.....g	1.50		1	MA	12		2.48	0.15	
Carbohydrate, by difference.....g	79.90		0	MC	9		131.84	8.23	
Fiber, total dietary.....g	4.3		1	MA	12		7.1	0.4	
Sugars, total.....g	24.40		1	MA	12		40.26	2.51	
Starch.....g									
Minerals:									
* Calcium, Ca.....mg	369		1	MA	12		609	38	
* Iron, Fe.....mg	39.70		1	MA	12		65.51	4.09	
Magnesium, Mg.....mg	13		0		4		21	1	
Phosphorus, P.....mg	166		1	MA	12		274	17	
Potassium, K.....mg	315		1	MA	12		520	32	
Sodium, Na.....mg	10		1	MA	12		17	1	
Zinc, Zn.....mg	0.53		0	A	1		0.87	0.05	
Copper, Cu.....mg	0.079		0	A	1		0.130	0.008	
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.0		1	MA	12		1.7	0.1	
* Thiamin.....mg	1.460		1	MA	12		2.409	0.150	
* Riboflavin.....mg	1.010		1	MA	12		1.667	0.104	
* Niacin.....mg	16.200		1	MA	12		26.730	1.669	
Pantothenic acid.....mg	0.416		0	A	1		0.686	0.043	
* Vitamin B-6.....mg	3.770		1	MA	12		6.221	0.388	
Folate, total.....mcg	1208		0	NC	4		1993	124	
* Folic acid.....mcg	1180		1	MA	12		1947	122	
Folate, food.....mcg	28		0	CAAN	4		46	3	
Folate, DFE.....mcg_DFE	2034		0	NC	4		3356	210	
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	AS	1		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	0.462		1	MA	12		0.762	0.048	
Fatty acids, total monounsaturated.....g	0.265		1	MA	12		0.437	0.027	
Fatty acids, total polyunsaturated.....g	0.521		1	MA	12		0.860	0.054	
Fatty acids, total trans.....g									
Cholesterol.....mg	1		1	MA	12		2	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	3		0	CAZN	4		5	0	
Theobromine.....mg	97		0	CAZN	4		160	10	
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	

NDB No. 08177

Cereals, MALT-O-MEAL, chocolate, 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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
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 = 165g: 1 cup

Measure 2 = 10.3g: 1 tbsp

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 4

Fat 8.37

Carbohydrate 4.1

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 08116

Cereals, MALT-O-MEAL, plain, dry

Malt-O-Meal, 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	9.80		1	MA	12		16.17	1.01	
Energy.....kcal	361		0	MC	9		596	37	
Energy.....kj	1510		0	MC	9		2492	156	
Protein (N x 5.7).....g	11.80		1	MA	12		19.47	1.22	
Total lipid (fat).....g	1.27		0	NR	4		2.10	0.13	
Ash.....g	1.50		1	MA	12		2.48	0.15	
Carbohydrate, by difference.....g	75.60		0	MC	9		124.74	7.79	
Fiber, total dietary.....g	4.0		1	MA	12		6.6	0.4	
Sugars, total.....g	1.10		1	MA	12		1.82	0.11	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	508		1	MA	12		838	52	
Iron, Fe.....mg	55.70		1	MA	12		91.91	5.74	
Magnesium, Mg.....mg	13		0		4		21	1	
Phosphorus, P.....mg	213		1	MA	12		351	22	
Potassium, K.....mg	170		1	MA	12		281	18	
Sodium, Na.....mg	10		1	MA	12		17	1	
Zinc, Zn.....mg	0.53		0	A	1		0.87	0.05	
Copper, Cu.....mg	0.079		0	A	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	1.0		1	MA	12		1.7	0.1	
Thiamin.....mg	1.840		1	MA	12		3.036	0.190	
Riboflavin.....mg	0.900		1	MA	12		1.485	0.093	
Niacin.....mg	24.500		1	MA	12		40.425	2.524	
Pantothenic acid.....mg	0.416		0	A	1		0.686	0.043	
Vitamin B-6.....mg	1.680		1	MA	12		2.772	0.173	
Folate, total.....mcg	1448		0	NC	4		2389	149	
* Folic acid.....mcg	1420		1	MA	12		2343	146	
Folate, food.....mcg	28		0	CAAN	4		46	3	
Folate, DFE.....mcg_DFE	2442		0	NC	4		4029	252	
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	100		1	MA	12		165	10	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		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	0.299		1	MA	12		0.493	0.031	
Fatty acids, total monounsaturated.....g	0.168		1	MA	12		0.277	0.017	
Fatty acids, total polyunsaturated.....g	0.743		1	MA	12		1.226	0.077	
Fatty acids, total trans.....g									
Cholesterol.....mg	1		1	MA	12		2	0	
Phytosterols.....mg									
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.

NDB No. 08116

Cereals, MALT-O-MEAL, plain, dry

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u> <u>measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			

Number of Data Points of zero indicates the mean was 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

Measure 2 = 10.3g: 1 tbsp

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 3.6

Fat 8.37

Carbohydrate 4.1

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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 18 (2005)

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 Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
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	1.67		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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 3.6

Fat 8.37

Carbohydrate 3.8

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 3.46

Fat 8.37

Carbohydrate 4.1

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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 18 (2005)

NDB No. 08512

Cereals, Malt-O-Meal, chocolate, prepared with water, without salt

Malt-O-Meal, 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	89.15		0	RPI	6		238.92		
Energy.....kcal	44		0	RPI	6		118		
Energy.....kj	184		0	RPI	6		493		
Protein.....g	1.22		0	RPI	6		3.28		
Total lipid (fat).....g	0.15		0	RPI	6		0.40		
Ash.....g	0.26		0	RPI	6		0.70		
Carbohydrate, by difference.....g	9.22		0	RPI	6		24.70		
Fiber, total dietary.....g	0.5		0	RPI	6		1.3		
Sugars, total.....g	2.81		0	RPI	6		7.54		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	45		0	RPA	1		120		
Iron, Fe.....mg	4.58		0	RPA	1		12.28		
Magnesium, Mg.....mg	2		0	RPI	6		5		
Phosphorus, P.....mg	19		0	RPA	1		51		
Potassium, K.....mg	36		0	RPA	1		98		
Sodium, Na.....mg	3		0	RPA	1		8		
Zinc, Zn.....mg	0.07		0	RPA	1		0.17		
Copper, Cu.....mg	0.015		0	RPA	1		0.040		
Manganese, Mn.....mg	0.000		0	RPA	1		0.001		
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0	RPI	6		0.3		
Thiamin.....mg	0.168		0	RPI	6		0.451		
Riboflavin.....mg	0.116		0	RPI	6		0.312		
Niacin.....mg	1.869		0	RPI	6		5.008		
Pantothenic acid.....mg	0.048		0	RPI	6		0.129		
Vitamin B-6.....mg	0.435		0	RPI	6		1.165		
Folate, total.....mcg	139		0	RPI	6		373		
Folic acid.....mcg	136		0	RPI	6		365		
Folate, food.....mcg	3		0	RPI	6		9		
Folate, DFE.....mcg_DFE	235		0	NC	4		629		
Vitamin B-12.....mcg									
Vitamin A, IU.....IU									
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	0.054		0	BFSN	4		0.144		
Fatty acids, total monounsaturated.....g	0.031		0	BFSN	4		0.083		
Fatty acids, total polyunsaturated.....g	0.061		0	BFSN	4		0.162		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RPA	1		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 = 268g: 1 serving (3 T dry cereal plus 1 cup water)

NDB No. 08512

Cereals, Malt-O-Meal, chocolate, prepared with water, without salt

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 08511

Cereals, Malt-o-Meal, plain, prepared with water, without salt

Malt-O-Meal, 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	89.51		0	RPI	6		239.88		
Energy.....kcal	42		0	RPI	6		112		
Energy.....kj	175		0	RPI	6		470		
Protein.....g	1.36		0	RPI	6		3.65		
Total lipid (fat).....g	0.15		0	RPI	6		0.39		
Ash.....g	0.26		0	RPI	6		0.70		
Carbohydrate, by difference.....g	8.72		0	RPI	6		23.37		
Fiber, total dietary.....g	0.5		0	RPI	6		1.2		
Sugars, total.....g	0.13		0	RPI	6		0.34		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	61		0	RPA	1		163		
Iron, Fe.....mg	6.43		0	RPA	1		17.23		
Magnesium, Mg.....mg	2		0	RPI	6		5		
Phosphorus, P.....mg	25		0	RPA	1		66		
Potassium, K.....mg	20		0	RPA	1		53		
Sodium, Na.....mg	3		0	RPA	1		8		
Zinc, Zn.....mg	0.07		0	RPA	1		0.17		
Copper, Cu.....mg	0.015		0	RPA	1		0.040		
Manganese, Mn.....mg	0.000		0	RPA	1		0.001		
Selenium, Se.....mcg	2.7		0	RPI	6		7.3		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0	RPI	6		0.3		
Thiamin.....mg	0.212		0	RPI	6		0.569		
Riboflavin.....mg	0.104		0	RPI	6		0.278		
Niacin.....mg	2.826		0	RPI	6		7.573		
Pantothenic acid.....mg	0.048		0	RPI	6		0.129		
Vitamin B-6.....mg	0.194		0	RPI	6		0.519		
Folate, total.....mcg	167		0	RPI	6		448		
Folic acid.....mcg	164		0	RPI	6		439		
Folate, food.....mcg	3		0	RPI	6		9		
Folate, DFE.....mcg_DFE	282		0	NC	4		755		
Vitamin B-12.....mcg									
Vitamin A, IU.....IU									
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	0.035		0	BFSN	4		0.093		
Fatty acids, total monounsaturated.....g	0.020		0	BFSN	4		0.052		
Fatty acids, total polyunsaturated.....g	0.086		0	BFSN	4		0.232		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RPA	1		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 = 268g: 1 serving (3 T dry cereal plus 1 cup water)

NDB No. 08511

Cereals, Malt-o-Meal, plain, prepared with water, without salt

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

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
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.066		0	FLC	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	FLC	4				
17:1.....g									
18:1 undifferentiated.....g	0.065		0	FLC	4				
20:1.....g	0.000		0	FLC	4				
22:1 undifferentiated.....g	0.000		0	FLC	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.138		0	FLC	4				
18:2 undifferentiated.....g	0.128		0	FLC	4				
18:3 undifferentiated.....g	0.010		0	FLC	4				
18:4.....g	0.000		0	FLC	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4				
20:5 n-3.....g	0.000		0	FLC	4				
22:5 n-3.....g	0.000		0	FLC	4				
22:6 n-3.....g	0.000		0	FLC	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLC	4				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4				
Caffeine.....mg	0		0	FLC	4				
Theobromine.....mg	0		0	FLC	4				
Carotenoids:									
Carotene, beta.....mcg	5		0	FLC	4				
Carotene, alpha.....mcg	3		0	FLC	4				
Cryptoxanthin, beta.....mcg	0		0	FLC	4				
Lycopene.....mcg	0		0	FLC	4				
Lutein + zeaxanthin.....mcg	73		0	FLC	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 18 (2005)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
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 18 (2005)

NDB No. 08431

Cereals, **QUAKER Instant Oatmeal, NUTRITION FOR WOMEN, Vanilla 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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	0.449		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	0.446		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	0.388		0	RP	4				
18:2 undifferentiated.....g	0.371		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. 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 18 (2005)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						
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 18 (2005)

NDB No. 08241

Cereals, QAKER, 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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
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 18 (2005)

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		0	MC	9		0		
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: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08449

Cereals, QAKER, Instant Grits Product with American Cheese Flavor, Dry

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

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		0	MC	9		0		
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, QAKER, Instant Grits Product with Imitation Bacon Bits and Cheddar Flavor, Dry

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

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		0	MC	9		0		
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, QAKER, Instant Grits Product with Redeye Gravy and Imitation Ham Bits, Dry

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 08450
Cereals, QUAKER, Instant Grits Product--Ham 'n' Cheese
The Quaker Oats, Co.

Refuse: 0%

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	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		0	MC	9		0		
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									

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Common Measures:

Measure 1 = 28g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08450

Cereals, QAKER, Instant Grits Product--Ham 'n' Cheese

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

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		0.934		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009		0	FLM	4		0.005		
17:1.....g									
18:1 undifferentiated.....g	1.721		0	FLM	4		0.929		
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	1.500		0	MC	9		0.810		
18:2 undifferentiated.....g	1.435		0	FLM	4		0.775		
18:3 undifferentiated.....g	0.065		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	MC	9		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	118		0	FLM	4		63.940		

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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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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 18 (2005)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
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 18 (2005)

NDB No. 08426

Cereals, QUAKER, Instant Oatmeal, 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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.384		0	RP	4		0.610		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	RP	4		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.381		0	RP	4		0.607		
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	0.321		0	RP	4		0.510		
18:2 undifferentiated.....g	0.306		0	RP	4		0.487		
18:3 undifferentiated.....g	0.014		0	RP	4		0.023		
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 = 159g: 1 packet prepared

*Vitamin or mineral added for enrichment or fortification

NDB No. 08426

Cereals, QAKER, Instant Oatmeal, Baked Apple, prepared with boiling water

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.467		0	RP	4		0.771		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	RP	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.465		0	RP	4		0.766		
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	0.386		0	RP	4		0.637		
18:2 undifferentiated.....g	0.369		0	RP	4		0.609		
18:3 undifferentiated.....g	0.017		0	RP	4		0.028		
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 = 165g: 1 packet prepared

*Vitamin or mineral added for enrichment or fortification

NDB No. 08423

Cereals, QAKER, Instant Oatmeal, Cinnamon Spice, prepared with boiling water

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
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 18 (2005)

NDB No. 08411

Cereals, QAKER, 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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
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 18 (2005)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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		0.753		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	RP	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.449		0	RP	4		0.749		
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	0.359		0	RP	4		0.600		
18:2 undifferentiated.....g	0.343		0	RP	4		0.574		
18:3 undifferentiated.....g	0.016		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									
<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		0.0		
Caffeine.....mg	0		0	RP	4		0		
Theobromine.....mg	0		0	RP	4		0		
<u>Carotenoids:</u>									
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 = 167g: 1 packet prepared

NDB No. 08424

Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS with DINOSAUR BONES, Brown Sugar Cinnamon, prepared with boiling wa

*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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.485		0	RP	4		0.839		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0	RP	4		0.008		
17:1.....g									
18:1 undifferentiated.....g	0.480		0	RP	4		0.831		
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	0.429		0	RP	4		0.742		
18:2 undifferentiated.....g	0.399		0	RP	4		0.690		
18:3 undifferentiated.....g	0.030		0	RP	4		0.052		
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 = 173g: 1 packet prepared

*Vitamin or mineral added for enrichment or fortification

NDB No. 08429

Cereals, QAKER, Instant Oatmeal, EXPRESS Baked Apple, prepared with boiling water

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 08430

Cereals, QUAKER, Instant Oatmeal, EXPRESS Cinnamon Roll, 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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.542		0	RP	4		0.937		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0	RP	4		0.005		
17:1.....g									
18:1 undifferentiated.....g	0.539		0	RP	4		0.932		
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	0.470		0	RP	4		0.812		
18:2 undifferentiated.....g	0.449		0	RP	4		0.777		
18:3 undifferentiated.....g	0.020		0	RP	4		0.035		
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									
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	37		0	RP	4		64.126		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 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 18 (2005)

NDB No. 08434

Cereals, **QUAKER**, Instant Oatmeal, **EXPRESS**, Golden 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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.520		0	RP	4		0.899		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0	RP	4		0.007		
17:1.....g									
18:1 undifferentiated.....g	0.516		0	RP	4		0.892		
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	0.451		0	RP	4		0.780		
18:2 undifferentiated.....g	0.424		0	RP	4		0.734		
18:3 undifferentiated.....g	0.026		0	RP	4		0.046		
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 = 173g: 1 packet prepared

*Vitamin or mineral added for enrichment or fortification

NDB No. 08434

Cereals, QAKER, Instant Oatmeal, EXPRESS, Golden Brown Sugar, prepared with boiling water

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 08412

Cereals, QAKER, 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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.471		0	RP	4		0.764		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	RP	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.469		0	RP	4		0.759		
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	0.391		0	RP	4		0.634		
18:2 undifferentiated.....g	0.374		0	RP	4		0.607		
18:3 undifferentiated.....g	0.017		0	RP	4		0.028		
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 = 162g: 1 packet prepared

*Vitamin or mineral added for enrichment or fortification

NDB No. 08425

Cereals, QAKER, Instant Oatmeal, French Vanilla, prepared with boiling water

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.570		0	RP	4		0.923		
14:1.....g	0.000		0	RP	4		0.000		
15:1.....g	0.000		0	RP	4		0.000		
16:1 undifferentiated.....g	0.003		0	RP	4		0.004		
17:1.....g	0.000		0	RP	4		0.000		
18:1 undifferentiated.....g	0.559		0	RP	4		0.905		
20:1.....g	0.008		0	RP	4		0.013		
22:1 undifferentiated.....g	0.000		0	RP	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.118		0	RP	4		1.812		
18:2 undifferentiated.....g	1.059		0	RP	4		1.716		
18:3 undifferentiated.....g	0.059		0	RP	4		0.096		
18:4.....g	0.000		0	RP	4		0.000		
20:2 n-6 c,c.....g	0.000		0	RP	4		0.000		
20:3 undifferentiated.....g	0.000		0	RP	4		0.000		
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									
<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		0.0		
Caffeine.....mg	0		0	RP	4		0		
Theobromine.....mg	0		0	RP	4		0		
<u>Carotenoids:</u>									
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 = 162g: 1 packet prepared

*Vitamin or mineral added for enrichment or fortification

NDB No. 08428

Cereals, QUAKER, Instant Oatmeal, Honey Nut, prepared with boiling water

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
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

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.400		0	RP	4		0.665		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	RP	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.398		0	RP	4		0.661		
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	0.358		0	RP	4		0.594		
18:2 undifferentiated.....g	0.341		0	RP	4		0.567		
18:3 undifferentiated.....g	0.016		0	RP	4		0.027		
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 = 166g: 1 packet prepared

*Vitamin or mineral added for enrichment or fortification

NDB No. 08433

Cereals, QUAKER, Instant Oatmeal, NUTRITION FOR WOMEN, Apple Spice, prepared with boiling water

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
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 18 (2005)

NDB No. 08432

Cereals, **QUAKER**, Instant Oatmeal, **NUTRITION FOR WOMEN**, Golden 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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.456		0	RP	4		0.752		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	RP	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.454		0	RP	4		0.748		
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	0.389		0	RP	4		0.641		
18:2 undifferentiated.....g	0.371		0	RP	4		0.613		
18:3 undifferentiated.....g	0.017		0	RP	4		0.029		
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 = 165g: 1 packet prepared

*Vitamin or mineral added for enrichment or fortification

NDB No. 08432

Cereals, QUAKER, Instant Oatmeal, NUTRITION FOR WOMEN, Golden Brown Sugar, prepared with boiling water

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
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		

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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 18 (2005)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	1.490		0	MC	9		0.641		
14:1.....g	0.000		0	FLM	4		0.000		
15:1.....g	0.000		0	FLM	4		0.000		
16:1 undifferentiated.....g	0.009		0	FLM	4		0.004		
17:1.....g	0.000		0	FLM	4		0.000		
18:1 undifferentiated.....g	1.481		0	FLM	4		0.637		
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	1.340		0	MC	9		0.576		
18:2 undifferentiated.....g	1.282		0	FLM	4		0.551		
18:3 undifferentiated.....g	0.058		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	0.000		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	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		

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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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.397		0	RP	4		0.643		
14:1.....g	0.000		0	RP	4		0.000		
15:1.....g	0.000		0	RP	4		0.000		
16:1 undifferentiated.....g	0.002		0	RP	4		0.004		
17:1.....g	0.000		0	RP	4		0.000		
18:1 undifferentiated.....g	0.394		0	RP	4		0.639		
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	0.357		0	RP	4		0.578		
18:2 undifferentiated.....g	0.341		0	RP	4		0.553		
18:3 undifferentiated.....g	0.015		0	RP	4		0.025		
18:4.....g	0.000		0	RP	4		0.000		
20:2 n-6 c,c.....g	0.000		0	RP	4		0.000		
20:3 undifferentiated.....g	0.000		0	RP	4		0.000		
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									
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		

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Common Measures:

Measure 1 = 162g: 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 18 (2005)

NDB No. 08427

Cereals, QUAKER, Instant Oatmeal, TREASURE HUNT, 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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.446		0	RP	4		0.740		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0	RP	4		0.006		
17:1.....g									
18:1 undifferentiated.....g	0.442		0	RP	4		0.734		
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	0.352		0	RP	4		0.585		
18:2 undifferentiated.....g	0.330		0	RP	4		0.548		
18:3 undifferentiated.....g	0.022		0	RP	4		0.037		
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		

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Common Measures:

Measure 1 = 166g: 1 packet prepared

*Vitamin or mineral added for enrichment or fortification

NDB No. 08427

Cereals, QUAKER, Instant Oatmeal, TREASURE HUNT, prepared with boiling water

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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		

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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 18 (2005)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.433		0	RP	4		0.835		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	RP	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.431		0	RP	4		0.831		
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	0.232		0	RP	4		0.448		
18:2 undifferentiated.....g	0.222		0	RP	4		0.428		
18:3 undifferentiated.....g	0.011		0	RP	4		0.021		
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 = 193g: 1 packet prepared

NDB No. 08227

Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, prepared with boiling water

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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 18 (2005)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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 18 (2005)

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 18 (2005)

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		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 18 (2005)

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		0	MC	9		0		
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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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 18 (2005)

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
22:0.....g									
24:0.....g									
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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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 18 (2005)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
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 18 (2005)

NDB No. 08402
 Cereals, QAKER, 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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	1.980		0	BFZN	4		0.792		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		0	BFZN	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	1.970		0	BFZN	4		0.788		
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	2.300		0	BFZN	4		0.920		
18:2 undifferentiated.....g	2.200		0	BFZN	4		0.880		
18:3 undifferentiated.....g	0.100		0	BFZN	4		0.040		
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	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	180		0	BFZN	4		72.000		

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

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

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		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, QAKER, 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 18 (2005)

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</u>				
	Mean	Std. Error	Number	Deriv	Source	measures of food			
			of Data	Code	Code	Code	Measure 1	Measure 2	Measure 3
			Points						

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 18 (2005)

NDB No. 08238

Cereals, QAKER, 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</u>			
	Mean	Std. Error	Number	Deriv	Source	measures of food		
			of Data	Code	Code	Measure 1	Measure 2	Measure 3
		Points	Code	Code	Code			
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. Number of Data Points of zero indicates the 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 18 (2005)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
22:0.....g									
24:0.....g									
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 18 (2005)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
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, QAKER, 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 18 (2005)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	0.077		0	BFSN	4		0.108		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g									
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.167		0	BFSN	4		0.236		
18:2 undifferentiated.....g									
18:3 undifferentiated.....g									
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	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

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

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
22:0.....g									
24:0.....g									
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 18 (2005)

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 Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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 18 (2005)

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 18 (2005)

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				9		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, QAKER, 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 18 (2005)

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		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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			

Number of Data Points of zero indicates the 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 18 (2005)

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		3.88		
Energy.....kcal	347		0	MC	9		128		
Energy.....kj	1452		0	MC	9		537		
Protein.....g	8.53		0	MC	9		3.16		
Total lipid (fat).....g	1.36		0	MC	9		0.50		
Ash.....g	0.44		0	MC	9		0.16		
Carbohydrate, by difference.....g	79.16		0	MC	9		29.29		
Fiber, total dietary.....g	4.8		0	MC	9		1.8		
Sugars, total.....g	1.00		0	MC	9		0.37		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	4		0	MC	9		1		
Iron, Fe.....mg	3.52		0	MC	9		1.30		
Magnesium, Mg.....mg	49		0	MC	9		18		
Phosphorus, P.....mg	166		0	MC	9		61		
Potassium, K.....mg	146		0	MC	9		54		
Sodium, Na.....mg	2		0	MC	9		1		
Zinc, Zn.....mg	0.92		0	MC	9		0.34		
Copper, Cu.....mg	0.110		0	MC	9		0.041		
Manganese, Mn.....mg	0.220		0	MC	9		0.081		
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.580		0	MC	9		0.215		
Riboflavin.....mg	0.330		0	MC	9		0.122		
Niacin.....mg	4.810		0	MC	9		1.780		
Pantothenic acid.....mg	0.310		0	MC	9		0.115		
Vitamin B-6.....mg	0.270		0	MC	9		0.100		
Folate, total.....mcg	154		0	MC	9		57		
Folic acid.....mcg	150		0	NC	4		56		
Folate, food.....mcg	4		0	CAZN	4		1		
Folate, DFE.....mcg_DFE	259		0	NC	4		96		
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									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.260		0	MC	9		0.096		
Fatty acids, total monounsaturated.....g	0.200		0	MC	9		0.074		
Fatty acids, total polyunsaturated.....g	0.680		0	MC	9		0.252		
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 = 37g: .25 cup

NDB No. 08314

Cereals, QAKER, hominy grits, white, quick, dry

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

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		4.30		
Energy.....kcal	347		0	MC	9		142		
Energy.....kj	1451		0	MC	9		595		
Protein.....g	8.53		0	MC	9		3.50		
Total lipid (fat).....g	1.36		0	MC	9		0.56		
Ash.....g	0.44		0	MC	9		0.18		
Carbohydrate, by difference.....g	79.16		0	MC	9		32.46		
Fiber, total dietary.....g	4.8		0	MC	9		2.0		
Sugars, total.....g	1.00		0	MC	9		0.41		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	4		0	MC	9		2		
* Iron, Fe.....mg	3.52		0	MC	9		1.44		
Magnesium, Mg.....mg	49		0	MC	9		20		
Phosphorus, P.....mg	166		0	MC	9		68		
Potassium, K.....mg	146		0	MC	9		60		
Sodium, Na.....mg	2		0	MC	9		1		
Zinc, Zn.....mg	0.92		0	MC	9		0.38		
Copper, Cu.....mg	0.110		0	MC	9		0.045		
Manganese, Mn.....mg	0.220		0	MC	9		0.090		
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
* Thiamin.....mg	0.580		0	MC	9		0.238		
* Riboflavin.....mg	0.330		0	MC	9		0.135		
* Niacin.....mg	4.810		0	MC	9		1.972		
Pantothenic acid.....mg	0.310		0	MC	9		0.127		
Vitamin B-6.....mg	0.270		0	MC	9		0.111		
* Folate, total.....mcg	154		0	MC	9		63		
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									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.260		0	MC	9		0.107		
Fatty acids, total monounsaturated.....g	0.200		0	MC	9		0.082		
Fatty acids, total polyunsaturated.....g	0.680		0	MC	9		0.279		
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 = 41g: .25 cup

*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 18 (2005)

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		4.34		
Energy.....kcal	337		0	MC	9		125		
Energy.....kj	1411		0	MC	9		522		
Protein.....g	8.26		0	MC	9		3.06		
Total lipid (fat).....g	1.66		0	MC	9		0.61		
Ash.....g	0.56		0	MC	9		0.21		
Carbohydrate, by difference.....g	77.76		0	MC	9		28.77		
Fiber, total dietary.....g	5.6		0	MC	9		2.1		
Sugars, total.....g	1.08		0	MC	9		0.40		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	4		0	MC	9		1		
* Iron, Fe.....mg	4.11		0	MC	9		1.52		
Magnesium, Mg.....mg	40		0	MC	9		15		
Phosphorus, P.....mg	124		0	MC	9		46		
Potassium, K.....mg	167		0	MC	9		62		
Sodium, Na.....mg	2		0	MC	9		1		
Zinc, Zn.....mg	0.72		0	MC	9		0.27		
Copper, Cu.....mg	0.070		0	MC	9		0.026		
Manganese, Mn.....mg	0.100		0	MC	9		0.037		
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
* Thiamin.....mg	0.510		0	MC	9		0.189		
* Riboflavin.....mg	0.370		0	MC	9		0.137		
* Niacin.....mg	4.310		0	MC	9		1.595		
Pantothenic acid.....mg	0.310		0	MC	9		0.115		
Vitamin B-6.....mg	0.250		0	MC	9		0.093		
* Folate, total.....mcg	154		0	MC	9		57		
Folic acid.....mcg									
Folate, food.....mcg	154		0	MC	9		57		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.00		0	MC	9		0.00		
Vitamin A, IU.....IU	569		0	MC	9		211		
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	0.450		0	MC	9		0.167		
Fatty acids, total monounsaturated.....g	0.550		0	MC	9		0.204		
Fatty acids, total polyunsaturated.....g	0.710		0	MC	9		0.263		
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 = 37g: .25 cup

NDB No. 08315

Cereals, QUAKER, hominy grits, yellow, quick, dry

*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 18 (2005)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						
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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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 18 (2005)

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									
<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		0.0		
Caffeine.....mg	0		0	RP	4		0		
Theobromine.....mg	0		0	RP	4		0		
<u>Carotenoids:</u>									
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, QAKER, 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 18 (2005)

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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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 18 (2005)

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 18 (2005)

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 18 (2005)

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 18 (2005)

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 18 (2005)

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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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 tbs

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 18 (2005)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
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 18 (2005)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
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 18 (2005)

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	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points					
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 18 (2005)

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	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
22:0.....g									
24:0.....g									
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

NDB No. 08091

Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt

Measure 2 = 15g: 1 tbsp

Measure 3 = 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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
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

NDB No. 08090

Cereals, corn grits, white, regular and quick, enriched, dry

Measure 2 = 9.7g: 1 tbsp

Calories Factors: Protein 3.46

Fat 8.37

Carbohydrate 4.16

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

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	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	0.088	
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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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									
Amino Acids:									
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 18 (2005)

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	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	0.088	
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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
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

NDB No. 08159

Cereals, corn grits, yellow, regular and quick, enriched, dry

Measure 2 = 9.7g: 1 tbsp

Calories Factors: Protein 3.46

Fat 8.37

Carbohydrate 4.16

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

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	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	0.088	
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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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		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									
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. 08165

Cereals, corn grits, yellow, 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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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 18 (2005)

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									
Amino Acids:									
Tryptophan.....g	0.018		0		1		0.042	0.032	
Threonine.....g	0.038		0		1		0.089	0.067	
Isoleucine.....g	0.056		0		1		0.130	0.098	
Leucine.....g	0.098		0		1		0.228	0.172	
Lysine.....g	0.028		0		1		0.065	0.049	
Methionine.....g	0.022		0		1		0.051	0.039	
Cystine.....g	0.041		0		1		0.096	0.072	
Phenylalanine.....g	0.070		0		1		0.163	0.123	
Tyrosine.....g	0.038		0		1		0.089	0.067	
Valine.....g	0.061		0		1		0.142	0.107	
Arginine.....g	0.053		0		1		0.123	0.093	
Histidine.....g	0.029		0		1		0.068	0.051	
Alanine.....g	0.042		0		1		0.098	0.074	
Aspartic acid.....g	0.059		0		1		0.137	0.103	
Glutamic acid.....g	0.519		0		1		1.209	0.908	
Glycine.....g	0.046		0		1		0.107	0.081	
Proline.....g	0.158		0		1		0.368	0.277	
Serine.....g	0.068		0		1		0.158	0.119	
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		0.042	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

NDB No. 08173

Cereals, farina, enriched, cooked with water, with salt,

Calories Factors: Protein 4.05

Fat 8.37

Carbohydrate 4.12

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 08113

Cereals, farina, enriched, 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	87.90		0	FLC	4		204.81	12.83	153.82
Energy.....kcal	48		0	FLC	4		112	7	84
Energy.....kj	202		0	FLC	4		470	29	353
Protein (N x 5.7).....g	1.42		0	FLC	4		3.32	0.21	2.49
Total lipid (fat).....g	0.07		0	FLC	4		0.16	0.01	0.12
Ash.....g	0.14		0	FLC	4		0.33	0.02	0.25
Carbohydrate, by difference.....g	10.47		0	FLC	4		24.39	1.53	18.32
Fiber, total dietary.....g	0.3		0	FLC	4		0.6	0.0	0.4
Sugars, total.....g	0.04		0	FLC	4		0.08	0.01	0.06
Starch.....g									
Minerals:									
Calcium, Ca.....mg	4		0	FLC	4		9	1	7
Iron, Fe.....mg	0.50		0	FLC	4		1.17	0.07	0.88
Magnesium, Mg.....mg	2		0	FLC	4		5	0	4
Phosphorus, P.....mg	12		0	FLC	4		28	2	21
Potassium, K.....mg	13		0	FLC	4		30	2	22
Sodium, Na.....mg	2		0	FLC	4		5	0	4
Zinc, Zn.....mg	0.08		0	FLC	4		0.17	0.01	0.13
Copper, Cu.....mg	0.016		0	FLC	4		0.038	0.002	0.029
Manganese, Mn.....mg	0.093		0	FLC	4		0.218	0.014	0.163
Selenium, Se.....mcg	9.1	0.893	13	A	1		21.2	1.3	15.9
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLC	4		0.0	0.0	0.0
Thiamin.....mg	0.061		0	FLC	4		0.143	0.009	0.107
Riboflavin.....mg	0.043		0	FLC	4		0.101	0.006	0.076
Niacin.....mg	0.489		0	FLC	4		1.140	0.071	0.856
Pantothenic acid.....mg	0.056		0	FLC	4		0.130	0.008	0.098
Vitamin B-6.....mg	0.007		0	FLC	4		0.016	0.001	0.012
Folate, total.....mcg	34		0	BFSN	4		80	5	60
Folic acid.....mcg	32		0	NC	4		75	5	56
Folate, food.....mcg	2		0	FLC	4		5	0	4
Folate, DFE.....mcg_DFE	57		0	NC	4		132	8	99
Vitamin B-12.....mcg	0.00		0	FLC	4		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	NC	4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	FLC	4		0	0	0
Retinol.....mcg	0		0	FLC	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.01		0	FLC	4		0.03	0.00	0.03
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	FLC	4		0.1	0.0	0.1
Lipids:									
Fatty acids, total saturated.....g	0.010		0	FLC	4		0.023	0.001	0.018
4:0.....g	0.000		0	FLC	4		0.000	0.000	0.000
6:0.....g	0.000		0	FLC	4		0.000	0.000	0.000
8:0.....g	0.000		0	FLC	4		0.000	0.000	0.000
10:0.....g	0.000		0	FLC	4		0.000	0.000	0.000
12:0.....g	0.000		0	FLC	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0	FLC	4		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.009		0	FLC	4		0.020	0.001	0.015
17:0.....g									
18:0.....g	0.001		0	FLC	4		0.003	0.000	0.002

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
20:0.....g									
22:0.....g									
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									
Amino Acids:									
Tryptophan.....g	0.018		0		1		0.042	0.003	0.032
Threonine.....g	0.038		0		1		0.089	0.006	0.067
Isoleucine.....g	0.056		0		1		0.130	0.008	0.098
Leucine.....g	0.098		0		1		0.228	0.014	0.172
Lysine.....g	0.028		0		1		0.065	0.004	0.049
Methionine.....g	0.022		0		1		0.051	0.003	0.039
Cystine.....g	0.041		0		1		0.096	0.006	0.072
Phenylalanine.....g	0.070		0		1		0.163	0.010	0.123
Tyrosine.....g	0.038		0		1		0.089	0.006	0.067
Valine.....g	0.061		0		1		0.142	0.009	0.107
Arginine.....g	0.053		0		1		0.123	0.008	0.093
Histidine.....g	0.029		0		1		0.068	0.004	0.051
Alanine.....g	0.042		0		1		0.098	0.006	0.074
Aspartic acid.....g	0.059		0		1		0.137	0.009	0.103
Glutamic acid.....g	0.519		0		1		1.209	0.076	0.908
Glycine.....g	0.046		0		1		0.107	0.007	0.081
Proline.....g	0.158		0		1		0.368	0.023	0.277
Serine.....g	0.068		0		1		0.158	0.010	0.119
Hydroxyproline.....g									
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:

NDB No. 08113

Cereals, farina, enriched, cooked with water, without salt

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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.060		0				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
22:0.....g									
24:0.....g									
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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
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 18 (2005)

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
22:0.....g									
24:0.....g									
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		

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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 18 (2005)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
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

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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 18 (2005)

NDB No. 08132

Cereals, oats, instant, fortified, with raisins and spice, dry

instant oatmeal

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	8.23		0	BFZN	4		3.54		
Energy.....kcal	360		0	BFZN	4		155		
Energy.....kj	1507		0	BFZN	4		648		
Protein.....g	7.76		0	BFZN	4		3.34		
Total lipid (fat).....g	4.27		0	BFZN	4		1.84		
Ash.....g	3.42		0	BFZN	4		1.47		
Carbohydrate, by difference.....g	76.31		0	BFZN	4		32.81		
Fiber, total dietary.....g	6.2		0	BFZN	4		2.7		
Sugars, total.....g	36.31		0	BFZN	4		15.61		
Starch.....g									
Minerals:									
* Calcium, Ca.....mg	256		0	BFZN	4		110		
* Iron, Fe.....mg	9.20		0	BFZN	4		3.96		
Magnesium, Mg.....mg	80		0	BFZN	4		34		
Phosphorus, P.....mg	268		0	BFZN	4		115		
Potassium, K.....mg	361		0	BFZN	4		155		
Sodium, Na.....mg	562		0	BFZN	4		242		
Zinc, Zn.....mg	1.70		0	BFZN	4		0.73		
Copper, Cu.....mg	0.240		0	BFZN	4		0.103		
Manganese, Mn.....mg	2.350		0	BFZN	4		1.011		
Selenium, Se.....mcg	21.7		0	BFZN	4		9.3		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.7		0	BFZN	4		0.3		
* Thiamin.....mg	0.760		0	BFZN	4		0.327		
* Riboflavin.....mg	0.860		0	BFZN	4		0.370		
* Niacin.....mg	10.220		0	BFZN	4		4.395		
Pantothenic acid.....mg	0.380		0	BFZN	4		0.163		
* Vitamin B-6.....mg	1.020		0	BFZN	4		0.439		
* Folate, total.....mcg	205		0	BFZN	4		88		
Folic acid.....mcg	176		0	BFZN	4		75		
Folate, food.....mcg	29		0	BFZN	4		12		
Folate, DFE.....mcg_DFE	327		0	NC	4		141		
Vitamin B-12.....mcg	0.00		0	BFZN	4		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
* Vitamin A, IU.....IU	2556		0	BFZN	4		1099		
Vitamin A, RAE.....mcg_RAE	768		0	BFZN	4		330		
Retinol.....mcg	768		0	BFZN	4		330		
Vitamin E (alpha-tocopherol).....mg	0.42		0	BFZN	4		0.18		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	0		0	BFZN	4		0		
Vitamin K (phylloquinone).....mcg	2.4		0	BFZN	4		1.0		
Lipids:									
Fatty acids, total saturated.....g	0.800		0	BFZN	4		0.344		
4:0.....g	0.000		0	BFZN	4		0.000		
6:0.....g	0.000		0	BFZN	4		0.000		
8:0.....g	0.000		0	BFZN	4		0.000		
10:0.....g	0.000		0	BFZN	4		0.000		
12:0.....g	0.015		0	BFZN	4		0.006		
13:0.....g									
14:0.....g	0.009		0	BFZN	4		0.004		
15:0.....g	0.000		0	BFZN	4		0.000		
16:0.....g	0.675		0	BFZN	4		0.290		
17:0.....g	0.000		0	BFZN	4		0.000		
18:0.....g	0.045		0	BFZN	4		0.019		
20:0.....g	0.000		0	BFZN	4		0.000		

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g	0.000		0	BFZN	4		0.000		
24:0.....g									
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		

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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 18 (2005)

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 Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
14:0.....g	0.010		238		1		0.008	0.003	
15:0.....g									
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

NDB No. 08120

Cereals, oats, regular and quick and instant, not fortified, 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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			

food, or similar food.

Common Measures:

Measure 1 = 81g: 1 cup

Measure 2 = 27g: .333 cup

*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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
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

NDB No. 08121

Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt

Measure 2 = 14.6g: 1 tbsp

Measure 3 = 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 18 (2005)

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		1		1		8.36		
Energy.....kcal	352		0	NC	4		398		
Energy.....kj	1473		0	NC	4		1664		
Protein.....g	11.20		1		1		12.66		
Total lipid (fat).....g	3.30		1		1		3.73		
Ash.....g	2.40		0	NC	4		2.71		
Carbohydrate, by difference.....g	75.70		0	NC	4		85.54		
Fiber, total dietary.....g	9.1		1		1		10.3		
Sugars, total.....g	20.00		0	LC	8		22.60		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	147		1		1		166		
Iron, Fe.....mg	3.00		1		1		3.39		
Magnesium, Mg.....mg	94		1		1		106		
Phosphorus, P.....mg	371		1		1		419		
Potassium, K.....mg	568		1		1		642		
Sodium, Na.....mg	213		1		1		241		
Zinc, Zn.....mg	3.00		1		1		3.39		
Copper, Cu.....mg	0.300		1		1		0.339		
Manganese, Mn.....mg									
Selenium, Se.....mcg	17.3		0	BFZN	4		19.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	8.7		1		1		9.8		
Thiamin.....mg	0.400		1		1		0.452		
Riboflavin.....mg	0.400		1		1		0.452		
Niacin.....mg	2.120		1		1		2.396		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.280		1		1		0.316		
Folate, total.....mcg	30		0		4		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		1		1		0.14		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	0		1		1		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		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
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		4		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		

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
22:0.....g	0.000		0	FLM	4		0.000		
24:0.....g	0.000		0	FLM	4		0.000		
Fatty acids, total monounsaturated.....g	1.327		0		4		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		0		4		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		0		7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		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

*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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.160		1	MA	12		0.648		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.012		0	FLA	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	2.148		0	FLA	4		0.644		
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	2.270		1	MA	12		0.681		
18:2 undifferentiated.....g	2.171		0	FLA	4		0.651		
18:3 undifferentiated.....g	0.099		0	FLA	4		0.030		
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	1		1	MA	12		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.000		
Carotene, alpha.....mcg	0		0	FLA	4		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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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 18 (2005)

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	

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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 18 (2005)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
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	0		0	Z	7		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	227		0	BFNN	4		213.438	70.389	

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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 18 (2005)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.733		0		4		0.154		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.013		0		4		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.701		0		4		0.147		
20:1.....g	0.019		0		4		0.004		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.023		0		4		0.425		
18:2 undifferentiated.....g	1.910		0		4		0.401		
18:3 undifferentiated.....g	0.112		0		4		0.024		
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		7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		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 18 (2005)