



NDB No. 43218  
Cereals ready-to-eat, ALPEN

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.496		0				0.273		
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		0.002		
10:0.....g	0.000		0	FLM	4		0.000		
12:0.....g	0.008		0	FLM	4		0.004		
13:0.....g	0.000		0	FLM	4		0.000		
14:0.....g	0.005		0	FLM	4		0.003		
15:0.....g	0.000		0	FLM	4		0.000		
16:0.....g	0.418		0	FLM	4		0.230		
17:0.....g	0.000		0	FLM	4		0.000		
18:0.....g	0.028		0	FLM	4		0.016		
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	1.327		0		4		0.730		
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	1.306		0	FLM	4		0.718		
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		0.509		
18:2 undifferentiated.....g	0.880		0	FLM	4		0.484		
18:3 undifferentiated.....g	0.044		0	FLM	4		0.024		
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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		

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

**Common Measures:**

Measure 1 = 55g: .67 cup (1 NLEA serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 08657

Cereals ready-to-eat, BARBARA'S PUFFINS, 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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		0	LC	8		0.000		
4:0.....g	0.000		0	FLC	4		0.000		
6:0.....g	0.000		0	FLC	4		0.000		
8:0.....g	0.000		0	FLC	4		0.000		
10:0.....g	0.000		0	FLC	4		0.000		
12:0.....g	0.000		0	FLC	4		0.000		
13:0.....g									
14:0.....g	0.000		0	FLC	4		0.000		
15:0.....g									
16:0.....g	0.000		0	FLC	4		0.000		
17:0.....g									
18:0.....g	0.000		0	FLC	4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.237		0	FLC	4		0.604		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.006		0	FLC	4		0.002		
17:1.....g									
18:1 undifferentiated.....g	2.214		0	FLC	4		0.598		
20:1.....g	0.018		0	FLC	4		0.005		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.066		0	FLC	4		0.288		
18:2 undifferentiated.....g	1.025		0	FLC	4		0.277		
18:3 undifferentiated.....g	0.041		0	FLC	4		0.011		
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 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g	0.000		0	LC	8		0.000		
Cholesterol.....mg	0		0	LC	8		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		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 = 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 28 (2015)

NDB No. 08681

Cereals ready-to-eat, CASCADIAN FARM, Cinnamon 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
<b>Proximates:</b>									
Water.....g	2.09		0	MC	9		0.56		
Energy.....kcal	407		0	MC	9		110		
Energy.....kJ	1701		0	MC	9		459		
Protein (N x 6.25).....g	5.69		0	MC	9		1.54		
Total lipid (fat).....g	8.50		0	MC	9		2.30		
Ash.....g	2.09		0	MC	9		0.56		
Carbohydrate, by difference.....g	81.59		0	MC	9		22.03		
Fiber, total dietary.....g	11.0		0	MC	9		3.0		
Sugars, total.....g	31.00		0	MC	9		8.37		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	0		0	MC	9		0		
Iron, Fe.....mg	2.70		0	MC	9		0.73		
Magnesium, Mg.....mg	0		0	MC	9		0		
Phosphorus, P.....mg	148		0	MC	9		40		
Potassium, K.....mg	237		0	MC	9		64		
Sodium, Na.....mg	380		0	MC	9		103		
Zinc, Zn.....mg	0.00		0	MC	9		0.00		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.100		0	MC	9		0.027		
Riboflavin.....mg	0.000		0	MC	9		0.000		
Niacin.....mg	1.500		0	MC	9		0.405		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.000		0	MC	9		0.000		
Folate, total.....µg	0		0	MC	9		0		
Folic acid.....µg									
Folate, food.....µg	0		0	MC	9		0		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	MC	9		0.0		
Vitamin D.....IU	0		0	MC	9		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 08681

Cereals ready-to-eat, CASCADIAN FARM, Cinnamon Crunch

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number			Source Code	Confidence Code	<u>measures of food</u>		
			of Data Points	Deriv Code				Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	1.000		0	MC	9		0.270			
Fatty acids, total monounsaturated.....g	5.700		0	MC	9		1.539			
Fatty acids, total polyunsaturated.....g	1.500		0	MC	9		0.405			
Fatty acids, total trans.....g	0.000		0	MC	9		0.000			
Cholesterol.....mg	0		0	MC	9		0			
Phytosterols.....mg										

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**Common Measures:**

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

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 08684

Cereals ready-to-eat, CASCADIAN FARM, Honey Nut O's

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
<b>Proximates:</b>									
Water.....g	2.50		0	MC	9		0.75		
Energy.....kcal	371		0	MC	9		111		
Energy.....kJ	1553		0	MC	9		466		
Protein (N x 6.25).....g	8.30		0	MC	9		2.49		
Total lipid (fat).....g	3.29		0	MC	9		0.99		
Ash.....g	2.70		0	MC	9		0.81		
Carbohydrate, by difference.....g	83.09		0	MC	9		24.93		
Fiber, total dietary.....g	8.5		0	MC	9		2.6		
Sugars, total.....g	24.79		0	MC	9		7.44		
Starch.....g									
<b>Minerals:</b>									
* Calcium, Ca.....mg	67		0	MC	9		20		
Iron, Fe.....mg	2.40		0	MC	9		0.72		
Magnesium, Mg.....mg	53		0	MC	9		16		
Phosphorus, P.....mg	200		0	MC	9		60		
Potassium, K.....mg	250		0	MC	9		75		
Sodium, Na.....mg	572		0	MC	9		172		
Zinc, Zn.....mg	1.00		0	MC	9		0.30		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.200		0	MC	9		0.060		
Riboflavin.....mg	0.000		0	MC	9		0.000		
Niacin.....mg	1.290		0	MC	9		0.387		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.000		0	MC	9		0.000		
Folate, total.....µg	0		0	MC	9		0		
Folic acid.....µg									
Folate, food.....µg	0		0	MC	9		0		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	MC	9		0.0		
Vitamin D.....IU	0		0	MC	9		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 08684

Cereals ready-to-eat, CASCADIAN FARM, Honey Nut 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			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Fatty acids, total saturated.....g	0.600		0	MC	9	0.180		
Fatty acids, total monounsaturated.....g	1.300		0	MC	9	0.390		
Fatty acids, total polyunsaturated.....g	1.000		0	MC	9	0.300		
Fatty acids, total trans.....g	0.000		0	MC	9	0.000		
Cholesterol.....mg	0		0	MC	9	0		
Phytosterols.....mg								

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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 28 (2015)



NDB No. 08683

Cereals ready-to-eat, CASCADIAN FARM, Multi-Grain Squares

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
<b>Proximates:</b>									
Water.....g	1.89		0	MC	9		1.00		
Energy.....kcal	387		0	MC	9		205		
Energy.....kJ	1618		0	MC	9		858		
Protein (N x 6.25).....g	9.39		0	MC	9		4.98		
Total lipid (fat).....g	1.89		0	MC	9		1.00		
Ash.....g	3.79		0	MC	9		2.01		
Carbohydrate, by difference.....g	83.00		0	MC	9		43.99		
Fiber, total dietary.....g	7.5		0	MC	9		4.0		
Sugars, total.....g	13.19		0	MC	9		6.99		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	0		0	MC	9		0		
Iron, Fe.....mg	2.70		0	MC	9		1.43		
Magnesium, Mg.....mg	0		0	MC	9		0		
Phosphorus, P.....mg	0		0	MC	9		0		
Potassium, K.....mg	359		0	MC	9		190		
Sodium, Na.....mg	359		0	MC	9		190		
Zinc, Zn.....mg	0.00		0	MC	9		0.00		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.000		0	MC	9		0.000		
Riboflavin.....mg	0.000		0	MC	9		0.000		
Niacin.....mg	0.000		0	MC	9		0.000		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.000		0	MC	9		0.000		
Folate, total.....µg	0		0	MC	9		0		
Folic acid.....µg									
Folate, food.....µg	0		0	MC	9		0		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	MC	9		0.0		
Vitamin D.....IU	0		0	MC	9		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**

NDB No. 08683

Cereals ready-to-eat, CASCADIAN FARM, Multi-Grain Squares

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				
Fatty acids, total saturated.....g	0.000		0	MC	9		0.000		
Fatty acids, total monounsaturated.....g	0.200		0	MC	9		0.106		
Fatty acids, total polyunsaturated.....g	0.300		0	MC	9		0.159		
Fatty acids, total trans.....g	0.000		0	MC	9		0.000		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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**Common Measures:**

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

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.711		0		4		0.867		
4:0.....g	0.000		0		4		0.000		
6:0.....g	0.000		0		4		0.000		
8:0.....g	0.003		0		4		0.004		
10:0.....g	0.000		0		4		0.000		
12:0.....g	0.003		0		4		0.004		
13:0.....g									
14:0.....g	0.014		0		4		0.017		
15:0.....g									
16:0.....g	0.567		0		4		0.692		
17:0.....g									
18:0.....g	0.095		0		4		0.116		
20:0.....g									
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 (EPA).....g	0.000		0		4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000		
22:6 n-3 (DHA).....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		

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**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 28 (2015)



Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.000		0	MC	9		0.280		
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	0.000		0	FLM	4		0.000		
13:0.....g									
14:0.....g	0.003		0	FLM	4		0.001		
15:0.....g									
16:0.....g	0.680		0	FLM	4		0.190		
17:0.....g									
18:0.....g	0.224		0	FLM	4		0.063		
20:0.....g	0.059		0	FLM	4		0.016		
22:0.....g	0.030		0	FLM	4		0.008		
24:0.....g									
Fatty acids, total monounsaturated.....g	6.500		0	MC	9		1.820		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.026		0	FLM	4		0.007		
17:1.....g									
18:1 undifferentiated.....g	6.340		0	FLM	4		1.775		
20:1.....g	0.131		0	FLM	4		0.037		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.090		0	MC	9		0.585		
18:2 undifferentiated.....g	1.522		0	FLM	4		0.426		
18:3 undifferentiated.....g	0.566		0	FLM	4		0.158		
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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g	0.200		0	MC	9		0.056		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
<b>Others:</b>									
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 = 28g: 1 bowl (3/4 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 28 (2015)



NDB No. 08586

Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIX

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.600		0	MC	9		0.168		
4:0.....g	0.000		0	FLM	4		0.000		
6:0.....g	0.000		0	FLM	4		0.000		
8:0.....g	0.000		0	FLM	4		0.000		
10:0.....g	0.000		0	FLM	4		0.000		
12:0.....g	0.001		0	FLM	4		0.000		
13:0.....g									
14:0.....g	0.001		0	FLM	4		0.000		
15:0.....g									
16:0.....g	0.457		0	FLM	4		0.128		
17:0.....g									
18:0.....g	0.105		0	FLM	4		0.030		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.700		0	MC	9		0.476		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.006		0	FLM	4		0.002		
17:1.....g									
18:1 undifferentiated.....g	1.473		0	FLM	4		0.412		
20:1.....g	0.021		0	FLM	4		0.006		
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		0.420		
18:2 undifferentiated.....g	1.314		0	FLM	4		0.368		
18:3 undifferentiated.....g	0.186		0	FLM	4		0.052		
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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
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 = 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 28 (2015)





NDB No. 08263  
 Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.100		0	MC	9		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	0.000		0	FLM	4		0.000		
10:0.....g	0.000		0	FLM	4		0.000		
12:0.....g	0.016		0	FLM	4		0.005		
13:0.....g									
14:0.....g	0.008		0	FLM	4		0.003		
15:0.....g									
16:0.....g	0.878		0	FLM	4		0.263		
17:0.....g									
18:0.....g	0.105		0	FLM	4		0.032		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.790		0	MC	9		0.837		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.012		0	FLM	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	2.748		0	FLM	4		0.825		
20:1.....g	0.030		0	FLM	4		0.009		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.890		0	MC	9		0.567		
18:2 undifferentiated.....g	1.655		0	FLM	4		0.497		
18:3 undifferentiated.....g	0.235		0	FLM	4		0.070		
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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
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 (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 28 (2015)



NDB No. 08678

Cereals ready-to-eat, GENERAL MILLS, Apple Cinnamon CHEX

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 28 (2015)



NDB No. 08262  
 Cereals ready-to-eat, GENERAL MILLS, BASIC 4

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.290		0	MC	9		0.710		
4:0.....g	0.000		0	FLM	4		0.000		
6:0.....g	0.000		0	FLM	4		0.000		
8:0.....g	0.000		0	FLM	4		0.000		
10:0.....g	0.000		0	FLM	4		0.000		
12:0.....g	0.001		0	FLM	4		0.001		
13:0.....g									
14:0.....g	0.004		0	FLM	4		0.002		
15:0.....g									
16:0.....g	1.123		0	FLM	4		0.618		
17:0.....g									
18:0.....g	0.148		0	FLM	4		0.081		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.200		0	MC	9		0.660		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.011		0	FLM	4		0.006		
17:1.....g									
18:1 undifferentiated.....g	1.185		0	FLM	4		0.652		
20:1.....g	0.003		0	FLM	4		0.002		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.100		0	MC	9		0.605		
18:2 undifferentiated.....g	1.062		0	FLM	4		0.584		
18:3 undifferentiated.....g	0.038		0	FLM	4		0.021		
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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
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 = 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 28 (2015)



Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.600		0	MC	9		0.198		
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	0.000		0	FLM	4		0.000		
13:0.....g									
14:0.....g	0.000		0	FLM	4		0.000		
15:0.....g									
16:0.....g	0.491		0	FLM	4		0.162		
17:0.....g									
18:0.....g	0.082		0	FLM	4		0.027		
20:0.....g	0.007		0	FLM	4		0.002		
22:0.....g	0.003		0	FLM	4		0.001		
24:0.....g	0.000		0	FLM	4		0.000		
Fatty acids, total monounsaturated.....g	1.700		0	MC	9		0.561		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.006		0	FLM	4		0.002		
17:1.....g									
18:1 undifferentiated.....g	1.681		0	FLM	4		0.555		
20:1.....g	0.013		0	FLM	4		0.004		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.700		0	MC	9		0.561		
18:2 undifferentiated.....g	1.590		0	FLM	4		0.525		
18:3 undifferentiated.....g	0.110		0	FLM	4		0.036		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
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: 1.25 cup (1 NLEA serving)

\*Vitamin or mineral added for enrichment or fortification

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 08 Breakfast Cereals**





NDB No. 08273  
 Cereals ready-to-eat, GENERAL MILLS, BOO BERRY

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.500		0	MC	9		0.165		
4:0.....g	0.000		0	FLM	4		0.000		
6:0.....g	0.000		0	FLM	4		0.000		
8:0.....g	0.000		0	FLM	4		0.000		
10:0.....g	0.000		0	FLM	4		0.000		
12:0.....g	0.000		0	FLM	4		0.000		
13:0.....g									
14:0.....g	0.001		0	FLM	4		0.000		
15:0.....g									
16:0.....g	0.373		0	FLM	4		0.123		
17:0.....g									
18:0.....g	0.092		0	FLM	4		0.030		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.090		0	MC	9		0.690		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		0	FLM	4		0.003		
17:1.....g									
18:1 undifferentiated.....g	2.050		0	FLM	4		0.677		
20:1.....g	0.032		0	FLM	4		0.010		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.390		0	MC	9		0.459		
18:2 undifferentiated.....g	1.187		0	FLM	4		0.392		
18:3 undifferentiated.....g	0.203		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	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
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: 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 28 (2015)



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	Deriv Code					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.000		0	MC	9		0.270		
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	0.018		0	FLM	4		0.005		
13:0.....g									
14:0.....g	0.009		0	FLM	4		0.002		
15:0.....g									
16:0.....g	0.844		0	FLM	4		0.228		
17:0.....g									
18:0.....g	0.059		0	FLM	4		0.016		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.600		0	MC	9		0.432		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		0	FLM	4		0.002		
17:1.....g									
18:1 undifferentiated.....g	1.591		0	FLM	4		0.430		
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	1.600		0	MC	9		0.432		
18:2 undifferentiated.....g	1.505		0	FLM	4		0.406		
18:3 undifferentiated.....g	0.095		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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
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 = 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 28 (2015)

NDB No. 08013

Cereals ready-to-eat, GENERAL MILLS, CHEERIOS

General Mills Inc.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	5.13	0.111	6	A	1		1.44		
Energy.....kcal	376		0	MC	9		105		
Energy.....kJ	1574		0	MC	9		441		
Protein (N x 6.25).....g	12.09	0.072	6	A	1		3.39		
Total lipid (fat).....g	6.73	0.251	6	A	1		1.89		
Ash.....g	2.81	0.028	6	A	1		0.79		
Carbohydrate, by difference.....g	73.23		0	NC	4		20.50		
Fiber, total dietary.....g	9.4	0.173	3	A	1		2.6		
Sugars, total.....g	4.36	0.030	3	A	1		1.22		
Sucrose.....g	4.27	0.033	3	A	1		1.19		
Glucose (dextrose).....g	0.00	0.000	3	A	1		0.00		
Fructose.....g	0.09	0.009	3	A	1		0.03		
Lactose.....g	0.00	0.000	3	A	1		0.00		
Maltose.....g	0.00	0.000	3	A	1		0.00		
Galactose.....g	0.00	0.000	3	A	1		0.00		
Starch.....g	57.37	0.120	3	A	1		16.06		
<b>Minerals:</b>									
Calcium, Ca.....mg	401	4.500	6	A	1		112		
Iron, Fe.....mg	33.17	0.359	6	A	1		9.29		
Magnesium, Mg.....mg	114		0	MC	9		32		
Phosphorus, P.....mg	481	2.781	6	A	1		135		
Potassium, K.....mg	641	7.013	6	A	1		180		
Sodium, Na.....mg	497		0	MC	9		139		
Zinc, Zn.....mg	16.73	0.150	6	A	1		4.69		
Copper, Cu.....mg	0.385	0.025	6	A	1		0.108		
Manganese, Mn.....mg	3.547	0.013	6	A	1		0.993		
Selenium, Se.....µg	24.9	0.153	3	A	1		7.0		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	21.6		1	A	1		6.0		
Thiamin.....mg	1.327		1	A	1		0.371		
Riboflavin.....mg	0.100		0	MC	9		0.028		
Niacin.....mg	20.967		1	A	1		5.871		
Pantothenic acid.....mg	1.073	0.049	4	A	1	C	0.300		
Vitamin B-6.....mg	2.390		1	A	1		0.669		
* Folate, total.....µg	714		0	MC	9		200		
* Folic acid.....µg	695		0	NR	4		195		
Folate, food.....µg	19		0	CAZN	4		5		
Folate, DFE.....µg	1201		0	NC	4		336		
Choline, total.....mg	26.2		0	AS	1		7.3		
Betaine.....mg	34.7		1	A	1		9.7		
* Vitamin B-12.....µg	6.77		1	A	1		1.89		
* Vitamin B-12, added.....µg	6.77		0	NR	4		1.89		
Vitamin A, RAE.....µg	990		0	AS	1		277		
Retinol.....µg	990		1	A	1		277		
Carotene, beta.....µg	0		0	FLA	4		0		
Carotene, alpha.....µg	0		0	FLA	4		0		
Cryptoxanthin, beta.....µg	0		0	FLA	4		0		
Vitamin A, IU.....IU	3299		0	AS	1		924		
Lycopene.....µg	0		0	FLA	4		0		
Lutein + zeaxanthin.....µg	149		0	FLA	4		42		
Vitamin E (alpha-tocopherol).....mg	0.65		1	A	1		0.18		
Vitamin E, added.....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta.....mg	0.25		1	A	1		0.07		
Tocopherol, gamma.....mg	4.92		1	A	1		1.38		
Tocopherol, delta.....mg	1.48		1	A	1		0.41		
Tocotrienol, alpha.....mg	1.11		1	A	1		0.31		
Tocotrienol, beta.....mg	0.17		1	A	1		0.05		

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00		1	A	1		0.00		
Tocotrienol, delta.....mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3).....µg	3.4		6	AS	1		0.9		
Vitamin D2 (ergocalciferol).....µg	0.0	0.000	6	A	1		0.0		
Vitamin D3 (cholecalciferol).....µg	3.4	0.109	6	A	1		0.9		
Vitamin D.....µg	136	4.355	6	A	1		38		
Vitamin K (phylloquinone).....µg	1.8		0	FLA	4		0.5		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.500		0	MC	9		0.420		
4:0.....g	0.000	0.000	3	A	1		0.000		
6:0.....g	0.000	0.000	3	A	1		0.000		
8:0.....g	0.000	0.000	3	A	1		0.000		
10:0.....g	0.000	0.000	3	A	1		0.000		
12:0.....g	0.000	0.000	3	A	1		0.000		
13:0.....g									
14:0.....g	0.018	0.001	3	A	1		0.005		
15:0.....g	0.001	0.001	3	A	1		0.000		
16:0.....g	1.317	0.004	3	A	1		0.369		
17:0.....g	0.004	0.000	3	A	1		0.001		
18:0.....g	0.130	0.001	3	A	1		0.036		
20:0.....g	0.011	0.001	3	A	1		0.003		
22:0.....g	0.007	0.000	3	A	1		0.002		
24:0.....g	0.012	0.000	3	A	1		0.003		
Fatty acids, total monounsaturated.....g	2.376		0	NC	4		0.665		
14:1.....g	0.000	0.000	3	A	1		0.000		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.011	0.001	3	AS	1		0.003		
16:1 c.....g	0.011	0.001	3	A	1		0.003		
16:1 t.....g	0.000	0.000	3	A	1		0.000		
17:1.....g	0.002	0.000	3	A	1		0.001		
18:1 undifferentiated.....g	2.317	0.005	3	AS	1		0.649		
18:1 c.....g	2.308	0.005	3	A	1		0.646		
18:1 t.....g	0.009	0.000	3	A	1		0.003		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.045	0.001	3	A	1		0.013		
22:1 undifferentiated.....g	0.002	0.002	3	AS	1		0.000		
22:1 c.....g	0.002	0.002	3	A	1		0.000		
22:1 t.....g	0.000	0.000	3	A	1		0.000		
24:1 c.....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total polyunsaturated.....g	2.432		0	NC	4		0.681		
18:2 undifferentiated.....g	2.356	0.006	3	AS	1		0.660		
18:2 n-6 c,c.....g	2.344	0.006	3	A	1		0.656		
18:2 CLAs.....g	0.002	0.001	3	A	1		0.000		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.011	0.000	3	A	1		0.003		
18:3 undifferentiated.....g	0.068	0.001	3	AS	1		0.019		
18:3 n-3 c,c,c (ALA).....g	0.068	0.000	3	A	1		0.019		
18:3 n-6 c,c,c.....g	0.001	0.001	3	A	1		0.000		
18:3i.....g									
18:4.....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c.....g	0.001	0.001	3	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	3	AS	1		0.000		
20:3 n-3.....g	0.000	0.000	3	A	1		0.000		
20:3 n-6.....g	0.000	0.000	3	A	1		0.000		
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000		
21:5.....g									
22:4.....g	0.006	0.000	3	A	1		0.002		
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1		0.000		

NDB No. 08013

Cereals ready-to-eat, GENERAL MILLS, CHEERIOS

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total trans.....g	0.020		0	NC	4		0.006		
Fatty acids, total trans-monoenoic.....g	0.009		0	NC	4		0.003		
Fatty acids, total trans-polyenoic.....g	0.011		0	NC	4		0.003		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.167		0	A	1		0.047		
Threonine.....g	0.418		0	A	1		0.117		
Isoleucine.....g	0.429		0	A	1		0.120		
Leucine.....g	0.910		0	A	1		0.255		
Lysine.....g	0.366		0	A	1		0.102		
Methionine.....g	0.178		0	A	1		0.050		
Cystine.....g	0.209		0	A	1		0.059		
Phenylalanine.....g	0.628		0	A	1		0.176		
Tyrosine.....g	0.366		0	A	1		0.102		
Valine.....g	0.586		0	A	1		0.164		
Arginine.....g	0.816		0	A	1		0.228		
Histidine.....g	0.261		0	A	1		0.073		
Alanine.....g	0.586		0	A	1		0.164		
Aspartic acid.....g	0.983		0	A	1		0.275		
Glutamic acid.....g	2.709		0	A	1		0.758		
Glycine.....g	0.617		0	A	1		0.173		
Proline.....g	0.648		0	A	1		0.182		
Serine.....g	0.596		0	A	1		0.167		
Hydroxyproline.....g									
<b>Others:</b>									
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 = 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 28 (2015)





Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.690		0	MC	9		0.193		
4:0.....g	0.000		0	FLM	4		0.000		
6:0.....g	0.000		0	FLM	4		0.000		
8:0.....g	0.000		0	FLM	4		0.000		
10:0.....g	0.000		0	FLM	4		0.000		
12:0.....g	0.001		0	FLM	4		0.000		
13:0.....g									
14:0.....g	0.000		0	FLM	4		0.000		
15:0.....g									
16:0.....g	0.550		0	FLM	4		0.154		
17:0.....g									
18:0.....g	0.100		0	FLM	4		0.028		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.200		0	MC	9		0.336		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0	FLM	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	1.182		0	FLM	4		0.331		
20:1.....g	0.014		0	FLM	4		0.004		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.890		0	MC	9		0.529		
18:2 undifferentiated.....g	1.695		0	FLM	4		0.475		
18:3 undifferentiated.....g	0.195		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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		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 = 28g: .75 cup (1 NLEA serving)

\*Vitamin or mineral added for enrichment or fortification

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 08 Breakfast Cereals**

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Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.000		0	MC	9		0.270		
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	0.005		0	FLM	4		0.001		
13:0.....g									
14:0.....g	0.003		0	FLM	4		0.001		
15:0.....g									
16:0.....g	0.728		0	FLM	4		0.196		
17:0.....g									
18:0.....g	0.205		0	FLM	4		0.055		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.600		0	MC	9		0.432		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.006		0	FLM	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	1.576		0	FLM	4		0.426		
20:1.....g	0.018		0	FLM	4		0.005		
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		0.594		
18:2 undifferentiated.....g	1.943		0	FLM	4		0.525		
18:3 undifferentiated.....g	0.257		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	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	1		0	FLM	4		0		
Theobromine.....mg	47		0	FLM	4		13		

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**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 28 (2015)



NDB No. 08553

Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.667		1	LC	8		0.500		
4:0.....g	0.001		0	FLC	4		0.000		
6:0.....g	0.002		0	FLC	4		0.001		
8:0.....g	0.032		0	FLC	4		0.010		
10:0.....g	0.040		0	FLC	4		0.012		
12:0.....g	0.697		0	FLC	4		0.209		
13:0.....g									
14:0.....g	0.249		0	FLC	4		0.075		
15:0.....g									
16:0.....g	0.552		0	FLC	4		0.166		
17:0.....g									
18:0.....g	0.055		0	FLC	4		0.017		
20:0.....g	0.000		0	FLC	4		0.000		
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.667		1	LC	8		0.500		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009		0	FLC	4		0.003		
17:1.....g									
18:1 undifferentiated.....g	1.658		0	FLC	4		0.497		
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	1.667		1	LC	8		0.500		
18:2 undifferentiated.....g	1.593		0	FLC	4		0.478		
18:3 undifferentiated.....g	0.074		0	FLC	4		0.022		
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 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g	0.000		1	LC	8		0.000		
Cholesterol.....mg	0		1	LC	8		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	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 (1 NLEA serving)

\*Vitamin or mineral added for enrichment or fortification

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 08 Breakfast Cereals**

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Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.600		0	MC	9		0.168		
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	0.000		0	FLM	4		0.000		
13:0.....g									
14:0.....g	0.000		0	FLM	4		0.000		
15:0.....g									
16:0.....g	0.419		0	FLM	4		0.117		
17:0.....g									
18:0.....g	0.150		0	FLM	4		0.042		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.100		0	MC	9		0.588		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		0	FLM	4		0.002		
17:1.....g									
18:1 undifferentiated.....g	2.066		0	FLM	4		0.579		
20:1.....g	0.027		0	FLM	4		0.008		
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		0.448		
18:2 undifferentiated.....g	1.400		0	FLM	4		0.392		
18:3 undifferentiated.....g	0.200		0	FLM	4		0.056		
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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	4		0	FLM	4		1		
Theobromine.....mg	37		0	FLM	4		10		

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

**Common Measures:**

Measure 1 = 28g : .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. 08272

Cereals ready-to-eat, GENERAL MILLS, CINNAMON 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
<b>Proximates:</b>									
Water.....g	3.24	0.039	6	A	1		1.01		
Energy.....kcal	410		0	MC	9		127		
Energy.....kJ	1713		0	MC	9		531		
Protein (N x 6.25).....g	5.45	0.179	6	A	1		1.69		
Total lipid (fat).....g	10.25	0.043	6	A	1		3.18		
Ash.....g	3.07	0.029	6	A	1		0.95		
Carbohydrate, by difference.....g	77.99		0	NC	4		24.18		
Fiber, total dietary.....g	6.8		1	A	1		2.1		
Sugars, total.....g	30.30	0.355	3	A	1		9.39		
Sucrose.....g	20.52	0.084	3	A	1		6.36		
Glucose (dextrose).....g	1.59	0.037	3	A	1		0.49		
Fructose.....g	8.20	0.416	3	A	1		2.54		
Lactose.....g	0.00	0.000	3	A	1		0.00		
Maltose.....g	0.00	0.000	3	A	1		0.00		
Galactose.....g	0.00	0.000	3	A	1		0.00		
Starch.....g	35.20	1.137	3	A	1		10.91		
<b>Minerals:</b>									
* Calcium, Ca.....mg	444	7.661	6	A	1		138		
* Iron, Fe.....mg	20.48	0.570	6	A	1		6.35		
Magnesium, Mg.....mg	54	1.563	6	A	1		17		
Phosphorus, P.....mg	199	2.633	6	A	1		62		
Potassium, K.....mg	201	6.013	6	A	1		62		
Sodium, Na.....mg	567		0	MC	9		176		
* Zinc, Zn.....mg	18.12	0.353	6	A	1		5.62		
Copper, Cu.....mg	0.192	0.004	6	A	1		0.060		
Manganese, Mn.....mg	1.545	0.071	6	A	1		0.479		
Selenium, Se.....µg	4.7	0.521	3	A	1		1.4		
<b>Vitamins:</b>									
* Vitamin C, total ascorbic acid.....mg	19.4		0	MC	9		6.0		
* Thiamin.....mg	2.467	0.162	3	A	1		0.765		
* Riboflavin.....mg	2.067	0.088	3	A	1		0.641		
* Niacin.....mg	24.533	0.698	3	A	1		7.605		
Pantothenic acid.....mg	0.465		2	A	1		0.144		
* Vitamin B-6.....mg	2.700	0.115	3	A	1		0.837		
* Folate, total.....µg	368	18.003	3	A	1		114		
* Folic acid.....µg	349		0	NR	4		108		
Folate, food.....µg	19		0	CAZN	4		6		
Folate, DFE.....µg	613		0	NC	4		190		
Choline, total.....mg	13.1		0	FLM	4		4.1		
Betaine.....mg									
* Vitamin B-12.....µg	6.65		2	A	1		2.06		
* Vitamin B-12, added.....µg	6.65		0	NR	4		2.06		
Vitamin A, RAE.....µg	918		0	NC	4		285		
Retinol.....µg	918		2	A	1		284		
Carotene, beta.....µg	4		0	FLM	4		1		
Carotene, alpha.....µg	0		0	FLM	4		0		
Cryptoxanthin, beta.....µg	2		0	FLM	4		1		
* Vitamin A, IU.....IU	3066		0	NC	4		951		
Lycopene.....µg	0		0	FLM	4		0		
Lutein + zeaxanthin.....µg	85		0	FLM	4		26		
Vitamin E (alpha-tocopherol).....mg	2.14	0.097	3	A	1		0.66		
Vitamin E, added.....mg	0.00		0	FLM	4		0.00		
Tocopherol, beta.....mg	0.25	0.015	3	A	1		0.08		
Tocopherol, gamma.....mg	2.86	0.450	3	A	1		0.89		
Tocopherol, delta.....mg	0.86	0.145	3	A	1		0.27		
Tocotrienol, alpha.....mg	0.56	0.160	3	A	1		0.17		
Tocotrienol, beta.....mg	1.70	0.047	3	A	1		0.53		



Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.78	0.389	3	A	1		0.24		
Tocotrienol, delta.....mg	0.00	0.000	3	A	1		0.00		
Vitamin D (D2 + D3).....µg	5.3		2	AS	1		1.6		
Vitamin D2 (ergocalciferol).....µg	0.0		2	A	1		0.0		
Vitamin D3 (cholecalciferol).....µg	5.3		2	A	1		1.6		
* Vitamin D.....µg	210		2	A	1		65		
Vitamin K (phylloquinone).....µg	9.4		0	FLA	4		2.9		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.975		0	NC	4		0.302		
4:0.....g	0.000	0.000	3	A	1		0.000		
6:0.....g	0.000	0.000	3	A	1		0.000		
8:0.....g	0.000	0.000	3	A	1		0.000		
10:0.....g	0.000	0.000	3	A	1		0.000		
12:0.....g	0.000	0.000	3	A	1		0.000		
13:0.....g									
14:0.....g	0.014	0.003	3	A	1		0.004		
15:0.....g	0.003	0.000	3	A	1		0.001		
16:0.....g	0.660	0.112	3	A	1		0.204		
17:0.....g	0.005	0.000	3	A	1		0.001		
18:0.....g	0.201	0.004	3	A	1		0.062		
20:0.....g	0.049	0.001	3	A	1		0.015		
22:0.....g	0.024	0.001	3	A	1		0.007		
24:0.....g	0.019	0.002	3	A	1		0.006		
Fatty acids, total monounsaturated.....g	4.920		0	NC	4		1.525		
14:1.....g	0.000	0.000	3	A	1		0.000		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.018	0.002	3	AS	1		0.005		
16:1 c.....g	0.018	0.002	3	A	1		0.005		
16:1 t.....g	0.000	0.000	3	A	1		0.000		
17:1.....g	0.005	0.001	3	A	1		0.002		
18:1 undifferentiated.....g	4.793	0.436	3	AS	1		1.486		
18:1 c.....g	4.787	0.437	3	A	1		1.484		
18:1 t.....g	0.006	0.002	3	A	1		0.002		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.092	0.010	3	A	1		0.029		
22:1 undifferentiated.....g	0.005	0.004	3	AS	1		0.002		
22:1 c.....g	0.005	0.004	3	A	1		0.002		
22:1 t.....g	0.000	0.000	3	A	1		0.000		
24:1 c.....g	0.007	0.002	3	A	1		0.002		
Fatty acids, total polyunsaturated.....g	2.110		0	NC	4		0.654		
18:2 undifferentiated.....g	1.933	0.212	3	AS	1		0.599		
18:2 n-6 c,c.....g	1.918	0.208	3	A	1		0.595		
18:2 CLAs.....g	0.004	0.001	3	A	1		0.001		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.011	0.004	3	A	1		0.004		
18:3 undifferentiated.....g	0.173	0.009	3	AS	1		0.054		
18:3 n-3 c,c,c (ALA).....g	0.165	0.011	3	A	1		0.051		
18:3 n-6 c,c,c.....g	0.008	0.001	3	A	1		0.003		
18:3i.....g	0.000	0.000	3	A	1		0.000		
18:4.....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c.....g	0.003	0.000	3	A	1		0.001		
20:3 undifferentiated.....g	0.000	0.000	3	AS	1		0.000		
20:3 n-3.....g	0.000	0.000	3	A	1		0.000		
20:3 n-6.....g	0.000	0.000	3	A	1		0.000		
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000		
21:5.....g									
22:4.....g	0.000	0.000	3	A	1		0.000		
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1		0.000		

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total trans.....g	0.017		0	NC	4		0.005		
Fatty acids, total trans-monoenoic.....g	0.006		0	NC	4		0.002		
Fatty acids, total trans-polyenoic.....g	0.011		0	NC	4		0.004		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.074		0	A	1		0.023		
Threonine.....g	0.181		0	A	1		0.056		
Isoleucine.....g	0.191		0	A	1		0.059		
Leucine.....g	0.372		0	A	1		0.115		
Lysine.....g	0.085		0	A	1		0.026		
Methionine.....g	0.085		0	A	1		0.026		
Cystine.....g	0.096		0	A	1		0.030		
Phenylalanine.....g	0.245		0	A	1		0.076		
Tyrosine.....g	0.138		0	A	1		0.043		
Valine.....g	0.255		0	A	1		0.079		
Arginine.....g	0.298		0	A	1		0.092		
Histidine.....g	0.127		0	A	1		0.040		
Alanine.....g	0.234		0	A	1		0.072		
Aspartic acid.....g	0.383		0	A	1		0.119		
Glutamic acid.....g	1.435		0	A	1		0.445		
Glycine.....g	0.223		0	A	1		0.069		
Proline.....g	0.393		0	A	1		0.122		
Serine.....g	0.266		0	A	1		0.082		
Hydroxyproline.....g									
<b>Others:</b>									
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: .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 28 (2015)



NDB No. 08271  
 Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.000		0	MC	9		0.270		
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	0.000		0	FLM	4		0.000		
13:0.....g									
14:0.....g	0.001		0	FLM	4		0.000		
15:0.....g									
16:0.....g	0.664		0	FLM	4		0.179		
17:0.....g									
18:0.....g	0.280		0	FLM	4		0.076		
20:0.....g	0.024		0	FLM	4		0.006		
22:0.....g	0.012		0	FLM	4		0.003		
24:0.....g	0.000		0	FLM	4		0.000		
Fatty acids, total monounsaturated.....g	1.700		0	MC	9		0.459		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0	FLM	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	1.670		0	FLM	4		0.451		
20:1.....g	0.025		0	FLM	4		0.007		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.100		0	MC	9		0.567		
18:2 undifferentiated.....g	1.781		0	FLM	4		0.481		
18:3 undifferentiated.....g	0.319		0	FLM	4		0.086		
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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	6		0	FLM	4		2		
Theobromine.....mg	53		0	FLM	4		14		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 28 (2015)



NDB No. 08635

Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced 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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.800		0	MC	9		0.240		
4:0.....g	0.000		0	FLM	4		0.000		
6:0.....g	0.000		0	FLM	4		0.000		
8:0.....g	0.000		0	FLM	4		0.000		
10:0.....g	0.000		0	FLM	4		0.000		
12:0.....g	0.001		0	FLM	4		0.000		
13:0.....g									
14:0.....g	0.002		0	FLM	4		0.001		
15:0.....g									
16:0.....g	0.481		0	FLM	4		0.144		
17:0.....g									
18:0.....g	0.284		0	FLM	4		0.085		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.400		0	MC	9		0.720		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009		0	FLM	4		0.003		
17:1.....g	0.000		0	FLM	4		0.000		
18:1 undifferentiated.....g	2.368		0	FLM	4		0.710		
20:1.....g	0.023		0	FLM	4		0.007		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.790		0	MC	9		0.537		
18:2 undifferentiated.....g	1.600		0	FLM	4		0.480		
18:3 undifferentiated.....g	0.190		0	FLM	4		0.057		
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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g	0.100		0	MC	9		0.030		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	5		0	FLM	4		2		
Theobromine.....mg	177		0	FLM	4		53		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 28 (2015)



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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.800		0	MC	9		0.208		
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	0.000		0	FLM	4		0.000		
13:0.....g									
14:0.....g	0.001		0	FLM	4		0.000		
15:0.....g									
16:0.....g	0.560		0	FLM	4		0.146		
17:0.....g									
18:0.....g	0.198		0	FLM	4		0.052		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.400		0	MC	9		0.364		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0	FLM	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	1.378		0	FLM	4		0.358		
20:1.....g	0.018		0	FLM	4		0.005		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.700		0	MC	9		0.442		
18:2 undifferentiated.....g	1.492		0	FLM	4		0.388		
18:3 undifferentiated.....g	0.208		0	FLM	4		0.054		
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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	4		0	FLM	4		1		
Theobromine.....mg	36		0	FLM	4		9		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 28 (2015)





Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.600		0	MC	9		0.162		
4:0.....g	0.000		0	FLM	4		0.000		
6:0.....g	0.000		0	FLM	4		0.000		
8:0.....g	0.000		0	FLM	4		0.000		
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	0.000		0	FLM	4		0.000		
15:0.....g									
16:0.....g	0.433		0	FLM	4		0.117		
17:0.....g									
18:0.....g	0.133		0	FLM	4		0.036		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.290		0	MC	9		0.618		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		0	FLM	4		0.002		
17:1.....g									
18:1 undifferentiated.....g	2.251		0	FLM	4		0.608		
20:1.....g	0.031		0	FLM	4		0.008		
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		0.432		
18:2 undifferentiated.....g	1.393		0	FLM	4		0.376		
18:3 undifferentiated.....g	0.207		0	FLM	4		0.056		
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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g	0.100		0	MC	9		0.027		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	1		0	FLM	4		0		
Theobromine.....mg	31		0	FLM	4		8		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 28 (2015)



Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.600		0	MC	9		0.512		
4:0.....g	0.000		0	FLM	4		0.000		
6:0.....g	0.000		0	FLM	4		0.000		
8:0.....g	0.000		0	FLM	4		0.000		
10:0.....g	0.000		0	FLM	4		0.000		
12:0.....g	0.001		0	FLM	4		0.000		
13:0.....g									
14:0.....g	0.024		0	FLM	4		0.008		
15:0.....g									
16:0.....g	1.144		0	FLM	4		0.366		
17:0.....g									
18:0.....g	0.328		0	FLM	4		0.105		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.000		0	MC	9		1.600		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.021		0	FLM	4		0.007		
17:1.....g									
18:1 undifferentiated.....g	4.901		0	FLM	4		1.568		
20:1.....g	0.078		0	FLM	4		0.025		
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		0.512		
18:2 undifferentiated.....g	1.253		0	FLM	4		0.401		
18:3 undifferentiated.....g	0.347		0	FLM	4		0.111		
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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g	0.100		0	MC	9		0.032		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	1		0	FLM	4		0		
Theobromine.....mg	42		0	FLM	4		14		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 28 (2015)



NDB No. 08666

Cereals ready-to-eat, GENERAL MILLS, Cinnamon Burst CHEERIOS

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 28 (2015)



Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.600		0	MC	9		0.180		
4:0.....g	0.000		0	FLM	4		0.000		
6:0.....g	0.000		0	FLM	4		0.000		
8:0.....g	0.000		0	FLM	4		0.000		
10:0.....g	0.000		0	FLM	4		0.000		
12:0.....g	0.001		0	FLM	4		0.000		
13:0.....g									
14:0.....g	0.003		0	FLM	4		0.001		
15:0.....g									
16:0.....g	0.396		0	FLM	4		0.119		
17:0.....g									
18:0.....g	0.136		0	FLM	4		0.041		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.300		0	MC	9		1.290		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.016		0	FLM	4		0.005		
17:1.....g									
18:1 undifferentiated.....g	4.200		0	FLM	4		1.260		
20:1.....g	0.084		0	FLM	4		0.025		
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		0.360		
18:2 undifferentiated.....g	0.849		0	FLM	4		0.255		
18:3 undifferentiated.....g	0.350		0	FLM	4		0.105		
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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g	0.100		0	MC	9		0.030		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		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 (1 NLEA serving)

\*Vitamin or mineral added for enrichment or fortification

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 08 Breakfast Cereals**



NDB No. 08019

Cereals ready-to-eat, GENERAL MILLS, Corn 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
<b>Proximates:</b>									
Water.....g	2.50		0	MC	9		0.78		
Energy.....kcal	370		0	MC	9		115		
Energy.....kJ	1548		0	MC	9		480		
Protein (N x 6.25).....g	6.40		0	MC	9		1.98		
Total lipid (fat).....g	2.40		0	MC	9		0.74		
Ash.....g	3.70		0	MC	9		1.15		
Carbohydrate, by difference.....g	85.00		0	MC	9		26.35		
Fiber, total dietary.....g	4.7		0	MC	9		1.5		
Sugars, total.....g	11.10		0	MC	9		3.44		
Starch.....g									
<b>Minerals:</b>									
* Calcium, Ca.....mg	323		0	MC	9		100		
* Iron, Fe.....mg	26.10		0	MC	9		8.09		
Magnesium, Mg.....mg	26		0	MC	9		8		
Phosphorus, P.....mg	129		0	MC	9		40		
Potassium, K.....mg	197		0	MC	9		61		
Sodium, Na.....mg	719		0	MC	9		223		
* Zinc, Zn.....mg	12.10		0	MC	9		3.75		
Copper, Cu.....mg	0.143		0	FLM	4		0.044		
Manganese, Mn.....mg									
Selenium, Se.....µg	12.0		0	FLM	4		3.7		
<b>Vitamins:</b>									
* Vitamin C, total ascorbic acid.....mg	19.4		0	MC	9		6.0		
* Thiamin.....mg	1.200		0	MC	9		0.372		
* Riboflavin.....mg	1.390		0	MC	9		0.431		
* Niacin.....mg	16.100		0	MC	9		4.991		
Pantothenic acid.....mg									
* Vitamin B-6.....mg	1.610		0	MC	9		0.499		
* Folate, total.....µg	645		0	MC	9		200		
* Folic acid.....µg	626		0	NR	4		194		
Folate, food.....µg	19		0	CAZN	4		6		
Folate, DFE.....µg	1083		0	NC	4		336		
Choline, total.....mg	12.9		0	FLM	4		4.0		
Betaine.....mg									
* Vitamin B-12.....µg	4.80		0	MC	9		1.49		
* Vitamin B-12, added.....µg	4.80		0	NR	4		1.49		
Vitamin A, RAE.....µg	440		0	NC	4		136		
Retinol.....µg	431		0	NR	4		134		
Carotene, beta.....µg	79		0	FLM	4		25		
Carotene, alpha.....µg	52		0	FLM	4		16		
Cryptoxanthin, beta.....µg	0		0	FLM	4		0		
* Vitamin A, IU.....IU	1613		0	MC	9		500		
Lycopene.....µg	0		0	FLM	4		0		
Lutein + zeaxanthin.....µg	1223		0	FLM	4		379		
Vitamin E (alpha-tocopherol).....mg	0.25		0	FLM	4		0.08		
Vitamin E, added.....mg	0.00		0	FLM	4		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	3.2		0	MC	9		1.0		
Vitamin D.....IU	129		0	MC	9		40		

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
Vitamin K (phylloquinone).....µg	0.1		0	FLM	4		0.0		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.400		0	MC	9		0.124		
4:0.....g	0.000		0	FLM	4		0.000		
6:0.....g	0.000		0	FLM	4		0.000		
8:0.....g	0.000		0	FLM	4		0.000		
10:0.....g	0.000		0	FLM	4		0.000		
12:0.....g	0.001		0	FLM	4		0.000		
13:0.....g									
14:0.....g	0.001		0	FLM	4		0.000		
15:0.....g									
16:0.....g	0.335		0	FLM	4		0.104		
17:0.....g									
18:0.....g	0.052		0	FLM	4		0.016		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.600		0	MC	9		0.186		
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		0.185		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.001		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.290		0	MC	9		0.400		
18:2 undifferentiated.....g	1.254		0	FLM	4		0.389		
18:3 undifferentiated.....g	0.036		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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
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 = 31g: 1 cup (1 NLEA serving)

\*Vitamin or mineral added for enrichment or fortification

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

NDB No. 08019  
Cereals ready-to-eat, GENERAL MILLS, Corn CHEX

**Food Group:** 08 Breakfast Cereals  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



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	Deriv Code					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.000		0	MC	9		0.270		
4:0.....g	0.000		0	FLM	4		0.000		
6:0.....g	0.000		0	FLM	4		0.000		
8:0.....g	0.000		0	FLM	4		0.000		
10:0.....g	0.000		0	FLM	4		0.000		
12:0.....g	0.001		0	FLM	4		0.000		
13:0.....g									
14:0.....g	0.001		0	FLM	4		0.000		
15:0.....g									
16:0.....g	0.700		0	FLM	4		0.189		
17:0.....g									
18:0.....g	0.212		0	FLM	4		0.057		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.900		0	MC	9		0.513		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		0	FLM	4		0.002		
17:1.....g									
18:1 undifferentiated.....g	1.860		0	FLM	4		0.502		
20:1.....g	0.034		0	FLM	4		0.009		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.300		0	MC	9		0.621		
18:2 undifferentiated.....g	1.841		0	FLM	4		0.497		
18:3 undifferentiated.....g	0.459		0	FLM	4		0.124		
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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
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 = 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 28 (2015)



NDB No. 08671

Cereals ready-to-eat, GENERAL MILLS, Dulce De Leche CHEERIOS

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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	Measure 1	Measure 2	Measure 3
			of Data	Code	Code			
Points	Code	Code	Code	Code				

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 28 (2015)





NDB No. 08669

Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Chocolate Squares

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 28 (2015)



NDB No. 08651

Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Honey Squares

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 28 (2015)



Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.400		0	MC	9		0.120		
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	0.000		0	FLM	4		0.000		
13:0.....g									
14:0.....g	0.000		0	FLM	4		0.000		
15:0.....g									
16:0.....g	0.374		0	FLM	4		0.112		
17:0.....g									
18:0.....g	0.023		0	FLM	4		0.007		
20:0.....g									
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	0.001		0	FLM	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.496		0	FLM	4		0.149		
20:1.....g	0.007		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	1.290		0	MC	9		0.387		
18:2 undifferentiated.....g	1.221		0	FLM	4		0.366		
18:3 undifferentiated.....g	0.067		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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
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: .5 cup (1 NLEA serving)

\*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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.200		0	MC	9		0.600		
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	0.000		0	FLM	4		0.000		
13:0.....g									
14:0.....g	0.000		0	FLM	4		0.000		
15:0.....g									
16:0.....g	0.893		0	FLM	4		0.446		
17:0.....g									
18:0.....g	0.215		0	FLM	4		0.108		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.090		0	MC	9		1.045		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		0	FLM	4		0.003		
17:1.....g									
18:1 undifferentiated.....g	2.038		0	FLM	4		1.019		
20:1.....g	0.044		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	2.500		0	MC	9		1.250		
18:2 undifferentiated.....g	1.924		0	FLM	4		0.962		
18:3 undifferentiated.....g	0.571		0	FLM	4		0.285		
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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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**Common Measures:**

Measure 1 = 50g: 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 28 (2015)





Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.400		0	MC	9		0.208		
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	0.003		0	FLM	4		0.001		
13:0.....g									
14:0.....g	0.004		0	FLM	4		0.002		
15:0.....g									
16:0.....g	0.353		0	FLM	4		0.184		
17:0.....g									
18:0.....g	0.025		0	FLM	4		0.013		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.200		0	MC	9		0.104		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	FLM	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.197		0	FLM	4		0.103		
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	0.690		0	MC	9		0.359		
18:2 undifferentiated.....g	0.647		0	FLM	4		0.336		
18:3 undifferentiated.....g	0.042		0	FLM	4		0.022		
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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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**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**



NDB No. 08668

Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Nutty Clusters & Almonds

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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 28 (2015)



Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.400		0	MC	9		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	0.000		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									
14:0.....g	0.003		0	FLM	4		0.002		
15:0.....g									
16:0.....g	0.351		0	FLM	4		0.193		
17:0.....g									
18:0.....g	0.026		0	FLM	4		0.015		
20:0.....g									
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	0.005		0	FLM	4		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.194		0	FLM	4		0.107		
20:1.....g	0.001		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		0.330		
18:2 undifferentiated.....g	0.188		0	FLM	4		0.104		
18:3 undifferentiated.....g	0.012		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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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**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. 08268  
 Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.500		0	MC	9		0.165		
4:0.....g	0.000		0	FLM	4		0.000		
6:0.....g	0.000		0	FLM	4		0.000		
8:0.....g	0.000		0	FLM	4		0.000		
10:0.....g	0.000		0	FLM	4		0.000		
12:0.....g	0.000		0	FLM	4		0.000		
13:0.....g									
14:0.....g	0.007		0	FLM	4		0.002		
15:0.....g									
16:0.....g	0.405		0	FLM	4		0.134		
17:0.....g									
18:0.....g	0.066		0	FLM	4		0.022		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.090		0	MC	9		0.690		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009		0	FLM	4		0.003		
17:1.....g									
18:1 undifferentiated.....g	2.062		0	FLM	4		0.681		
20:1.....g	0.019		0	FLM	4		0.006		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.390		0	MC	9		0.459		
18:2 undifferentiated.....g	1.264		0	FLM	4		0.417		
18:3 undifferentiated.....g	0.126		0	FLM	4		0.041		
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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
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 = 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 28 (2015)





Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.100		0	MC	9		0.297		
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	0.020		0	FLM	4		0.005		
13:0.....g									
14:0.....g	0.010		0	FLM	4		0.003		
15:0.....g									
16:0.....g	0.932		0	FLM	4		0.252		
17:0.....g									
18:0.....g	0.059		0	FLM	4		0.016		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.700		0	MC	9		0.459		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009		0	FLM	4		0.002		
17:1.....g									
18:1 undifferentiated.....g	1.691		0	FLM	4		0.457		
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	1.790		0	MC	9		0.483		
18:2 undifferentiated.....g	1.712		0	FLM	4		0.462		
18:3 undifferentiated.....g	0.078		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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
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 = 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 28 (2015)



NDB No. 08679

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

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 28 (2015)



NDB No. 08583

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

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	Deriv Code					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.690		0	MC	9		0.186		
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	0.003		0	FLM	4		0.001		
13:0.....g									
14:0.....g	0.011		0	FLM	4		0.003		
15:0.....g									
16:0.....g	0.589		0	FLM	4		0.159		
17:0.....g									
18:0.....g	0.060		0	FLM	4		0.016		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.790		0	MC	9		0.483		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		0	FLM	4		0.002		
17:1.....g									
18:1 undifferentiated.....g	1.782		0	FLM	4		0.481		
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	1.890		0	MC	9		0.510		
18:2 undifferentiated.....g	1.820		0	FLM	4		0.491		
18:3 undifferentiated.....g	0.070		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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
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 = 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 28 (2015)



Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.400		0	MC	9		0.124		
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	0.000		0	FLM	4		0.000		
13:0.....g									
14:0.....g	0.000		0	FLM	4		0.000		
15:0.....g									
16:0.....g	0.322		0	FLM	4		0.100		
17:0.....g									
18:0.....g	0.058		0	FLM	4		0.018		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.600		0	MC	9		0.496		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0	FLM	4		0.002		
17:1.....g									
18:1 undifferentiated.....g	1.561		0	FLM	4		0.484		
20:1.....g	0.034		0	FLM	4		0.010		
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		0.310		
18:2 undifferentiated.....g	0.831		0	FLM	4		0.258		
18:3 undifferentiated.....g	0.169		0	FLM	4		0.052		
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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
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 = 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 28 (2015)

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
<b>Proximates:</b>									
Water.....g	2.86	0.046	6	A	1		0.80		
Energy.....kcal	376		0	MC	9		105		
Energy.....kJ	1575		0	MC	9		441		
Protein (N x 6.25).....g	8.85	0.077	6	A	1		2.48		
Total lipid (fat).....g	5.00	0.058	6	A	1		1.40		
Ash.....g	3.60	0.039	6	A	1		1.01		
Carbohydrate, by difference.....g	79.69		0	NC	4		22.31		
Fiber, total dietary.....g	7.1		2	A	1		2.0		
Sugars, total.....g	32.89	0.237	3	A	1		9.21		
Sucrose.....g	29.47	0.272	3	A	1		8.25		
Glucose (dextrose).....g	1.73	0.024	3	A	1		0.49		
Fructose.....g	1.69	0.029	3	A	1		0.47		
Lactose.....g	0.00	0.000	3	A	1		0.00		
Maltose.....g	0.00	0.000	3	A	1		0.00		
Galactose.....g	0.00	0.000	3	A	1		0.00		
Starch.....g	35.07	0.145	3	A	1		9.82		
<b>Minerals:</b>									
Calcium, Ca.....mg	425	7.877	6	A	1		119		
Iron, Fe.....mg	20.58	0.487	6	A	1		5.76		
Magnesium, Mg.....mg	90	1.022	6	A	1		25		
Phosphorus, P.....mg	328	3.500	6	A	1		92		
Potassium, K.....mg	412	6.825	6	A	1		115		
Sodium, Na.....mg	566	4.512	6	A	1		159		
Zinc, Zn.....mg	17.17	0.424	6	A	1		4.81		
Copper, Cu.....mg	0.234	0.005	6	A	1		0.065		
Manganese, Mn.....mg	2.190	0.036	6	A	1		0.613		
Selenium, Se.....µg	16.0	0.318	3	A	1		4.5		
<b>Vitamins:</b>									
* Vitamin C, total ascorbic acid.....mg	21.4		0	MC	9		6.0		
Thiamin.....mg	1.917	0.098	3	A	1		0.537		
Riboflavin.....mg	1.867	0.033	3	A	1		0.523		
Niacin.....mg	21.400	0.416	3	A	1		5.992		
Pantothenic acid.....mg	0.730		2	A	1		0.204		
Vitamin B-6.....mg	2.267	0.067	3	A	1		0.635		
Folate, total.....µg	659	38.774	3	A	1		184		
* Folic acid.....µg	640		0	NR	4		179		
Folate, food.....µg	19		0	CAZN	4		5		
Folate, DFE.....µg	1106		0	NC	4		310		
Choline, total.....mg	20.6		0	FLA	4		5.8		
Betaine.....mg									
* Vitamin B-12.....µg	7.50		2	A	1		2.10		
* Vitamin B-12, added.....µg	7.50		0	NR	4		2.10		
Vitamin A, RAE.....µg	834		0	AS	1		234		
Retinol.....µg	834		2	A	1		234		
Carotene, beta.....µg	1		1	A	1		0		
Carotene, alpha.....µg	0		1	A	1		0		
Cryptoxanthin, beta.....µg	0		1	A	1		0		
Vitamin A, IU.....IU	2783		0	AS	1		779		
Lycopene.....µg	0		1	A	1		0		
Lutein + zeaxanthin.....µg	50		1	A	1		14		
Vitamin E (alpha-tocopherol).....mg	0.48	0.029	3	A	1		0.14		
Vitamin E, added.....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta.....mg	0.10	0.006	3	A	1		0.03		
Tocopherol, gamma.....mg	1.10	0.072	3	A	1		0.31		
Tocopherol, delta.....mg	1.02	0.186	3	A	1		0.29		
Tocotrienol, alpha.....mg	0.89	0.074	3	A	1		0.25		
Tocotrienol, beta.....mg	0.87	0.090	3	A	1		0.24		



Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, delta.....mg	0.00	0.000	3	A	1		0.00		
Vitamin D (D2 + D3).....µg	4.6		2	AS	1		1.3		
Vitamin D2 (ergocalciferol).....µg	0.0		2	A	1		0.0		
Vitamin D3 (cholecalciferol).....µg	4.6		2	A	1		1.3		
Vitamin D.....IU	186		2	A	1		52		
Vitamin K (phylloquinone).....µg	2.3		0	FLA	4		0.7		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.529		0	NC	4		0.148		
4:0.....g	0.000	0.000	3	A	1		0.000		
6:0.....g	0.000	0.000	3	A	1		0.000		
8:0.....g	0.000	0.000	3	A	1		0.000		
10:0.....g	0.000	0.000	3	A	1		0.000		
12:0.....g	0.000	0.000	3	A	1		0.000		
13:0.....g									
14:0.....g	0.009	0.000	3	A	1		0.002		
15:0.....g	0.002	0.000	3	A	1		0.001		
16:0.....g	0.452	0.004	3	A	1		0.126		
17:0.....g	0.002	0.000	3	A	1		0.000		
18:0.....g	0.055	0.001	3	A	1		0.015		
20:0.....g	0.005	0.000	3	A	1		0.001		
22:0.....g	0.002	0.000	3	A	1		0.001		
24:0.....g	0.003	0.000	3	A	1		0.001		
Fatty acids, total monounsaturated.....g	1.104		0	NC	4		0.309		
14:1.....g	0.000	0.000	3	A	1		0.000		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.005	0.000	3	AS	1		0.001		
16:1 c.....g	0.005	0.000	3	A	1		0.001		
16:1 t.....g	0.000	0.000	3	A	1		0.000		
17:1.....g	0.001	0.000	3	A	1		0.000		
18:1 undifferentiated.....g	1.068	0.024	3	AS	1		0.299		
18:1 c.....g	1.065	0.022	3	A	1		0.298		
18:1 t.....g	0.003	0.001	3	A	1		0.001		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.024	0.000	3	A	1		0.007		
22:1 undifferentiated.....g	0.002	0.000	3	AS	1		0.001		
22:1 c.....g	0.002	0.000	3	A	1		0.001		
22:1 t.....g	0.000	0.000	3	A	1		0.000		
24:1 c.....g	0.004	0.000	3	A	1		0.001		
Fatty acids, total polyunsaturated.....g	1.024		0	NC	4		0.287		
18:2 undifferentiated.....g	0.989	0.013	3	AS	1		0.277		
18:2 n-6 c,c.....g	0.987	0.013	3	A	1		0.276		
18:2 CLAs.....g	0.000	0.000	3	A	1		0.000		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.002	0.000	3	A	1		0.000		
18:3 undifferentiated.....g	0.035	0.000	3	AS	1		0.010		
18:3 n-3 c,c,c (ALA).....g	0.035	0.000	3	A	1		0.010		
18:3 n-6 c,c,c.....g	0.001	0.000	3	A	1		0.000		
18:3i.....g	0.000	0.000	3	A	1		0.000		
18:4.....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c.....g	0.000	0.000	3	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	3	AS	1		0.000		
20:3 n-3.....g	0.000	0.000	3	A	1		0.000		
20:3 n-6.....g	0.000	0.000	3	A	1		0.000		
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000		
21:5.....g									
22:4.....g	0.000	0.000	3	A	1		0.000		
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1		0.000		

NDB No. 08045

Cereals ready-to-eat, GENERAL MILLS, HONEY NUT 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			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1	0.000		
Fatty acids, total trans.....g	0.004		0	NC	4	0.001		
Fatty acids, total trans-monoenoic.....g	0.003		0	NC	4	0.001		
Fatty acids, total trans-polyenoic.....g	0.002		0	NC	4	0.000		
Cholesterol.....mg	0		0	MC	9	0		
Phytosterols.....mg								
<b>Others:</b>								
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 = 28g: .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 28 (2015)



NDB No. 08670

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

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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	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code			

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 28 (2015)



Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.500		0	MC	9		0.285		
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	0.004		0	FLM	4		0.002		
13:0.....g									
14:0.....g	0.003		0	FLM	4		0.002		
15:0.....g									
16:0.....g	0.453		0	FLM	4		0.258		
17:0.....g									
18:0.....g	0.025		0	FLM	4		0.015		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.200		0	MC	9		0.114		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	FLM	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.197		0	FLM	4		0.112		
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	0.400		0	MC	9		0.228		
18:2 undifferentiated.....g	0.376		0	FLM	4		0.214		
18:3 undifferentiated.....g	0.024		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	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
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 = 57g: 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. 08643

Cereals ready-to-eat, GENERAL MILLS, Honey 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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.535		0	FLM	4		0.177		
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	0.000		0	FLM	4		0.000		
13:0.....g									
14:0.....g	0.000		0	FLM	4		0.000		
15:0.....g									
16:0.....g	0.455		0	FLM	4		0.150		
17:0.....g									
18:0.....g	0.062		0	FLM	4		0.021		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.002		0	FLM	4		0.331		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0	FLM	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.998		0	FLM	4		0.329		
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		0.495		
18:2 undifferentiated.....g	1.456		0	FLM	4		0.480		
18:3 undifferentiated.....g	0.044		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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

Measure 1 = 33g: 1.25 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 28 (2015)





Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.500		0	FLM	4		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	0.000		0	FLM	4		0.000		
10:0.....g	0.000		0	FLM	4		0.000		
12:0.....g	0.001		0	FLM	4		0.000		
13:0.....g									
14:0.....g	0.001		0	FLM	4		0.000		
15:0.....g									
16:0.....g	0.418		0	FLM	4		0.134		
17:0.....g									
18:0.....g	0.065		0	FLM	4		0.021		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.500		0	FLM	4		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	0.497		0	FLM	4		0.159		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.001		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.000		0	FLM	4		0.320		
18:2 undifferentiated.....g	0.972		0	FLM	4		0.311		
18:3 undifferentiated.....g	0.028		0	FLM	4		0.009		
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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		

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

**Common Measures:**

Measure 1 = 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 28 (2015)



Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
* Vitamin D (D2 + D3).....µg	3.3		0	NR	4		1.0		
* Vitamin D.....IU	133		0	MC	9		40		
Vitamin K (phylloquinone).....µg	0.2		0	FLM	4		0.1		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.576		0	NC	4		0.173		
4:0.....g	0.000		0	FLA	4		0.000		
6:0.....g	0.000		1	A	1	D	0.000		
8:0.....g	0.005		1	A	1	D	0.001		
10:0.....g	0.029		1	A	1	D	0.009		
12:0.....g	0.000		1	A	1	D	0.000		
13:0.....g									
14:0.....g	0.009		1	A	1	D	0.003		
15:0.....g	0.002		1	A	1	D	0.001		
16:0.....g	0.434		1	A	1	D	0.130		
17:0.....g	0.002		1	A	1	D	0.001		
18:0.....g	0.081		1	A	1	D	0.024		
20:0.....g	0.009		1	A	1	D	0.003		
22:0.....g	0.005		1	A	1	D	0.001		
24:0.....g	0.000		1	A	1	D	0.000		
Fatty acids, total monounsaturated.....g	0.990		0	NC	4		0.297		
14:1.....g	0.000		1	A	1	D	0.000		
15:1.....g	0.000		1	A	1	D	0.000		
16:1 undifferentiated.....g	0.007		0	AS	1		0.002		
16:1 c.....g	0.007		1	A	1	D	0.002		
16:1 t.....g	0.000		1	A	1	D	0.000		
17:1.....g	0.000		1	A	1	D	0.000		
18:1 undifferentiated.....g	0.967		0	AS	1		0.290		
18:1 c.....g	0.947		1	A	1	D	0.284		
18:1 t.....g	0.020		1	A	1	D	0.006		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.014		1	A	1	D	0.004		
22:1 undifferentiated.....g	0.000		0	AS	1		0.000		
22:1 c.....g	0.000		1	A	1	D	0.000		
22:1 t.....g	0.000		1	A	1	D	0.000		
24:1 c.....g	0.002		1	A	1	D	0.001		
Fatty acids, total polyunsaturated.....g	1.277		0	NC	4		0.383		
18:2 undifferentiated.....g	1.214		0	AS	1		0.364		
18:2 n-6 c,c.....g	1.210		1	A	1	D	0.363		
18:2 CLAs.....g	0.000		1	A	1	D	0.000		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.005		1	A	1	D	0.001		
18:3 undifferentiated.....g	0.040		0	AS	1		0.012		
18:3 n-3 c,c,c (ALA).....g	0.040		1	A	1	D	0.012		
18:3 n-6 c,c,c.....g	0.000		1	A	1	D	0.000		
18:3i.....g									
18:4.....g	0.000		1	A	1	D	0.000		
20:2 n-6 c,c.....g	0.000		1	A	1	D	0.000		
20:3 undifferentiated.....g	0.000		0	AS	1		0.000		
20:3 n-3.....g	0.000		1	A	1	D	0.000		
20:3 n-6.....g	0.000		1	A	1	D	0.000		
20:4 undifferentiated.....g	0.000		1	A	1	D	0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.016		1	A	1	D	0.005		
21:5.....g									
22:4.....g	0.000		1	A	1	D	0.000		
22:5 n-3 (DPA).....g	0.005		1	A	1	D	0.001		
22:6 n-3 (DHA).....g	0.000		1	A	1	D	0.000		
Fatty acids, total trans.....g	0.025		0	NC	4		0.007		
Fatty acids, total trans-monoenoic.....g	0.020		0	NC	4		0.006		

NDB No. 08048

Cereals ready-to-eat, GENERAL MILLS, KIX

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.005		0	NC	4		0.001		
Cholesterol.....mg	0		0	FLA	4		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.062		0	A	1		0.019		
Threonine.....g	0.279		0	A	1		0.084		
Isoleucine.....g	0.258		0	A	1		0.078		
Leucine.....g	0.971		0	A	1		0.291		
Lysine.....g	0.176		0	A	1		0.053		
Methionine.....g	0.134		0	A	1		0.040		
Cystine.....g	0.134		0	A	1		0.040		
Phenylalanine.....g	0.413		0	A	1		0.124		
Tyrosine.....g	0.269		0	A	1		0.081		
Valine.....g	0.331		0	A	1		0.099		
Arginine.....g	0.248		0	A	1		0.074		
Histidine.....g	0.186		0	A	1		0.056		
Alanine.....g	0.579		0	A	1		0.174		
Aspartic acid.....g	0.548		0	A	1		0.164		
Glutamic acid.....g	1.736		0	A	1		0.521		
Glycine.....g	0.300		0	A	1		0.090		
Proline.....g	0.630		0	A	1		0.189		
Serine.....g	0.413		0	A	1		0.124		
Hydroxyproline.....g									
<b><u>Others:</u></b>									
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 = 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 28 (2015)

NDB No. 08050

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

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
<b>Proximates:</b>									
Water.....g	4.15	0.140	6	A	1		1.12		
Energy.....kcal	380		0	MC	9		103		
Energy.....kJ	1590		0	MC	9		429		
Protein (N x 6.25).....g	7.67	0.111	6	A	1		2.07		
Total lipid (fat).....g	5.02	0.140	6	A	1		1.35		
Ash.....g	2.27	0.038	6	A	1		0.61		
Carbohydrate, by difference.....g	80.89		0	NC	4		21.84		
Fiber, total dietary.....g	5.0	0.145	3	A	1		1.4		
Sugars, total.....g	36.13	0.470	3	A	1		9.76		
Sucrose.....g	28.90	0.451	3	A	1		7.80		
Glucose (dextrose).....g	4.70	0.000	3	A	1		1.27		
Fructose.....g	0.80	0.000	3	A	1		0.22		
Lactose.....g	0.00	0.000	3	A	1		0.00		
Maltose.....g	1.73	0.033	3	A	1		0.47		
Galactose.....g	0.00	0.000	3	A	1		0.00		
Starch.....g	37.17	0.467	3	A	1		10.03		
<b>Minerals:</b>									
* Calcium, Ca.....mg	434	5.615	6	A	1		117		
* Iron, Fe.....mg	22.27	0.665	6	A	1		6.01		
Magnesium, Mg.....mg	74	1.427	6	A	1		20		
Phosphorus, P.....mg	289	4.367	6	A	1		78		
Potassium, K.....mg	222	4.191	6	A	1		60		
Sodium, Na.....mg	648	9.454	6	A	1		175		
* Zinc, Zn.....mg	18.62	0.574	6	A	1		5.03		
Copper, Cu.....mg	0.213	0.003	6	A	1		0.057		
Manganese, Mn.....mg	2.173	0.040	6	A	1		0.587		
Selenium, Se.....µg	14.6	0.561	3	A	1		3.9		
<b>Vitamins:</b>									
* Vitamin C, total ascorbic acid.....mg	26.6		1	A	1		7.2		
* Thiamin.....mg	1.737		1	A	1		0.469		
* Riboflavin.....mg	1.723		1	A	1		0.465		
* Niacin.....mg	25.300		1	A	1		6.831		
Pantothenic acid.....mg	0.439		0	FLA	4		0.118		
* Vitamin B-6.....mg	3.010		1	A	1		0.813		
* Folate, total.....µg	741		0	MC	9		200		
* Folic acid.....µg	722		0	NR	4		195		
Folate, food.....µg	19		0	CAZN	4		5		
Folate, DFE.....µg	1246		0	NC	4		337		
Choline, total.....mg	16.1		0	AS	1		4.3		
Betaine.....mg	15.2		1	A	1		4.1		
* Vitamin B-12.....µg	6.80		1	A	1		1.84		
* Vitamin B-12, added.....µg	6.80		0	NR	4		1.84		
Vitamin A, RAE.....µg	847		0	AS	1		229		
Retinol.....µg	847		1	A	1		229		
Carotene, beta.....µg	0		0	FLA	4		0		
Carotene, alpha.....µg	0		0	FLA	4		0		
Cryptoxanthin, beta.....µg	0		0	FLA	4		0		
* Vitamin A, IU.....IU	2823		0	AS	1		762		
Lycopene.....µg	0		0	FLA	4		0		
Lutein + zeaxanthin.....µg	92		0	FLA	4		25		
Vitamin E (alpha-tocopherol).....mg	0.45		1	A	1		0.12		
Vitamin E, added.....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta.....mg	0.13		1	A	1		0.04		
Tocopherol, gamma.....mg	1.92		1	A	1		0.52		
Tocopherol, delta.....mg	0.80		1	A	1		0.22		
Tocotrienol, alpha.....mg	0.63		1	A	1		0.17		
Tocotrienol, beta.....mg	0.09		1	A	1		0.02		

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.03		1	A	1		0.01		
Tocotrienol, delta.....mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3).....µg	3.9		6	AS	1		1.1		
Vitamin D2 (ergocalciferol).....µg	0.0	0.000	6	A	1		0.0		
Vitamin D3 (cholecalciferol).....µg	3.9	0.043	6	A	1		1.1		
* Vitamin D.....µg	156	1.705	6	A	1		42		
Vitamin K (phylloquinone).....µg	1.4		0	FLA	4		0.4		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.885		0	NC	4		0.239		
4:0.....g	0.000	0.000	3	A	1		0.000		
6:0.....g	0.000	0.000	3	A	1		0.000		
8:0.....g	0.000	0.000	3	A	1		0.000		
10:0.....g	0.000	0.000	3	A	1		0.000		
12:0.....g	0.000	0.000	3	A	1		0.000		
13:0.....g									
14:0.....g	0.011	0.001	3	A	1		0.003		
15:0.....g	0.000	0.000	3	A	1		0.000		
16:0.....g	0.762	0.010	3	A	1		0.206		
17:0.....g	0.002	0.000	3	A	1		0.001		
18:0.....g	0.090	0.004	3	A	1		0.024		
20:0.....g	0.008	0.001	3	A	1		0.002		
22:0.....g	0.005	0.001	3	A	1		0.001		
24:0.....g	0.007	0.000	3	A	1		0.002		
Fatty acids, total monounsaturated.....g	1.586		0	NC	4		0.428		
14:1.....g	0.000	0.000	3	A	1		0.000		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.007	0.000	3	AS	1		0.002		
16:1 c.....g	0.007	0.000	3	A	1		0.002		
16:1 t.....g	0.000	0.000	3	A	1		0.000		
17:1.....g	0.000	0.000	3	A	1		0.000		
18:1 undifferentiated.....g	1.547	0.030	3	AS	1		0.418		
18:1 c.....g	1.543	0.029	3	A	1		0.417		
18:1 t.....g	0.004	0.002	3	A	1		0.001		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.029	0.000	3	A	1		0.008		
22:1 undifferentiated.....g	0.002	0.000	3	AS	1		0.001		
22:1 c.....g	0.002	0.000	3	A	1		0.001		
22:1 t.....g	0.000	0.000	3	A	1		0.000		
24:1 c.....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total polyunsaturated.....g	1.542		0	NC	4		0.416		
18:2 undifferentiated.....g	1.495	0.023	3	AS	1		0.404		
18:2 n-6 c,c.....g	1.486	0.022	3	A	1		0.401		
18:2 CLAs.....g	0.001	0.001	3	A	1		0.000		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.009	0.000	3	A	1		0.002		
18:3 undifferentiated.....g	0.044	0.001	3	AS	1		0.012		
18:3 n-3 c,c,c (ALA).....g	0.044	0.001	3	A	1		0.012		
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1		0.000		
18:3i.....g									
18:4.....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c.....g	0.000	0.000	3	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	3	AS	1		0.000		
20:3 n-3.....g	0.000	0.000	3	A	1		0.000		
20:3 n-6.....g	0.000	0.000	3	A	1		0.000		
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000		
21:5.....g									
22:4.....g	0.003	0.002	3	A	1		0.001		
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1		0.000		

NDB No. 08050

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

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			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1	0.000		
Fatty acids, total trans.....g	0.013		0	NC	4	0.003		
Fatty acids, total trans-monoenoic.....g	0.004		0	NC	4	0.001		
Fatty acids, total trans-polyenoic.....g	0.009		0	NC	4	0.002		
Cholesterol.....mg	0		0	MC	9	0		
Phytosterols.....mg								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	Z	7	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 = 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 28 (2015)





NDB No. 08682

Cereals ready-to-eat, GENERAL MILLS, Multi Grain CHEERIOS, Peanut Butter

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: .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 28 (2015)



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
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.890		0	MC	9		0.258		
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	0.007		0	FLM	4		0.002		
13:0.....g									
14:0.....g	0.004		0	FLM	4		0.001		
15:0.....g									
16:0.....g	0.742		0	FLM	4		0.215		
17:0.....g									
18:0.....g	0.086		0	FLM	4		0.025		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.200		0	MC	9		0.348		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0	FLM	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	1.181		0	FLM	4		0.342		
20:1.....g	0.013		0	FLM	4		0.004		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.700		0	MC	9		0.493		
18:2 undifferentiated.....g	1.536		0	FLM	4		0.445		
18:3 undifferentiated.....g	0.165		0	FLM	4		0.048		
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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
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 = 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 28 (2015)



Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.890		0	MC	9		0.490		
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	0.010		0	FLM	4		0.005		
13:0.....g									
14:0.....g	0.006		0	FLM	4		0.004		
15:0.....g									
16:0.....g	0.680		0	FLM	4		0.374		
17:0.....g									
18:0.....g	0.156		0	FLM	4		0.086		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.100		0	MC	9		1.155		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.013		0	FLM	4		0.007		
17:1.....g									
18:1 undifferentiated.....g	2.087		0	FLM	4		1.148		
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	MC	9		0.765		
18:2 undifferentiated.....g	1.361		0	FLM	4		0.749		
18:3 undifferentiated.....g	0.029		0	FLM	4		0.016		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		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 = 55g: .667 cup (1 NLEA serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

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Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.100		0	MC	9		0.660		
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		0.009		
13:0.....g									
14:0.....g	0.008		0	FLM	4		0.005		
15:0.....g									
16:0.....g	0.932		0	FLM	4		0.559		
17:0.....g	0.000		0	FLM	4		0.000		
18:0.....g	0.084		0	FLM	4		0.050		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.100		0	MC	9		1.860		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.019		0	FLM	4		0.012		
17:1.....g									
18:1 undifferentiated.....g	3.078		0	FLM	4		1.847		
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	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated.....g	2.200		0	MC	9		1.320		
18:2 undifferentiated.....g	2.124		0	FLM	4		1.274		
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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
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 = 60g: 1 cup (1 NLEA serving)

\*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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.800		0	MC	9		0.496		
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	0.012		0	FLM	4		0.007		
13:0.....g									
14:0.....g	0.006		0	FLM	4		0.004		
15:0.....g									
16:0.....g	0.690		0	FLM	4		0.428		
17:0.....g									
18:0.....g	0.044		0	FLM	4		0.027		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.300		0	MC	9		0.806		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.014		0	FLM	4		0.009		
17:1.....g									
18:1 undifferentiated.....g	1.283		0	FLM	4		0.795		
20:1.....g	0.003		0	FLM	4		0.002		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.500		0	MC	9		0.930		
18:2 undifferentiated.....g	1.427		0	FLM	4		0.885		
18:3 undifferentiated.....g	0.072		0	FLM	4		0.045		
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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		

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**Common Measures:**

Measure 1 = 62g: 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 28 (2015)



NDB No. 08637

Cereals ready-to-eat, GENERAL MILLS, Oat Cluster CHEERIOS 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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.000		0	MC	9		0.270		
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	0.017		0	FLM	4		0.005		
13:0.....g									
14:0.....g	0.009		0	FLM	4		0.002		
15:0.....g									
16:0.....g	0.848		0	FLM	4		0.229		
17:0.....g									
18:0.....g	0.056		0	FLM	4		0.015		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.600		0	MC	9		0.432		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		0	FLM	4		0.002		
17:1.....g									
18:1 undifferentiated.....g	1.592		0	FLM	4		0.430		
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		0.486		
18:2 undifferentiated.....g	1.721		0	FLM	4		0.465		
18:3 undifferentiated.....g	0.079		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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		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 = 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 28 (2015)



NDB No. 08634

Cereals ready-to-eat, GENERAL MILLS, PEANUT BUTTER TOAST CRUNCH

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 28 (2015)



NDB No. 08261  
 Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.000		0	MC	9		0.490		
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	0.000		0	FLM	4		0.000		
13:0.....g									
14:0.....g	0.002		0	FLM	4		0.001		
15:0.....g									
16:0.....g	0.790		0	FLM	4		0.387		
17:0.....g									
18:0.....g	0.199		0	FLM	4		0.098		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.000		0	MC	9		0.980		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		0	FLM	4		0.010		
17:1.....g									
18:1 undifferentiated.....g	1.974		0	FLM	4		0.967		
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	2.000		0	MC	9		0.980		
18:2 undifferentiated.....g	1.908		0	FLM	4		0.935		
18:3 undifferentiated.....g	0.088		0	FLM	4		0.043		
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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g	0.400		0	MC	9		0.196		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		

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

**Common Measures:**

Measure 1 = 49g: .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 28 (2015)





Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.100		0	MC	9		0.609		
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	0.019		0	FLM	4		0.006		
13:0.....g									
14:0.....g	0.032		0	FLM	4		0.009		
15:0.....g									
16:0.....g	1.248		0	FLM	4		0.362		
17:0.....g									
18:0.....g	0.405		0	FLM	4		0.117		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.700		0	MC	9		1.363		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0	FLM	4		0.002		
17:1.....g									
18:1 undifferentiated.....g	4.598		0	FLM	4		1.333		
20:1.....g	0.097		0	FLM	4		0.028		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.700		0	MC	9		1.073		
18:2 undifferentiated.....g	3.445		0	FLM	4		0.999		
18:3 undifferentiated.....g	0.255		0	FLM	4		0.074		
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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g	0.100		0	MC	9		0.029		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	3		0	FLM	4		1		
Theobromine.....mg	29		0	FLM	4		8		

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**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**



NDB No. 08370

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

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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 bowl (3/4 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 28 (2015)



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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.500		0	MC	9		0.135		
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	0.002		0	FLM	4		0.001		
13:0.....g									
14:0.....g	0.010		0	FLM	4		0.003		
15:0.....g									
16:0.....g	0.431		0	FLM	4		0.116		
17:0.....g									
18:0.....g	0.042		0	FLM	4		0.011		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.600		0	MC	9		0.162		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.006		0	FLM	4		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.594		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	0.690		0	MC	9		0.186		
18:2 undifferentiated.....g	0.648		0	FLM	4		0.175		
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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
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 = 27g: 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 28 (2015)



Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.400		0	MC	9		0.212		
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	0.000		0	FLM	4		0.000		
13:0.....g									
14:0.....g	0.002		0	FLM	4		0.001		
15:0.....g									
16:0.....g	0.275		0	FLM	4		0.146		
17:0.....g									
18:0.....g	0.014		0	FLM	4		0.007		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.300		0	MC	9		0.159		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.021		0	FLM	4		0.011		
17:1.....g									
18:1 undifferentiated.....g	0.241		0	FLM	4		0.128		
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	0.725		0	FLM	4		0.384		
18:3 undifferentiated.....g	0.075		0	FLM	4		0.040		
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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g	0.100		0	MC	9		0.053		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
<b>Others:</b>									
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 = 53g: 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 28 (2015)





Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.500		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	0.000		0	FLM	4		0.000		
10:0.....g	0.000		0	FLM	4		0.000		
12:0.....g	0.001		0	FLM	4		0.000		
13:0.....g									
14:0.....g	0.000		0	FLM	4		0.000		
15:0.....g									
16:0.....g	0.380		0	FLM	4		0.122		
17:0.....g									
18:0.....g	0.088		0	FLM	4		0.028		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.790		0	MC	9		0.573		
14:1.....g	0.000		0	FLM	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.006		0	FLM	4		0.002		
17:1.....g									
18:1 undifferentiated.....g	1.758		0	FLM	4		0.563		
20:1.....g	0.025		0	FLM	4		0.008		
22:1 undifferentiated.....g	0.001		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.390		0	MC	9		0.445		
18:2 undifferentiated.....g	1.213		0	FLM	4		0.388		
18:3 undifferentiated.....g	0.177		0	FLM	4		0.057		
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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
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 = 32g: 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. 08089  
 Cereals ready-to-eat, GENERAL MILLS, WHEATIES

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.500		0	MC	9		0.135		
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	0.000		0	FLM	4		0.000		
13:0.....g									
14:0.....g	0.000		0	FLM	4		0.000		
15:0.....g									
16:0.....g	0.477		0	FLM	4		0.129		
17:0.....g									
18:0.....g	0.023		0	FLM	4		0.006		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.400		0	MC	9		0.108		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.386		0	FLM	4		0.104		
20:1.....g	0.014		0	FLM	4		0.004		
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		0.324		
18:2 undifferentiated.....g	1.125		0	FLM	4		0.304		
18:3 undifferentiated.....g	0.075		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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
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 = 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 28 (2015)



Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.400		0	MC	9		0.188		
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	0.000		0	FLM	4		0.000		
13:0.....g									
14:0.....g	0.000		0	FLM	4		0.000		
15:0.....g									
16:0.....g	0.381		0	FLM	4		0.179		
17:0.....g									
18:0.....g	0.019		0	FLM	4		0.009		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.300		0	MC	9		0.141		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.290		0	FLM	4		0.136		
20:1.....g	0.010		0	FLM	4		0.005		
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		0.470		
18:2 undifferentiated.....g	0.937		0	FLM	4		0.440		
18:3 undifferentiated.....g	0.063		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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
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 = 47g: .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 28 (2015)



Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.600		0	MC	9		0.180		
4:0.....g	0.000		0	FLM	4		0.000		
6:0.....g	0.000		0	FLM	4		0.000		
8:0.....g	0.016		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									
14:0.....g	0.000		0	FLM	4		0.000		
15:0.....g									
16:0.....g	0.572		0	FLM	4		0.172		
17:0.....g									
18:0.....g	0.028		0	FLM	4		0.008		
20:0.....g									
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	0.000		0	FLM	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.290		0	FLM	4		0.087		
20:1.....g	0.010		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	0.800		0	MC	9		0.240		
18:2 undifferentiated.....g	0.750		0	FLM	4		0.225		
18:3 undifferentiated.....g	0.050		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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g	0.100		0	MC	9		0.030		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
<b>Others:</b>									
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 28 (2015)





Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.261		0	FLC	4		0.081		
4:0.....g	0.000		0	FLM	4		0.000		
6:0.....g	0.000		0	FLM	4		0.000		
8:0.....g	0.002		0	FLM	4		0.000		
10:0.....g	0.000		0	FLM	4		0.000		
12:0.....g	0.003		0	FLM	4		0.001		
13:0.....g									
14:0.....g	0.003		0	FLM	4		0.001		
15:0.....g									
16:0.....g	0.224		0	FLM	4		0.069		
17:0.....g									
18:0.....g	0.014		0	FLM	4		0.004		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.244		0	FLC	4		0.076		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0	FLM	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.241		0	FLM	4		0.075		
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	0.610		0	FLC	4		0.189		
18:2 undifferentiated.....g	0.574		0	FLM	4		0.178		
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	0.001		0	FLM	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	LC	8		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		

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**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**

NDB No. 08537

Cereals ready-to-eat, KASHI 7 Whole Grain Flakes

Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	3.30		0	MC	9		1.65		
Energy.....kcal	337		0	MC	9		169		
Energy.....kJ	1410		0	MC	9		705		
Protein (N x 6.25).....g	11.00		0	MC	9		5.50		
Total lipid (fat).....g	1.50		0	MC	9		0.75		
Ash.....g	1.85		0	MC	9		0.93		
Carbohydrate, by difference.....g	81.40		0	MC	9		40.70		
Fiber, total dietary.....g	11.8		0	MC	9		5.9		
Sugars, total.....g	11.30		0	MC	9		5.65		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	29		0	MC	9		14		
Iron, Fe.....mg	2.90		0	MC	9		1.45		
Magnesium, Mg.....mg	75		0	MC	9		38		
Phosphorus, P.....mg	174		0	MC	9		87		
Potassium, K.....mg	244		0	MC	9		122		
Sodium, Na.....mg	291		0	MC	9		146		
Zinc, Zn.....mg	1.50		0	MC	9		0.75		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.290		0	MC	9		0.145		
Riboflavin.....mg	0.100		0	MC	9		0.050		
Niacin.....mg	4.200		0	MC	9		2.100		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.200		0	MC	9		0.100		
Folate, total.....µg	1		0	MC	9		1		
Folic acid.....µg									
Folate, food.....µg	1		0	MC	9		1		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	6		0	MC	9		3		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.67		0	MC	9		0.34		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.300		0	MC	9		0.150		

NDB No. 08537

Cereals ready-to-eat, KASHI 7 Whole Grain Flakes

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number			Source Code	Confidence Code	<u>measures of food</u>		
			of Data Points	Deriv Code				Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.400		0	MC	9		0.200			
Fatty acids, total polyunsaturated.....g	0.600		0	MC	9		0.300			
Fatty acids, total trans.....g	0.000		0	MC	9		0.000			
Cholesterol.....mg	0		0	MC	9		0			
Phytosterols.....mg										

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

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.359		0	FLM	4		0.108		
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		0.003		
10:0.....g	0.000		0	FLM	4		0.000		
12:0.....g	0.004		0	FLM	4		0.001		
13:0.....g									
14:0.....g	0.004		0	FLM	4		0.001		
15:0.....g									
16:0.....g	0.320		0	FLM	4		0.096		
17:0.....g									
18:0.....g	0.022		0	FLM	4		0.007		
20:0.....g									
22:0.....g									
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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
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: 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. 08567

Cereals ready-to-eat, KASHI 7 Whole Grain Nuggets

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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

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

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)





Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.463		0	FLM	4		0.088		
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		0.001		
10:0.....g	0.001		0	FLM	4		0.000		
12:0.....g	0.004		0	FLM	4		0.001		
13:0.....g									
14:0.....g	0.006		0	FLM	4		0.001		
15:0.....g									
16:0.....g	0.398		0	FLM	4		0.076		
17:0.....g									
18:0.....g	0.028		0	FLM	4		0.005		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.580		0	FLM	4		0.110		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		0	FLM	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.563		0	FLM	4		0.107		
20:1.....g	0.005		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	1.053		0	FLM	4		0.200		
18:2 undifferentiated.....g	0.985		0	FLM	4		0.187		
18:3 undifferentiated.....g	0.069		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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
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 = 19g: 1 cup (1 NLEA serving)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 08 Breakfast Cereals**

NDB No. 08608

Cereals ready-to-eat, KASHI Berry Blossom

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
<b>Proximates:</b>									
Water.....g	2.50		0	MC	9		0.75		
Energy.....kcal	322		0	MC	9		97		
Energy.....kJ	1347		0	MC	9		404		
Protein (N x 6.25).....g	7.50		0	MC	9		2.25		
Total lipid (fat).....g	3.00		0	MC	9		0.90		
Ash.....g	3.90		0	MC	9		1.17		
Carbohydrate, by difference.....g	83.09		0	MC	9		24.93		
Fiber, total dietary.....g	18.9		0	MC	9		5.7		
Sugars, total.....g	23.39		0	MC	9		7.02		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	35		0	MC	9		11		
Iron, Fe.....mg	3.20		0	MC	9		0.96		
Magnesium, Mg.....mg	87		0	MC	9		26		
Phosphorus, P.....mg	188		0	MC	9		56		
Potassium, K.....mg	250		0	MC	9		75		
Sodium, Na.....mg	419		0	MC	9		126		
Zinc, Zn.....mg	1.60		0	MC	9		0.48		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	6.0		0	MC	9		1.8		
Thiamin.....mg	0.280		0	MC	9		0.084		
Riboflavin.....mg	0.150		0	MC	9		0.045		
Niacin.....mg	3.200		0	MC	9		0.960		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.070		0	MC	9		0.021		
Folate, total.....µg	11		0	MC	9		3		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	11		0	MC	9		3		
Folate, DFE.....µg	11		0	NC	4		3		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	85		0	MC	9		26		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.400		0	MC	9				

NDB No. 08608

Cereals ready-to-eat, KASHI Berry Blossom

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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 Code	<u>measures of food</u>			
			of Data Points	Code		Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.400			MC	9		0.120		
Fatty acids, total monounsaturated.....g	0.890		0	MC	9		0.267		
Fatty acids, total polyunsaturated.....g	1.390		0	MC	9		0.417		
Fatty acids, total trans.....g	0.000		0	MC	9		0.000		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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**Common Measures:**

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

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 08560

Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.000		0	MC	9		0.530		
4:0.....g	0.000		0	FLM	4		0.000		
6:0.....g	0.000		0	FLM	4		0.000		
8:0.....g	0.002		0	FLM	4		0.001		
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	0.007		0	FLM	4		0.004		
15:0.....g									
16:0.....g	0.553		0	FLM	4		0.293		
17:0.....g									
18:0.....g	0.113		0	FLM	4		0.060		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.400		0	MC	9		2.332		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.035		0	FLM	4		0.019		
17:1.....g									
18:1 undifferentiated.....g	4.352		0	FLM	4		2.307		
20:1.....g	0.012		0	FLM	4		0.006		
22:1 undifferentiated.....g	0.001		0	FLM	4		0.001		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.700		0	MC	9		1.961		
18:2 undifferentiated.....g	2.337		0	FLM	4		1.239		
18:3 undifferentiated.....g	1.363		0	FLM	4		0.722		
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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
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 = 53g: .67 Cup (1 NLEA serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 08393  
Cereals ready-to-eat, KASHI GOLEAN

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.400		0	MC	9		0.208		
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		0.001		
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									
16:0.....g	0.323		0	FLM	4		0.168		
17:0.....g									
18:0.....g	0.051		0	FLM	4		0.026		
20:0.....g	0.001		0	FLM	4		0.000		
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.300		0	MC	9		0.156		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0	FLM	4		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.285		0	FLM	4		0.148		
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	MC	9		0.359		
18:2 undifferentiated.....g	0.630		0	FLM	4		0.328		
18:3 undifferentiated.....g	0.048		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	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
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 (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 28 (2015)





NDB No. 08649

Cereals ready-to-eat, KASHI GOLEAN CRISP Cinnamon Crumble

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: .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 28 (2015)



NDB No. 08589

Cereals ready-to-eat, KASHI GOLEAN CRISP Toasted Berry Crumble

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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	Measure 1	Measure 2	Measure 3
			of Data	Code	Code			
			Points	Code	Code			

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: .75 cup (1 NLEA serving)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.800		0	MC	9		0.424		
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		0.001		
10:0.....g	0.000		0	FLM	4		0.000		
12:0.....g	0.004		0	FLM	4		0.002		
13:0.....g									
14:0.....g	0.011		0	FLM	4		0.006		
15:0.....g									
16:0.....g	0.638		0	FLM	4		0.338		
17:0.....g									
18:0.....g	0.100		0	FLM	4		0.053		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.400		0	MC	9		1.272		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.015		0	FLM	4		0.008		
17:1.....g									
18:1 undifferentiated.....g	2.354		0	FLM	4		1.248		
20:1.....g	0.030		0	FLM	4		0.016		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.090		0	MC	9		1.108		
18:2 undifferentiated.....g	1.798		0	FLM	4		0.953		
18:3 undifferentiated.....g	0.293		0	FLM	4		0.155		
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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
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 = 53g: .75 Cup (1 NLEA serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 08705

Cereals ready-to-eat, KASHI GOLEAN Vanilla Graham Clusters

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
<b>Proximates:</b>									
Water.....g	3.00		0	MC	9		1.53		
Energy.....kcal	330		0	MC	9		168		
Energy.....kJ	1381		0	MC	9		704		
Protein (N x 6.25).....g	21.50		0	MC	9		10.97		
Total lipid (fat).....g	2.59		0	MC	9		1.32		
Ash.....g	2.79		0	MC	9		1.42		
Carbohydrate, by difference.....g	70.09		0	MC	9		35.75		
Fiber, total dietary.....g	17.3		0	MC	9		8.8		
Sugars, total.....g	17.79		0	MC	9		9.07		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	105		0	MC	9		54		
Iron, Fe.....mg	5.30		0	MC	9		2.70		
Magnesium, Mg.....mg	76		0	MC	9		39		
Phosphorus, P.....mg	226		0	MC	9		115		
Potassium, K.....mg	695		0	MC	9		354		
Sodium, Na.....mg	166		0	MC	9		85		
Zinc, Zn.....mg	1.39		0	MC	9		0.71		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.180		0	MC	9		0.092		
Riboflavin.....mg	0.090		0	MC	9		0.046		
Niacin.....mg	0.890		0	MC	9		0.454		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.100		0	MC	9		0.051		
Folate, total.....µg	92		0	MC	9		47		
Folic acid.....µg									
Folate, food.....µg	92		0	MC	9		47		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	97		0	MC	9		49		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.400		0	MC	9		0.204		

NDB No. 08705

Cereals ready-to-eat, KASHI GOLEAN Vanilla Graham Clusters

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				Confidence
			Points	Code	Code	Code			
Fatty acids, total monounsaturated.....g	0.200		0	MC	9		0.102		
Fatty acids, total polyunsaturated.....g	1.000		0	MC	9		0.510		
Fatty acids, total trans.....g	0.000		0	MC	9		0.000		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)





Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.500		0	MC	9		0.265		
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	0.003		0	FLM	4		0.002		
13:0.....g									
14:0.....g	0.004		0	FLM	4		0.002		
15:0.....g									
16:0.....g	0.298		0	FLM	4		0.158		
17:0.....g									
18:0.....g	0.045		0	FLM	4		0.024		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.600		0	MC	9		0.318		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0	FLM	4		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.589		0	FLM	4		0.312		
20:1.....g	0.007		0	FLM	4		0.004		
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		0.583		
18:2 undifferentiated.....g	0.978		0	FLM	4		0.518		
18:3 undifferentiated.....g	0.121		0	FLM	4		0.064		
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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
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 = 53g: 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 28 (2015)



Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.000		0	MC	9		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	0.001		0	FLM	4		0.000		
10:0.....g	0.000		0	FLM	4		0.000		
12:0.....g	0.012		0	FLM	4		0.004		
13:0.....g									
14:0.....g	0.007		0	FLM	4		0.002		
15:0.....g									
16:0.....g	0.796		0	FLM	4		0.263		
17:0.....g									
18:0.....g	0.102		0	FLM	4		0.034		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.790		0	MC	9		0.591		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		0	FLM	4		0.003		
17:1.....g									
18:1 undifferentiated.....g	1.748		0	FLM	4		0.577		
20:1.....g	0.019		0	FLM	4		0.006		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.790		0	MC	9		0.591		
18:2 undifferentiated.....g	1.577		0	FLM	4		0.521		
18:3 undifferentiated.....g	0.197		0	FLM	4		0.065		
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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
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 (1 NLEA serving)

**Footnotes:**

1 Added vitamin E is RRR alpha tocopherol

\*Vitamin or mineral added for enrichment or fortification

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 08 Breakfast Cereals



NDB No. 08590

Cereals ready-to-eat, KASHI HEART TO HEART, Warm Cinnamon

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 (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 28 (2015)



NDB No. 08610  
Cereals ready-to-eat, KASHI Honey Sunshine

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.600		0	MC	9		0.180		
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	0.001		0	FLM	4		0.000		
15:0.....g	0.000		0	FLM	4		0.000		
16:0.....g	0.457		0	FLM	4		0.137		
17:0.....g	0.000		0	FLM	4		0.000		
18:0.....g	0.098		0	FLM	4		0.029		
20:0.....g	0.021		0	FLM	4		0.006		
22:0.....g	0.011		0	FLM	4		0.003		
24:0.....g	0.000		0	FLM	4		0.000		
Fatty acids, total monounsaturated.....g	1.100		0	MC	9		0.330		
14:1.....g	0.000		0	FLM	4		0.000		
15:1.....g	0.000		0	FLM	4		0.000		
16:1 undifferentiated.....g	0.004		0	FLM	4		0.001		
17:1.....g	0.000		0	FLM	4		0.000		
18:1 undifferentiated.....g	1.077		0	FLM	4		0.323		
20:1.....g	0.019		0	FLM	4		0.006		
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	1.500		0	MC	9		0.450		
18:2 undifferentiated.....g	1.242		0	FLM	4		0.372		
18:3 undifferentiated.....g	0.258		0	FLM	4		0.078		
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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g	0.000		0	FLM	4		0.000		
22:4.....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		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 (1 NLEA serving)

**Footnotes:**

1 Added vitamin E is RRR alpha tocopherol.

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 08647

Cereals ready-to-eat, KASHI INDIGO MORNING

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
<b>Proximates:</b>									
Water.....g	3.00		0	MC	9		0.81		
Energy.....kcal	364		0	MC	9		98		
Energy.....kJ	1523		0	MC	9		411		
Protein (N x 6.25).....g	7.70		0	MC	9		2.08		
Total lipid (fat).....g	3.40		0	MC	9		0.92		
Ash.....g	3.10		0	NC	4		0.84		
Carbohydrate, by difference.....g	82.80		0	MC	9		22.36		
Fiber, total dietary.....g	7.1		0	MC	9		1.9		
Sugars, total.....g	22.20		0	MC	9		5.99		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg	2.60		0	MC	9		0.70		
Magnesium, Mg.....mg	106		0	MC	9		29		
Phosphorus, P.....mg	256		0	MC	9		69		
Potassium, K.....mg	289		0	MC	9		78		
Sodium, Na.....mg	472		0	MC	9		127		
Zinc, Zn.....mg	1.80		0	MC	9		0.49		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	4.0		0	MC	9		1.1		
Thiamin.....mg	0.320		0	MC	9		0.086		
Riboflavin.....mg	0.170		0	MC	9		0.046		
Niacin.....mg	3.000		0	MC	9		0.810		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.520		0	MC	9		0.140		
Folate, total.....µg	23		0	MC	9		6		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	23		0	MC	9		6		
Folate, DFE.....µg	23		0	NC	4		6		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	209		0	MC	9		56		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.67		0	MC	9		0.18		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 08647

Cereals ready-to-eat, KASHI INDIGO MORNING

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				
Fatty acids, total saturated.....g	0.600		0	MC	9		0.162		
Fatty acids, total monounsaturated.....g	1.000		0	MC	9		0.270		
Fatty acids, total polyunsaturated.....g	1.800		0	MC	9		0.486		
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 = 27g: .75 cup (1 NLEA serving)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 08663

Cereals ready-to-eat, KASHI ORGANIC PROMISE, Berry Fruitful

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 29 biscuits (1 NLEA serving)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 08539

Cereals ready-to-eat, KASHI ORGANIC PROMISE, CINNAMON HARVEST

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 28 biscuits (1 NLEA serving)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 08591

Cereals ready-to-eat, KASHI ORGANIC PROMISE, ISLAND VANILLA

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 27 biscuits (1 NLEA serving)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 08697

Cereals ready-to-eat, KASHI ORGANIC PROMISE, RAISIN VINEYARD

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
<b>Proximates:</b>									
Water.....g	8.50		0	MC	9		4.25		
Energy.....kcal	342		0	MC	9		171		
Energy.....kJ	1431		0	MC	9		716		
Protein (N x 6.25).....g	8.69		0	MC	9		4.35		
Total lipid (fat).....g	0.80		0	MC	9		0.40		
Ash.....g	2.09		0	MC	9		1.05		
Carbohydrate, by difference.....g	79.90		0	MC	9		39.95		
Fiber, total dietary.....g	5.0		0	MC	9		2.5		
Sugars, total.....g	23.39		0	MC	9		11.70		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	24		0	MC	9		12		
Iron, Fe.....mg	2.09		0	MC	9		1.05		
Magnesium, Mg.....mg	50		0	MC	9		25		
Phosphorus, P.....mg	119		0	MC	9		60		
Potassium, K.....mg	294		0	MC	9		147		
Sodium, Na.....mg	279		0	MC	9		140		
Zinc, Zn.....mg	0.89		0	MC	9		0.45		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.0		0	MC	9		0.5		
Thiamin.....mg	0.230		0	MC	9		0.115		
Riboflavin.....mg	0.050		0	MC	9		0.025		
Niacin.....mg	3.000		0	MC	9		1.500		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.150		0	MC	9		0.075		
Folate, total.....µg	1		0	MC	9		1		
Folic acid.....µg									
Folate, food.....µg	1		0	MC	9		1		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	6		0	MC	9		3		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.100		0	MC	9		0.050		

NDB No. 08697

Cereals ready-to-eat, KASHI ORGANIC PROMISE, RAISIN VINEYARD

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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
Fatty acids, total monounsaturated.....g	0.100		0	MC	9		0.050		
Fatty acids, total polyunsaturated.....g	0.300		0	MC	9		0.150		
Fatty acids, total trans.....g	0.000		0	MC	9		0.000		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 50g: .75 Cup (1 NLEA serving)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 08463

Cereals ready-to-eat, KASHI ORGANIC PROMISE, STRAWBERRY FIELDS

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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

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

**Common Measures:**

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

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 08648

Cereals ready-to-eat, KASHI Simply Maize

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
<b>Proximates:</b>									
Water.....g	3.00		0	MC	9		0.81		
Energy.....kcal	371		0	MC	9		100		
Energy.....kJ	1552		0	MC	9		419		
Protein (N x 6.25).....g	7.80		0	MC	9		2.11		
Total lipid (fat).....g	3.40		0	MC	9		0.92		
Ash.....g	2.50		0	NC	4		0.68		
Carbohydrate, by difference.....g	83.30		0	MC	9		22.49		
Fiber, total dietary.....g	6.1		0	MC	9		1.6		
Sugars, total.....g	22.10		0	MC	9		5.97		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg	2.60		0	MC	9		0.70		
Magnesium, Mg.....mg	105		0	MC	9		28		
Phosphorus, P.....mg	259		0	MC	9		70		
Potassium, K.....mg	254		0	MC	9		69		
Sodium, Na.....mg	415		0	MC	9		112		
Zinc, Zn.....mg	1.80		0	MC	9		0.49		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.320		0	MC	9		0.086		
Riboflavin.....mg	0.170		0	MC	9		0.046		
Niacin.....mg	3.000		0	MC	9		0.810		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.520		0	MC	9		0.140		
Folate, total.....µg	16		0	MC	9		4		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	16		0	MC	9		4		
Folate, DFE.....µg	16		0	NC	4		4		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU									
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.600		0	MC	9		0.162		

NDB No. 08648

Cereals ready-to-eat, KASHI Simply Maize

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food		
						Confidence Code	Measure 1	Measure 2
Fatty acids, total monounsaturated.....g	1.000		0	MC	9		0.270	
Fatty acids, total polyunsaturated.....g	1.800		0	MC	9		0.486	
Fatty acids, total trans.....g	0.000		0	MC	9		0.000	
Cholesterol.....mg	0		0	MC	9		0	
Phytosterols.....mg								

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

**Common Measures:**

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

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.800		0	MC	9		0.440		
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		0.006		
13:0.....g									
14:0.....g	0.011		0	FLM	4		0.006		
15:0.....g									
16:0.....g	0.675		0	FLM	4		0.371		
17:0.....g									
18:0.....g	0.051		0	FLM	4		0.028		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.100		0	MC	9		0.605		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		0	FLM	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	1.080		0	FLM	4		0.594		
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	1.200		0	MC	9		0.660		
18:2 undifferentiated.....g	1.120		0	FLM	4		0.616		
18:3 undifferentiated.....g	0.058		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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
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 = 55g: 1 cup (1 NLEA serving)

**Footnotes:**

1 Added vitamin E is natural RRR alpha tocopherol.

\*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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.300		0	MC	9		0.162		
4:0.....g	0.000		0	BFPN	4		0.000		
6:0.....g	0.000		0	BFPN	4		0.000		
8:0.....g	0.014		0	BFPN	4		0.008		
10:0.....g	0.000		0	BFPN	4		0.000		
12:0.....g	0.000		0	BFPN	4		0.000		
13:0.....g									
14:0.....g	0.001		0	BFPN	4		0.001		
15:0.....g									
16:0.....g	0.223		0	BFPN	4		0.120		
17:0.....g									
18:0.....g	0.012		0	BFPN	4		0.007		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.200		0	MC	9		0.108		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		0	BFPN	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.183		0	BFPN	4		0.099		
20:1.....g	0.000		0	BFPN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFPN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.900		0	MC	9		0.486		
18:2 undifferentiated.....g	0.571		0	BFPN	4		0.308		
18:3 undifferentiated.....g	0.026		0	BFPN	4		0.014		
18:4.....g	0.000		0	BFPN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFPN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFPN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFPN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFPN	4		0.000		
Fatty acids, total trans.....g	0.000		0	MC	9		0.000		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	BFPN	4		0.0		
Caffeine.....mg	0		0	BFPN	4		0		
Theobromine.....mg	0		0	BFPN	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 = 54g: 29 biscuits (1 NLEA serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 08700

Cereals ready-to-eat, KELLOGG RAISIN BRAN with Omega-3 from flaxseed

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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			

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 (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 28 (2015)



NDB No. 08706

Cereals ready-to-eat, KELLOGG SCOOPY-DOO! cereal

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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 28 (2015)

NDB No. 08660

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

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
<b>Proximates:</b>									
Water.....g	2.50		0	MC	9		0.70		
Energy.....kcal	378		0	MC	9		106		
Energy.....kJ	1582		0	MC	9		443		
Protein.....g	4.30		0	MC	9		1.20		
Total lipid (fat).....g	2.80		0	MC	9		0.78		
Ash.....g	0.80		0	NC	4		0.22		
Carbohydrate, by difference.....g	89.60		0	MC	9		25.09		
Fiber, total dietary.....g	7.4		0	MC	9		2.1		
Sugars, total.....g	51.10		0	MC	9		14.31		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	10		0	MC	9		3		
* Iron, Fe.....mg	16.10		0	MC	9		4.51		
Magnesium, Mg.....mg	23		0	MC	9		6		
Phosphorus, P.....mg	61		0	MC	9		17		
Potassium, K.....mg	90		0	MC	9		25		
Sodium, Na.....mg	381		0	MC	9		107		
* Zinc, Zn.....mg	5.40		0	MC	9		1.51		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
* Vitamin C, total ascorbic acid.....mg	54.0		0	MC	9		15.1		
* Thiamin.....mg	1.340		0	MC	9		0.375		
* Riboflavin.....mg	1.520		0	MC	9		0.426		
* Niacin.....mg	17.900		0	MC	9		5.012		
Pantothenic acid.....mg									
* Vitamin B-6.....mg	1.790		0	MC	9		0.501		
* Folate, total.....µg	357		0	MC	9		100		
Folic acid.....µg	338		0	NR	4		95		
Folate, food.....µg	19		0	CAZN	4		5		
Folate, DFE.....µg	594		0	NC	4		166		
Choline, total.....mg									
Betaine.....mg									
* Vitamin B-12.....µg	5.40		0	MC	9		1.51		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
* Vitamin A, IU.....IU	1786		0	MC	9		500		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	3.6		0	MC	9		1.0		
* Vitamin D.....IU	143		0	MC	9		40		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 08660

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

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number			<u>measures of food</u>			
			of Data	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			
Fatty acids, total saturated.....g	1.500		0	MC	9		0.420		
Fatty acids, total monounsaturated.....g	0.400		0	MC	9		0.112		
Fatty acids, total polyunsaturated.....g	0.700		0	MC	9		0.196		
Fatty acids, total trans.....g	0.000		0	MC	9		0.000		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

**Common Measures:**

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

\*Vitamin or mineral added for enrichment or fortification

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 08661

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

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
<b>Proximates:</b>									
Water.....g	2.29		0	MC	9		0.64		
Energy.....kcal	397		0	MC	9		111		
Energy.....kJ	1661		0	MC	9		465		
Protein (N x 6.25).....g	5.90		0	MC	9		1.65		
Total lipid (fat).....g	7.80		0	MC	9		2.18		
Ash.....g	1.00		0	O	4		0.28		
Carbohydrate, by difference.....g	83.00		0	O	4		23.24		
Fiber, total dietary.....g	9.0		0	MC	9		2.5		
Sugars, total.....g	33.90		0	MC	9		9.49		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	20		0	MC	9		6		
Iron, Fe.....mg	16.10		0	MC	9		4.51		
Magnesium, Mg.....mg	43		0	MC	9		12		
Phosphorus, P.....mg	96		0	MC	9		27		
Potassium, K.....mg	155		0	MC	9		43		
Sodium, Na.....mg	451		0	MC	9		126		
Zinc, Zn.....mg	5.40		0	MC	9		1.51		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	54.0		0	MC	9		15.1		
Thiamin.....mg	1.340		0	MC	9		0.375		
Riboflavin.....mg	1.510		0	MC	9		0.423		
Niacin.....mg	17.890		0	MC	9		5.009		
Pantothenic acid.....mg									
Vitamin B-6.....mg	1.780		0	MC	9		0.498		
Folate, total.....µg	357		0	MC	9		100		
* Folic acid.....µg	338		0	NR	4		95		
Folate, food.....µg	19		0	CAZN	4		5		
Folate, DFE.....µg	594		0	NC	4		166		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	5.00		0	MC	9		1.40		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	1786		0	MC	9		500		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	3.6		0	MC	9		1.0		
Vitamin D.....IU	143		0	MC	9		40		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 08661

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

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number			<u>measures of food</u>			
			of Data	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			
Fatty acids, total saturated.....g	1.290		0	MC	9		0.361		
Fatty acids, total monounsaturated.....g	3.290		0	MC	9		0.921		
Fatty acids, total polyunsaturated.....g	2.700		0	MC	9		0.756		
Fatty acids, total trans.....g	0.100		0	MC	9		0.028		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

**Common Measures:**

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

\*Vitamin or mineral added for enrichment or fortification

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 08615

Cereals ready-to-eat, KELLOGG'S CRUNCHY NUT Golden Honey Nut flakes

Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	2.50		0	MC	9		0.78		
Energy.....kcal	385		0	MC	9		119		
Energy.....kJ	1611		0	MC	9		499		
Protein (N x 6.25).....g	6.70		0	MC	9		2.08		
Total lipid (fat).....g	3.90		0	MC	9		1.21		
Ash.....g	4.10		0	MC	9		1.27		
Carbohydrate, by difference.....g	83.30		0	MC	9		25.82		
Fiber, total dietary.....g	2.4		0	MC	9		0.7		
Sugars, total.....g	33.50		0	MC	9		10.39		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	20		0	MC	9		6		
* Iron, Fe.....mg	14.50		0	MC	9		4.50		
Magnesium, Mg.....mg	24		0	MC	9		7		
Phosphorus, P.....mg	62		0	MC	9		19		
Potassium, K.....mg	137		0	MC	9		42		
Sodium, Na.....mg	442		0	MC	9		137		
Zinc, Zn.....mg	0.60		0	MC	9		0.19		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
* Vitamin C, total ascorbic acid.....mg	20.0		0	MC	9		6.2		
* Thiamin.....mg	1.210		0	MC	9		0.375		
* Riboflavin.....mg	1.370		0	MC	9		0.425		
* Niacin.....mg	16.100		0	MC	9		4.991		
Pantothenic acid.....mg									
* Vitamin B-6.....mg	1.610		0	MC	9		0.499		
* Folate, total.....µg	323		0	MC	9		100		
Folic acid.....µg	295		0	NR	4		92		
Folate, food.....µg	28		0	FLM	4		9		
Folate, DFE.....µg	530		0	NC	4		164		
Choline, total.....mg									
Betaine.....mg									
* Vitamin B-12.....µg	4.80		0	MC	9		1.49		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
* Vitamin A, IU.....IU	1667		0	MC	9		517		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	3.3		0	MC	9		1.0		
* Vitamin D.....IU	133		0	MC	9		41		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 08615

Cereals ready-to-eat, KELLOGG'S CRUNCHY NUT Golden Honey Nut 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 saturated.....g	0.600		0	MC	9		0.186		
Fatty acids, total monounsaturated.....g	2.800		0	MC	9		0.868		
Fatty acids, total polyunsaturated.....g	0.400		0	MC	9		0.124		
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 = 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 28 (2015)

NDB No. 08659

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

Kellogg, Co.

chocolate 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
<b>Proximates:</b>									
Water.....g	2.65		0	MC	9		0.80		
Energy.....kcal	387		0	MC	9		116		
Energy.....kJ	1619		0	MC	9		486		
Protein (N x 6.25).....g	5.10		0	MC	9		1.53		
Total lipid (fat).....g	3.50		0	MC	9		1.05		
Ash.....g	3.65		0	NC	4		1.10		
Carbohydrate, by difference.....g	85.10		0	MC	9		25.53		
Fiber, total dietary.....g	1.4		0	MC	9		0.4		
Sugars, total.....g	38.10		0	MC	9		11.43		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	7		0	MC	9		2		
* Iron, Fe.....mg	15.00		0	MC	9		4.50		
Magnesium, Mg.....mg	36		0	MC	9		11		
Phosphorus, P.....mg	77		0	MC	9		23		
Potassium, K.....mg	179		0	MC	9		54		
Sodium, Na.....mg	515		0	MC	9		155		
Zinc, Zn.....mg	0.80		0	MC	9		0.24		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
* 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.....µg	333		0	MC	9		100		
* Folic acid.....µg	314		0	NR	4		94		
Folate, food.....µg	19		0	CAZN	4		6		
Folate, DFE.....µg	553		0	NC	4		166		
Choline, total.....mg									
Betaine.....mg									
* Vitamin B-12.....µg	5.00		0	MC	9		1.50		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
* Vitamin A, IU.....IU	1667		0	MC	9		500		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	3.3		0	MC	9		1.0		
* Vitamin D.....IU	133		0	MC	9		40		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 08659

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

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 Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Fatty acids, total saturated.....g	2.600		0	MC	9		0.780		
Fatty acids, total monounsaturated.....g	0.600		0	MC	9		0.180		
Fatty acids, total polyunsaturated.....g	0.200		0	MC	9		0.060		
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 = 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 28 (2015)

NDB No. 08631

Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS LITTLE BITES, chocolate

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
<b>Proximates:</b>									
Water.....g	5.30		0	O	4		2.97		
Energy.....kcal	354		0	MC	9		198		
Energy.....kJ	1481		0	MC	9		829		
Protein (N x 6.25).....g	8.50		0	O	4		4.76		
Total lipid (fat).....g	3.40		0	MC	9		1.90		
Ash.....g	1.40		0	NC	4		0.78		
Carbohydrate, by difference.....g	81.40		0	MC	9		45.58		
Fiber, total dietary.....g	10.9		0	MC	9		6.1		
Sugars, total.....g	22.29		0	MC	9		12.48		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	33		0	MC	9		18		
* Iron, Fe.....mg	28.89		0	MC	9		16.18		
Magnesium, Mg.....mg	90		0	MC	9		50		
Phosphorus, P.....mg	335		0	MC	9		188		
Potassium, K.....mg	481		0	MC	9		269		
Sodium, Na.....mg	371		0	MC	9		208		
* Zinc, Zn.....mg	2.70		0	MC	9		1.51		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
* Thiamin.....mg	0.670		0	MC	9		0.375		
* Riboflavin.....mg	0.750		0	MC	9		0.420		
* Niacin.....mg	8.890		0	MC	9		4.978		
Pantothenic acid.....mg									
* Vitamin B-6.....mg	0.880		0	MC	9		0.493		
* Folate, total.....µg	357		0	MC	9		200		
* Folic acid.....µg	338		0	NR	4		189		
Folate, food.....µg	19		0	CAZN	4		11		
Folate, DFE.....µg	594		0	NC	4		332		
Choline, total.....mg									
Betaine.....mg									
* Vitamin B-12.....µg	3.00		0	MC	9		1.68		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**

NDB No. 08631

Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS LITTLE BITES, chocolate

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number			<u>measures of food</u>			
			of Data	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			
Fatty acids, total saturated.....g	1.500		0	MC	9		0.840		
Fatty acids, total monounsaturated.....g	0.800		0	MC	9		0.448		
Fatty acids, total polyunsaturated.....g	1.100		0	MC	9		0.616		
Fatty acids, total trans.....g	0.000		0	MC	9		0.000		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 28 (2015)





NDB No. 08677

Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS Touch of Fruit in the Middle, Raspberry

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 24 biscuits (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 28 (2015)



NDB No. 08031

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.400		0	MC	9		0.232		
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	0.000		0	FLM	4		0.000		
13:0.....g									
14:0.....g	0.000		0	FLM	4		0.000		
15:0.....g									
16:0.....g	0.381		0	FLM	4		0.221		
17:0.....g									
18:0.....g	0.019		0	FLM	4		0.011		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.200		0	MC	9		0.116		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.193		0	FLM	4		0.112		
20:1.....g	0.007		0	FLM	4		0.004		
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		0.522		
18:2 undifferentiated.....g	0.843		0	FLM	4		0.489		
18:3 undifferentiated.....g	0.057		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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		

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

**Common Measures:**

Measure 1 = 58g: 7 biscuit (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 28 (2015)



NDB No. 08699

Cereals ready-to-eat, KELLOGG'S KRAVE Smores

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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	Measure 1	Measure 2	Measure 3
			of Data	Code	Code			
		Points	Code	Code	Code			

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 28 (2015)

NDB No. 08652

Cereals ready-to-eat, KELLOGG'S KRAVE chocolate cereal

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
<b>Proximates:</b>									
Water.....g	3.50		0	MC	9		1.09		
Energy.....kcal	397		0	MC	9		123		
Energy.....kJ	1661		0	MC	9		515		
Protein (N x 6.25).....g	7.00		0	MC	9		2.17		
Total lipid (fat).....g	11.10		0	MC	9		3.44		
Ash.....g	2.30		0	NC	4		0.71		
Carbohydrate, by difference.....g	76.10		0	MC	9		23.59		
Fiber, total dietary.....g	9.9		0	MC	9		3.1		
Sugars, total.....g	35.70		0	MC	9		11.07		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	61		0	MC	9		19		
* Iron, Fe.....mg	14.50		0	MC	9		4.50		
Magnesium, Mg.....mg	40		0	MC	9		12		
Phosphorus, P.....mg	102		0	MC	9		32		
Potassium, K.....mg	222		0	MC	9		69		
Sodium, Na.....mg	320		0	MC	9		99		
* Zinc, Zn.....mg	5.00		0	MC	9		1.55		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
* Vitamin C, total ascorbic acid.....mg	48.0		0	MC	9		14.9		
* Thiamin.....mg	1.210		0	MC	9		0.375		
* Riboflavin.....mg	1.130		0	MC	9		0.350		
* Niacin.....mg	16.100		0	MC	9		4.991		
Pantothenic acid.....mg									
* Vitamin B-6.....mg	1.610		0	MC	9		0.499		
Folate, total.....µg	267		0	MC	9		83		
* Folic acid.....µg	248		0	NR	4		77		
Folate, food.....µg	19		0	CAZN	4		6		
Folate, DFE.....µg	441		0	NC	4		137		
Choline, total.....mg									
Betaine.....mg									
* Vitamin B-12.....µg	4.80		0	MC	9		1.49		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
* Vitamin A, IU.....IU	6452		0	MC	9		2000		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	3.3		0	MC	9		1.0		
* Vitamin D.....IU	133		0	MC	9		41		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 08652

Cereals ready-to-eat, KELLOGG'S KRAVE chocolate cereal

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number			<u>measures of food</u>			
			of Data	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			
Fatty acids, total saturated.....g	2.500		0	MC	9		0.775		
Fatty acids, total monounsaturated.....g	2.800		0	MC	9		0.868		
Fatty acids, total polyunsaturated.....g	5.200		0	MC	9		1.612		
Fatty acids, total trans.....g	0.100		0	MC	9		0.031		
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 = 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 28 (2015)



NDB No. 08658

Cereals ready-to-eat, KELLOGG'S KRAVE double chocolate cereal

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
<b>Proximates:</b>									
Water.....g	3.50		0	MC	9		1.05		
Energy.....kcal	397		0	MC	9		119		
Energy.....kJ	1661		0	MC	9		498		
Protein.....g	7.10		0	MC	9		2.13		
Total lipid (fat).....g	11.20		0	MC	9		3.36		
Ash.....g	2.30		0	NC	4		0.69		
Carbohydrate, by difference.....g	75.90		0	MC	9		22.77		
Fiber, total dietary.....g	10.6		0	MC	9		3.2		
Sugars, total.....g	36.30		0	MC	9		10.89		
Starch.....g									
<b>Minerals:</b>									
* Calcium, Ca.....mg	67		0	MC	9		20		
* Iron, Fe.....mg	15.00		0	MC	9		4.50		
Magnesium, Mg.....mg	48		0	MC	9		14		
Phosphorus, P.....mg	112		0	MC	9		34		
Potassium, K.....mg	275		0	MC	9		83		
Sodium, Na.....mg	320		0	MC	9		96		
* Zinc, Zn.....mg	5.00		0	MC	9		1.50		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
* Vitamin C, total ascorbic acid.....mg	50.0		0	MC	9		15.0		
* Thiamin.....mg	1.250		0	MC	9		0.375		
* Riboflavin.....mg	1.130		0	MC	9		0.339		
* 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.....µg	267		0	MC	9		80		
* Folic acid.....µg	248		0	NR	4		74		
Folate, food.....µg	19		0	CAZN	4		6		
Folate, DFE.....µg	441		0	NC	4		132		
Choline, total.....mg									
Betaine.....mg									
* Vitamin B-12.....µg	5.00		0	MC	9		1.50		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
* Vitamin A, IU.....IU	1667		0	MC	9		500		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.67		0	MC	9		0.20		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	3.3		0	MC	9		1.0		
* Vitamin D.....IU	133		0	MC	9		40		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 08658

Cereals ready-to-eat, KELLOGG'S KRAVE double chocolate 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 saturated.....g	2.600		0	MC	9		0.780		
Fatty acids, total monounsaturated.....g	2.800		0	MC	9		0.840		
Fatty acids, total polyunsaturated.....g	5.200		0	MC	9		1.560		
Fatty acids, total trans.....g	0.100		0	MC	9		0.030		
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 = 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 28 (2015)

NDB No. 08653

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

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
<b>Proximates:</b>									
Water.....g	3.60		0	MC	9		1.08		
Energy.....kcal	371		0	MC	9		111		
Energy.....kJ	1552		0	MC	9		466		
Protein (N x 6.25).....g	7.80		0	MC	9		2.34		
Total lipid (fat).....g	2.30		0	MC	9		0.69		
Ash.....g	3.40		0	NC	4		1.02		
Carbohydrate, by difference.....g	82.40		0	MC	9		24.72		
Fiber, total dietary.....g	2.7		0	MC	9		0.8		
Sugars, total.....g	3.70		0	MC	9		1.11		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	10		0	MC	9		3		
Iron, Fe.....mg	30.00		0	MC	9		9.00		
Magnesium, Mg.....mg	149		0	MC	9		45		
Phosphorus, P.....mg	292		0	MC	9		88		
Potassium, K.....mg	280		0	MC	9		84		
Sodium, Na.....mg	614		0	MC	9		184		
Zinc, Zn.....mg	2.10		0	MC	9		0.63		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	50.0		0	MC	9		15.0		
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.....µg	667		0	MC	9		200		
* Folic acid.....µg	663		0	NR	4		199		
Folate, food.....µg	4		0	CAZN	4		1		
Folate, DFE.....µg	1131		0	NC	4		339		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	5.00		0	MC	9		1.50		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	4167		0	MC	9		1250		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	11.25		0	MC	9		3.38		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	5.0		0	MC	9		1.5		
Vitamin D.....IU	200		0	MC	9		60		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 08653

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

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number			<u>measures of food</u>			
			of Data	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			
Fatty acids, total saturated.....g	0.500		0	MC	9		0.150		
Fatty acids, total monounsaturated.....g	0.800		0	MC	9		0.240		
Fatty acids, total polyunsaturated.....g	0.800		0	MC	9		0.240		
Fatty acids, total trans.....g	0.000		0	MC	9		0.000		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 28 (2015)



NDB No. 08707

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

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: .67 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 28 (2015)



Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	6.300		0	MC	9		1.953		
4:0.....g	0.112		0	FLM	4		0.035		
6:0.....g	0.031		0	FLM	4		0.010		
8:0.....g	0.035		0	FLM	4		0.011		
10:0.....g	0.077		0	FLM	4		0.024		
12:0.....g	0.080		0	FLM	4		0.025		
13:0.....g									
14:0.....g	0.377		0	FLM	4		0.117		
15:0.....g									
16:0.....g	3.059		0	FLM	4		0.948		
17:0.....g	0.004		0	FLM	4		0.001		
18:0.....g	2.490		0	FLM	4		0.772		
20:0.....g	0.022		0	FLM	4		0.007		
22:0.....g	0.002		0	FLM	4		0.001		
24:0.....g	0.000		0	FLM	4		0.000		
Fatty acids, total monounsaturated.....g	0.200		0	MC	9		0.062		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		0	FLM	4		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.173		0	FLM	4		0.054		
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	0.544		0	FLM	4		0.169		
18:3 undifferentiated.....g	0.051		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	0.000		0	FLM	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	4		0	FLM	4		1		
Theobromine.....mg	39		0	FLM	4		12		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 28 (2015)



NDB No. 08613

Cereals ready-to-eat, KELLOGG'S SPECIAL K Multigrain Oats and Honey

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
<b>Proximates:</b>									
Water.....g	3.50		0	MC	9		1.02		
Energy.....kcal	362		0	MC	9		105		
Energy.....kJ	1515		0	MC	9		439		
Protein (N x 6.25).....g	7.80		0	MC	9		2.26		
Total lipid (fat).....g	1.80		0	MC	9		0.52		
Ash.....g	1.90		0	MC	9		0.55		
Carbohydrate, by difference.....g	85.00		0	MC	9		24.65		
Fiber, total dietary.....g	8.6		0	MC	9		2.5		
Sugars, total.....g	26.40		0	MC	9		7.66		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	18		0	MC	9		5		
* Iron, Fe.....mg	27.90		0	MC	9		8.09		
Magnesium, Mg.....mg	78		0	MC	9		23		
Phosphorus, P.....mg	230		0	MC	9		67		
Potassium, K.....mg	241		0	MC	9		70		
Sodium, Na.....mg	494		0	MC	9		143		
Zinc, Zn.....mg	1.90		0	MC	9		0.55		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
* Vitamin C, total ascorbic acid.....mg	72.0		0	MC	9		20.9		
* Thiamin.....mg	1.810		0	MC	9		0.525		
* Riboflavin.....mg	2.050		0	MC	9		0.595		
* Niacin.....mg	24.100		0	MC	9		6.989		
Pantothenic acid.....mg									
* Vitamin B-6.....mg	2.400		0	MC	9		0.696		
* Folate, total.....µg	483		0	MC	9		140		
* Folic acid.....µg	464		0	NR	4		135		
Folate, food.....µg	19		0	CAZN	4		6		
Folate, DFE.....µg	808		0	NC	4		234		
Choline, total.....mg									
Betaine.....mg									
* Vitamin B-12.....µg	7.20		0	MC	9		2.09		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
* Vitamin A, IU.....IU	2586		0	MC	9		750		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.00		0	MC	9		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	3.5		0	MC	9		1.0		
* Vitamin D.....IU	138		0	MC	9		40		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 08613

Cereals ready-to-eat, KELLOGG'S SPECIAL K Multigrain Oats and Honey

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number			<u>measures of food</u>			
			of Data	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			
Fatty acids, total saturated.....g	0.400		0	MC	9		0.116		
Fatty acids, total monounsaturated.....g	0.500		0	MC	9		0.145		
Fatty acids, total polyunsaturated.....g	0.900		0	MC	9		0.261		
Fatty acids, total trans.....g	0.000		0	MC	9		0.000		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: .666 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 28 (2015)

NDB No. 08542

Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS Bite Size Strawberry Delight

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
<b>Proximates:</b>									
Water.....g	5.10		0	MC	9		2.80		
Energy.....kcal	352		0	MC	9		194		
Energy.....kJ	1473		0	MC	9		810		
Protein (N x 6.25).....g	8.70		0	MC	9		4.78		
Total lipid (fat).....g	1.60		0	MC	9		0.88		
Ash.....g	0.50		0	O	4		0.28		
Carbohydrate, by difference.....g	84.60		0	MC	9		46.53		
Fiber, total dietary.....g	10.2		0	MC	9		5.6		
Sugars, total.....g	22.70		0	MC	9		12.49		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	26		0	MC	9		14		
* Iron, Fe.....mg	29.50		0	MC	9		16.23		
Magnesium, Mg.....mg	81		0	MC	9		45		
Phosphorus, P.....mg	346		0	MC	9		190		
Potassium, K.....mg	342		0	MC	9		188		
Sodium, Na.....mg	3		0	MC	9		2		
* Zinc, Zn.....mg	2.70		0	MC	9		1.49		
Copper, Cu.....mg	0.300		0	MC	9		0.165		
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
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		0.423		
* Niacin.....mg	9.100		0	MC	9		5.005		
Pantothenic acid.....mg									
* Vitamin B-6.....mg	0.910		0	MC	9		0.501		
* Folate, total.....µg	364		0	MC	9		200		
* Folic acid.....µg	345		0	NR	4		190		
Folate, food.....µg	19		0	CAZN	4		10		
Folate, DFE.....µg	606		0	NC	4		333		
Choline, total.....mg									
Betaine.....mg									
* Vitamin B-12.....µg	2.70		0	MC	9		1.49		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	6		0	MC	9		3		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.67		0	MC	9		0.37		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	NR	4		0.0		
Vitamin D.....IU	0		0	MC	9		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 08542

Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS Bite Size Strawberry Delight

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Fatty acids, total saturated.....g	0.400		0	MC	9	0.220		
Fatty acids, total monounsaturated.....g	0.200		0	MC	9	0.110		
Fatty acids, total polyunsaturated.....g	0.800		0	MC	9	0.440		
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 = 55g: 25 biscuits (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 28 (2015)

NDB No. 08459

Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS, Maple & Brown Sugar, Bite Size

Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	5.05		0	MC	9		2.78		
Energy.....kcal	351		0	MC	9		193		
Energy.....kJ	1469		0	MC	9		808		
Protein (N x 6.25).....g	8.70		0	MC	9		4.78		
Total lipid (fat).....g	1.50		0	MC	9		0.83		
Ash.....g	0.50		0	O	4		0.28		
Carbohydrate, by difference.....g	84.70		0	MC	9		46.58		
Fiber, total dietary.....g	10.3		0	MC	9		5.7		
Sugars, total.....g	22.70		0	MC	9		12.49		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	30		0	MC	9		16		
* Iron, Fe.....mg	29.50		0	MC	9		16.23		
Magnesium, Mg.....mg	82		0	MC	9		45		
Phosphorus, P.....mg	349		0	MC	9		192		
Potassium, K.....mg	345		0	MC	9		190		
Sodium, Na.....mg	6		0	MC	9		3		
* Zinc, Zn.....mg	2.70		0	MC	9		1.49		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
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		0.423		
* Niacin.....mg	9.100		0	MC	9		5.005		
Pantothenic acid.....mg									
* Vitamin B-6.....mg	0.910		0	MC	9		0.501		
* Folate, total.....µg	364		0	MC	9		200		
* Folic acid.....µg	336		0	NR	4		185		
Folate, food.....µg	28		0	CAZN	4		15		
Folate, DFE.....µg	599		0	NC	4		330		
Choline, total.....mg									
Betaine.....mg									
* Vitamin B-12.....µg	2.70		0	MC	9		1.49		
Vitamin A, RAE.....µg	2		0	NC	4		1		
Retinol.....µg									
Carotene, beta.....µg	3		0	NR	4		2		
Carotene, alpha.....µg	0		0	Z	7		0		
Cryptoxanthin, beta.....µg	0		0	Z	7		0		
Vitamin A, IU.....IU	5		0	MC	9		3		
Lycopene.....µg	0		0	Z	7		0		
Lutein + zeaxanthin.....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.67		0	MC	9		0.37		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	NR	4		0.0		
Vitamin D.....IU	0		0	MC	9		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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 of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Fatty acids, total saturated.....g	0.400		0	MC	9		0.220		
Fatty acids, total monounsaturated.....g	0.200		0	MC	9		0.110		
Fatty acids, total polyunsaturated.....g	0.800		0	MC	9		0.440		
Fatty acids, total trans.....g	0.000		0	MC	9		0.000		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
<b>Others:</b>									
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 = 55g: 25 biscuits (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 28 (2015)



NDB No. 08469

Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes 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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.100		0	MC	9		0.030		
4:0.....g	0.000		0	FLM	4		0.000		
6:0.....g	0.000		0	FLM	4		0.000		
8:0.....g	0.000		0	FLM	4		0.000		
10:0.....g	0.000		0	FLM	4		0.000		
12:0.....g	0.001		0	FLM	4		0.000		
13:0.....g	0.000		0	FLM	4		0.000		
14:0.....g	0.000		0	FLM	4		0.000		
15:0.....g	0.000		0	FLM	4		0.000		
16:0.....g	0.079		0	FLM	4		0.024		
17:0.....g	0.000		0	FLM	4		0.000		
18:0.....g	0.017		0	FLM	4		0.005		
20:0.....g	0.002		0	FLM	4		0.001		
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	0.100		0	MC	9		0.030		
14:1.....g	0.000		0	FLM	4		0.000		
15:1.....g	0.000		0	FLM	4		0.000		
16:1 undifferentiated.....g	0.001		0	FLM	4		0.000		
17:1.....g	0.000		0	FLM	4		0.000		
18:1 undifferentiated.....g	0.099		0	FLM	4		0.030		
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	0.200		0	MC	9		0.060		
18:2 undifferentiated.....g	0.195		0	FLM	4		0.059		
18:3 undifferentiated.....g	0.005		0	FLM	4		0.001		
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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g	0.000		0	FLM	4		0.000		
22:4.....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
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 (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 28 (2015)



NDB No. 08471

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

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
<b>Proximates:</b>									
Water.....g	3.00		0	MC	9		0.96		
Energy.....kcal	359		0	MC	9		115		
Energy.....kJ	1502		0	MC	9		481		
Protein (N x 6.25).....g	31.20		0	MC	9		9.98		
Total lipid (fat).....g	2.60		0	MC	9		0.83		
Ash.....g	2.60		0	NC	4		0.83		
Carbohydrate, by difference.....g	60.60		0	MC	9		19.39		
Fiber, total dietary.....g	8.3		0	MC	9		2.7		
Sugars, total.....g	20.30		0	MC	9		6.50		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	79		0	MC	9		25		
* Iron, Fe.....mg	25.30		0	MC	9		8.10		
Magnesium, Mg.....mg	95		0	MC	9		30		
Phosphorus, P.....mg	359		0	MC	9		115		
Potassium, K.....mg	391		0	MC	9		125		
Sodium, Na.....mg	601		0	MC	9		192		
Zinc, Zn.....mg	3.30		0	MC	9		1.06		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
* Vitamin C, total ascorbic acid.....mg	66.0		0	MC	9		21.1		
* Thiamin.....mg	1.640		0	MC	9		0.525		
* Riboflavin.....mg	1.860		0	MC	9		0.595		
* Niacin.....mg	21.900		0	MC	9		7.008		
Pantothenic acid.....mg									
* Vitamin B-6.....mg	2.190		0	MC	9		0.701		
* Folate, total.....µg	438		0	MC	9		140		
* Folic acid.....µg	419		0	NR	4		134		
Folate, food.....µg	19		0	CAZN	4		6		
Folate, DFE.....µg	731		0	NC	4		234		
Choline, total.....mg									
Betaine.....mg									
* Vitamin B-12.....µg	6.60		0	MC	9		2.11		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
* Vitamin A, IU.....IU	2344		0	MC	9		750		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
* Vitamin E (alpha-tocopherol).....mg	22.11		0	MC	9		7.08		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	MC	9		0.0		
Vitamin D.....IU	0		0	MC	9		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 08471

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

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 saturated.....g	0.500		0	MC	9		0.160		
Fatty acids, total monounsaturated.....g	0.300		0	MC	9		0.096		
Fatty acids, total polyunsaturated.....g	1.600		0	MC	9		0.512		
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: .75 cup (1 NLEA serving)

**Footnotes:**

1 Added vitamin E is RRR alpha tocopherol

\*Vitamin or mineral added for enrichment or fortification

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 08543

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.400		0	MC	9		0.120		
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	0.000		0	FLM	4		0.000		
13:0.....g									
14:0.....g	0.003		0	FLM	4		0.001		
15:0.....g									
16:0.....g	0.349		0	FLM	4		0.105		
17:0.....g									
18:0.....g	0.043		0	FLM	4		0.013		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.000		0	MC	9		0.600		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.016		0	FLM	4		0.005		
17:1.....g									
18:1 undifferentiated.....g	1.977		0	FLM	4		0.593		
20:1.....g	0.004		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	1.100		0	MC	9		0.330		
18:2 undifferentiated.....g	1.050		0	FLM	4		0.315		
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	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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		

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

**Common Measures:**

Measure 1 = 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 28 (2015)



NDB No. 08710

Cereals ready-to-eat, KELLOGG'S, SPECIAL K gluten free, touch of brown sugar

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 28 (2015)



NDB No. 08711

Cereals ready-to-eat, KELLOGG'S, SPECIAL K protein, cinnamon brown sugar crunch

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 28 (2015)



NDB No. 08617

Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Bite Size Blueberry Muffin

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
<b>Proximates:</b>									
Water.....g	5.00		0	MC	9		2.75		
Energy.....kcal	352		0	MC	9		194		
Energy.....kJ	1473		0	MC	9		810		
Protein (N x 6.25).....g	8.60		0	MC	9		4.73		
Total lipid (fat).....g	1.60		0	MC	9		0.88		
Ash.....g	0.20		0	MC	9		0.11		
Carbohydrate, by difference.....g	84.80		0	MC	9		46.64		
Fiber, total dietary.....g	10.2		0	MC	9		5.6		
Sugars, total.....g	22.70		0	MC	9		12.49		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	26		0	MC	9		14		
* Iron, Fe.....mg	29.50		0	MC	9		16.23		
Magnesium, Mg.....mg	81		0	MC	9		45		
Phosphorus, P.....mg	346		0	MC	9		190		
Potassium, K.....mg	341		0	MC	9		188		
Sodium, Na.....mg	5		0	MC	9		3		
* Zinc, Zn.....mg	2.70		0	MC	9		1.49		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
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		0.423		
* Niacin.....mg	9.100		0	MC	9		5.005		
Pantothenic acid.....mg									
* Vitamin B-6.....mg	0.910		0	MC	9		0.501		
Folate, total.....µg	364		0	MC	9		200		
* Folic acid.....µg	345		0	NR	4		190		
Folate, food.....µg	19		0	CAZN	4		10		
Folate, DFE.....µg	606		0	NC	4		333		
Choline, total.....mg									
Betaine.....mg									
* Vitamin B-12.....µg	2.70		0	MC	9		1.49		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	15		0	MC	9		8		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.67		0	MC	9		0.37		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 08617

Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Bite Size Blueberry Muffin

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Fatty acids, total saturated.....g	0.400		0	MC	9	0.220		
Fatty acids, total monounsaturated.....g	0.200		0	MC	9	0.110		
Fatty acids, total polyunsaturated.....g	0.800		0	MC	9	0.440		
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 = 55g: 25 biscuits (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 28 (2015)



NDB No. 08708

Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Touch of Fruit in the Middle, raisin

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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 24 Biscuits (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 28 (2015)



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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.500		0	MC	9		0.150		
4:0.....g	0.000		0	FLM	4		0.000		
6:0.....g	0.000		0	FLM	4		0.000		
8:0.....g	0.000		0	FLM	4		0.000		
10:0.....g	0.000		0	FLM	4		0.000		
12:0.....g	0.001		0	FLM	4		0.000		
13:0.....g									
14:0.....g	0.005		0	FLM	4		0.002		
15:0.....g									
16:0.....g	0.433		0	FLM	4		0.130		
17:0.....g									
18:0.....g	0.028		0	FLM	4		0.008		
20:0.....g									
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	0.469		0	FLM	4		0.141		
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		0.450		
18:2 undifferentiated.....g	1.365		0	FLM	4		0.410		
18:3 undifferentiated.....g	0.111		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	0.003		0	FLM	4		0.001		
20:5 n-3 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		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: .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 28 (2015)



NDB No. 08028

Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat 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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.400		0	MC	9		0.116		
4:0.....g	0.000		0	FLM	4		0.000		
6:0.....g	0.000		0	FLM	4		0.000		
8:0.....g	0.000		0	FLM	4		0.000		
10:0.....g	0.000		0	FLM	4		0.000		
12:0.....g	0.001		0	FLM	4		0.000		
13:0.....g									
14:0.....g	0.002		0	FLM	4		0.001		
15:0.....g									
16:0.....g	0.368		0	FLM	4		0.107		
17:0.....g									
18:0.....g	0.021		0	FLM	4		0.006		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.400		0	MC	9		0.116		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.006		0	FLM	4		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.388		0	FLM	4		0.112		
20:1.....g	0.006		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	1.300		0	MC	9		0.377		
18:2 undifferentiated.....g	1.208		0	FLM	4		0.350		
18:3 undifferentiated.....g	0.090		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	0.002		0	FLM	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		

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

**Common Measures:**

Measure 1 = 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 28 (2015)





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	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Tocotrienol, beta.....									
Tocotrienol, gamma.....									
Tocotrienol, delta.....									
Vitamin D (D2 + D3).....	4.3		0	MC	9		1.3		
* Vitamin D.....	170		0	MC	9		53		
Vitamin K (phylloquinone).....	5.2		1	A	1		1.6		
Dihydrophyloquinone.....	0.0		1	A	1		0.0		
Menaquinone-4.....									
<b>Lipids:</b>									
Fatty acids, total saturated.....	1.100		0	MC	9		0.341		
4:0.....	0.000		0	FLM	4		0.000		
6:0.....	0.000		0	FLM	4		0.000		
8:0.....	0.000		1	A	1		0.000		
10:0.....	0.000		1	A	1		0.000		
12:0.....	0.000		1	A	1		0.000		
13:0.....									
14:0.....	0.000		1	A	1		0.000		
15:0.....	0.000		1	A	1		0.000		
16:0.....	1.014		1	A	1		0.314		
17:0.....	0.000		1	A	1		0.000		
18:0.....	0.069		1	A	1		0.021		
20:0.....	0.017		1	A	1		0.005		
22:0.....	0.000		1	A	1		0.000		
24:0.....	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated.....	0.890		0	MC	9		0.276		
14:1.....	0.000		1	A	1		0.000		
15:1.....	0.000		1	A	1		0.000		
16:1 undifferentiated.....	0.000		1	A	1		0.000		
17:1.....	0.000		1	A	1		0.000		
18:1 undifferentiated.....	0.850		1	A	1		0.264		
20:1.....	0.040		1	A	1		0.012		
22:1 undifferentiated.....	0.000		1	A	1		0.000		
24:1 c.....									
Fatty acids, total polyunsaturated.....	2.000		0	MC	9		0.620		
18:2 undifferentiated.....	1.858		1	A	1		0.576		
18:3 undifferentiated.....	0.142		1	A	1		0.044		
18:4.....	0.000		1	A	1		0.000		
20:2 n-6 c,c.....	0.000		1	A	1		0.000		
20:3 undifferentiated.....	0.000		1	A	1		0.000		
20:4 undifferentiated.....	0.000		1	A	1		0.000		
20:5 n-3 (EPA).....	0.000		1	A	1		0.000		
21:5.....									
22:4.....									
22:5 n-3 (DPA).....	0.000		1	A	1		0.000		
22:6 n-3 (DHA).....	0.000		1	A	1		0.000		
Fatty acids, total trans.....	0.000		0	MC	9		0.000		
Cholesterol.....	0		0	MC	9		0		
Phytosterols.....									
<b>Amino Acids:</b>									
Tryptophan.....	0.220		0	A	1		0.068		
Threonine.....	0.380		0	A	1		0.118		
Isoleucine.....	0.350		0	A	1		0.108		
Leucine.....	0.700		0	A	1		0.217		
Lysine.....	0.350		0	A	1		0.108		
Methionine.....	0.170		0	A	1		0.053		
Cystine.....	0.240		0	A	1		0.074		
Phenylalanine.....	0.480		0	A	1		0.149		
Tyrosine.....	0.150		0	A	1		0.047		
Valine.....	0.520		0	A	1		0.161		
Arginine.....	0.610		0	A	1		0.189		
Histidine.....	0.280		0	A	1		0.087		

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
Alanine.....g	0.550		0	A	1		0.171		
Aspartic acid.....g	0.770		0	A	1		0.239		
Glutamic acid.....g	2.240		0	A	1		0.694		
Glycine.....g	0.580		0	A	1		0.180		
Proline.....g	0.730		0	A	1		0.226		
Serine.....g	0.500		0	A	1		0.155		
Hydroxyproline.....g									
<b>Others:</b>									
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 = 31g: .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 28 (2015)



Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.900		0	MC	9		0.532		
4:0.....g	0.000		0	FLM	4		0.000		
6:0.....g	0.012		0	FLM	4		0.003		
8:0.....g	0.146		0	FLM	4		0.041		
10:0.....g	0.117		0	FLM	4		0.033		
12:0.....g	0.871		0	FLM	4		0.244		
13:0.....g	0.000		0	FLM	4		0.000		
14:0.....g	0.328		0	FLM	4		0.092		
15:0.....g	0.000		0	FLM	4		0.000		
16:0.....g	0.338		0	FLM	4		0.095		
17:0.....g	0.000		0	FLM	4		0.000		
18:0.....g	0.069		0	FLM	4		0.019		
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	0.600		0	MC	9		0.168		
14:1.....g	0.000		0	FLM	4		0.000		
15:1.....g	0.000		0	FLM	4		0.000		
16:1 undifferentiated.....g	0.002		0	FLM	4		0.001		
17:1.....g	0.000		0	FLM	4		0.000		
18:1 undifferentiated.....g	0.576		0	FLM	4		0.161		
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	0.900		0	MC	9		0.252		
18:2 undifferentiated.....g	0.843		0	FLM	4		0.236		
18:3 undifferentiated.....g	0.029		0	FLM	4		0.008		
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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g	0.000		0	FLM	4		0.000		
22:4.....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Amino Acids:</b>									
Tryptophan.....g	0.060		0	MC	9		0.017		
Threonine.....g	0.180		0	MC	9		0.050		
Isoleucine.....g	0.192		0	MC	9		0.054		
Leucine.....g	0.468		0	MC	9		0.131		
Lysine.....g	0.132		0	MC	9		0.037		
Methionine.....g	0.084		0	MC	9		0.024		
Cystine.....g	0.096		0	MC	9		0.027		
Phenylalanine.....g	0.252		0	MC	9		0.071		
Tyrosine.....g	0.132		0	MC	9		0.037		
Valine.....g	0.264		0	MC	9		0.074		
Arginine.....g	0.204		0	MC	9		0.057		
Histidine.....g	0.144		0	MC	9		0.040		
Alanine.....g	0.264		0	MC	9		0.074		
Aspartic acid.....g	0.348		0	MC	9		0.097		
Glutamic acid.....g	1.416		0	MC	9		0.396		
Glycine.....g	0.216		0	MC	9		0.060		
Proline.....g	0.372		0	MC	9		0.104		
Serine.....g	0.276		0	MC	9		0.077		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		

NDB No. 08003

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

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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 Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		

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

**Common Measures:**

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

\*Vitamin or mineral added for enrichment or fortification

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 08588

Cereals ready-to-eat, KELLOGG, KELLOGG'S CINNABON 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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.100		0	MC	9		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	0.000		0	FLM	4		0.000		
10:0.....g	0.000		0	FLM	4		0.000		
12:0.....g	0.001		0	FLM	4		0.000		
13:0.....g									
14:0.....g	0.005		0	FLM	4		0.001		
15:0.....g									
16:0.....g	0.545		0	FLM	4		0.163		
17:0.....g									
18:0.....g	0.508		0	FLM	4		0.153		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.000		0	MC	9		0.900		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0	FLM	4		0.002		
17:1.....g									
18:1 undifferentiated.....g	2.992		0	FLM	4		0.898		
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	1.390		0	MC	9		0.417		
18:2 undifferentiated.....g	1.314		0	FLM	4		0.394		
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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g	1.390		0	MC	9		0.417		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		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: 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 28 (2015)





Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.100		0	MC	9		0.651		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.116		1	A	1		0.036		
10:0.....g	0.084		1	A	1		0.026		
12:0.....g	0.623		1	A	1		0.193		
13:0.....g									
14:0.....g	0.264		1	A	1		0.082		
15:0.....g	0.000		1	A	1		0.000		
16:0.....g	0.517		1	A	1		0.160		
17:0.....g	0.000		1	A	1		0.000		
18:0.....g	0.486		1	A	1		0.151		
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	0.300		0	MC	9		0.093		
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	0.300		1	A	1		0.093		
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	0.100		0	MC	9		0.031		
18:2 undifferentiated.....g	0.100		1	A	1		0.031		
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 (EPA).....g	0.000		1	A	1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA).....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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		

NDB No. 08014

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

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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 Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Caffeine.....mg	5		0	FLM	4		1		
Theobromine.....mg	41		0	FLM	4		13		

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 28 (2015)



Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.500		0	MC	9		0.150		
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	0.003		0	FLM	4		0.001		
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	0.395		0	FLM	4		0.118		
17:0.....g	0.001		0	FLM	4		0.000		
18:0.....g	0.091		0	FLM	4		0.027		
20:0.....g	0.007		0	FLM	4		0.002		
22:0.....g	0.000		0	FLM	4		0.000		
24:0.....g	0.000		0	FLM	4		0.000		
Fatty acids, total monounsaturated.....g	0.200		0	MC	9		0.060		
14:1.....g	0.000		0	FLM	4		0.000		
15:1.....g	0.000		0	FLM	4		0.000		
16:1 undifferentiated.....g	0.002		0	FLM	4		0.000		
17:1.....g	0.000		0	FLM	4		0.000		
18:1 undifferentiated.....g	0.198		0	FLM	4		0.059		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.001		0	FLM	4		0.000		
24:1 c.....g	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated.....g	0.500		0	MC	9		0.150		
18:2 undifferentiated.....g	0.487		0	FLM	4		0.146		
18:3 undifferentiated.....g	0.013		0	FLM	4		0.004		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLM	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g	0.000		0	FLM	4		0.000		
22:4.....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
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: 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 28 (2015)



Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	6.200		0	MC	9		3.038		
4:0.....g	0.002		0	FLM	4		0.001		
6:0.....g	0.027		0	FLM	4		0.013		
8:0.....g	0.321		0	FLM	4		0.157		
10:0.....g	0.248		0	FLM	4		0.122		
12:0.....g	2.333		0	FLM	4		1.143		
13:0.....g	0.000		0	FLM	4		0.000		
14:0.....g	0.840		0	FLM	4		0.412		
15:0.....g	0.000		0	FLM	4		0.000		
16:0.....g	1.939		0	FLM	4		0.950		
17:0.....g	0.000		0	FLM	4		0.000		
18:0.....g	0.452		0	FLM	4		0.221		
20:0.....g	0.014		0	FLM	4		0.007		
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	4.900		0	MC	9		2.401		
14:1.....g	0.000		0	FLM	4		0.000		
15:1.....g	0.000		0	FLM	4		0.000		
16:1 undifferentiated.....g	0.014		0	FLM	4		0.007		
17:1.....g	0.000		0	FLM	4		0.000		
18:1 undifferentiated.....g	4.886		0	FLM	4		2.394		
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	2.800		0	MC	9		1.372		
18:2 undifferentiated.....g	2.675		0	FLM	4		1.311		
18:3 undifferentiated.....g	0.123		0	FLM	4		0.060		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLM	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:4 undifferentiated.....g	0.002		0	FLM	4		0.001		
20:5 n-3 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g	0.100		0	MC	9		0.049		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
<b>Others:</b>									
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 = 49g: .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 28 (2015)





Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.200		0	MC	9		0.058		
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	0.000		0	FLM	4		0.000		
13:0.....g									
14:0.....g	0.004		0	FLM	4		0.001		
15:0.....g									
16:0.....g	0.176		0	FLM	4		0.051		
17:0.....g									
18:0.....g	0.016		0	FLM	4		0.005		
20:0.....g									
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	0.002		0	FLM	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.197		0	FLM	4		0.057		
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		0.087		
18:2 undifferentiated.....g	0.264		0	FLM	4		0.077		
18:3 undifferentiated.....g	0.036		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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		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: 1 cup (1 NLEA serving)

\*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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.116		0	NC	4		0.033		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.000		1	A	1		0.000		
15:0.....g	0.000		0	FLM	4		0.000		
16:0.....g	0.104		1	A	1		0.029		
17:0.....g	0.000		1	A	1		0.000		
18:0.....g	0.012		1	A	1		0.003		
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	0.067		0	NC	4		0.019		
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	0.067		1	A	1		0.019		
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	0.196		0	NC	4		0.055		
18:2 undifferentiated.....g	0.184		1	A	1		0.052		
18:3 undifferentiated.....g	0.012		1	A	1		0.003		
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA).....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									
<b>Amino Acids:</b>									
Tryptophan.....g	0.045		0	MC	9		0.013		
Threonine.....g	0.227		0	MC	9		0.064		
Isoleucine.....g	0.250		0	MC	9		0.070		
Leucine.....g	1.044		0	MC	9		0.292		
Lysine.....g	0.079		0	MC	9		0.022		
Methionine.....g	0.136		0	MC	9		0.038		
Cystine.....g	0.136		0	MC	9		0.038		
Phenylalanine.....g	0.374		0	MC	9		0.105		
Tyrosine.....g	0.079		0	MC	9		0.022		
Valine.....g	0.306		0	MC	9		0.086		
Arginine.....g	0.113		0	MC	9		0.032		
Histidine.....g	0.170		0	MC	9		0.048		
Alanine.....g	0.579		0	MC	9		0.162		
Aspartic acid.....g	0.397		0	MC	9		0.111		
Glutamic acid.....g	1.554		0	MC	9		0.435		
Glycine.....g	0.193		0	MC	9		0.054		
Proline.....g	0.715		0	MC	9		0.200		
Serine.....g	0.340		0	MC	9		0.095		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		

NDB No. 08020

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

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number			<u>measures of food</u>			
			of Data	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			
Caffeine.....mg	0		0	Z	7			0	
Theobromine.....mg	0		0	Z	7			0	

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

**Common Measures:**

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

\*Vitamin or mineral added for enrichment or fortification

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.800		0	MC	9		0.522		
4:0.....g	0.001		0	FLM	4		0.000		
6:0.....g	0.011		0	FLM	4		0.003		
8:0.....g	0.127		0	FLM	4		0.037		
10:0.....g	0.093		0	FLM	4		0.027		
12:0.....g	0.746		0	FLM	4		0.216		
13:0.....g	0.000		0	FLM	4		0.000		
14:0.....g	0.277		0	FLM	4		0.080		
15:0.....g	0.000		0	FLM	4		0.000		
16:0.....g	0.337		0	FLM	4		0.098		
17:0.....g	0.000		0	FLM	4		0.000		
18:0.....g	0.192		0	FLM	4		0.056		
20:0.....g	0.003		0	FLM	4		0.001		
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	0.600		0	MC	9		0.174		
14:1.....g	0.000		0	FLM	4		0.000		
15:1.....g	0.000		0	FLM	4		0.000		
16:1 undifferentiated.....g	0.003		0	FLM	4		0.001		
17:1.....g	0.000		0	FLM	4		0.000		
18:1 undifferentiated.....g	0.587		0	FLM	4		0.170		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated.....g	0.900		0	MC	9		0.261		
18:2 undifferentiated.....g	0.861		0	FLM	4		0.250		
18:3 undifferentiated.....g	0.030		0	FLM	4		0.009		
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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g	0.000		0	FLM	4		0.000		
22:4.....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Amino Acids:</b>									
Tryptophan.....g	0.089		0	MC	9		0.026		
Threonine.....g	0.167		0	MC	9		0.049		
Isoleucine.....g	0.156		0	MC	9		0.045		
Leucine.....g	0.435		0	MC	9		0.126		
Lysine.....g	0.100		0	MC	9		0.029		
Methionine.....g	0.078		0	MC	9		0.023		
Cystine.....g	0.089		0	MC	9		0.026		
Phenylalanine.....g	0.245		0	MC	9		0.071		
Tyrosine.....g	0.145		0	MC	9		0.042		
Valine.....g	0.201		0	MC	9		0.058		
Arginine.....g	0.178		0	MC	9		0.052		
Histidine.....g	0.100		0	MC	9		0.029		
Alanine.....g	0.257		0	MC	9		0.074		
Aspartic acid.....g	0.335		0	MC	9		0.097		
Glutamic acid.....g	1.350		0	MC	9		0.392		
Glycine.....g	0.201		0	MC	9		0.058		
Proline.....g	0.346		0	MC	9		0.100		
Serine.....g	0.268		0	MC	9		0.078		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		

NDB No. 08030

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

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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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Caffeine.....mg	0		0	FLM	4			0	
Theobromine.....mg	0		0	FLM	4			0	

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 28 (2015)

NDB No. 08069

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

Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	4.18	0.095	6	A	1		1.25	1.76	
Energy.....kcal	369		0	MC	9		111	155	
Energy.....kJ	1544		0	MC	9		463	648	
Protein (N x 6.25).....g	3.96	0.060	6	A	1		1.19	1.66	
Total lipid (fat).....g	1.68	0.350	6	A	1		0.50	0.71	
Ash.....g	0.98	0.064	6	A	1		0.29	0.41	
Carbohydrate, by difference.....g	89.20		0	NC	4		26.76	37.46	
Fiber, total dietary.....g	2.2		2	A	1		0.7	0.9	
Sugars, total.....g	35.43	0.328	3	A	1		10.63	14.88	
Sucrose.....g	31.33	0.467	3	A	1		9.40	13.16	
Glucose (dextrose).....g	1.80	0.058	3	A	1		0.54	0.76	
Fructose.....g	1.67	0.088	3	A	1		0.50	0.70	
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose.....g	0.63	0.067	3	A	1		0.19	0.27	
Galactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Starch.....g	46.10	0.252	3	A	1		13.83	19.36	
<b>Minerals:</b>									
Calcium, Ca.....mg	3	0.184	6	A	1		1	1	
* Iron, Fe.....mg	26.70	0.378	6	A	1		8.01	11.21	
Magnesium, Mg.....mg	8	0.122	6	A	1		2	3	
Phosphorus, P.....mg	47	0.556	6	A	1		14	20	
Potassium, K.....mg	76	4.449	6	A	1		23	32	
Sodium, Na.....mg	468	12.476	6	A	1		140	196	
Zinc, Zn.....mg	0.15	0.002	6	A	1		0.04	0.06	
Copper, Cu.....mg	0.039	0.001	6	A	1		0.012	0.016	
Manganese, Mn.....mg	0.055	0.001	6	A	1		0.016	0.023	
Selenium, Se.....µg	3.3	1.095	3	A	1		1.0	1.4	
<b>Vitamins:</b>									
* Vitamin C, total ascorbic acid.....mg	24.2		1	A	1		7.3	10.2	
* Thiamin.....mg	1.903		1	A	1		0.571	0.799	
* Riboflavin.....mg	1.730		1	A	1		0.519	0.727	
* Niacin.....mg	27.667		1	A	1		8.300	11.620	
Pantothenic acid.....mg	0.215	0.006	4	A	1	C	0.064	0.090	
* Vitamin B-6.....mg	3.573		1	A	1		1.072	1.501	
* Folate, total.....µg	382		0	NC	4		114	160	
* Folic acid.....µg	362	7.857	4	A	1	C	109	152	
Folate, food.....µg	19		0	CAZN	4		6	8	
Folate, DFE.....µg	635		0	NC	4		191	267	
Choline, total.....mg	1.9		0	AS	1		0.6	0.8	
Betaine.....mg	1.8		1	A	1		0.5	0.7	
* Vitamin B-12.....µg	8.10		1	A	1		2.43	3.40	
* Vitamin B-12, added.....µg	8.10		0	NR	4		2.43	3.40	
Vitamin A, RAE.....µg	450		1	AS	1		135	189	
Retinol.....µg	446		1	A	1		134	187	
Carotene, beta.....µg	21		1	A	1		6	9	
Carotene, alpha.....µg	5		1	A	1		1	2	
Cryptoxanthin, beta.....µg	40		1	A	1		12	17	
* Vitamin A, IU.....IU	1559		1	AS	1		468	655	
Lycopene.....µg	0		1	A	1		0	0	
Lutein + zeaxanthin.....µg	676		1	A	1		203	284	
Vitamin E (alpha-tocopherol).....mg	0.07		1	A	1		0.02	0.03	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.69		1	A	1		0.21	0.29	
Tocopherol, delta.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, alpha.....mg	0.21		1	A	1		0.06	0.09	
Tocotrienol, beta.....mg	0.02		1	A	1		0.01	0.01	



Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.43		1	A	1		0.13	0.18	
Tocotrienol, delta.....mg	0.01		1	A	1		0.00	0.01	
* Vitamin D (D2 + D3).....µg	4.7		12	AS	1		1.4	2.0	
Vitamin D2 (ergocalciferol).....µg	0.0	0.000	6	A	1		0.0	0.0	
Vitamin D3 (cholecalciferol).....µg	4.7	0.209	6	A	1		1.4	2.0	
Vitamin D.....µg	188	8.371	6	A	1		56	79	
Vitamin K (phylloquinone).....µg	0.2		0	FLM	4		0.1	0.1	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.451		0	NC	4		0.135	0.189	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		1	A	1	D	0.000	0.000	
8:0.....g	0.065		1	A	1	D	0.019	0.027	
10:0.....g	0.056		1	A	1	D	0.017	0.024	
12:0.....g	0.000		1	A	1	D	0.000	0.000	
13:0.....g									
14:0.....g	0.008		1	A	1	D	0.002	0.003	
15:0.....g									
16:0.....g	0.226		1	A	1	D	0.068	0.095	
17:0.....g									
18:0.....g	0.072		1	A	1	D	0.022	0.030	
20:0.....g	0.008		1	A	1	D	0.002	0.003	
22:0.....g	0.008		1	A	1	D	0.002	0.003	
24:0.....g	0.000		1	A	1	D	0.000	0.000	
Fatty acids, total monounsaturated.....g	0.265		0	NC	4		0.080	0.111	
14:1.....g	0.000		1	A	1	D	0.000	0.000	
15:1.....g	0.000		1	A	1	D	0.000	0.000	
16:1 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
16:1 c.....g	0.000		1	A	1	D	0.000	0.000	
16:1 t.....g	0.000		1	A	1	D	0.000	0.000	
17:1.....g	0.000		1	A	1	D	0.000	0.000	
18:1 undifferentiated.....g	0.265		0	AS	1		0.080	0.111	
18:1 c.....g	0.265		1	A	1	D	0.080	0.111	
18:1 t.....g	0.000		1	A	1	D	0.000	0.000	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.000		1	A	1	D	0.000	0.000	
22:1 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
22:1 c.....g	0.000		1	A	1	D	0.000	0.000	
22:1 t.....g	0.000		1	A	1	D	0.000	0.000	
24:1 c.....g	0.000		1	A	1	D	0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.669		0	NC	4		0.201	0.281	
18:2 undifferentiated.....g	0.629		0	AS	1		0.189	0.264	
18:2 n-6 c,c.....g	0.629		1	A	1	D	0.189	0.264	
18:2 CLAs.....g	0.000		1	A	1	D	0.000	0.000	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.000		1	A	1	D	0.000	0.000	
18:3 undifferentiated.....g	0.032		0	AS	1		0.010	0.014	
18:3 n-3 c,c,c (ALA).....g	0.032		1	A	1	D	0.010	0.014	
18:3 n-6 c,c,c.....g	0.000		1	A	1	D	0.000	0.000	
18:3i.....g									
18:4.....g	0.000		1	A	1	D	0.000	0.000	
20:2 n-6 c,c.....g	0.000		1	A	1	D	0.000	0.000	
20:3 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
20:3 n-3.....g	0.000		1	A	1	D	0.000	0.000	
20:3 n-6.....g	0.000		1	A	1	D	0.000	0.000	
20:4 undifferentiated.....g	0.000		1	A	1	D	0.000	0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.008		1	A	1	D	0.002	0.003	
21:5.....g									
22:4.....g	0.000		1	A	1	D	0.000	0.000	
22:5 n-3 (DPA).....g	0.000		1	A	1	D	0.000	0.000	

NDB No. 08069

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA).....g	0.000		1	A	1	D	0.000	0.000	
Fatty acids, total trans.....g	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4		0.000	0.000	
Cholesterol.....mg	0		0	MC	9		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.028		0	A	1		0.008	0.012	
Threonine.....g	0.130		0	A	1		0.039	0.055	
Isoleucine.....g	0.149		0	A	1		0.045	0.063	
Leucine.....g	0.633		0	A	1		0.190	0.266	
Lysine.....g	0.028		0	A	1		0.008	0.012	
Methionine.....g	0.065		0	A	1		0.020	0.027	
Cystine.....g	0.065		0	A	1		0.020	0.027	
Phenylalanine.....g	0.223		0	A	1		0.067	0.094	
Tyrosine.....g	0.093		0	A	1		0.028	0.039	
Valine.....g	0.195		0	A	1		0.059	0.082	
Arginine.....g	0.084		0	A	1		0.025	0.035	
Histidine.....g	0.112		0	A	1		0.033	0.047	
Alanine.....g	0.354		0	A	1		0.106	0.149	
Aspartic acid.....g	0.242		0	A	1		0.073	0.102	
Glutamic acid.....g	0.931		0	A	1		0.279	0.391	
Glycine.....g	0.121		0	A	1		0.036	0.051	
Proline.....g	0.289		0	A	1		0.087	0.121	
Serine.....g	0.195		0	A	1		0.059	0.082	
Hydroxyproline.....g									
<b>Others:</b>									
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 42g: 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 28 (2015)



NDB No. 08319

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

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.400		0	MC	9		0.216		
Fatty acids, total monounsaturated.....g	0.200		0	MC	9		0.108		
Fatty acids, total polyunsaturated.....g	0.890		0	MC	9		0.481		
Fatty acids, total trans.....g	0.000		0	MC	9		0.000		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
<b>Others:</b>									
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 = 54g: 21 biscuits (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 28 (2015)

NDB No. 08695

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

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
<b>Proximates:</b>									
Water.....g	4.80		0	MC	9		2.69		
Energy.....kcal	351		0	MC	9		197		
Energy.....kJ	1469		0	MC	9		823		
Protein (N x 6.25).....g	9.19		0	MC	9		5.15		
Total lipid (fat).....g	1.70		0	MC	9		0.95		
Ash.....g	1.05		0	BFZN	4		0.59		
Carbohydrate, by difference.....g	83.40		0	O	4		46.70		
Fiber, total dietary.....g	10.8		0	MC	9		6.0		
Sugars, total.....g	20.20		0	MC	9		11.31		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	30		0	MC	9		17		
* Iron, Fe.....mg	28.89		0	MC	9		16.18		
Magnesium, Mg.....mg	77		0	MC	9		43		
Phosphorus, P.....mg	343		0	MC	9		192		
Potassium, K.....mg	371		0	MC	9		208		
Sodium, Na.....mg	2		0	MC	9		1		
* Zinc, Zn.....mg	2.70		0	MC	9		1.51		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
* Thiamin.....mg	0.670		0	MC	9		0.375		
* Riboflavin.....mg	0.750		0	MC	9		0.420		
* Niacin.....mg	8.890		0	MC	9		4.978		
Pantothenic acid.....mg									
* Vitamin B-6.....mg	0.880		0	MC	9		0.493		
* Folate, total.....µg	357		0	MC	9		200		
* Folic acid.....µg	338		0	NR	4		189		
Folate, food.....µg	19		0	CAZN	4		11		
Folate, DFE.....µg	594		0	NC	4		332		
Choline, total.....mg									
Betaine.....mg									
* Vitamin B-12.....µg	2.70		0	MC	9		1.51		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**

NDB No. 08695

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

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 Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Fatty acids, total saturated.....g	0.300		0	MC	9		0.168		
Fatty acids, total monounsaturated.....g	0.200		0	MC	9		0.112		
Fatty acids, total polyunsaturated.....g	1.200		0	MC	9		0.672		
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 = 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 28 (2015)



Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.100		0	MC	9		0.030		
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	0.000		0	FLM	4		0.000		
13:0.....g									
14:0.....g	0.002		0	FLM	4		0.001		
15:0.....g									
16:0.....g	0.089		0	FLM	4		0.027		
17:0.....g									
18:0.....g	0.007		0	FLM	4		0.002		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.100		0	MC	9		0.030		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	FLM	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.099		0	FLM	4		0.030		
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	0.100		0	MC	9		0.030		
18:2 undifferentiated.....g	0.082		0	FLM	4		0.025		
18:3 undifferentiated.....g	0.018		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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		

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

**Common Measures:**

Measure 1 = 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 28 (2015)





Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.300		0	MC	9		0.090		
4:0.....g	0.000		0	FLM	4		0.000		
6:0.....g	0.000		0	FLM	4		0.000		
8:0.....g	0.000		0	FLM	4		0.000		
10:0.....g	0.000		0	FLM	4		0.000		
12:0.....g	0.001		0	FLM	4		0.000		
13:0.....g									
14:0.....g	0.001		0	FLM	4		0.000		
15:0.....g									
16:0.....g	0.248		0	FLM	4		0.074		
17:0.....g									
18:0.....g	0.040		0	FLM	4		0.012		
20:0.....g									
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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		

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

**Common Measures:**

Measure 1 = 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 28 (2015)



Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.500		0	MC	9		0.135		
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	0.000		0	FLM	4		0.000		
13:0.....g									
14:0.....g	0.000		0	FLM	4		0.000		
15:0.....g									
16:0.....g	0.199		0	FLM	4		0.054		
17:0.....g									
18:0.....g	0.298		0	FLM	4		0.080		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.400		0	MC	9		0.108		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0	FLM	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.384		0	FLM	4		0.104		
20:1.....g	0.011		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	0.500		0	MC	9		0.135		
18:2 undifferentiated.....g	0.460		0	FLM	4		0.124		
18:3 undifferentiated.....g	0.040		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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g	0.500		0	MC	9		0.135		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		

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

**Common Measures:**

Measure 1 = 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 28 (2015)



Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.200		0	MC	9		0.720		
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	0.003		0	FLM	4		0.002		
13:0.....g									
14:0.....g	0.021		0	FLM	4		0.013		
15:0.....g									
16:0.....g	1.057		0	FLM	4		0.634		
17:0.....g									
18:0.....g	0.106		0	FLM	4		0.064		
20:0.....g	0.000		0	FLM	4		0.000		
22:0.....g	0.000		0	FLM	4		0.000		
24:0.....g									
Fatty acids, total monounsaturated.....g	2.200		0	MC	9		1.320		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.021		0	FLM	4		0.013		
17:1.....g									
18:1 undifferentiated.....g	2.172		0	FLM	4		1.303		
20:1.....g	0.006		0	FLM	4		0.004		
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		0.960		
18:2 undifferentiated.....g	1.541		0	FLM	4		0.925		
18:3 undifferentiated.....g	0.058		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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
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 = 60g: .667 cup (1 NLEA serving)

\*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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.390		0	MC	9		0.681		
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	0.003		0	FLM	4		0.002		
13:0.....g									
14:0.....g	0.020		0	FLM	4		0.010		
15:0.....g									
16:0.....g	1.207		0	FLM	4		0.591		
17:0.....g									
18:0.....g	0.153		0	FLM	4		0.075		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.500		0	MC	9		1.225		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.022		0	FLM	4		0.011		
17:1.....g									
18:1 undifferentiated.....g	2.477		0	FLM	4		1.214		
20:1.....g	0.001		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		0.784		
18:2 undifferentiated.....g	1.575		0	FLM	4		0.772		
18:3 undifferentiated.....g	0.025		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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
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 = 49g: .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 28 (2015)





Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.500		0	MC	9		0.435		
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	0.005		0	FLM	4		0.001		
13:0.....g									
14:0.....g	0.009		0	FLM	4		0.003		
15:0.....g									
16:0.....g	0.888		0	FLM	4		0.258		
17:0.....g									
18:0.....g	0.530		0	FLM	4		0.154		
20:0.....g									
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	0.001		0	FLM	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.495		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	0.690		0	MC	9		0.200		
18:2 undifferentiated.....g	0.647		0	FLM	4		0.188		
18:3 undifferentiated.....g	0.021		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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
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 = 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 28 (2015)

NDB No. 08384

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

Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	4.40		0	MC	9		2.42		
Energy.....kcal	342		0	MC	9		188		
Energy.....kJ	1431		0	MC	9		787		
Protein (N x 6.25).....g	11.60		0	MC	9		6.38		
Total lipid (fat).....g	2.00		0	MC	9		1.10		
Ash.....g	1.00		0	O	4		0.55		
Carbohydrate, by difference.....g	81.00		0	O	4		44.55		
Fiber, total dietary.....g	13.8		0	MC	9		7.6		
Sugars, total.....g	0.40		0	MC	9		0.22		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	35		0	MC	9		19		
* Iron, Fe.....mg	29.50		0	MC	9		16.23		
Magnesium, Mg.....mg	110		0	MC	9		61		
Phosphorus, P.....mg	469		0	MC	9		258		
Potassium, K.....mg	463		0	MC	9		255		
Sodium, Na.....mg	2		0	MC	9		1		
* Zinc, Zn.....mg	2.70		0	MC	9		1.49		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
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		0.423		
* Niacin.....mg	9.100		0	MC	9		5.005		
Pantothenic acid.....mg									
* Vitamin B-6.....mg	0.910		0	MC	9		0.501		
* Folate, total.....µg	364		0	MC	9		200		
* Folic acid.....µg	336		0	NR	4		185		
Folate, food.....µg	28		0	CAZN	4		15		
Folate, DFE.....µg	599		0	NC	4		330		
Choline, total.....mg									
Betaine.....mg									
* Vitamin B-12.....µg	2.70		0	MC	9		1.49		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	7		0	MC	9		4		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.67		0	MC	9		0.37		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 08384

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total 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	0.022		0	FLM	4		0.012		
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	0.001		0	FLM	4		0.001		
15:0.....g									
16:0.....g	0.349		0	FLM	4		0.192		
17:0.....g									
18:0.....g	0.019		0	FLM	4		0.011		
20:0.....g									
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	0.008		0	FLM	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.192		0	FLM	4		0.106		
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		0.605		
18:2 undifferentiated.....g	0.861		0	FLM	4		0.473		
18:3 undifferentiated.....g	0.039		0	FLM	4		0.022		
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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
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 = 55g: 30 biscuits (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 28 (2015)



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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.600		0	MC	9		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	0.000		0	FLM	4		0.000		
10:0.....g	0.000		0	FLM	4		0.000		
12:0.....g	0.004		0	FLM	4		0.002		
13:0.....g									
14:0.....g	0.003		0	FLM	4		0.002		
15:0.....g									
16:0.....g	0.502		0	FLM	4		0.276		
17:0.....g									
18:0.....g	0.074		0	FLM	4		0.041		
20:0.....g									
22:0.....g	0.000		0	FLM	4		0.000		
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	0.023		0	FLM	4		0.013		
17:1.....g									
18:1 undifferentiated.....g	2.470		0	FLM	4		1.359		
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	1.390		0	MC	9		0.765		
18:2 undifferentiated.....g	1.353		0	FLM	4		0.744		
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									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
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 = 55g: .67 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 28 (2015)



Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.200		0	MC	9		0.060		
4:0.....g	0.000		0	FLM	4		0.000		
6:0.....g	0.000		0	FLM	4		0.000		
8:0.....g	0.000		0	FLM	4		0.000		
10:0.....g	0.000		0	FLM	4		0.000		
12:0.....g	0.001		0	FLM	4		0.000		
13:0.....g									
14:0.....g	0.002		0	FLM	4		0.000		
15:0.....g									
16:0.....g	0.183		0	FLM	4		0.055		
17:0.....g									
18:0.....g	0.014		0	FLM	4		0.004		
20:0.....g									
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	0.005		0	FLM	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.395		0	FLM	4		0.119		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.001		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	0.550		0	FLM	4		0.165		
18:3 undifferentiated.....g	0.050		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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		

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

**Common Measures:**

Measure 1 = 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 28 (2015)



NDB No. 08060

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

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
<b>Proximates:</b>									
Water.....g	10.40	0.509	6	A	1		6.14		
Energy.....kcal	318		0	MC	9		188		
Energy.....kJ	1331		0	MC	9		785		
Protein (N x 6.25).....g	7.72	0.125	6	A	1		4.55		
Total lipid (fat).....g	2.72	0.071	6	A	1		1.61		
Ash.....g	1.87	0.031	6	A	1		1.10		
Carbohydrate, by difference.....g	77.29		0	NC	4		45.60		
Fiber, total dietary.....g	11.4		2	A	1		6.7		
Sugars, total.....g	31.30	0.200	3	A	1		18.47		
Sucrose.....g	8.57	0.219	3	A	1		5.05		
Glucose (dextrose).....g	10.10	0.153	3	A	1		5.96		
Fructose.....g	12.30	0.115	3	A	1		7.26		
Lactose.....g	0.00	0.000	3	A	1		0.00		
Maltose.....g	0.33	0.033	3	A	1		0.20		
Galactose.....g	0.00	0.000	3	A	1		0.00		
Starch.....g	29.03	0.617	3	A	1		17.13		
<b>Minerals:</b>									
Calcium, Ca.....mg	43	1.656	6	A	1		26		
* Iron, Fe.....mg	12.33	0.475	6	A	1		7.28		
Magnesium, Mg.....mg	122	1.973	6	A	1		72		
Phosphorus, P.....mg	347	4.879	6	A	1		205		
* Potassium, K.....mg	653		0	MC	9		385		
Sodium, Na.....mg	356		0	MC	9		210		
* Zinc, Zn.....mg	3.39	0.079	6	A	1		2.00		
Copper, Cu.....mg	0.456	0.005	6	A	1		0.269		
Manganese, Mn.....mg	2.678	0.127	6	A	1		1.580		
Selenium, Se.....µg	4.6	0.727	3	A	1		2.7		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	4	A	1	C	0.0		
* Thiamin.....mg	0.753		1	A	1		0.444		
* Riboflavin.....mg	1.080		1	A	1		0.637		
* Niacin.....mg	13.800		1	A	1		8.142		
Pantothenic acid.....mg	0.922	0.006	4	A	1	C	0.544		
* Vitamin B-6.....mg	1.843		1	A	1		1.088		
* Folate, total.....µg	201		0	NR	4		119		
* Folic acid.....µg	182		0	MC	9		107		
Folate, food.....µg	19		0	CAZN	4		11		
Folate, DFE.....µg	328		0	NC	4		194		
Choline, total.....mg	24.3		0	AS	1		14.3		
Betaine.....mg	151.2		1	A	1		89.2		
* Vitamin B-12.....µg	2.00		0	MC	9		1.18		
* Vitamin B-12, added.....µg	2.00		0	NR	4		1.18		
Vitamin A, RAE.....µg	386		0	NC	4		228		
Retinol.....µg	386		1	A	1		227		
Carotene, beta.....µg	2		0	FLA	4		1		
Carotene, alpha.....µg	0		0	FLA	4		0		
Cryptoxanthin, beta.....µg	0		0	FLA	4		0		
* Vitamin A, IU.....IU	1289		0	NC	4		761		
Lycopene.....µg	0		0	FLA	4		0		
Lutein + zeaxanthin.....µg	97		0	FLA	4		57		
Vitamin E (alpha-tocopherol).....mg	0.66		1	A	1		0.39		
Vitamin E, added.....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta.....mg	0.28		1	A	1		0.16		
Tocopherol, gamma.....mg	1.34		1	A	1		0.79		
Tocopherol, delta.....mg	0.00		1	A	1		0.00		
Tocotrienol, alpha.....mg	0.38		1	A	1		0.22		
Tocotrienol, beta.....mg	2.24		1	A	1		1.32		

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00		1	A	1		0.00		
Tocotrienol, delta.....mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3).....µg	3.9		6	AS	1		2.3		
Vitamin D2 (ergocalciferol).....µg	0.0	0.000	6	A	1		0.0		
Vitamin D3 (cholecalciferol).....µg	3.9	0.584	6	A	1		2.3		
* Vitamin D.....µg	155	23.366	6	A	1		92		
Vitamin K (phylloquinone).....µg	2.1		0	FLA	4		1.3		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.480		0	NC	4		0.283		
4:0.....g	0.000	0.000	3	A	1		0.000		
6:0.....g	0.000	0.000	3	A	1		0.000		
8:0.....g	0.000	0.000	3	A	1		0.000		
10:0.....g	0.000	0.000	3	A	1		0.000		
12:0.....g	0.000	0.000	3	A	1		0.000		
13:0.....g									
14:0.....g	0.005	0.001	3	A	1		0.003		
15:0.....g	0.003	0.000	3	A	1		0.002		
16:0.....g	0.424	0.005	3	A	1		0.250		
17:0.....g	0.003	0.000	3	A	1		0.002		
18:0.....g	0.033	0.001	3	A	1		0.020		
20:0.....g	0.003	0.001	3	A	1		0.002		
22:0.....g	0.004	0.001	3	A	1		0.003		
24:0.....g	0.005	0.000	3	A	1		0.003		
Fatty acids, total monounsaturated.....g	0.339		0	NC	4		0.200		
14:1.....g	0.000	0.000	3	A	1		0.000		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.002	0.000	3	AS	1		0.001		
16:1 c.....g	0.002	0.000	3	A	1		0.001		
16:1 t.....g	0.000	0.000	3	A	1		0.000		
17:1.....g	0.001	0.001	3	A	1		0.000		
18:1 undifferentiated.....g	0.328	0.006	3	AS	1		0.193		
18:1 c.....g	0.322	0.006	3	A	1		0.190		
18:1 t.....g	0.006	0.001	3	A	1		0.003		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.009	0.000	3	A	1		0.005		
22:1 undifferentiated.....g	0.000	0.000	3	AS	1		0.000		
22:1 c.....g	0.000	0.000	3	A	1		0.000		
22:1 t.....g	0.000	0.000	3	A	1		0.000		
24:1 c.....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total polyunsaturated.....g	0.949		0	NC	4		0.560		
18:2 undifferentiated.....g	0.886	0.028	3	AS	1		0.523		
18:2 n-6 c,c.....g	0.881	0.028	3	A	1		0.520		
18:2 CLAs.....g	0.002	0.002	3	A	1		0.001		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.003	0.002	3	A	1		0.002		
18:3 undifferentiated.....g	0.062	0.002	3	AS	1		0.037		
18:3 n-3 c,c,c (ALA).....g	0.062	0.002	3	A	1		0.037		
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1		0.000		
18:3i.....g									
18:4.....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c.....g	0.001	0.001	3	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	3	AS	1		0.000		
20:3 n-3.....g	0.000	0.000	3	A	1		0.000		
20:3 n-6.....g	0.000	0.000	3	A	1		0.000		
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000		
21:5.....g									
22:4.....g	0.000	0.000	3	A	1		0.000		
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1		0.000		

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			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code						
22:6 n-3 (DHA).....g	0.000	0.000	3	A		1		0.000		
Fatty acids, total trans.....g	0.009		0	NC		4		0.005		
Fatty acids, total trans-monoenoic.....g	0.006		0	NC		4		0.003		
Fatty acids, total trans-polyenoic.....g	0.003		0	NC		4		0.002		
Cholesterol.....mg	0		0	MC		9		0		
Phytosterols.....mg										
<b>Amino Acids:</b>										
Tryptophan.....g	0.111		0	A		1		0.066		
Threonine.....g	0.232		0	A		1		0.137		
Isoleucine.....g	0.257		0	A		1		0.152		
Leucine.....g	0.506		0	A		1		0.298		
Lysine.....g	0.111		0	A		1		0.066		
Methionine.....g	0.086		0	A		1		0.051		
Cystine.....g	0.120		0	A		1		0.071		
Phenylalanine.....g	0.326		0	A		1		0.192		
Tyrosine.....g	0.154		0	A		1		0.091		
Valine.....g	0.352		0	A		1		0.207		
Arginine.....g	0.292		0	A		1		0.172		
Histidine.....g	0.189		0	A		1		0.111		
Alanine.....g	0.317		0	A		1		0.187		
Aspartic acid.....g	0.429		0	A		1		0.253		
Glutamic acid.....g	2.152		0	A		1		1.270		
Glycine.....g	0.352		0	A		1		0.207		
Proline.....g	0.523		0	A		1		0.309		
Serine.....g	0.343		0	A		1		0.202		
Hydroxyproline.....g										
<b>Others:</b>										
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 = 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 28 (2015)



NDB No. 08712

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

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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 Cups (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 28 (2015)



NDB No. 08696

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

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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	Measure 1	Measure 2	Measure 3
			of Data	Code	Code			
		Points	Code	Code				

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 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 28 (2015)

NDB No. 08065

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

Kellogg, Co.

includes USDA Commodity 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
<b>Proximates:</b>									
Water.....g	5.06	0.194	6	A	1		1.67	1.47	
Energy.....kcal	381		0	MC	9		126	110	
Energy.....kJ	1594		0	MC	9		526	462	
Protein (N x 6.25).....g	6.75	0.123	6	A	1		2.23	1.96	
Total lipid (fat).....g	2.05	0.069	6	A	1		0.68	0.59	
Ash.....g	1.10	0.016	6	A	1		0.36	0.32	
Carbohydrate, by difference.....g	85.05		0	NC	4		28.06	24.66	
Fiber, total dietary.....g	0.4	0.033	3	A	1		0.1	0.1	
Sugars, total.....g	9.87	0.145	3	A	1		3.26	2.86	
Sucrose.....g	9.10	0.115	3	A	1		3.00	2.64	
Glucose (dextrose).....g	0.37	0.033	3	A	1		0.12	0.11	
Fructose.....g	0.40	0.000	3	A	1		0.13	0.12	
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	73.23	0.689	3	A	1		24.17	21.24	
<b>Minerals:</b>									
Calcium, Ca.....mg	5	0.063	6	A	1		2	2	
Iron, Fe.....mg	30.42	2.747	6	A	1		10.04	8.82	
Magnesium, Mg.....mg	27	0.780	6	A	1		9	8	
Phosphorus, P.....mg	125	1.820	6	A	1		41	36	
Potassium, K.....mg	125	2.257	6	A	1		41	36	
Sodium, Na.....mg	527	12.656	6	A	1		174	153	
Zinc, Zn.....mg	1.39	0.018	6	A	1		0.46	0.40	
Copper, Cu.....mg	0.186	0.007	6	A	1		0.062	0.054	
Manganese, Mn.....mg	1.300	0.047	6	A	1		0.429	0.377	
Selenium, Se.....µg	19.6	3.902	6	A	1		6.5	5.7	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	63.3		1	A	1		20.9	18.3	
Thiamin.....mg	1.770		1	A	1		0.584	0.513	
Riboflavin.....mg	1.290		0	MC	9		0.426	0.374	
Niacin.....mg	17.967		1	A	1		5.929	5.210	
Pantothenic acid.....mg	0.602	0.021	4	A	1		0.199	0.175	
Vitamin B-6.....mg	2.350		1	A	1		0.775	0.681	
Folate, total.....µg	610		0	NR	4		201	177	
Folic acid.....µg	606		0	MC	9		200	176	
Folate, food.....µg	4		0	CAZN	4		1	1	
Folate, DFE.....µg	1034		0	NC	4		341	300	
Choline, total.....mg	6.0		0	AS	1		2.0	1.7	
Betaine.....mg									
* Vitamin B-12.....µg	7.23		1	A	1		2.39	2.10	
* Vitamin B-12, added.....µg	7.23		0	NR	4		2.39	2.10	
Vitamin A, RAE.....µg	1136		0	NC	4		375	330	
Retinol.....µg	1136		0	NR	4		375	330	
Carotene, beta.....µg	0		0	FLM	4		0	0	
Carotene, alpha.....µg	0		0	FLM	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLM	4		0	0	
* Vitamin A, IU.....IU	3788		0	MC	9		1250	1099	
Lycopene.....µg	0		0	FLM	4		0	0	
Lutein + zeaxanthin.....µg	0		0	FLM	4		0	0	
* Vitamin E (alpha-tocopherol).....mg	26.64		1	A	1		8.79	7.72	
* Vitamin E, added.....mg	26.64		0	NC	4		8.79	7.72	
Tocopherol, beta.....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.54		1	A	1		0.18	0.16	
Tocopherol, delta.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, alpha.....mg	0.16		1	A	1		0.05	0.05	
Tocotrienol, beta.....mg	0.00		1	A	1		0.00	0.00	



Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Tocotrienol, gamma.....mg	0.22		1	A	1	0.07	0.06
Tocotrienol, delta.....mg	0.00		1	A	1	0.00	0.00
Vitamin D (D2 + D3).....µg	6.2		6	AS	1	2.0	1.8
Vitamin D2 (ergocalciferol).....µg	0.0	0.000	6	A	1	0.0	0.0
Vitamin D3 (cholecalciferol).....µg	6.2	0.756	6	A	1	2.0	1.8
Vitamin D.....µg	247	30.245	6	A	1	81	72
Vitamin K (phylloquinone).....µg	0.0	0.000	4	A	1	0.0	0.0
Dihydrophyloquinone.....µg							
Menaquinone-4.....µg							
<b>Lipids:</b>							
Fatty acids, total saturated.....g	0.458		0	NC	4	0.151	0.133
4:0.....g	0.000		0	FLM	4	0.000	0.000
6:0.....g	0.000		1	A	1	0.000	0.000
8:0.....g	0.029		1	A	1	0.010	0.008
10:0.....g	0.065		1	A	1	0.022	0.019
12:0.....g	0.000		1	A	1	0.000	0.000
13:0.....g							
14:0.....g	0.013		1	A	1	0.004	0.004
15:0.....g	0.003		1	A	1	0.001	0.001
16:0.....g	0.292		1	A	1	0.096	0.085
17:0.....g	0.000		1	A	1	0.000	0.000
18:0.....g	0.044		0	FLM	4	0.014	0.013
20:0.....g	0.010		1	A	1	0.003	0.003
22:0.....g	0.003		1	A	1	0.001	0.001
24:0.....g	0.000		1	A	1	0.000	0.000
Fatty acids, total monounsaturated.....g	0.593		0	NC	4	0.196	0.172
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	0.003		0	AS	1	0.001	0.001
16:1 c.....g	0.003		1	A	1	0.001	0.001
16:1 t.....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	0.583		0	AS	1	0.192	0.169
18:1 c.....g	0.583		1	A	1	0.192	0.169
18:1 t.....g	0.000		1	A	1	0.000	0.000
18:1-11 t (18:1t n-7).....g							
20:1.....g	0.007		1	A	1	0.002	0.002
22:1 undifferentiated.....g	0.000		0	AS	1	0.000	0.000
22:1 c.....g	0.000		1	A	1	0.000	0.000
22:1 t.....g	0.000		1	A	1	0.000	0.000
24:1 c.....g	0.000		1	A	1	0.000	0.000
Fatty acids, total polyunsaturated.....g	0.626		0	NC	4	0.207	0.182
18:2 undifferentiated.....g	0.590		0	AS	1	0.195	0.171
18:2 n-6 c,c.....g	0.587		1	A	1	0.194	0.170
18:2 CLAs.....g	0.000		1	A	1	0.000	0.000
18:2 t,t.....g							
18:2 i.....g							
18:2 t not further defined.....g	0.003		1	A	1	0.001	0.001
18:3 undifferentiated.....g	0.020		0	AS	1	0.006	0.006
18:3 n-3 c,c,c (ALA).....g	0.020		1	A	1	0.006	0.006
18:3 n-6 c,c,c.....g	0.000		1	A	1	0.000	0.000
18:3i.....g							
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		0	AS	1	0.000	0.000
20:3 n-3.....g	0.000		1	A	1	0.000	0.000
20:3 n-6.....g	0.000		1	A	1	0.000	0.000
20:4 undifferentiated.....g	0.000		1	A	1	0.000	0.000
20:4 n-6.....g							
20:5 n-3 (EPA).....g	0.013		1	A	1	0.004	0.004
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.003		1	A	1	0.001	0.001

NDB No. 08065

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.003		0	NC	4		0.001	0.001	
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-polyenoic.....g	0.003		0	NC	4		0.001	0.001	
Cholesterol.....mg	0		0	MC	9		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.093		0	A	1		0.031	0.027	
Threonine.....g	0.233		0	A	1		0.077	0.068	
Isoleucine.....g	0.261		0	A	1		0.086	0.076	
Leucine.....g	0.540		0	A	1		0.178	0.157	
Lysine.....g	0.140		0	A	1		0.046	0.041	
Methionine.....g	0.102		0	A	1		0.034	0.030	
Cystine.....g	0.093		0	A	1		0.031	0.027	
Phenylalanine.....g	0.354		0	A	1		0.117	0.103	
Tyrosine.....g	0.242		0	A	1		0.080	0.070	
Valine.....g	0.382		0	A	1		0.126	0.111	
Arginine.....g	0.382		0	A	1		0.126	0.111	
Histidine.....g	0.158		0	A	1		0.052	0.046	
Alanine.....g	0.354		0	A	1		0.117	0.103	
Aspartic acid.....g	0.615		0	A	1		0.203	0.178	
Glutamic acid.....g	1.257		0	A	1		0.415	0.365	
Glycine.....g	0.279		0	A	1		0.092	0.081	
Proline.....g	0.233		0	A	1		0.077	0.068	
Serine.....g	0.335		0	A	1		0.111	0.097	
Hydroxyproline.....g									
<b>Others:</b>									
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	

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**Common Measures:**

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

Measure 2 = 29g: 1 cup

\*Vitamin or mineral added for enrichment or fortification

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 08 Breakfast Cereals**

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Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.890		0	MC	9	0.267		
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	0.000		0	FLM	4	0.000		
13:0.....g								
14:0.....g	0.005		0	FLM	4	0.002		
15:0.....g	0.000		0	FLM	4	0.000		
16:0.....g	0.555		0	FLM	4	0.167		
17:0.....g	0.004		0	FLM	4	0.001		
18:0.....g	0.282		0	FLM	4	0.085		
20:0.....g	0.018		0	FLM	4	0.005		
22:0.....g	0.018		0	FLM	4	0.005		
24:0.....g								
Fatty acids, total monounsaturated.....g	1.200		0	MC	9	0.360		
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.004		0	FLM	4	0.001		
17:1.....g								
18:1 undifferentiated.....g	1.183		0	FLM	4	0.355		
20:1.....g	0.007		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	0.200		0	MC	9	0.060		
18:2 undifferentiated.....g	0.185		0	FLM	4	0.055		
18:3 undifferentiated.....g	0.010		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 (EPA).....g	0.000		0	FLM	4	0.000		
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0	FLM	4	0.000		
22:6 n-3 (DHA).....g	0.000		0	FLM	4	0.000		
Fatty acids, total trans.....g	1.600		0	MC	9	0.480		
Cholesterol.....mg	1		0	MC	9	0		
Phytosterols.....mg								
<b>Others:</b>								
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**



Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.300		0	MC	9		0.150		
4:0.....g	0.000		0	FLM	4		0.000		
6:0.....g	0.000		0	FLM	4		0.000		
8:0.....g	0.000		0	FLM	4		0.000		
10:0.....g	0.000		0	FLM	4		0.000		
12:0.....g	0.001		0	FLM	4		0.001		
13:0.....g									
14:0.....g	0.002		0	FLM	4		0.001		
15:0.....g									
16:0.....g	0.272		0	FLM	4		0.136		
17:0.....g									
18:0.....g	0.017		0	FLM	4		0.008		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.100		0	MC	9		0.050		
14:1.....g	0.000		0	FLM	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.098		0	FLM	4		0.049		
20:1.....g	0.001		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	0.500		0	MC	9		0.250		
18:2 undifferentiated.....g	0.465		0	FLM	4		0.232		
18:3 undifferentiated.....g	0.035		0	FLM	4		0.018		
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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
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 = 50g: 1 cup (1 NLEA serving)

\*Vitamin or mineral added for enrichment or fortification

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 08 Breakfast Cereals**

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Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.400		0	MC	9		0.124		
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	0.000		0	FLM	4		0.000		
13:0.....g									
14:0.....g	0.009		0	FLM	4		0.003		
15:0.....g									
16:0.....g	0.354		0	FLM	4		0.110		
17:0.....g									
18:0.....g	0.025		0	FLM	4		0.008		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.300		0	MC	9		0.093		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0	FLM	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.295		0	FLM	4		0.091		
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		0.124		
18:2 undifferentiated.....g	0.347		0	FLM	4		0.108		
18:3 undifferentiated.....g	0.054		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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
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 = 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 28 (2015)





NDB No. 08603  
 Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Blueberry

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.400		0	MC	9		0.120		
4:0.....g	0.000		0	FLM	4		0.000		
6:0.....g	0.000		0	FLM	4		0.000		
8:0.....g	0.000		0	FLM	4		0.000		
10:0.....g	0.000		0	FLM	4		0.000		
12:0.....g	0.001		0	FLM	4		0.000		
13:0.....g									
14:0.....g	0.003		0	FLM	4		0.001		
15:0.....g									
16:0.....g	0.360		0	FLM	4		0.108		
17:0.....g									
18:0.....g	0.025		0	FLM	4		0.007		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.100		0	MC	9		0.030		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	FLM	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.098		0	FLM	4		0.030		
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	0.500		0	MC	9		0.150		
18:2 undifferentiated.....g	0.454		0	FLM	4		0.136		
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	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		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 (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 28 (2015)



NDB No. 08453

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

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 28 (2015)

NDB No. 08587

Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Low Fat Granola

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
<b>Proximates:</b>									
Water.....g	3.50		0	MC	9		1.82		
Energy.....kcal	375		0	MC	9		195		
Energy.....kJ	1569		0	MC	9		816		
Protein (N x 6.25).....g	13.10		0	MC	9		6.81		
Total lipid (fat).....g	5.40		0	MC	9		2.81		
Ash.....g	3.20		0	MC	9		1.66		
Carbohydrate, by difference.....g	74.80		0	MC	9		38.90		
Fiber, total dietary.....g	11.3		0	MC	9		5.9		
Sugars, total.....g	18.00		0	MC	9		9.36		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	40		0	MC	9		21		
Iron, Fe.....mg									
Magnesium, Mg.....mg	75		0	MC	9		39		
Phosphorus, P.....mg	237		0	MC	9		123		
Potassium, K.....mg	225		0	MC	9		117		
Sodium, Na.....mg	219		0	MC	9		114		
Zinc, Zn.....mg	1.60		0	MC	9		0.83		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.0		0	MC	9		0.5		
Thiamin.....mg	1.000		0	MC	9		0.520		
Riboflavin.....mg	1.130		0	MC	9		0.588		
Niacin.....mg	13.500		0	MC	9		7.020		
Pantothenic acid.....mg									
Vitamin B-6.....mg	1.350		0	MC	9		0.702		
Folate, total.....µg	269		0	MC	9		140		
Folic acid.....µg	250		0	NR	4		130		
Folate, food.....µg	19		0	NC	4		10		
Folate, DFE.....µg	444		0	NC	4		231		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	4.00		0	MC	9		2.08		
Vitamin A, RAE.....µg									
Retinol.....µg	289		0	NR	4		150		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	962		0	MC	9		500		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	1.9		0	MC	9		1.0		
Vitamin D.....IU	77		0	MC	9		40		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 08587

Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Low Fat Granola

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number			<u>measures of food</u>			
			of Data	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			
Fatty acids, total saturated.....g	1.100		0	MC	9		0.572		
Fatty acids, total monounsaturated.....g	1.600		0	MC	9		0.832		
Fatty acids, total polyunsaturated.....g	1.790		0	MC	9		0.931		
Fatty acids, total trans.....g	0.000		0	MC	9		0.000		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: .5 cup (1 NLEA serving)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 08701

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

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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 28 (2015)





Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.300		0	MC	9		0.093		
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	0.000		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		0.084		
17:0.....g									
18:0.....g	0.018		0	FLM	4		0.006		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.300		0	MC	9		0.093		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0	FLM	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.287		0	FLM	4		0.089		
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	0.500		0	MC	9		0.155		
18:2 undifferentiated.....g	0.433		0	FLM	4		0.134		
18:3 undifferentiated.....g	0.061		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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
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 = 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 28 (2015)



NDB No. 08602

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.700		0	MC	9		0.210		
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	0.000		0	FLM	4		0.000		
13:0.....g									
14:0.....g	0.003		0	FLM	4		0.001		
15:0.....g									
16:0.....g	0.543		0	FLM	4		0.163		
17:0.....g									
18:0.....g	0.126		0	FLM	4		0.038		
20:0.....g	0.004		0	FLM	4		0.001		
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.800		0	MC	9		0.840		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0	FLM	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	2.781		0	FLM	4		0.834		
20:1.....g	0.016		0	FLM	4		0.005		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.100		0	MC	9		0.630		
18:2 undifferentiated.....g	1.976		0	FLM	4		0.593		
18:3 undifferentiated.....g	0.123		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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		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 (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 28 (2015)



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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.400		0	MC	9		0.212		
4:0.....g	0.000		0	FLM	4		0.000		
6:0.....g	0.000		0	FLM	4		0.000		
8:0.....g	0.000		0	FLM	4		0.000		
10:0.....g	0.000		0	FLM	4		0.000		
12:0.....g	0.001		0	FLM	4		0.001		
13:0.....g									
14:0.....g	0.005		0	FLM	4		0.003		
15:0.....g									
16:0.....g	0.358		0	FLM	4		0.190		
17:0.....g									
18:0.....g	0.029		0	FLM	4		0.015		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.300		0	MC	9		0.159		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009		0	FLM	4		0.005		
17:1.....g									
18:1 undifferentiated.....g	0.288		0	FLM	4		0.153		
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	0.690		0	MC	9		0.366		
18:2 undifferentiated.....g	0.640		0	FLM	4		0.339		
18:3 undifferentiated.....g	0.049		0	FLM	4		0.026		
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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
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 = 53g: 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 28 (2015)



Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.400		0	MC	9		0.448		
4:0.....g	0.001		0	FLM	4		0.000		
6:0.....g	0.002		0	FLM	4		0.001		
8:0.....g	0.032		0	FLM	4		0.010		
10:0.....g	0.040		0	FLM	4		0.013		
12:0.....g	0.681		0	FLM	4		0.218		
13:0.....g									
14:0.....g	0.243		0	FLM	4		0.078		
15:0.....g									
16:0.....g	0.353		0	FLM	4		0.113		
17:0.....g									
18:0.....g	0.039		0	FLM	4		0.013		
20:0.....g	0.000		0	FLM	4		0.000		
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.100		0	MC	9		0.032		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	FLM	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.098		0	FLM	4		0.031		
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	0.300		0	MC	9		0.096		
18:2 undifferentiated.....g	0.278		0	FLM	4		0.089		
18:3 undifferentiated.....g	0.021		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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
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 = 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 28 (2015)





NDB No. 08493

Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.730		0	MC	9		0.241		
Fatty acids, total monounsaturated.....g	0.550		0	MC	9		0.182		
Fatty acids, total polyunsaturated.....g	0.670		0	MC	9		0.221		
Fatty acids, total trans.....g	0.000		0	LC	8		0.000		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	MC	9		0		
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 = 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 28 (2015)



Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.214		0	MC	9		0.364		
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	0.006		0	FLM	4		0.002		
13:0.....g									
14:0.....g	0.009		0	FLM	4		0.003		
15:0.....g									
16:0.....g	0.722		0	FLM	4		0.217		
17:0.....g									
18:0.....g	0.427		0	FLM	4		0.128		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.274		0	MC	9		0.382		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0	FLM	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	1.271		0	FLM	4		0.381		
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	0.996		0	MC	9		0.299		
18:2 undifferentiated.....g	0.949		0	FLM	4		0.285		
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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	MC	9		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 (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 28 (2015)



NDB No. 08487

Cereals ready-to-eat, MALT-O-MEAL, Blueberry MUFFIN TOPS 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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.660		0	MC	9		0.498		
Fatty acids, total monounsaturated.....g	3.520		0	MC	9		1.056		
Fatty acids, total polyunsaturated.....g	4.130		0	MC	9		1.239		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	MC	9		0		
Theobromine.....mg									

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

**Common Measures:**

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

\*Vitamin or mineral added for enrichment or fortification

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 08672

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

MOM Brands

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	2.00		0	MC	9		0.60		
Energy.....kcal	392		0	MC	9		118		
Energy.....kJ	1642		0	MC	9		493		
Protein (N x 6.25).....g	3.50		0	MC	9		1.05		
Total lipid (fat).....g	3.67		0	MC	9		1.10		
Ash.....g	2.65		0	NC	4		0.80		
Carbohydrate, by difference.....g	88.18		0	MC	9		26.45		
Fiber, total dietary.....g	2.5		0	MC	9		0.8		
Sugars, total.....g	55.45		0	MC	9		16.64		
Starch.....g									
<b>Minerals:</b>									
* Calcium, Ca.....mg	267		0	MC	9		80		
* Iron, Fe.....mg	24.00		0	MC	9		7.20		
Magnesium, Mg.....mg	30		0	MC	9		9		
Phosphorus, P.....mg	85		0	MC	9		25		
Potassium, K.....mg	183		0	MC	9		55		
Sodium, Na.....mg	368		0	MC	9		110		
* Zinc, Zn.....mg	10.00		0	MC	9		3.00		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
* Vitamin C, total ascorbic acid.....mg	16.0		0	MC	9		4.8		
* Thiamin.....mg	1.000		0	MC	9		0.300		
* Riboflavin.....mg	1.120		0	MC	9		0.336		
* Niacin.....mg	13.320		0	MC	9		3.996		
Pantothenic acid.....mg									
* Vitamin B-6.....mg	1.330		0	MC	9		0.399		
* Folate, total.....µg	533		0	MC	9		160		
Folic acid.....µg	514		0	NR	4		154		
* Folate, food.....µg	19		0	CAZN	4		6		
Folate, DFE.....µg	893		0	NC	4		268		
Choline, total.....mg									
Betaine.....mg									
* Vitamin B-12.....µg	4.00		0	MC	9		1.20		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
* Vitamin A, IU.....IU	1333		0	MC	9		400		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.00		0	MC	9		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	3.3		0	MC	9		1.0		
* Vitamin D.....IU	133		0	MC	9		40		
Vitamin K (phylloquinone).....µg	0.0		0	MC	9		0.0		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 08672

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

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			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Fatty acids, total saturated.....g	1.600		0	LC	8	0.480		
Fatty acids, total monounsaturated.....g	1.600		0	LC	8	0.480		
Fatty acids, total polyunsaturated.....g	0.000		0	MC	9	0.000		
Fatty acids, total trans.....g	0.000		0	LC	8	0.000		
Cholesterol.....mg	0		0	MC	9	0		
Phytosterols.....mg								
<b>Others:</b>								
Alcohol, ethyl.....g								
Caffeine.....mg	5		0	MC	9	2		
Theobromine.....mg								

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

**Common Measures:**

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

\*Vitamin or mineral added for enrichment or fortification

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 08 Breakfast Cereals**

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Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.850		0	MC	9		0.555		
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	0.000		0	FLM	4		0.000		
13:0.....g									
14:0.....g	0.005		0	FLM	4		0.001		
15:0.....g									
16:0.....g	1.275		0	FLM	4		0.382		
17:0.....g									
18:0.....g	0.410		0	FLM	4		0.123		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.920		0	MC	9		1.176		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.016		0	FLM	4		0.005		
17:1.....g									
18:1 undifferentiated.....g	3.824		0	FLM	4		1.147		
20:1.....g	0.080		0	FLM	4		0.024		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.130		0	MC	9		1.239		
18:2 undifferentiated.....g	3.049		0	FLM	4		0.915		
18:3 undifferentiated.....g	1.081		0	FLM	4		0.324		
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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g	0.000		0	LC	8		0.000		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	MC	9		0		
Theobromine.....mg	0		0	Z	7		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 (1 NLEA serving)

\*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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.570		0	MC	9		0.771		
4:0.....g	0.001		0	FLM	4		0.000		
6:0.....g	0.018		0	FLM	4		0.005		
8:0.....g	0.186		0	FLM	4		0.056		
10:0.....g	0.132		0	FLM	4		0.040		
12:0.....g	1.049		0	FLM	4		0.315		
13:0.....g									
14:0.....g	0.394		0	FLM	4		0.118		
15:0.....g									
16:0.....g	0.458		0	FLM	4		0.137		
17:0.....g									
18:0.....g	0.323		0	FLM	4		0.097		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.887		0	FLM	4		0.266		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	FLM	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.886		0	FLM	4		0.266		
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	0.555		0	FLM	4		0.167		
18:2 undifferentiated.....g	0.543		0	FLM	4		0.163		
18:3 undifferentiated.....g	0.012		0	FLM	4		0.004		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g	0.000		0	FLM	4		0.000		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	6		0	MC	9		2		
Theobromine.....mg	198		0	FLM	4		59		

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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**

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Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.240		0	MC	9		0.672		
4:0.....g	0.000		0	FLA	4		0.000		
6:0.....g	0.014		0	FLA	4		0.004		
8:0.....g	0.177		0	FLA	4		0.053		
10:0.....g	0.141		0	FLA	4		0.042		
12:0.....g	1.052		0	FLA	4		0.316		
13:0.....g									
14:0.....g	0.397		0	FLA	4		0.119		
15:0.....g									
16:0.....g	0.356		0	FLA	4		0.107		
17:0.....g									
18:0.....g	0.100		0	FLA	4		0.030		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.470		0	MC	9		0.441		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0	FLA	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	1.465		0	FLA	4		0.439		
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	0.690		0	MC	9		0.207		
18:2 undifferentiated.....g	0.675		0	FLA	4		0.203		
18:3 undifferentiated.....g	0.015		0	FLA	4		0.004		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g	0.480		1	MA	12		0.144		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	MC	9		0		
Theobromine.....mg	0		0	FLA	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**

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Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.093		1	MA	12		0.029		
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	FLM	4		0.000		
14:0.....g	0.000		0	FLA	4		0.000		
15:0.....g									
16:0.....g	0.077		0	FLA	4		0.024		
17:0.....g									
18:0.....g	0.012		0	FLA	4		0.004		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.084		0	MC	9		0.026		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	FLM	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.084		0	FLM	4		0.026		
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	0.157		0	MC	9		0.049		
18:2 undifferentiated.....g	0.153		0	FLM	4		0.047		
18:3 undifferentiated.....g	0.005		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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g	0.000		0	FLM	4		0.000		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	MC	9		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 = 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 28 (2015)





NDB No. 08495

Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNO-BITES

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.580		0	MC	9		0.748		
4:0.....g	0.002		0	FLM	4		0.001		
6:0.....g	0.021		0	FLM	4		0.006		
8:0.....g	0.217		0	FLM	4		0.063		
10:0.....g	0.154		0	FLM	4		0.045		
12:0.....g	1.226		0	FLM	4		0.355		
13:0.....g									
14:0.....g	0.461		0	FLM	4		0.134		
15:0.....g									
16:0.....g	0.356		0	FLM	4		0.103		
17:0.....g									
18:0.....g	0.138		0	FLM	4		0.040		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.250		0	MC	9		0.073		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	FLM	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.249		0	FLM	4		0.072		
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	0.210		0	MC	9		0.061		
18:2 undifferentiated.....g	0.185		0	FLM	4		0.054		
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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g	0.000		0	FLM	4		0.000		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	4		0	MC	9		1		
Theobromine.....mg	36		0	FLM	4		11		

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

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NDB No. 08348

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

MOM Brands

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	3.40		0	MC	9		1.12		
Energy.....kcal	346		0	MC	9		114		
Energy.....kJ	1448		0	MC	9		478		
Protein.....g	6.07		0	MC	9		2.00		
Total lipid (fat).....g	1.12		0	MC	9		0.37		
Ash.....g	2.80		1	MA	12		0.92		
Carbohydrate, by difference.....g	86.40		0	MC	9		28.51		
Fiber, total dietary.....g	0.4		0	BFZN	4		0.1		
Sugars, total.....g	7.82		0	MC	9		2.58		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	7		0	MC	9		2		
* Iron, Fe.....mg	27.27		0	MC	9		9.00		
Magnesium, Mg.....mg	24		0	MC	9		8		
Phosphorus, P.....mg	121		0	MC	9		40		
Potassium, K.....mg	114		0	MC	9		37		
Sodium, Na.....mg	924		0	MC	9		305		
* Zinc, Zn.....mg	11.35		0	MC	9		3.75		
Copper, Cu.....mg	0.242		0	LC	8		0.080		
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
* Vitamin C, total ascorbic acid.....mg	18.2		0	MC	9		6.0		
* Thiamin.....mg	1.130		0	MC	9		0.373		
* Riboflavin.....mg	1.280		0	MC	9		0.422		
* Niacin.....mg	15.140		0	MC	9		4.996		
Pantothenic acid.....mg									
* Vitamin B-6.....mg	1.510		0	MC	9		0.498		
* Folate, total.....µg	1210		0	MC	9		399		
* Folic acid.....µg	1206		0	NR	4		398		
Folate, food.....µg	4		0	CAZN	4		1		
Folate, DFE.....µg	2054		0	NC	4		678		
Choline, total.....mg									
Betaine.....mg									
* Vitamin B-12.....µg	4.55		0	MC	9		1.50		
Vitamin A, RAE.....µg	455		0	NC	4		150		
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
* Vitamin A, IU.....IU	1515		0	MC	9		500		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.00		0	MC	9		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	3.0		0	MC	9		1.0		
* Vitamin D.....IU	121		0	MC	9		40		
Vitamin K (phylloquinone).....µg	0.0		0	MC	9		0.0		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 08348

Cereals ready-to-eat, MALT-O-MEAL, 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			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Fatty acids, total saturated.....g	0.000		0	MC	9	0.000		
Fatty acids, total monounsaturated.....g	0.300		0	MC	9	0.099		
Fatty acids, total polyunsaturated.....g	0.340		0	MC	9	0.112		
Fatty acids, total trans.....g	0.000		1	MA	12	0.000		
Cholesterol.....mg	0		0	MC	9	0		
Phytosterols.....mg								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	Z	7	0.0		
Caffeine.....mg	0		0	MC	9	0		
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 = 33g: 1.25 cup (1 NLEA serving)

\*Vitamin or mineral added for enrichment or fortification

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 08 Breakfast Cereals**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 08409

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.107		0	FLM	4		0.033		
4:0.....g	0.000		0	FLM	4		0.000		
6:0.....g	0.000		0	FLM	4		0.000		
8:0.....g	0.000		0	FLM	4		0.000		
10:0.....g	0.000		0	FLM	4		0.000		
12:0.....g	0.001		0	FLM	4		0.000		
13:0.....g									
14:0.....g	0.001		0	FLM	4		0.000		
15:0.....g									
16:0.....g	0.088		0	FLM	4		0.027		
17:0.....g									
18:0.....g	0.016		0	FLM	4		0.005		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.171		0	FLM	4		0.053		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0	FLM	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.171		0	FLM	4		0.053		
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	0.435		0	FLM	4		0.135		
18:2 undifferentiated.....g	0.421		0	FLM	4		0.131		
18:3 undifferentiated.....g	0.014		0	FLM	4		0.004		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g	0.000		0	LC	8		0.000		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	MC	9		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 = 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 28 (2015)



NDB No. 08500

Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.228		0	FLM	4		0.126		
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	0.000		0	FLM	4		0.000		
13:0.....g									
14:0.....g	0.000		0	FLM	4		0.000		
15:0.....g									
16:0.....g	0.218		0	FLM	4		0.120		
17:0.....g									
18:0.....g	0.011		0	FLM	4		0.006		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.797		0	FLM	4		0.438		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.769		0	FLM	4		0.423		
20:1.....g	0.028		0	FLM	4		0.015		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.721		0	MC	9		0.396		
18:2 undifferentiated.....g	0.675		0	FLM	4		0.371		
18:3 undifferentiated.....g	0.045		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	0.000		0	FLM	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g	0.000		0	LC	8		0.000		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	MC	9		0		
Theobromine.....mg	0		0	Z	7		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 = 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 28 (2015)





NDB No. 08501  
 Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.640		1	MA	12		0.173		
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		0.002		
15:0.....g									
16:0.....g	0.377		0	FLA	4		0.102		
17:0.....g									
18:0.....g	0.194		0	FLA	4		0.052		
20:0.....g	0.015		0	FLA	4		0.004		
22:0.....g	0.043		0	FLA	4		0.012		
24:0.....g									
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 (EPA).....g	0.000		0	FLA	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
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 = 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 28 (2015)



Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....									
* Vitamin D (D2 + D3).....	3.8		0	NR	4		1.0	1.4	
Vitamin D.....	151		1	MA	12		41	56	
Vitamin K (phylloquinone).....	1.1		0	FLA	4		0.3	0.4	
Dihydrophylloquinone.....									
Menaquinone-4.....									
<b>Lipids:</b>									
Fatty acids, total saturated.....	0.161		0	NC	4		0.043	0.060	
4:0.....	0.000		0	FLA	4		0.000	0.000	
6:0.....	0.000		1	A	1	D	0.000	0.000	
8:0.....	0.001		1	A	1	D	0.000	0.000	
10:0.....	0.008		1	A	1	D	0.002	0.003	
12:0.....	0.000		1	A	1	D	0.000	0.000	
13:0.....									
14:0.....	0.001		1	A	1	D	0.000	0.000	
15:0.....	0.001		1	A	1	D	0.000	0.000	
16:0.....	0.124		1	A	1	D	0.034	0.046	
17:0.....	0.001		1	A	1	D	0.000	0.000	
18:0.....	0.019		1	A	1	D	0.005	0.007	
20:0.....	0.002		1	A	1	D	0.001	0.001	
22:0.....	0.003		1	A	1	D	0.001	0.001	
24:0.....	0.000		1	A	1	D	0.000	0.000	
Fatty acids, total monounsaturated.....	0.220		0	NC	4		0.059	0.081	
14:1.....	0.000		1	A	1	D	0.000	0.000	
15:1.....	0.000		1	A	1	D	0.000	0.000	
16:1 undifferentiated.....	0.001		0	AS	1		0.000	0.000	
16:1 c.....	0.001		1	A	1	D	0.000	0.000	
16:1 t.....	0.000		1	A	1	D	0.000	0.000	
17:1.....	0.001		1	A	1	D	0.000	0.000	
18:1 undifferentiated.....	0.215		0	AS	1		0.058	0.079	
18:1 c.....	0.190		1	A	1	D	0.051	0.070	
18:1 t.....	0.024		1	A	1	D	0.007	0.009	
18:1-11 t (18:1t n-7).....									
20:1.....	0.003		1	A	1	D	0.001	0.001	
22:1 undifferentiated.....	0.000		0	AS	1		0.000	0.000	
22:1 c.....	0.000		1	A	1	D	0.000	0.000	
22:1 t.....	0.000		1	A	1	D	0.000	0.000	
24:1 c.....	0.000		1	A	1	D	0.000	0.000	
Fatty acids, total polyunsaturated.....	0.349		0	NC	4		0.094	0.129	
18:2 undifferentiated.....	0.328		0	AS	1		0.088	0.121	
18:2 n-6 c,c.....	0.324		1	A	1	D	0.087	0.120	
18:2 CLAs.....	0.000		1	A	1	D	0.000	0.000	
18:2 t,t.....									
18:2 i.....									
18:2 t not further defined.....	0.004		1	A	1	D	0.001	0.001	
18:3 undifferentiated.....	0.020		0	AS	1		0.005	0.007	
18:3 n-3 c,c,c (ALA).....	0.020		1	A	1	D	0.005	0.007	
18:3 n-6 c,c,c.....	0.000		1	A	1	D	0.000	0.000	
18:3i.....									
18:4.....	0.000		1	A	1	D	0.000	0.000	
20:2 n-6 c,c.....	0.000		1	A	1	D	0.000	0.000	
20:3 undifferentiated.....	0.000		0	AS	1		0.000	0.000	
20:3 n-3.....	0.000		1	A	1	D	0.000	0.000	
20:3 n-6.....	0.000		1	A	1	D	0.000	0.000	
20:4 undifferentiated.....	0.000		1	A	1	D	0.000	0.000	
20:4 n-6.....									
20:5 n-3 (EPA).....	0.001		1	A	1	D	0.000	0.000	
21:5.....									
22:4.....	0.000		1	A	1	D	0.000	0.000	
22:5 n-3 (DPA).....	0.001		1	A	1	D	0.000	0.000	
22:6 n-3 (DHA).....	0.000		1	A	1	D	0.000	0.000	
Fatty acids, total trans.....	0.028		0	NC	4		0.008	0.010	
Fatty acids, total trans-monoenoic.....	0.024		0	NC	4		0.007	0.009	

NDB No. 08478

Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.004		0	NC	4		0.001	0.001	
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.123		0	A	1		0.033	0.045	
Threonine.....g	0.174		0	A	1		0.047	0.064	
Isoleucine.....g	0.204		0	A	1		0.055	0.076	
Leucine.....g	0.429		0	A	1		0.116	0.159	
Lysine.....g	0.051		0	A	1		0.014	0.019	
Methionine.....g	0.092		0	A	1		0.025	0.034	
Cystine.....g	0.051		0	A	1		0.014	0.019	
Phenylalanine.....g	0.317		0	A	1		0.086	0.117	
Tyrosine.....g	0.143		0	A	1		0.039	0.053	
Valine.....g	0.245		0	A	1		0.066	0.091	
Arginine.....g	0.123		0	A	1		0.033	0.045	
Histidine.....g	0.143		0	A	1		0.039	0.053	
Alanine.....g	0.204		0	A	1		0.055	0.076	
Aspartic acid.....g	0.266		0	A	1		0.072	0.098	
Glutamic acid.....g	2.198		0	A	1		0.593	0.813	
Glycine.....g	0.215		0	A	1		0.058	0.079	
Proline.....g	0.440		0	A	1		0.119	0.163	
Serine.....g	0.307		0	A	1		0.083	0.113	
Hydroxyproline.....g									
<b><u>Others:</u></b>									
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	

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

**Common Measures:**

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

Measure 2 = 37g: 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 28 (2015)

NDB No. 08481

Cereals ready-to-eat, MALT-O-MEAL, HONEY GRAHAM SQUARES

MOM Brands

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	3.59		0	MC	9		1.08		
Energy.....kcal	398		0	MC	9		119		
Energy.....kJ	1664		0	MC	9		499		
Protein (N x 6.25).....g	4.46		0	MC	9		1.34		
Total lipid (fat).....g	9.97		0	MC	9		2.99		
Ash.....g	7.30		0	NC	4		2.19		
Carbohydrate, by difference.....g	74.68		0	MC	9		22.40		
Fiber, total dietary.....g	4.4		0	MC	9		1.3		
Sugars, total.....g	32.70		0	MC	9		9.81		
Starch.....g									
<b>Minerals:</b>									
* Calcium, Ca.....mg	367		0	MC	9		110		
* Iron, Fe.....mg	33.81		0	MC	9		10.14		
Magnesium, Mg.....mg	31		0	MC	9		9		
Phosphorus, P.....mg	137		0	MC	9		41		
Potassium, K.....mg	226		0	MC	9		68		
Sodium, Na.....mg	838		0	MC	9		251		
* Zinc, Zn.....mg	13.94		0	MC	9		4.18		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
* Vitamin C, total ascorbic acid.....mg	29.9		0	MC	9		9.0		
* Thiamin.....mg	1.580		0	MC	9		0.474		
* Riboflavin.....mg	1.650		0	MC	9		0.495		
* Niacin.....mg	18.970		0	MC	9		5.691		
Pantothenic acid.....mg									
* Vitamin B-6.....mg	2.050		0	MC	9		0.615		
* Folate, total.....µg	667		0	LC	8		200		
* Folic acid.....µg	648		0	NR	4		194		
Folate, food.....µg	19		0	CAZN	4		6		
Folate, DFE.....µg	1121		0	NC	4		336		
Choline, total.....mg									
Betaine.....mg									
* Vitamin B-12.....µg	5.76		0	MC	9		1.73		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
* Vitamin A, IU.....IU	1959		0	MC	9		588		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.31		0	MC	9		0.09		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	3.8		0	MC	9		1.1		
* Vitamin D.....IU	152		0	MC	9		46		
Vitamin K (phylloquinone).....µg	1.3		0	MC	9		0.4		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 08481

Cereals ready-to-eat, MALT-O-MEAL, HONEY GRAHAM SQUARES

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			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Fatty acids, total saturated.....g	1.500		0	MC	9	0.450		
Fatty acids, total monounsaturated.....g	3.140		0	MC	9	0.942		
Fatty acids, total polyunsaturated.....g	3.770		0	MC	9	1.131		
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	MC	9	0		
Phytosterols.....mg								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	FLC	4	0.0		
Caffeine.....mg	0		0	MC	9	0		
Theobromine.....mg	0		0	FLC	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 (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 28 (2015)





NDB No. 08476

Cereals ready-to-eat, MALT-O-MEAL, Honey BUZZERS

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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	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code			

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

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 08676

Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS

MOM Brands

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	2.50		0	MC	9		0.75		
Energy.....kcal	387		0	MC	9		116		
Energy.....kJ	1620		0	MC	9		486		
Protein (N x 6.25).....g	8.59		0	MC	9		2.58		
Total lipid (fat).....g	4.51		0	MC	9		1.35		
Ash.....g	4.78		0	NC	4		1.43		
Carbohydrate, by difference.....g	79.62		0	MC	9		23.89		
Fiber, total dietary.....g	6.3		0	MC	9		1.9		
Sugars, total.....g	29.97		0	MC	9		8.99		
Starch.....g									
<b>Minerals:</b>									
* Calcium, Ca.....mg	333		0	MC	9		100		
* Iron, Fe.....mg	30.00		0	MC	9		9.00		
Magnesium, Mg.....mg	92		0	MC	9		27		
Phosphorus, P.....mg	318		0	MC	9		95		
Potassium, K.....mg	241		0	MC	9		72		
Sodium, Na.....mg	695		0	MC	9		208		
* Zinc, Zn.....mg	12.50		0	MC	9		3.75		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
* Vitamin C, total ascorbic acid.....mg	20.0		0	MC	9		6.0		
* Thiamin.....mg	1.250		0	MC	9		0.375		
* Riboflavin.....mg	1.410		0	MC	9		0.423		
* Niacin.....mg	16.670		0	MC	9		5.001		
Pantothenic acid.....mg									
* Vitamin B-6.....mg	1.660		0	MC	9		0.498		
* Folate, total.....µg	667		0	MC	9		200		
* Folic acid.....µg	648		0	NR	4		194		
Folate, food.....µg	19		0	CAZN	4		6		
Folate, DFE.....µg	1121		0	NC	4		336		
Choline, total.....mg									
Betaine.....mg									
* Vitamin B-12.....µg	5.00		0	MC	9		1.50		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
* Vitamin A, IU.....IU	1667		0	MC	9		500		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.00		0	MC	9		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	3.3		0	MC	9		1.0		
* Vitamin D.....IU	133		0	MC	9		40		
Vitamin K (phylloquinone).....µg	0.0		0	MC	9		0.0		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 08676

Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS

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
Fatty acids, total saturated.....g	0.630		0	MC	9		0.189		
Fatty acids, total monounsaturated.....g	1.110		0	MC	9		0.333		
Fatty acids, total polyunsaturated.....g	1.320		0	MC	9		0.396		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	MC	9		0		
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 30g: 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 28 (2015)



Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.719		1	MA	12		0.216		
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	0.013		0	FLM	4		0.004		
13:0.....g									
14:0.....g	0.007		0	FLM	4		0.002		
15:0.....g									
16:0.....g	0.609		0	FLM	4		0.183		
17:0.....g									
18:0.....g	0.039		0	FLM	4		0.012		
20:0.....g									
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	0.007		0	FLM	4		0.002		
17:1.....g									
18:1 undifferentiated.....g	1.413		0	FLM	4		0.424		
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		1	MA	12		0.390		
18:2 undifferentiated.....g	1.244		0	FLM	4		0.373		
18:3 undifferentiated.....g	0.056		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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g	0.000		0	LC	8		0.000		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	MC	9		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: 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 28 (2015)

NDB No. 08674

Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey

MOM Brands

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	3.00		0	MC	9		0.90		
Energy.....kcal	396		0	MC	9		119		
Energy.....kJ	1658		0	MC	9		497		
Protein (N x 6.25).....g	6.78		0	MC	9		2.03		
Total lipid (fat).....g	4.17		0	MC	9		1.25		
Ash.....g	1.11		0	NC	4		0.33		
Carbohydrate, by difference.....g	84.94		0	MC	9		25.48		
Fiber, total dietary.....g	5.0		0	MC	9		1.5		
Sugars, total.....g	21.62		0	MC	9		6.49		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	23		0	MC	9		7		
* Iron, Fe.....mg	27.00		0	MC	9		8.10		
Magnesium, Mg.....mg	27		0	MC	9		8		
Phosphorus, P.....mg	133		0	MC	9		40		
Potassium, K.....mg	200		0	MC	9		60		
Sodium, Na.....mg	515		0	MC	9		155		
* Zinc, Zn.....mg	12.50		0	MC	9		3.75		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
* Vitamin C, total ascorbic acid.....mg	20.0		0	MC	9		6.0		
* Thiamin.....mg	1.250		0	MC	9		0.375		
* Riboflavin.....mg	1.410		0	MC	9		0.423		
* Niacin.....mg	16.670		0	MC	9		5.001		
Pantothenic acid.....mg									
* Vitamin B-6.....mg	1.660		0	MC	9		0.498		
* Folate, total.....µg	667		0	MC	9		200		
* Folic acid.....µg	648		0	NR	4		194		
Folate, food.....µg	19		0	CAZN	4		6		
Folate, DFE.....µg	1121		0	NC	4		336		
Choline, total.....mg									
Betaine.....mg									
* Vitamin B-12.....µg	5.00		0	MC	9		1.50		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
* Vitamin A, IU.....IU	1667		0	MC	9		500		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.20		0	MC	9		0.06		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	3.3		0	MC	9		1.0		
* Vitamin D.....IU	133		0	MC	9		40		
Vitamin K (phylloquinone).....µg	0.4		0	MC	9		0.1		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 08674

Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey

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			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Fatty acids, total saturated.....g	0.500		0	MC	9	0.150		
Fatty acids, total monounsaturated.....g	1.660		0	MC	9	0.498		
Fatty acids, total polyunsaturated.....g	0.920		0	MC	9	0.276		
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	MC	9	0		
Phytosterols.....mg								
<b>Others:</b>								
Alcohol, ethyl.....g								
Caffeine.....mg	0		0	MC	9	0		
Theobromine.....mg								

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

**Common Measures:**

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

\*Vitamin or mineral added for enrichment or fortification

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 08 Breakfast Cereals**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 08675

Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey & almonds

MOM Brands

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	3.10		0	MC	9		0.93		
Energy.....kcal	379		0	MC	9		114		
Energy.....kJ	1586		0	MC	9		476		
Protein (N x 6.25).....g	7.80		0	MC	9		2.34		
Total lipid (fat).....g	4.88		0	MC	9		1.46		
Ash.....g	6.96		0	NC	4		2.09		
Carbohydrate, by difference.....g	77.26		0	MC	9		23.18		
Fiber, total dietary.....g	6.1		0	MC	9		1.8		
Sugars, total.....g	20.26		0	MC	9		6.08		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	33		0	MC	9		10		
* Iron, Fe.....mg	41.38		0	MC	9		12.41		
Magnesium, Mg.....mg	61		0	MC	9		18		
Phosphorus, P.....mg	204		0	MC	9		61		
Potassium, K.....mg	240		0	MC	9		72		
Sodium, Na.....mg	453		0	MC	9		136		
* Zinc, Zn.....mg	17.87		0	MC	9		5.36		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
* Vitamin C, total ascorbic acid.....mg	29.6		0	MC	9		8.9		
* Thiamin.....mg	2.090		0	MC	9		0.627		
* Riboflavin.....mg	1.990		0	MC	9		0.597		
* Niacin.....mg	23.510		0	MC	9		7.053		
Pantothenic acid.....mg									
* Vitamin B-6.....mg	2.690		0	MC	9		0.807		
* Folate, total.....µg	667		0	LC	8		200		
* Folic acid.....µg	648		0	NR	4		194		
Folate, food.....µg	19		0	CAZN	4		6		
Folate, DFE.....µg	1121		0	NC	4		336		
Choline, total.....mg									
Betaine.....mg									
* Vitamin B-12.....µg	7.55		0	MC	9		2.27		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
* Vitamin A, IU.....IU	1876		0	MC	9		563		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	1.37		0	MC	9		0.41		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	3.6		0	MC	9		1.1		
* Vitamin D.....IU	144		0	MC	9		43		
Vitamin K (phylloquinone).....µg	0.0		0	MC	9		0.0		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									



NDB No. 08675

Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey & almonds

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			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Fatty acids, total saturated.....g	0.620		0	MC	9	0.186		
Fatty acids, total monounsaturated.....g	2.250		0	MC	9	0.675		
Fatty acids, total polyunsaturated.....g	1.350		0	MC	9	0.405		
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	MC	9	0		
Phytosterols.....mg								
<b>Others:</b>								
Alcohol, ethyl.....g								
Caffeine.....mg	0		0	MC	9	0		
Theobromine.....mg								

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

**Common Measures:**

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

\*Vitamin or mineral added for enrichment or fortification

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 08 Breakfast Cereals**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.424		1	MA	12		0.250		
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	0.000		0	FLM	4		0.000		
13:0.....g									
14:0.....g	0.001		0	FLM	4		0.001		
15:0.....g									
16:0.....g	0.394		0	FLM	4		0.233		
17:0.....g									
18:0.....g	0.023		0	FLM	4		0.014		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.357		1	MA	12		0.211		
14:1.....g	0.000		0	FLM	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.017		0	FLM	4		0.010		
17:1.....g									
18:1 undifferentiated.....g	0.331		0	FLM	4		0.195		
20:1.....g	0.008		0	FLM	4		0.005		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.908		0	MC	9		0.536		
18:2 undifferentiated.....g	0.846		0	FLM	4		0.499		
18:3 undifferentiated.....g	0.062		0	FLM	4		0.036		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0	FLM	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g	0.000		0	LC	8		0.000		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	MC	9		0		
Theobromine.....mg	0		0	Z	7		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 = 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 28 (2015)



NDB No. 08349

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.687		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	0.000		0	FLM	4		0.000		
10:0.....g	0.000		0	FLM	4		0.000		
12:0.....g	0.005		0	FLM	4		0.002		
13:0.....g									
14:0.....g	0.003		0	FLM	4		0.001		
15:0.....g									
16:0.....g	0.569		0	FLM	4		0.182		
17:0.....g									
18:0.....g	0.090		0	FLM	4		0.029		
20:0.....g									
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	0.010		0	FLM	4		0.003		
17:1.....g	0.000		0	FLM	4		0.000		
18:1 undifferentiated.....g	1.456		0	FLM	4		0.466		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.004		0	FLM	4		0.001		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.976		1	MA	12		0.312		
18:2 undifferentiated.....g	0.947		0	FLM	4		0.303		
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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g	0.000		0	FLM	4		0.000		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	MC	9		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 = 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 28 (2015)

NDB No. 08491

Cereals ready-to-eat, MOM'S BEST, Honey Nut TOASTY O'S

MOM Brands

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	2.50		0	MC	9		0.75		
Energy.....kcal	388		0	MC	9		116		
Energy.....kJ	1623		0	MC	9		487		
Protein (N x 6.25).....g	8.60		0	MC	9		2.58		
Total lipid (fat).....g	4.51		0	MC	9		1.35		
Ash.....g	4.10		1	MA	12		1.23		
Carbohydrate, by difference.....g	79.84		0	MC	9		23.95		
Fiber, total dietary.....g	6.3		0	MC	9		1.9		
Sugars, total.....g	30.17		0	MC	9		9.05		
Starch.....g									
<b>Minerals:</b>									
* Calcium, Ca.....mg	380		0	MC	9		114		
Iron, Fe.....mg	3.02		0	MC	9		0.91		
Magnesium, Mg.....mg	92		0	MC	9		27		
* Phosphorus, P.....mg	315		0	MC	9		94		
Potassium, K.....mg	241		0	MC	9		72		
Sodium, Na.....mg	683		0	MC	9		205		
Zinc, Zn.....mg	0.01		0	MC	9		0.00		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.300		0	MC	9		0.090		
Riboflavin.....mg	0.100		0	MC	9		0.030		
Niacin.....mg	1.330		0	MC	9		0.399		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.010		0	MC	9		0.003		
Folate, total.....µg	30		0	MC	9		9		
Folic acid.....µg									
Folate, food.....µg	30		0	MC	9		9		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.02		0	MC	9		0.01		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.00		0	MC	9		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	MC	9		0.0		
Vitamin D.....IU	0		0	MC	9		0		
Vitamin K (phylloquinone).....µg	0.0		0	MC	9		0.0		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 08491

Cereals ready-to-eat, MOM'S BEST, Honey Nut TOASTY O'S

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
Fatty acids, total saturated.....g	0.550		1	MA	12		0.165		
Fatty acids, total monounsaturated.....g	1.050		1	MA	12		0.315		
Fatty acids, total polyunsaturated.....g	1.100		1	MA	12		0.330		
Fatty acids, total trans.....g	0.000		1	LC	8		0.000		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	MC	9		0		
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 30g: 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 28 (2015)

NDB No. 08709

Cereals ready-to-eat, MOM'S BEST, Sweetened WHEAT-FULS

MOM Brands

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	6.00		0	O	4		3.30		
Energy.....kcal	373		0	MC	9		205		
Energy.....kJ	1560		0	MC	9		858		
Protein (N x 6.25).....g	8.18		0	MC	9		4.50		
Total lipid (fat).....g	1.83		0	MC	9		1.01		
Ash.....g	3.08		0	NC	4		1.69		
Carbohydrate, by difference.....g	80.91		0	MC	9		44.50		
Fiber, total dietary.....g	10.0		0	MC	9		5.5		
Sugars, total.....g	20.29		0	MC	9		11.16		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	36		0	MC	9		20		
Iron, Fe.....mg	3.26		0	MC	9		1.79		
Magnesium, Mg.....mg	73		0	MC	9		40		
Phosphorus, P.....mg	273		0	MC	9		150		
Potassium, K.....mg	336		0	MC	9		185		
Sodium, Na.....mg	14		0	MC	9		8		
Zinc, Zn.....mg	2.77		0	MC	9		1.52		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.210		0	MC	9		0.116		
Riboflavin.....mg	0.110		0	MC	9		0.061		
Niacin.....mg	5.440		0	MC	9		2.992		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.280		0	MC	9		0.154		
Folate, total.....µg	30		0	MC	9		17		
Folic acid.....µg									
Folate, food.....µg	30		0	MC	9		17		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.21		0	MC	9		0.12		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.81		0	MC	9		0.45		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	MC	9		0.0		
Vitamin D.....IU	0		0	MC	9		0		
Vitamin K (phylloquinone).....µg	1.5		0	MC	9		0.8		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									



NDB No. 08709

Cereals ready-to-eat, MOM'S BEST, Sweetened WHEAT-FULS

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
Fatty acids, total saturated.....g	0.000		0	MC	9		0.000		
Fatty acids, total monounsaturated.....g	0.000		0	MC	9		0.000		
Fatty acids, total polyunsaturated.....g	1.120		0	MC	9		0.616		
Fatty acids, total trans.....g	0.000		0	BFZN	4		0.000		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	MC	9		0		
Theobromine.....mg									

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

**Common Measures:**

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

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 08 Breakfast Cereals**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 08656

Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS 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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.620		0	MC	9		0.186		
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	0.002		0	FLM	4		0.001		
13:0.....g									
14:0.....g	0.002		0	FLM	4		0.001		
15:0.....g	0.000		0	FLM	4		0.000		
16:0.....g	0.499		0	FLM	4		0.150		
17:0.....g	0.001		0	FLM	4		0.000		
18:0.....g	0.098		0	FLM	4		0.029		
20:0.....g	0.003		0	FLM	4		0.001		
22:0.....g	0.003		0	FLM	4		0.001		
24:0.....g	0.002		0	FLM	4		0.001		
Fatty acids, total monounsaturated.....g	0.900		0	MC	9		0.270		
14:1.....g	0.000		0	FLM	4		0.000		
15:1.....g	0.000		0	FLM	4		0.000		
16:1 undifferentiated.....g	0.005		0	FLM	4		0.002		
17:1.....g	0.000		0	FLM	4		0.000		
18:1 undifferentiated.....g	0.880		0	FLM	4		0.264		
20:1.....g	0.010		0	FLM	4		0.003		
22:1 undifferentiated.....g	0.001		0	FLM	4		0.000		
24:1 c.....g	0.004		0	FLM	4		0.001		
Fatty acids, total polyunsaturated.....g	3.010		0	MC	9		0.903		
18:2 undifferentiated.....g	1.503		0	FLM	4		0.451		
18:3 undifferentiated.....g	1.505		0	FLM	4		0.452		
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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g	0.000		0	FLM	4		0.000		
22:4.....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	MC	9		0.0		
Caffeine.....mg	0		0	MC	9		0		
Theobromine.....mg	0		0	Z	7		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 (1 NLEA serving)

**Footnotes:**

1 Added vitamin E is natural RRR alpha tocopherol.

\*Vitamin or mineral added for enrichment or fortification

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 08571

Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.800		0	MC	9		1.540		
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	0.012		0	FLM	4		0.007		
13:0.....g									
14:0.....g	0.012		0	FLM	4		0.006		
15:0.....g									
16:0.....g	1.940		0	FLM	4		1.067		
17:0.....g									
18:0.....g	0.692		0	FLM	4		0.381		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.020		0	MC	9		2.211		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		0	FLM	4		0.006		
17:1.....g									
18:1 undifferentiated.....g	3.982		0	FLM	4		2.190		
20:1.....g	0.023		0	FLM	4		0.013		
22:1 undifferentiated.....g	0.001		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	8.550		0	MC	9		4.703		
18:2 undifferentiated.....g	6.930		0	AS	1		3.812		
18:2 n-6 c,c.....g	6.930		0	MC	9		3.812		
18:2 CLAs.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	1.612		0	AS	1		0.886		
18:3 n-3 c,c,c (ALA).....g	1.612		0	MC	9		0.886		
18:3 n-6 c,c,c.....g									
18:3i.....g									
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.008		0	FLM	4		0.004		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	MC	9		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		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 = 55g: .75 cup (1 NLEA serving)

**NDB No. 08571**

**Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.000		0	LC	8		0.500		
4:0.....g	0.000		0	FLC	4		0.000		
6:0.....g	0.000		0	FLC	4		0.000		
8:0.....g	0.000		0	FLC	4		0.000		
10:0.....g	0.000		0	FLC	4		0.000		
12:0.....g	0.017		0	FLC	4		0.008		
13:0.....g									
14:0.....g	0.013		0	FLC	4		0.006		
15:0.....g									
16:0.....g	0.852		0	FLC	4		0.426		
17:0.....g									
18:0.....g	0.057		0	FLC	4		0.029		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.704		0	FLC	4		0.352		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0	FLC	4		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.695		0	FLC	4		0.348		
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	0.897		0	FLC	4		0.449		
18:2 undifferentiated.....g	0.852		0	FLC	4		0.426		
18:3 undifferentiated.....g	0.045		0	FLC	4		0.022		
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 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g	0.000		0	LC	8		0.000		
Cholesterol.....mg	0		0	LC	8		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		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 = 50g: 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 28 (2015)





NDB No. 08029  
Cereals ready-to-eat, POST 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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.400		0	MC	9		0.120		
4:0.....g	0.000		0	FLM	4		0.000		
6:0.....g	0.000		0	FLM	4		0.000		
8:0.....g	0.000		0	FLM	4		0.000		
10:0.....g	0.000		0	FLM	4		0.000		
12:0.....g	0.001		0	FLM	4		0.000		
13:0.....g									
14:0.....g	0.003		0	FLM	4		0.001		
15:0.....g									
16:0.....g	0.363		0	FLM	4		0.109		
17:0.....g									
18:0.....g	0.021		0	FLM	4		0.006		
20:0.....g									
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	0.005		0	FLM	4		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.288		0	FLM	4		0.086		
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	1.200		0	MC	9		0.360		
18:2 undifferentiated.....g	1.111		0	FLM	4		0.333		
18:3 undifferentiated.....g	0.087		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	0.002		0	FLM	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		

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

**Common Measures:**

Measure 1 = 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 28 (2015)



NDB No. 42297

Cereals ready-to-eat, POST GREAT GRAINS Banana Nut 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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.100		0	MC	9		0.649		
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	0.007		0	FLM	4		0.004		
13:0.....g									
14:0.....g	0.006		0	FLM	4		0.004		
15:0.....g									
16:0.....g	0.847		0	FLM	4		0.500		
17:0.....g									
18:0.....g	0.164		0	FLM	4		0.097		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.780		0	MC	9		2.230		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.017		0	FLM	4		0.010		
17:1.....g									
18:1 undifferentiated.....g	3.723		0	FLM	4		2.196		
20:1.....g	0.025		0	FLM	4		0.015		
22:1 undifferentiated.....g	0.003		0	FLM	4		0.002		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.440		0	MC	9		2.030		
18:2 undifferentiated.....g	3.020		0	FLM	4		1.782		
18:3 undifferentiated.....g	0.420		0	FLM	4		0.248		
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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
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 = 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 28 (2015)



NDB No. 08544

Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond 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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.800		0	MC	9		0.384		
4:0.....g	0.000		0	FLM	4		0.000		
6:0.....g	0.001		0	FLM	4		0.000		
8:0.....g	0.011		0	FLM	4		0.005		
10:0.....g	0.009		0	FLM	4		0.004		
12:0.....g	0.068		0	FLM	4		0.033		
13:0.....g	0.000		0	FLM	4		0.000		
14:0.....g	0.027		0	FLM	4		0.013		
15:0.....g	0.000		0	FLM	4		0.000		
16:0.....g	0.571		0	FLM	4		0.274		
17:0.....g	0.001		0	FLM	4		0.000		
18:0.....g	0.098		0	FLM	4		0.047		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.000		0	MC	9		1.440		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.022		0	FLM	4		0.011		
17:1.....g									
18:1 undifferentiated.....g	2.955		0	FLM	4		1.418		
20:1.....g	0.012		0	FLM	4		0.006		
22:1 undifferentiated.....g	0.002		0	FLM	4		0.001		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.700		0	MC	9		0.816		
18:2 undifferentiated.....g	1.627		0	FLM	4		0.781		
18:3 undifferentiated.....g	0.072		0	FLM	4		0.035		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLM	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g	0.000		0	FLM	4		0.000		
22:4.....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
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 = 48g: .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 28 (2015)



NDB No. 08665

Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 28 (2015)





Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.296		0	NC	4		0.174		
4:0.....g	0.000		0	FLM	4		0.000		
6:0.....g	0.000		0	FLM	4		0.000		
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.000		1	A	1		0.000		
15:0.....g	0.000		1	A	1		0.000		
16:0.....g	0.273		1	A	1		0.161		
17:0.....g	0.000		1	A	1		0.000		
18:0.....g	0.023		1	A	1		0.013		
20:0.....g	0.000		1	A	1		0.000		
22:0.....g	0.000		1	A	1		0.000		
24:0.....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.349		0	NC	4		0.206		
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	0.341		1	A	1		0.201		
20:1.....g	0.008		1	A	1		0.004		
22:1 undifferentiated.....g	0.000		1	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.796		0	NC	4		0.470		
18:2 undifferentiated.....g	0.735		1	A	1		0.434		
18:3 undifferentiated.....g	0.061		1	A	1		0.036		
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 (EPA).....g	0.000		1	A	1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA).....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									
<b>Amino Acids:</b>									
Tryptophan.....g	0.116		0	MC	9		0.068		
Threonine.....g	0.206		0	MC	9		0.122		
Isoleucine.....g	0.206		0	MC	9		0.122		
Leucine.....g	0.413		0	MC	9		0.243		
Lysine.....g	0.157		0	MC	9		0.092		
Methionine.....g	0.083		0	MC	9		0.049		
Cystine.....g	0.149		0	MC	9		0.088		
Phenylalanine.....g	0.305		0	MC	9		0.180		
Tyrosine.....g	0.083		0	MC	9		0.049		
Valine.....g	0.289		0	MC	9		0.170		
Arginine.....g	0.347		0	MC	9		0.204		
Histidine.....g	0.149		0	MC	9		0.088		
Alanine.....g	0.272		0	MC	9		0.161		
Aspartic acid.....g	0.388		0	MC	9		0.229		
Glutamic acid.....g	1.634		0	MC	9		0.964		
Glycine.....g	0.297		0	MC	9		0.175		
Proline.....g	0.561		0	MC	9		0.331		
Serine.....g	0.297		0	MC	9		0.175		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		

NDB No. 08061

Cereals ready-to-eat, POST Raisin Bran Cereal

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number			<u>measures of food</u>			
			of Data	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			
Caffeine.....mg	0		0	FLM	4			0	
Theobromine.....mg	0		0	FLM	4			0	

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

\*Vitamin or mineral added for enrichment or fortification

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
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									
14:0.....g	0.004		0	FLM	4		0.002		
15:0.....g									
16:0.....g	0.448		0	FLM	4		0.247		
17:0.....g									
18:0.....g	0.095		0	FLM	4		0.052		
20:0.....g									
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	0.014		0	FLM	4		0.008		
17:1.....g									
18:1 undifferentiated.....g	2.866		0	FLM	4		1.576		
20:1.....g	0.018		0	FLM	4		0.010		
22:1 undifferentiated.....g	0.002		0	FLM	4		0.001		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.500		0	MC	9		0.825		
18:2 undifferentiated.....g	1.358		0	FLM	4		0.747		
18:3 undifferentiated.....g	0.141		0	FLM	4		0.078		
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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
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 = 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 28 (2015)



Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.000		0	MC	9		0.520		
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	0.007		0	FLM	4		0.004		
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	0.764		0	FLM	4		0.397		
17:0.....g	0.000		0	FLM	4		0.000		
18:0.....g	0.156		0	FLM	4		0.081		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.400		0	MC	9		2.288		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		0	FLM	4		0.005		
17:1.....g									
18:1 undifferentiated.....g	4.356		0	FLM	4		2.265		
20:1.....g	0.031		0	FLM	4		0.016		
22:1 undifferentiated.....g	0.003		0	FLM	4		0.002		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.600		0	MC	9		1.352		
18:2 undifferentiated.....g	2.415		0	FLM	4		1.256		
18:3 undifferentiated.....g	0.185		0	FLM	4		0.096		
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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
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: .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. 08002  
Cereals ready-to-eat, POST, ALPHA-BITS

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.100		0	MC	9		0.330	0.220	
4:0.....g	0.000		0	FLM	4		0.000	0.000	
6:0.....g	0.000		0	FLM	4		0.000	0.000	
8:0.....g	0.000		0	FLM	4		0.000	0.000	
10:0.....g	0.000		0	FLM	4		0.000	0.000	
12:0.....g	0.019		0	FLM	4		0.006	0.004	
13:0.....g									
14:0.....g	0.010		0	FLM	4		0.003	0.002	
15:0.....g									
16:0.....g	0.930		0	FLM	4		0.279	0.186	
17:0.....g									
18:0.....g	0.064		0	FLM	4		0.019	0.013	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.500		0	MC	9		0.450	0.300	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		0	FLM	4		0.002	0.002	
17:1.....g									
18:1 undifferentiated.....g	1.493		0	FLM	4		0.448	0.299	
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	1.800		0	MC	9		0.540	0.360	
18:2 undifferentiated.....g	1.723		0	FLM	4		0.517	0.345	
18:3 undifferentiated.....g	0.077		0	FLM	4		0.023	0.015	
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 (EPA).....g	0.000		0	FLM	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	MC	9		0.000	0.000	
Cholesterol.....mg	0		0	MC	9		0	0	
Phytosterols.....mg									
<b>Others:</b>									
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 for adults)  
Measure 2 = 20g: .67 cup (1 serving for children under 4 years)

\*Vitamin or mineral added for enrichment or fortification

**Calories Factors: Protein                      Fat                      Carbohydrate**

**Food Group:** 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 08015  
 Cereals ready-to-eat, POST, COCOA PEBBLES

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.600		0	MC	9		1.044		
4:0.....g	0.000		0	FLM	4		0.000		
6:0.....g	0.000		0	FLM	4		0.000		
8:0.....g	0.144		0	FLM	4		0.042		
10:0.....g	0.144		0	FLM	4		0.042		
12:0.....g	1.200		0	FLM	4		0.348		
13:0.....g									
14:0.....g	0.489		0	FLM	4		0.142		
15:0.....g									
16:0.....g	0.728		0	FLM	4		0.211		
17:0.....g									
18:0.....g	0.889		0	FLM	4		0.258		
20:0.....g									
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	0.198		0	FLM	4		0.058		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.100		0	MC	9		0.029		
18:2 undifferentiated.....g	0.085		0	FLM	4		0.025		
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	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g	0.100		0	MC	9		0.029		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	2		0	FLM	4		1		
Theobromine.....mg	75		0	FLM	4		22		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 28 (2015)



NDB No. 08034

Cereals ready-to-eat, POST, FRUITY PEBBLES

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.600		0	MC	9		0.972		
4:0.....g	0.000		0	FLM	4		0.000		
6:0.....g	0.000		0	FLM	4		0.000		
8:0.....g	0.155		0	FLM	4		0.042		
10:0.....g	0.155		0	FLM	4		0.042		
12:0.....g	1.294		0	FLM	4		0.349		
13:0.....g									
14:0.....g	0.527		0	FLM	4		0.142		
15:0.....g									
16:0.....g	0.655		0	FLM	4		0.177		
17:0.....g									
18:0.....g	0.812		0	FLM	4		0.219		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.160		0	MC	9		0.043		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	FLM	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.159		0	FLM	4		0.043		
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	0.120		0	MC	9		0.032		
18:2 undifferentiated.....g	0.084		0	FLM	4		0.023		
18:3 undifferentiated.....g	0.016		0	FLM	4		0.004		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g	0.090		0	MC	9		0.024		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
<b>Others:</b>									
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 = 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 28 (2015)



Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.200		0	MC	9		0.054		
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	0.000		0	FLM	4		0.000		
13:0.....g									
14:0.....g	0.000		0	FLM	4		0.000		
15:0.....g									
16:0.....g	0.191		0	FLM	4		0.051		
17:0.....g	0.000		0	FLM	4		0.000		
18:0.....g	0.009		0	FLM	4		0.003		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.600		0	MC	9		0.162		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.579		0	FLM	4		0.156		
20:1.....g	0.021		0	FLM	4		0.006		
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		0.162		
18:2 undifferentiated.....g	0.562		0	FLM	4		0.152		
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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
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 = 27g: .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. 08038

Cereals ready-to-eat, POST, GRAPE-NUTS 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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.340		0	MC	9		0.197		
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	0.002		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	0.309		0	FLM	4		0.179		
17:0.....g	0.000		0	FLM	4		0.000		
18:0.....g	0.014		0	FLM	4		0.008		
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	0.210		0	MC	9		0.122		
14:1.....g	0.000		0	FLM	4		0.000		
15:1.....g	0.000		0	FLM	4		0.000		
16:1 undifferentiated.....g	0.003		0	FLM	4		0.002		
17:1.....g	0.000		0	FLM	4		0.000		
18:1 undifferentiated.....g	0.189		0	FLM	4		0.110		
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	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated.....g	0.780		0	MC	9		0.452		
18:2 undifferentiated.....g	0.720		0	FLM	4		0.417		
18:3 undifferentiated.....g	0.061		0	FLM	4		0.035		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLM	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g	0.000		0	FLM	4		0.000		
22:4.....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
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 = 58g: .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 28 (2015)



NDB No. 08039

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

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	Deriv Code					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.500		0	MC	9		0.145		
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	0.000		0	FLM	4		0.000		
13:0.....g									
14:0.....g	0.000		0	FLM	4		0.000		
15:0.....g									
16:0.....g	0.417		0	FLM	4		0.121		
17:0.....g									
18:0.....g	0.058		0	FLM	4		0.017		
20:0.....g									
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	0.003		0	FLM	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	1.476		0	FLM	4		0.428		
20:1.....g	0.018		0	FLM	4		0.005		
22:1 undifferentiated.....g	0.002		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.500		0	MC	9		0.435		
18:2 undifferentiated.....g	1.372		0	FLM	4		0.398		
18:3 undifferentiated.....g	0.128		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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
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 = 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 28 (2015)



NDB No. 42261  
 Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan 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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.000		0	MC	9		0.520		
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	0.002		0	FLM	4		0.001		
13:0.....g									
14:0.....g	0.002		0	FLM	4		0.001		
15:0.....g									
16:0.....g	0.773		0	FLM	4		0.402		
17:0.....g									
18:0.....g	0.198		0	FLM	4		0.103		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.800		0	MC	9		3.016		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0	FLM	4		0.002		
17:1.....g									
18:1 undifferentiated.....g	5.759		0	FLM	4		2.994		
20:1.....g	0.036		0	FLM	4		0.019		
22:1 undifferentiated.....g	0.001		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.100		0	MC	9		1.612		
18:2 undifferentiated.....g	2.934		0	FLM	4		1.526		
18:3 undifferentiated.....g	0.166		0	FLM	4		0.086		
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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g	0.100		0	MC	9		0.052		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
<b>Others:</b>									
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: .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 28 (2015)



NDB No. 42265

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.800		0	MC	9		0.440		
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	0.003		0	FLM	4		0.002		
13:0.....g									
14:0.....g	0.002		0	FLM	4		0.001		
15:0.....g									
16:0.....g	0.628		0	FLM	4		0.346		
17:0.....g									
18:0.....g	0.141		0	FLM	4		0.078		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.800		0	MC	9		2.090		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009		0	FLM	4		0.005		
17:1.....g									
18:1 undifferentiated.....g	3.764		0	FLM	4		2.070		
20:1.....g	0.023		0	FLM	4		0.013		
22:1 undifferentiated.....g	0.001		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.100		0	MC	9		1.155		
18:2 undifferentiated.....g	1.985		0	FLM	4		1.092		
18:3 undifferentiated.....g	0.115		0	FLM	4		0.063		
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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
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 = 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 28 (2015)





NDB No. 08633

Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.600		0	MC	9		0.336		
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	0.002		0	FLM	4		0.001		
13:0.....g									
14:0.....g	0.002		0	FLM	4		0.001		
15:0.....g									
16:0.....g	0.476		0	FLM	4		0.266		
17:0.....g									
18:0.....g	0.078		0	FLM	4		0.044		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.500		0	MC	9		1.400		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		0	FLM	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	2.465		0	FLM	4		1.380		
20:1.....g	0.025		0	FLM	4		0.014		
22:1 undifferentiated.....g	0.003		0	FLM	4		0.002		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.700		0	MC	9		0.952		
18:2 undifferentiated.....g	1.551		0	FLM	4		0.868		
18:3 undifferentiated.....g	0.149		0	FLM	4		0.084		
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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0		
Caffeine.....mg	0		0	BFZN	4		0		
Theobromine.....mg	0		0	BFZN	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 = 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 28 (2015)

NDB No. 43570

Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted

Post Foods, LLC

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	5.00	0.277	6	A	1		1.50		
Energy.....kcal	401		0	MC	9		120		
Energy.....kJ	1677		0	MC	9		503		
Protein.....g	7.12	0.062	6	A	1		2.14		
Total lipid (fat).....g	5.46	0.266	6	A	1		1.64		
Ash.....g	1.22	0.018	6	A	1		0.37		
Carbohydrate, by difference.....g	81.19		0	NC	4		24.36		
Fiber, total dietary.....g	4.2	0.033	3	A	1		1.3		
Sugars, total.....g	19.79	0.296	3	A	1		5.94		
Sucrose.....g	16.67	0.240	3	A	1		5.00		
Glucose (dextrose).....g	0.90	0.000	3	A	1		0.27		
Fructose.....g	0.57	0.033	3	A	1		0.17		
Lactose.....g	0.16	0.042	3	A	1		0.05		
Maltose.....g	1.50	0.058	3	A	1		0.45		
Galactose.....g	0.00	0.000	3	A	1		0.00		
Starch.....g	52.93	0.240	3	A	1		15.88		
<b>Minerals:</b>									
Calcium, Ca.....mg	23	0.292	6	A	1		7		
Iron, Fe.....mg	34.82	2.105	6	A	1		10.44		
Magnesium, Mg.....mg	50	0.587	6	A	1		15		
Phosphorus, P.....mg	156	1.978	6	A	1		47		
Potassium, K.....mg	209	2.078	6	A	1		63		
Sodium, Na.....mg	454		0	MC	9		136		
Zinc, Zn.....mg	5.03	0.117	6	A	1		1.51		
Copper, Cu.....mg	0.590		0	MC	9		0.177		
Manganese, Mn.....mg	1.278	0.025	6	A	1		0.383		
Selenium, Se.....µg	7.3	0.451	3	A	1		2.2		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0		
Thiamin.....mg	1.223		1	A	1		0.367		
Riboflavin.....mg	1.250		1	A	1		0.375		
Niacin.....mg	17.800		1	A	1		5.340		
Pantothenic acid.....mg									
Vitamin B-6.....mg	2.640		1	A	1		0.792		
* Folate, total.....µg	667		0	MC	9		200		
Folic acid.....µg	648		0	NR	4		194		
Folate, food.....µg	19		0	CAZN	4		6		
Folate, DFE.....µg	1120		0	NC	4		336		
Choline, total.....mg	13.4		0	AS	1		4.0		
Betaine.....mg									
Vitamin B-12.....µg	9.67		1	A	1		2.90		
Vitamin B-12, added.....µg	9.67		0	NR	4		2.90		
Vitamin A, RAE.....µg	806		1	AS	1		242		
Retinol.....µg	803		1	A	1		241		
Carotene, beta.....µg	16		1	A	1		5		
Carotene, alpha.....µg	4		1	A	1		1		
Cryptoxanthin, beta.....µg	28		1	A	1		8		
Vitamin A, IU.....IU	2731		1	AS	1		819		
Lycopene.....µg	0		1	A	1		0		
Lutein + zeaxanthin.....µg	445		1	A	1		133		
Vitamin E (alpha-tocopherol).....mg	1.22		1	A	1		0.37		
Vitamin E, added.....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta.....mg	0.09		1	A	1		0.03		
Tocopherol, gamma.....mg	1.60		1	A	1		0.48		
Tocopherol, delta.....mg	0.06		1	A	1		0.02		
Tocotrienol, alpha.....mg	0.51		1	A	1		0.15		
Tocotrienol, beta.....mg	0.65		1	A	1		0.20		

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.26		1	A	1		0.08		
Tocotrienol, delta.....mg	0.03		1	A	1		0.01		
Vitamin D (D2 + D3).....µg	4.6		6	AS	1		1.4		
Vitamin D2 (ergocalciferol).....µg	0.0	0.000	6	A	1		0.0		
Vitamin D3 (cholecalciferol).....µg	4.6	0.082	6	A	1		1.4		
Vitamin D.....µg	183	3.298	6	A	1		55		
Vitamin K (phylloquinone).....µg	3.0		0	FLA	4		0.9		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.640		0	MC	9		0.192		
4:0.....g	0.000	0.000	3	A	1		0.000		
6:0.....g	0.000	0.000	3	A	1		0.000		
8:0.....g	0.003	0.001	3	A	1		0.001		
10:0.....g	0.003	0.000	3	A	1		0.001		
12:0.....g	0.013	0.001	3	A	1		0.004		
13:0.....g									
14:0.....g	0.010	0.001	3	A	1		0.003		
15:0.....g	0.002	0.000	3	A	1		0.001		
16:0.....g	0.434	0.003	3	A	1		0.130		
17:0.....g	0.003	0.000	3	A	1		0.001		
18:0.....g	0.130	0.002	3	A	1		0.039		
20:0.....g	0.023	0.001	3	A	1		0.007		
22:0.....g	0.011	0.000	3	A	1		0.003		
24:0.....g	0.008	0.001	3	A	1		0.002		
Fatty acids, total monounsaturated.....g	2.831		0	NC	4		0.849		
14:1.....g	0.000	0.000	3	A	1		0.000		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.009	0.000	3	AS	1		0.003		
16:1 c.....g	0.009	0.000	3	A	1		0.003		
16:1 t.....g	0.000	0.000	3	A	1		0.000		
17:1.....g	0.004	0.000	3	A	1		0.001		
18:1 undifferentiated.....g	2.769	0.050	3	AS	1		0.831		
18:1 c.....g	2.761	0.049	3	A	1		0.828		
18:1 t.....g	0.008	0.001	3	A	1		0.002		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.048	0.001	3	A	1		0.014		
22:1 undifferentiated.....g	0.002	0.001	3	AS	1		0.001		
22:1 c.....g	0.002	0.001	3	A	1		0.001		
22:1 t.....g	0.000	0.000	3	A	1		0.000		
24:1 c.....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total polyunsaturated.....g	1.307		0	NC	4		0.392		
18:2 undifferentiated.....g	1.209	0.016	3	AS	1		0.363		
18:2 n-6 c,c.....g	1.199	0.016	3	A	1		0.360		
18:2 CLAs.....g	0.002	0.001	3	A	1		0.001		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.008	0.000	3	A	1		0.002		
18:3 undifferentiated.....g	0.092	0.001	3	AS	1		0.028		
18:3 n-3 c,c,c (ALA).....g	0.089	0.001	3	A	1		0.027		
18:3 n-6 c,c,c.....g	0.003	0.001	3	A	1		0.001		
18:3i.....g									
18:4.....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c.....g	0.002	0.000	3	A	1		0.001		
20:3 undifferentiated.....g	0.000	0.000	3	AS	1		0.000		
20:3 n-3.....g	0.000	0.000	3	A	1		0.000		
20:3 n-6.....g	0.000	0.000	3	A	1		0.000		
20:4 undifferentiated.....g	0.001	0.001	3	A	1		0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000		
21:5.....g									
22:4.....g	0.003	0.001	3	A	1		0.001		
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1		0.000		

NDB No. 43570

Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Code					
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1		0.000			
Fatty acids, total trans.....g	0.016		0	NC	4		0.005			
Fatty acids, total trans-monoenoic.....g	0.008		0	NC	4		0.002			
Fatty acids, total trans-polyenoic.....g	0.008		0	NC	4		0.002			
Cholesterol.....mg	0		0	MC	9		0			
Phytosterols.....mg										
<b>Amino Acids:</b>										
Tryptophan.....g	0.090		0	A	1		0.027			
Threonine.....g	0.240		0	A	1		0.072			
Isoleucine.....g	0.260		0	A	1		0.078			
Leucine.....g	0.800		0	A	1		0.240			
Lysine.....g	0.120		0	A	1		0.036			
Methionine.....g	0.100		0	A	1		0.030			
Cystine.....g	0.110		0	A	1		0.033			
Phenylalanine.....g	0.390		0	A	1		0.117			
Tyrosine.....g	0.210		0	A	1		0.063			
Valine.....g	0.340		0	A	1		0.102			
Arginine.....g	0.240		0	A	1		0.072			
Histidine.....g	0.180		0	A	1		0.054			
Alanine.....g	0.460		0	A	1		0.138			
Aspartic acid.....g	0.480		0	A	1		0.144			
Glutamic acid.....g	1.890		0	A	1		0.567			
Glycine.....g	0.270		0	A	1		0.081			
Proline.....g	0.490		0	A	1		0.147			
Serine.....g	0.380		0	A	1		0.114			
Hydroxyproline.....g										
<b>Others:</b>										
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 = 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 28 (2015)



NDB No. 08655

Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.700		0	MC	9		0.203		
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	0.002		0	FLM	4		0.001		
13:0.....g									
14:0.....g	0.003		0	FLM	4		0.001		
15:0.....g									
16:0.....g	0.562		0	FLM	4		0.163		
17:0.....g									
18:0.....g	0.130		0	FLM	4		0.038		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.700		0	MC	9		0.783		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0	FLM	4		0.002		
17:1.....g									
18:1 undifferentiated.....g	2.678		0	FLM	4		0.777		
20:1.....g	0.015		0	FLM	4		0.004		
22:1 undifferentiated.....g	0.002		0	FLM	4		0.001		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.700		0	MC	9		0.493		
18:2 undifferentiated.....g	1.611		0	FLM	4		0.467		
18:3 undifferentiated.....g	0.089		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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		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 (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 28 (2015)



NDB No. 42240

Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.800		0	MC	9		0.256		
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	0.001		0	FLM	4		0.000		
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	0.606		0	FLM	4		0.194		
17:0.....g	0.000		0	FLM	4		0.000		
18:0.....g	0.133		0	FLM	4		0.042		
20:0.....g	0.024		0	FLM	4		0.008		
22:0.....g	0.010		0	FLM	4		0.003		
24:0.....g	0.007		0	FLM	4		0.002		
Fatty acids, total monounsaturated.....g	4.000		0	MC	9		1.280		
14:1.....g	0.000		0	FLM	4		0.000		
15:1.....g	0.000		0	FLM	4		0.000		
16:1 undifferentiated.....g	0.016		0	FLM	4		0.005		
17:1.....g	0.001		0	FLM	4		0.000		
18:1 undifferentiated.....g	3.956		0	FLM	4		1.266		
20:1.....g	0.024		0	FLM	4		0.008		
22:1 undifferentiated.....g	0.003		0	FLM	4		0.001		
24:1 c.....g	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated.....g	2.100		0	MC	9		0.672		
18:2 undifferentiated.....g	1.974		0	FLM	4		0.632		
18:3 undifferentiated.....g	0.126		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	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g	0.000		0	FLM	4		0.000		
22:4.....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g	0.100		0	MC	9		0.032		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	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 = 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 28 (2015)



NDB No. 08662

Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with real strawberries

Post Foods, LLC

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	2.90		0	MC	9		0.90		
Energy.....kcal	399		0	MC	9		124		
Energy.....kJ	1669		0	MC	9		517		
Protein.....g	6.70		0	MC	9		2.08		
Total lipid (fat).....g	4.90		0	MC	9		1.52		
Ash.....g	2.20		0	NC	4		0.68		
Carbohydrate, by difference.....g	83.30		0	MC	9		25.82		
Fiber, total dietary.....g	5.4		0	MC	9		1.7		
Sugars, total.....g	24.00		0	MC	9		7.44		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	26		0	MC	9		8		
* Iron, Fe.....mg	26.10		0	MC	9		8.09		
Magnesium, Mg.....mg	46		0	MC	9		14		
Phosphorus, P.....mg	139		0	MC	9		43		
Potassium, K.....mg	219		0	MC	9		68		
Sodium, Na.....mg	410		0	MC	9		127		
Zinc, Zn.....mg	1.00		0	MC	9		0.31		
Copper, Cu.....mg	0.200		0	MC	9		0.062		
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	15.6		0	MC	9		4.8		
* Thiamin.....mg	1.200		0	MC	9		0.372		
* Riboflavin.....mg	1.400		0	MC	9		0.434		
* Niacin.....mg	16.100		0	MC	9		4.991		
Pantothenic acid.....mg									
* Vitamin B-6.....mg	1.700		0	MC	9		0.527		
* Folate, total.....µg	323		0	MC	9		100		
* Folic acid.....µg	304		0	NR	4		94		
Folate, food.....µg	19		0	CAZN	4		6		
Folate, DFE.....µg	535		0	NC	4		166		
Choline, total.....mg									
Betaine.....mg									
* Vitamin B-12.....µg	4.80		0	MC	9		1.49		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
* Vitamin A, IU.....IU	2419		0	MC	9		750		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	3.2		0	MC	9		1.0		
* Vitamin D.....IU	129		0	MC	9		40		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 08662

Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with real strawberries

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 Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Fatty acids, total saturated.....g	0.600		0	MC	9		0.186		
Fatty acids, total monounsaturated.....g	2.500		0	MC	9		0.775		
Fatty acids, total polyunsaturated.....g	1.500		0	MC	9		0.465		
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 = 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 28 (2015)



NDB No. 08081

Cereals ready-to-eat, POST, Honey Nut Shredded Wheat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.400		0	MC	9		0.236		
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	0.000		0	FLM	4		0.000		
13:0.....g									
14:0.....g	0.004		0	FLM	4		0.002		
15:0.....g									
16:0.....g	0.336		0	FLM	4		0.199		
17:0.....g									
18:0.....g	0.037		0	FLM	4		0.022		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.200		0	MC	9		0.708		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.065		0	FLM	4		0.038		
17:1.....g									
18:1 undifferentiated.....g	1.127		0	FLM	4		0.665		
20:1.....g	0.006		0	FLM	4		0.004		
22:1 undifferentiated.....g	0.001		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.200		0	MC	9		0.708		
18:2 undifferentiated.....g	1.125		0	FLM	4		0.664		
18:3 undifferentiated.....g	0.073		0	FLM	4		0.043		
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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
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 = 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 28 (2015)



Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.290		0	MC	9		0.413		
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	0.018		0	FLM	4		0.006		
13:0.....g									
14:0.....g	0.010		0	FLM	4		0.003		
15:0.....g									
16:0.....g	1.083		0	FLM	4		0.346		
17:0.....g									
18:0.....g	0.104		0	FLM	4		0.033		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.600		0	MC	9		0.192		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0	FLM	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.598		0	FLM	4		0.191		
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	0.910		0	MC	9		0.291		
18:2 undifferentiated.....g	0.875		0	FLM	4		0.280		
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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g	0.010		0	MC	9		0.003		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
<b>Others:</b>									
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 = 32g: 1.5 cup (1 NLEA serving)

\*Vitamin or mineral added for enrichment or fortification

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 08 Breakfast Cereals**



NDB No. 43393

Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.430		0	MC	9		0.254		
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	0.000		0	FLM	4		0.000		
13:0.....g									
14:0.....g	0.004		0	FLM	4		0.002		
15:0.....g									
16:0.....g	0.405		0	FLM	4		0.239		
17:0.....g									
18:0.....g	0.021		0	FLM	4		0.013		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.330		0	MC	9		0.195		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.014		0	FLM	4		0.008		
17:1.....g									
18:1 undifferentiated.....g	0.316		0	FLM	4		0.186		
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	1.220		0	MC	9		0.720		
18:2 undifferentiated.....g	1.166		0	FLM	4		0.688		
18:3 undifferentiated.....g	0.054		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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
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 = 59g: 1.25 cup (1 NLEA serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)





NDB No. 08191

Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.300		0	MC	9		0.156		
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	0.001		0	FLM	4		0.000		
13:0.....g									
14:0.....g	0.003		0	FLM	4		0.002		
15:0.....g									
16:0.....g	0.261		0	FLM	4		0.136		
17:0.....g									
18:0.....g	0.017		0	FLM	4		0.009		
20:0.....g									
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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		

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

**Common Measures:**

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

\*Vitamin or mineral added for enrichment or fortification

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 08 Breakfast Cereals**

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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	Deriv Code					
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		5	MA	12		0		
Vitamin K (phylloquinone).....µg	1.4		1	A	1		0.6		
Dihydrophyloquinone.....µg	0.0		1	A	1		0.0		
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.410		0	MC	9		0.193		
4:0.....g	0.000		0	FLC	4		0.000		
6:0.....g	0.000		0	FLC	4		0.000		
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.000		1	A	1		0.000		
15:0.....g	0.000		1	A	1		0.000		
16:0.....g	0.392		1	A	1		0.184		
17:0.....g	0.000		1	A	1		0.000		
18:0.....g	0.018		1	A	1		0.009		
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	0.290		0	MC	9		0.136		
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	0.274		1	A	1		0.129		
20:1.....g	0.017		1	A	1		0.008		
22:1 undifferentiated.....g	0.000		1	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.220		0	MC	9		0.573		
18:2 undifferentiated.....g	1.143		1	A	1		0.537		
18:3 undifferentiated.....g	0.077		1	A	1		0.036		
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 (EPA).....g	0.000		1	A	1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g	0.000		5	MA	12		0.000		
Cholesterol.....mg	0		5	MA	12		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.140		1	A	1		0.066		
Threonine.....g	0.310		1	A	1		0.146		
Isoleucine.....g	0.340		1	A	1		0.160		
Leucine.....g	0.680		1	A	1		0.320		
Lysine.....g	0.320		1	A	1		0.150		
Methionine.....g	0.170		1	A	1		0.080		
Cystine.....g	0.240		1	A	1		0.113		
Phenylalanine.....g	0.460		1	A	1		0.216		
Tyrosine.....g	0.130		1	A	1		0.061		
Valine.....g	0.450		1	A	1		0.211		
Arginine.....g	0.450		1	A	1		0.211		
Histidine.....g	0.230		1	A	1		0.108		
Alanine.....g	0.390		1	A	1		0.183		
Aspartic acid.....g	0.530		1	A	1		0.249		
Glutamic acid.....g	2.990		1	A	1		1.405		

NDB No. 08147

Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit

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			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Glycine.....g	0.430		1	A	1	0.202		
Proline.....g	0.970		1	A	1	0.456		
Serine.....g	0.490		1	A	1	0.230		
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	Z	7	0.0		
Caffeine.....mg	0		5	MA	12	0		
Theobromine.....mg	0		0	FLC	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 = 47g: 2 biscuits (1 NLEA serving)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.400		0	MC	9		0.196		
4:0.....g	0.000		0	FLM	4		0.000		
6:0.....g	0.000		0	FLM	4		0.000		
8:0.....g	0.023		0	FLM	4		0.011		
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	0.004		0	FLM	4		0.002		
15:0.....g									
16:0.....g	0.353		0	FLM	4		0.173		
17:0.....g									
18:0.....g	0.020		0	FLM	4		0.010		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.300		0	MC	9		0.147		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.015		0	FLM	4		0.008		
17:1.....g									
18:1 undifferentiated.....g	0.283		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	1.300		0	MC	9		0.637		
18:2 undifferentiated.....g	1.234		0	FLM	4		0.605		
18:3 undifferentiated.....g	0.063		0	FLM	4		0.031		
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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
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 = 49g: 1 cup (1 NLEA serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)





NDB No. 08305

Cereals ready-to-eat, Post, Waffle 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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.900		0	MC	9		0.270		
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	0.005		0	FLM	4		0.001		
13:0.....g									
14:0.....g	0.005		0	FLM	4		0.002		
15:0.....g									
16:0.....g	0.684		0	FLM	4		0.205		
17:0.....g									
18:0.....g	0.182		0	FLM	4		0.055		
20:0.....g									
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	0.013		0	FLM	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	1.685		0	FLM	4		0.505		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.700		0	MC	9		0.510		
18:2 undifferentiated.....g	1.605		0	FLM	4		0.481		
18:3 undifferentiated.....g	0.093		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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g	0.500		0	MC	9		0.150		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		

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

**Common Measures:**

Measure 1 = 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 28 (2015)



NDB No. 08632

Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple

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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	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code			

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 28 (2015)



NDB No. 08685

Cereals ready-to-eat, QUAKER WHOLE HEARTS oat cereal

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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: .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 28 (2015)



NDB No. 08054

Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat 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
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.240		0	MC	9		0.595		
4:0.....g	0.002		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	0.001		0	FLM	4		0.000		
12:0.....g	0.008		0	FLM	4		0.004		
13:0.....g									
14:0.....g	0.008		0	FLM	4		0.004		
15:0.....g									
16:0.....g	0.891		0	FLM	4		0.428		
17:0.....g									
18:0.....g	0.222		0	FLM	4		0.106		
20:0.....g	0.050		0	FLM	4		0.024		
22:0.....g	0.025		0	FLM	4		0.012		
24:0.....g									
Fatty acids, total monounsaturated.....g	6.600		0	MC	9		3.168		
14:1.....g	0.000		0	FLM	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.025		0	FLM	4		0.012		
17:1.....g									
18:1 undifferentiated.....g	6.458		0	FLM	4		3.100		
20:1.....g	0.116		0	FLM	4		0.056		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.680		0	MC	9		1.286		
18:2 undifferentiated.....g	2.145		0	FLM	4		1.030		
18:3 undifferentiated.....g	0.535		0	FLM	4		0.257		
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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g	0.130		0	MC	9		0.062		
Cholesterol.....mg	2		0	MC	9		1		
Phytosterols.....mg									
<b>Others:</b>									
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 = 48g: .5 cup (1 NLEA serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)





NDB No. 08010

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.346		0	MC	9		0.903		
4:0.....g	0.000		0	FLM	4		0.000		
6:0.....g	0.021		0	FLM	4		0.006		
8:0.....g	0.257		0	FLM	4		0.069		
10:0.....g	0.205		0	FLM	4		0.055		
12:0.....g	1.533		0	FLM	4		0.414		
13:0.....g									
14:0.....g	0.578		0	FLM	4		0.156		
15:0.....g									
16:0.....g	0.603		0	FLM	4		0.163		
17:0.....g									
18:0.....g	0.125		0	FLM	4		0.034		
20:0.....g	0.001		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	0.639		0	MC	9		0.173		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0	FLM	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.636		0	FLM	4		0.172		
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	0.747		0	MC	9		0.202		
18:2 undifferentiated.....g	0.721		0	FLM	4		0.195		
18:3 undifferentiated.....g	0.026		0	FLM	4		0.007		
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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g	0.020		0	MC	9		0.005		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
<b>Others:</b>									
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 = 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 28 (2015)



Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.080		0	MC	9		0.801		
4:0.....g	0.000		0	FLM	4		0.000		
6:0.....g	0.018		0	FLM	4		0.005		
8:0.....g	0.228		0	FLM	4		0.059		
10:0.....g	0.182		0	FLM	4		0.047		
12:0.....g	1.360		0	FLM	4		0.354		
13:0.....g									
14:0.....g	0.513		0	FLM	4		0.133		
15:0.....g									
16:0.....g	0.630		0	FLM	4		0.164		
17:0.....g									
18:0.....g	0.121		0	FLM	4		0.031		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.630		0	MC	9		0.164		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0	FLM	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.627		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	0.750		0	MC	9		0.195		
18:2 undifferentiated.....g	0.723		0	FLM	4		0.188		
18:3 undifferentiated.....g	0.027		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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g	0.020		0	MC	9		0.005		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
<b>Others:</b>									
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 = 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 28 (2015)



NDB No. 08625

Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S Halloween Crunch

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 28 (2015)



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
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.920		0	MC	9		1.058		
4:0.....g	0.000		0	FLM	4		0.000		
6:0.....g	0.016		0	FLM	4		0.004		
8:0.....g	0.199		0	FLM	4		0.054		
10:0.....g	0.159		0	FLM	4		0.043		
12:0.....g	1.202		0	FLM	4		0.324		
13:0.....g									
14:0.....g	0.477		0	FLM	4		0.129		
15:0.....g									
16:0.....g	1.174		0	FLM	4		0.317		
17:0.....g									
18:0.....g	0.345		0	FLM	4		0.093		
20:0.....g	0.090		0	FLM	4		0.024		
22:0.....g	0.196		0	FLM	4		0.053		
24:0.....g	0.063		0	FLM	4		0.017		
Fatty acids, total monounsaturated.....g	2.641		0	MC	9		0.713		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	FLM	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	2.583		0	FLM	4		0.697		
20:1.....g	0.056		0	FLM	4		0.015		
22:1 undifferentiated.....g	0.001		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.148		0	MC	9		0.580		
18:2 undifferentiated.....g	2.126		0	FLM	4		0.574		
18:3 undifferentiated.....g	0.022		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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g	0.018		0	MC	9		0.005		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
<b>Others:</b>									
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 = 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 28 (2015)





NDB No. 08629

Cereals ready-to-eat, QUAKER, Cap'n Crunch's OOPS! All Berries Cereal

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

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

**Common Measures:**

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

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 08550  
Cereals ready-to-eat, QUAKER, Christmas 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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.081		0	MC	9		0.801		
4:0.....g	0.000		0	FLM	4		0.000		
6:0.....g	0.017		0	FLM	4		0.004		
8:0.....g	0.211		0	FLM	4		0.055		
10:0.....g	0.169		0	FLM	4		0.044		
12:0.....g	1.268		0	FLM	4		0.330		
13:0.....g									
14:0.....g	0.479		0	FLM	4		0.125		
15:0.....g									
16:0.....g	0.772		0	FLM	4		0.201		
17:0.....g									
18:0.....g	0.122		0	FLM	4		0.032		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.627		0	MC	9		0.163		
14:1.....g	0.000		0	FLM	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.003		0	FLM	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.624		0	FLM	4		0.162		
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	0.751		0	MC	9		0.195		
18:2 undifferentiated.....g	0.720		0	FLM	4		0.187		
18:3 undifferentiated.....g	0.031		0	FLM	4		0.008		
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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g	0.019		0	MC	9		0.005		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
<b>Others:</b>									
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 = 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 28 (2015)



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	Deriv Code					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.709		0	MC	9		1.541		
4:0.....g	0.000		0	FLM	4		0.000		
6:0.....g	0.036		0	FLM	4		0.010		
8:0.....g	0.456		0	FLM	4		0.123		
10:0.....g	0.365		0	FLM	4		0.098		
12:0.....g	2.715		0	FLM	4		0.733		
13:0.....g									
14:0.....g	1.025		0	FLM	4		0.277		
15:0.....g									
16:0.....g	0.845		0	FLM	4		0.228		
17:0.....g									
18:0.....g	0.253		0	FLM	4		0.068		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.704		0	MC	9		0.190		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0	FLM	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.699		0	FLM	4		0.189		
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	0.722		0	MC	9		0.195		
18:2 undifferentiated.....g	0.686		0	FLM	4		0.185		
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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g	0.041		0	MC	9		0.011		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
<b>Others:</b>									
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 = 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 28 (2015)



NDB No. 08047

Cereals ready-to-eat, QUAKER, KING VITAMAN

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.584		0	MC	9		0.491		
4:0.....g	0.000		0	FLM	4		0.000		
6:0.....g	0.009		0	FLM	4		0.003		
8:0.....g	0.116		0	FLM	4		0.036		
10:0.....g	0.093		0	FLM	4		0.029		
12:0.....g	0.691		0	FLM	4		0.214		
13:0.....g									
14:0.....g	0.261		0	FLM	4		0.081		
15:0.....g									
16:0.....g	0.332		0	FLM	4		0.103		
17:0.....g									
18:0.....g	0.073		0	FLM	4		0.023		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.644		0	MC	9		0.200		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0	FLM	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.639		0	FLM	4		0.198		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.001		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.117		0	MC	9		0.346		
18:2 undifferentiated.....g	1.085		0	FLM	4		0.336		
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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
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 = 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 28 (2015)





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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.970		0	MC	9		0.534		
4:0.....g	0.002		0	FLM	4		0.001		
6:0.....g	0.004		0	FLM	4		0.002		
8:0.....g	0.040		0	FLM	4		0.022		
10:0.....g	0.032		0	FLM	4		0.018		
12:0.....g	0.257		0	FLM	4		0.141		
13:0.....g									
14:0.....g	0.107		0	FLM	4		0.059		
15:0.....g									
16:0.....g	0.400		0	FLM	4		0.220		
17:0.....g									
18:0.....g	0.102		0	FLM	4		0.056		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.548		0	MC	9		1.401		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.047		0	FLM	4		0.026		
17:1.....g									
18:1 undifferentiated.....g	2.478		0	FLM	4		1.363		
20:1.....g	0.022		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	1.438		0	MC	9		0.791		
18:2 undifferentiated.....g	1.301		0	FLM	4		0.716		
18:3 undifferentiated.....g	0.137		0	FLM	4		0.075		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	1		0	MC	9		1		
Phytosterols.....mg									
<b>Others:</b>									
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 = 55g: .666 cup (1 NLEA serving)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 08 Breakfast Cereals**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
<b>Proximates:</b>									
Water.....g	2.50		0	MC	9		0.83		
Energy.....kcal	382		0	MC	9		126		
Energy.....kJ	1599		0	MC	9		528		
Protein (N x 6.25).....g	4.21		0	MC	9		1.39		
Total lipid (fat).....g	1.61		0	MC	9		0.53		
Ash.....g	1.77		0	MC	9		0.58		
Carbohydrate, by difference.....g	89.91		0	MC	9		29.67		
Fiber, total dietary.....g	2.7		0	MC	9		0.9		
Sugars, total.....g	43.12		0	MC	9		14.23		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	16		0	MC	9		5		
Iron, Fe.....mg	2.06		0	MC	9		0.68		
Magnesium, Mg.....mg	61		0	MC	9		20		
Phosphorus, P.....mg	166		0	MC	9		55		
Potassium, K.....mg	226		0	MC	9		75		
Sodium, Na.....mg	452		0	MC	9		149		
Zinc, Zn.....mg	1.11		0	MC	9		0.37		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.2		0	MC	9		0.1		
Thiamin.....mg	0.150		0	MC	9		0.050		
Riboflavin.....mg	0.050		0	MC	9		0.017		
Niacin.....mg	1.060		0	MC	9		0.350		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.040		0	MC	9		0.013		
Folate, total.....µg	15		0	MC	9		5		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	15		0	MC	9		5		
Folate, DFE.....µg	15		0	NC	4		5		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....µg	9		0	NC	4		3		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	186		0	MC	9		61		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	2.60		0	MC	9		0.86		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**

NDB No. 08355

Cereals ready-to-eat, QUAKER, MOTHER'S COCOA BUMPERS

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 Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Fatty acids, total saturated.....g	0.310		0	MC	9		0.102		
Fatty acids, total monounsaturated.....g	0.320		0	MC	9		0.106		
Fatty acids, total polyunsaturated.....g	0.660		0	MC	9		0.218		
Fatty acids, total trans.....g	0.000		0	MC	9		0.000		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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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 28 (2015)

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
<b>Proximates:</b>									
Water.....g	2.75		0	MC	9		1.65		
Energy.....kcal	382		0	MC	9		229		
Energy.....kJ	1597		0	MC	9		958		
Protein (N x 6.25).....g	10.60		0	MC	9		6.36		
Total lipid (fat).....g	4.56		0	MC	9		2.74		
Ash.....g	2.30		0	MC	9		1.38		
Carbohydrate, by difference.....g	79.79		0	MC	9		47.87		
Fiber, total dietary.....g	8.1		0	MC	9		4.9		
Sugars, total.....g	25.37		0	MC	9		15.22		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	50		0	MC	9		30		
Iron, Fe.....mg	3.24		0	MC	9		1.94		
Magnesium, Mg.....mg	106		0	MC	9		64		
Phosphorus, P.....mg	347		0	MC	9		208		
Potassium, K.....mg	325		0	MC	9		195		
Sodium, Na.....mg	275		0	MC	9		165		
Zinc, Zn.....mg	2.63		0	MC	9		1.58		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.8		0	MC	9		0.5		
Thiamin.....mg	0.420		0	MC	9		0.252		
Riboflavin.....mg	0.110		0	MC	9		0.066		
Niacin.....mg	1.890		0	MC	9		1.134		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.130		0	MC	9		0.078		
Folate, total.....µg	37		0	MC	9		22		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	37		0	MC	9		22		
Folate, DFE.....µg	37		0	NC	4		22		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....µg	1		0	NC	4		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	17		0	MC	9		10		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	4.53		0	MC	9		2.72		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 08353

Cereals ready-to-eat, QUAKER, MOTHER'S Cinnamon Oat Crunch

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number			<u>measures of food</u>			
			of Data	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			
Fatty acids, total saturated.....g	0.820		0	MC	9		0.492		
Fatty acids, total monounsaturated.....g	1.490		0	MC	9		0.894		
Fatty acids, total polyunsaturated.....g	1.460		0	MC	9		0.876		
Fatty acids, total trans.....g	0.000		0	MC	9		0.000		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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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 28 (2015)

NDB No. 08354

Cereals ready-to-eat, QUAKER, MOTHER'S GRAHAM 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
<b>Proximates:</b>									
Water.....g	2.50		0	MC	9		0.70		
Energy.....kcal	379		0	MC	9		106		
Energy.....kJ	1587		0	MC	9		444		
Protein (N x 6.25).....g	4.55		0	MC	9		1.27		
Total lipid (fat).....g	1.45		0	MC	9		0.41		
Ash.....g	2.61		0	MC	9		0.73		
Carbohydrate, by difference.....g	88.89		0	MC	9		24.89		
Fiber, total dietary.....g	2.6		0	MC	9		0.7		
Sugars, total.....g	44.33		0	MC	9		12.41		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	18		0	MC	9		5		
Iron, Fe.....mg	1.87		0	MC	9		0.52		
Magnesium, Mg.....mg	57		0	MC	9		16		
Phosphorus, P.....mg	156		0	MC	9		44		
Potassium, K.....mg	199		0	MC	9		56		
Sodium, Na.....mg	758		0	MC	9		212		
Zinc, Zn.....mg	1.04		0	MC	9		0.29		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.3		0	MC	9		0.1		
Thiamin.....mg	0.160		0	MC	9		0.045		
Riboflavin.....mg	0.050		0	MC	9		0.014		
Niacin.....mg	1.120		0	MC	9		0.314		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.060		0	MC	9		0.017		
Folate, total.....µg	15		0	MC	9		4		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	15		0	MC	9		4		
Folate, DFE.....µg	15		0	NC	4		4		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....µg	8		0	NC	4		2		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	162		0	MC	9		45		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
* Vitamin E (alpha-tocopherol).....mg	2.51		0	MC	9		0.70		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 08354

Cereals ready-to-eat, QUAKER, MOTHER'S GRAHAM BUMPERS

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number			<u>measures of food</u>			
			of Data	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			
Fatty acids, total saturated.....g	0.280		0	MC	9		0.078		
Fatty acids, total monounsaturated.....g	0.330		0	MC	9		0.092		
Fatty acids, total polyunsaturated.....g	0.690		0	MC	9		0.193		
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 = 28g: .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 28 (2015)

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
<b>Proximates:</b>									
Water.....g	2.50		0	MC	9		0.83		
Energy.....kcal	407		0	MC	9		134		
Energy.....kJ	1704		0	MC	9		562		
Protein (N x 6.25).....g	7.62		0	MC	9		2.51		
Total lipid (fat).....g	7.33		0	MC	9		2.42		
Ash.....g	2.87		0	MC	9		0.95		
Carbohydrate, by difference.....g	79.68		0	MC	9		26.29		
Fiber, total dietary.....g	2.5		0	MC	9		0.8		
Sugars, total.....g	29.29		0	MC	9		9.67		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	23		0	MC	9		8		
Iron, Fe.....mg	1.97		0	MC	9		0.65		
Magnesium, Mg.....mg	74		0	MC	9		24		
Phosphorus, P.....mg	213		0	MC	9		70		
Potassium, K.....mg	296		0	MC	9		98		
Sodium, Na.....mg	774		0	MC	9		255		
Zinc, Zn.....mg	1.42		0	MC	9		0.47		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.180		0	MC	9		0.059		
Riboflavin.....mg	0.070		0	MC	9		0.023		
Niacin.....mg	2.700		0	MC	9		0.891		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.120		0	MC	9		0.040		
Folate, total.....µg	24		0	MC	9		8		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	24		0	MC	9		8		
Folate, DFE.....µg	24		0	NC	4		8		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....µg	8		0	NC	4		3		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	159		0	MC	9		53		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	3.71		0	MC	9		1.22		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**



NDB No. 08351

Cereals ready-to-eat, QUAKER, MOTHER'S PEANUT BUTTER BUMPERS Cereal

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
Fatty acids, total saturated.....g	1.450		0	MC	9	0.479		
Fatty acids, total monounsaturated.....g	3.110		0	MC	9	1.026		
Fatty acids, total polyunsaturated.....g	2.250		0	MC	9	0.743		
Fatty acids, total trans.....g	0.000		0	MC	9	0.000		
Cholesterol.....mg	0		0	MC	9	0		
Phytosterols.....mg								

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 28 (2015)

NDB No. 08352

Cereals ready-to-eat, QUAKER, MOTHER'S Toasted Oat Bran 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
<b>Proximates:</b>									
Water.....g	4.00		0	MC	9		1.28		
Energy.....kcal	372		0	MC	9		119		
Energy.....kJ	1558		0	MC	9		499		
Protein (N x 6.25).....g	11.45		0	MC	9		3.66		
Total lipid (fat).....g	5.04		0	MC	9		1.61		
Ash.....g	4.10		0	MC	9		1.31		
Carbohydrate, by difference.....g	75.41		0	MC	9		24.13		
Fiber, total dietary.....g	8.6		0	MC	9		2.7		
Sugars, total.....g	15.57		0	MC	9		4.98		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	58		0	MC	9		19		
Iron, Fe.....mg	4.07		0	MC	9		1.30		
Magnesium, Mg.....mg	136		0	MC	9		44		
Phosphorus, P.....mg	429		0	MC	9		137		
Potassium, K.....mg	489		0	MC	9		157		
Sodium, Na.....mg	653		0	MC	9		209		
Zinc, Zn.....mg	2.89		0	MC	9		0.92		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.550		0	MC	9		0.176		
Riboflavin.....mg	0.320		0	MC	9		0.102		
Niacin.....mg	1.800		0	MC	9		0.576		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.130		0	MC	9		0.042		
Folate, total.....µg	36		0	MC	9		12		
Folic acid.....µg									
Folate, food.....µg	36		0	MC	9		12		
Folate, DFE.....µg	36		0	NC	4		12		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....µg	3		0	NC	4		1		
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	63		0	MC	9		20		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	4.49		0	MC	9		1.44		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 08352

Cereals ready-to-eat, QUAKER, MOTHER'S Toasted Oat Bran cereal

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number			<u>measures of food</u>			
			of Data	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			
Fatty acids, total saturated.....g	0.890		0	MC	9			0.285	
Fatty acids, total monounsaturated.....g	1.650		0	MC	9			0.528	
Fatty acids, total polyunsaturated.....g	1.820		0	MC	9			0.582	
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: .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 28 (2015)



NDB No. 08628

Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal

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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			

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

**Common Measures:**

Measure 1 = 32g: .75 cup (1 NLEA serving)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 08627

Cereals ready-to-eat, QUAKER, Natural Granola Apple Cranberry Almond

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
<b>Proximates:</b>									
Water.....g	3.21		0	MC	9		1.57		
Energy.....kcal	418		0	MC	9		205		
Energy.....kJ	1749		0	MC	9		857		
Protein (N x 6.25).....g	9.21		0	MC	9		4.51		
Total lipid (fat).....g	11.06		0	MC	9		5.42		
Ash.....g	1.79		0	MC	9		0.88		
Carbohydrate, by difference.....g	74.73		0	MC	9		36.62		
Fiber, total dietary.....g	9.9		0	MC	9		4.8		
Sugars, total.....g	27.43		0	MC	9		13.44		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	98		0	MC	9		48		
Iron, Fe.....mg	2.47		0	MC	9		1.21		
Magnesium, Mg.....mg	106		0	MC	9		52		
Phosphorus, P.....mg	334		0	MC	9		164		
Potassium, K.....mg	444		0	MC	9		218		
Sodium, Na.....mg	47		0	MC	9		23		
Zinc, Zn.....mg	2.44		0	MC	9		1.20		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	3.1		0	MC	9		1.5		
Thiamin.....mg	0.340		0	MC	9		0.167		
Riboflavin.....mg	0.260		0	MC	9		0.127		
Niacin.....mg	1.980		0	MC	9		0.970		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.193		0	MC	9		0.095		
Folate, total.....µg	31		0	MC	9		15		
Folic acid.....µg									
Folate, food.....µg	31		0	MC	9		15		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.14		0	MC	9		0.07		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	19		0	MC	9		9		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	1.63		0	MC	9		0.80		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.130		0	MC	9				

NDB No. 08627

Cereals ready-to-eat, QUAKER, Natural Granola Apple Cranberry Almond

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
Fatty acids, total saturated.....g	1.130			MC	9	0.554		
Fatty acids, total monounsaturated.....g	6.390		0	MC	9	3.131		
Fatty acids, total polyunsaturated.....g	3.000		0	MC	9	1.470		
Fatty acids, total trans.....g	0.110		0	MC	9	0.054		
Cholesterol.....mg	2		0	MC	9	1		
Phytosterols.....mg								

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: .5 cup (1 NLEA serving)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)





NDB No. 08214  
 Cereals ready-to-eat, 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
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.873		0	MC	9		0.489		
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		0.008		
13:0.....g									
14:0.....g	0.007		0	FLM	4		0.004		
15:0.....g									
16:0.....g	0.744		0	FLM	4		0.417		
17:0.....g									
18:0.....g	0.047		0	FLM	4		0.026		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.594		0	MC	9		0.893		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		0	FLM	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	1.583		0	FLM	4		0.886		
20:1.....g	0.001		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	1.523		0	MC	9		0.853		
18:2 undifferentiated.....g	1.452		0	FLM	4		0.813		
18:3 undifferentiated.....g	0.068		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	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
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 = 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 28 (2015)



NDB No. 08215

Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.880		0	MC	9		0.493		
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	0.016		0	FLM	4		0.009		
13:0.....g									
14:0.....g	0.008		0	FLM	4		0.004		
15:0.....g									
16:0.....g	0.805		0	FLM	4		0.451		
17:0.....g									
18:0.....g	0.051		0	FLM	4		0.028		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.600		0	MC	9		0.896		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		0	FLM	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	1.583		0	FLM	4		0.887		
20:1.....g	0.001		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	1.550		0	MC	9		0.868		
18:2 undifferentiated.....g	1.480		0	FLM	4		0.829		
18:3 undifferentiated.....g	0.070		0	FLM	4		0.039		
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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
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 = 56g: 1 cup (1 NLEA serving)

\*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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.120		0	MC	9		0.571		
4:0.....g	0.003		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	0.001		0	FLM	4		0.000		
12:0.....g	0.007		0	FLM	4		0.004		
13:0.....g									
14:0.....g	0.008		0	FLM	4		0.004		
15:0.....g									
16:0.....g	0.833		0	FLM	4		0.425		
17:0.....g									
18:0.....g	0.195		0	FLM	4		0.099		
20:0.....g	0.048		0	FLM	4		0.024		
22:0.....g	0.025		0	FLM	4		0.013		
24:0.....g	0.000		0	FLM	4		0.000		
Fatty acids, total monounsaturated.....g	5.870		0	MC	9		2.994		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.030		0	FLM	4		0.015		
17:1.....g									
18:1 undifferentiated.....g	5.740		0	FLM	4		2.927		
20:1.....g	0.100		0	FLM	4		0.051		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.390		0	MC	9		1.219		
18:2 undifferentiated.....g	1.880		0	FLM	4		0.959		
18:3 undifferentiated.....g	0.510		0	FLM	4		0.260		
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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g	0.001		0	MC	9		0.001		
Cholesterol.....mg	2		0	MC	9		1		
Phytosterols.....mg									
<b>Others:</b>									
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 = 51g: .5 cup (1 NLEA serving)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.030		0	MC	9		0.548		
4:0.....g	0.000		0	FLM	4		0.000		
6:0.....g	0.013		0	FLM	4		0.003		
8:0.....g	0.160		0	FLM	4		0.043		
10:0.....g	0.128		0	FLM	4		0.034		
12:0.....g	0.951		0	FLM	4		0.257		
13:0.....g									
14:0.....g	0.359		0	FLM	4		0.097		
15:0.....g									
16:0.....g	0.330		0	FLM	4		0.089		
17:0.....g									
18:0.....g	0.081		0	FLM	4		0.022		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.776		0	MC	9		0.210		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0	FLM	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.772		0	FLM	4		0.208		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.001		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.230		0	MC	9		0.332		
18:2 undifferentiated.....g	1.195		0	FLM	4		0.323		
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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g	0.010		0	MC	9		0.003		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
<b>Others:</b>									
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 = 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 28 (2015)





NDB No. 08549

Cereals ready-to-eat, QUAKER, QUAKER Honey Graham LIFE Cereal

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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	Measure 1	Measure 2	Measure 3
			of Data	Code	Code			
		Points	Code	Code	Code			

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

**Common Measures:**

Measure 1 = 32g: .75 cup (1 NLEA serving)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 08210

Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.770		0	MC	9		0.246		
Fatty acids, total monounsaturated.....g	1.370		0	MC	9		0.438		
Fatty acids, total polyunsaturated.....g	1.300		0	MC	9		0.416		
Fatty acids, total trans.....g	0.000		0	MC	9		0.000		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
<b>Others:</b>									
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 = 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 28 (2015)



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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.830		0	MC	9		0.266	0.174	
4:0.....g	0.000		0	FLM	4		0.000	0.000	
6:0.....g	0.000		0	FLM	4		0.000	0.000	
8:0.....g	0.000		0	FLM	4		0.000	0.000	
10:0.....g	0.000		0	FLM	4		0.000	0.000	
12:0.....g	0.013		0	FLM	4		0.004	0.003	
13:0.....g									
14:0.....g	0.007		0	FLM	4		0.002	0.001	
15:0.....g									
16:0.....g	0.755		0	FLM	4		0.242	0.159	
17:0.....g									
18:0.....g	0.055		0	FLM	4		0.018	0.012	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.480		0	MC	9		0.474	0.311	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		0	FLM	4		0.002	0.001	
17:1.....g									
18:1 undifferentiated.....g	1.472		0	FLM	4		0.471	0.309	
20:1.....g	0.001		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	1.420		0	MC	9		0.454	0.298	
18:2 undifferentiated.....g	1.358		0	FLM	4		0.435	0.285	
18:3 undifferentiated.....g	0.062		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 (EPA).....g	0.000		0	FLM	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	MC	9		0.000	0.000	
Cholesterol.....mg	0		0	MC	9		0	0	
Phytosterols.....mg									
<b>Others:</b>									
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 21g: .5 cup

\*Vitamin or mineral added for enrichment or fortification

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



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
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.325		0	MC	9		0.046		
4:0.....g	0.000		0	BFSN	4		0.000		
6:0.....g	0.000		0	BFSN	4		0.000		
8:0.....g	0.000		0	BFSN	4		0.000		
10:0.....g	0.000		0	BFSN	4		0.000		
12:0.....g	0.000		0	BFSN	4		0.000		
13:0.....g									
14:0.....g	0.007		0	BFSN	4		0.001		
15:0.....g									
16:0.....g	0.296		0	BFSN	4		0.041		
17:0.....g									
18:0.....g	0.022		0	BFSN	4		0.003		
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	BFSN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.178		0	BFSN	4		0.025		
20:1.....g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.345		0	MC	9		0.048		
18:2 undifferentiated.....g	0.285		0	BFSN	4		0.040		
18:3 undifferentiated.....g	0.060		0	BFSN	4		0.008		
18:4.....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFSN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFSN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFSN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans.....g	0.000		0	MC	9		0.000		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	BFSY	4		0.0		
Caffeine.....mg	0		0	BFSN	4		0		
Theobromine.....mg	0		0	BFSN	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 = 14.0g: .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 28 (2015)





NDB No. 08146  
 Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.413		0	MC	9		0.062		
4:0.....g	0.000		0	BFSN	4		0.000		
6:0.....g	0.000		0	BFSN	4		0.000		
8:0.....g	0.000		0	BFSN	4		0.000		
10:0.....g	0.000		0	BFSN	4		0.000		
12:0.....g	0.000		0	BFSN	4		0.000		
13:0.....g									
14:0.....g	0.004		0	BFSN	4		0.001		
15:0.....g									
16:0.....g	0.312		0	BFSN	4		0.047		
17:0.....g									
18:0.....g	0.015		0	BFSN	4		0.002		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.313		0	MC	9		0.047		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.073		0	BFSN	4		0.011		
17:1.....g									
18:1 undifferentiated.....g	0.261		0	BFSN	4		0.039		
20:1.....g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.073		0	MC	9		0.161		
18:2 undifferentiated.....g	0.803		0	BFSN	4		0.120		
18:3 undifferentiated.....g	0.040		0	BFSN	4		0.006		
18:4.....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0	BFSN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFSN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFSN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans.....g	0.000		0	MC	9		0.000		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	BFSN	4		0		
Theobromine.....mg	0		0	BFSN	4		0		

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**Common Measures:**

Measure 1 = 15.0g: 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 28 (2015)



NDB No. 08059  
 Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.442		0	MC	9		1.199		
4:0.....g	0.000		0	FLM	4		0.000		
6:0.....g	0.030		0	FLM	4		0.008		
8:0.....g	0.369		0	FLM	4		0.100		
10:0.....g	0.295		0	FLM	4		0.080		
12:0.....g	2.197		0	FLM	4		0.593		
13:0.....g									
14:0.....g	0.828		0	FLM	4		0.224		
15:0.....g									
16:0.....g	0.556		0	FLM	4		0.150		
17:0.....g									
18:0.....g	0.158		0	FLM	4		0.043		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.695		0	MC	9		0.188		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	FLM	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.692		0	FLM	4		0.187		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.001		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.854		0	MC	9		0.231		
18:2 undifferentiated.....g	0.831		0	FLM	4		0.224		
18:3 undifferentiated.....g	0.023		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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
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 = 27g: 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 28 (2015)

NDB No. 08365

Cereals ready-to-eat, QUAKER, Shredded Wheat, 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
<b>Proximates:</b>									
Water.....g	4.20		0	MC	9		2.65		
Energy.....kcal	348		0	MC	9		219		
Energy.....kJ	1456		0	MC	9		917		
Protein (N x 6.25).....g	11.24		0	MC	9		7.08		
Total lipid (fat).....g	2.01		0	MC	9		1.27		
Ash.....g	1.54		0	MC	9		0.97		
Carbohydrate, by difference.....g	81.01		0	MC	9		51.03		
Fiber, total dietary.....g	11.8		0	MC	9		7.4		
Sugars, total.....g	0.81		0	MC	9		0.51		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	45		0	MC	9		29		
Iron, Fe.....mg	3.33		0	MC	9		2.10		
Magnesium, Mg.....mg	172		0	MC	9		109		
Phosphorus, P.....mg	362		0	MC	9		228		
Potassium, K.....mg	358		0	MC	9		226		
Sodium, Na.....mg	4		0	MC	9		3		
Zinc, Zn.....mg	2.54		0	MC	9		1.60		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.226		0	MC	9		0.142		
Riboflavin.....mg	0.105		0	MC	9		0.066		
Niacin.....mg	5.240		0	MC	9		3.301		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.256		0	MC	9		0.161		
Folate, total.....µg	51		0	MC	9		32		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	51		0	MC	9		32		
Folate, DFE.....µg	51		0	NC	4		32		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....µg	0		0	NC	4		0		
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.00		0	MC	9		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 08365

Cereals ready-to-eat, QUAKER, Shredded Wheat, bagged cereal

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	<u>measures of food</u>		
							Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.405		0	MC	9		0.255		
Fatty acids, total monounsaturated.....g	0.304		0	MC	9		0.192		
Fatty acids, total polyunsaturated.....g	1.216		0	MC	9		0.766		
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 = 63g: 3 biscuits (1 NLEA serving)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.910		0	MC	9		0.519		
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		0.002		
10:0.....g	0.000		0	FLM	4		0.000		
12:0.....g	0.015		0	FLM	4		0.009		
13:0.....g									
14:0.....g	0.010		0	FLM	4		0.006		
15:0.....g									
16:0.....g	0.773		0	FLM	4		0.441		
17:0.....g									
18:0.....g	0.054		0	FLM	4		0.031		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.580		0	MC	9		0.901		
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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
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 = 57g: 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 28 (2015)

NDB No. 08025

Cereals ready-to-eat, RALSTON CRISP RICE

Ralston Foods

includes USDA Commodity B856

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	3.62	0.085	3	A	1		1.19	1.01	
Energy.....kcal	394		0	LC	8		130	110	
Energy.....kJ	1648		0	LC	8		544	461	
Protein.....g	6.69	0.036	3	A	1		2.21	1.87	
Total lipid (fat).....g	1.26	0.014	3	A	1		0.41	0.35	
Ash.....g	2.22	0.012	3	A	1		0.73	0.62	
Carbohydrate, by difference.....g	86.22		0	NC	4		28.45	24.14	
Fiber, total dietary.....g	0.7	0.000	3	A	1		0.2	0.2	
Sugars, total.....g	12.12		0	LC	8		4.00	3.39	
Sucrose.....g	10.30	0.044	3	A	1		3.40	2.88	
Glucose (dextrose).....g	0.66	0.004	3	A	1		0.22	0.19	
Fructose.....g	0.61	0.003	3	A	1		0.20	0.17	
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose.....g	0.54	0.008	3	A	1		0.18	0.15	
Galactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	5	0.033	3	A	1		2	1	
Iron, Fe.....mg	32.73		0	LC	8		10.80	9.16	
Magnesium, Mg.....mg	23	0.333	3	A	1		8	7	
Phosphorus, P.....mg	98	1.202	3	A	1		32	27	
Potassium, K.....mg	106		0	LC	8		35	30	
Sodium, Na.....mg	545		0	LC	8		180	153	
Zinc, Zn.....mg	1.30	0.058	3	A	1		0.43	0.36	
Copper, Cu.....mg	0.149	0.000	3	A	1		0.049	0.042	
Manganese, Mn.....mg	1.100	0.000	3	A	1		0.363	0.308	
Selenium, Se.....µg	18.0	0.145	3	A	1		6.0	5.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	64.5	1.595	3	A	1		21.3	18.1	
Thiamin.....mg	2.050	0.117	3	A	1		0.677	0.574	
Riboflavin.....mg	1.288		0	LC	8		0.425	0.361	
Niacin.....mg	28.967	0.176	3	A	1		9.559	8.111	
Pantothenic acid.....mg	0.317	0.005	3	A	1		0.105	0.089	
Vitamin B-6.....mg	1.937	0.088	3	A	1		0.639	0.542	
Folate, total.....µg	606		0	LC	8		200	170	
* Folic acid.....µg	602		0	NR	4		199	169	
Folate, food.....µg	4		0	CAZN	4		1	1	
Folate, DFE.....µg	1027		0	NC	4		339	288	
Choline, total.....mg	6.0		0	BFZN	4		2.0	1.7	
Betaine.....mg									
* Vitamin B-12.....µg	5.45		0	LC	8		1.80	1.53	
* Vitamin B-12, added.....µg	5.45		0	NR	4		1.80	1.53	
Vitamin A, RAE.....µg	1136		0	NC	4		375	318	
Retinol.....µg	1136		0	BNA	4		375	318	
Carotene, beta.....µg	0		0	FLC	4		0	0	
Carotene, alpha.....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLC	4		0	0	
Vitamin A, IU.....IU	3788		0	LC	8		1250	1061	
Lycopene.....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....µg	0		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.06	0.003	3	A	1		0.02	0.02	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.03	0.000	3	A	1		0.01	0.01	
Tocopherol, delta.....mg	0.00	0.005	3	A	1		0.00	0.00	
Tocotrienol, alpha.....mg	0.06	0.000	3	A	1		0.02	0.02	
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	



Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.14	0.009	3	A	1	0.05	0.04		
Tocotrienol, delta.....mg	0.00	0.000	3	A	1	0.00	0.00		
Vitamin D (D2 + D3).....µg	7.6		0	LC	8	2.5	2.1		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	7.6		0	LC	8	2.5	2.1		
Vitamin D.....µg	303		0	LC	8	100	85		
Vitamin K (phylloquinone).....µg	0.0	0.000	3	A	1	0.0	0.0		
Dihydrophyloquinone.....µg	0.2	0.033	3	A	1	0.1	0.0		
Menaquinone-4.....µg	0.0	0.000	3	A	1	0.0	0.0		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.360		0	NC	4	0.119	0.101		
4:0.....g	0.000		0	FLC	4	0.000	0.000		
6:0.....g	0.000		0	FLC	4	0.000	0.000		
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	0.013	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 (EPA).....g	0.000	0.000	3	A	1	0.000	0.000		
21:5.....g	0.000	0.000	3	A	1	0.000	0.000		
22:4.....g	0.000	0.000	3	A	1	0.000	0.000		
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1	0.000	0.000		
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1	0.000	0.000		
Fatty acids, total trans.....g	0.000		0	LC	8	0.000	0.000		
Cholesterol.....mg	0		0	Z	7	0	0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
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		

NDB No. 08025

Cereals ready-to-eat, RALSTON CRISP 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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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	

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

**Common Measures:**

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

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 28 (2015)

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
<b>Proximates:</b>									
Water.....g	3.59	0.056	3	A	1		1.08		
Energy.....kcal	367		0	LC	8		110		
Energy.....kJ	1534		0	LC	8		460		
Protein.....g	5.83	0.041	3	A	1		1.75		
Total lipid (fat).....g	1.05	0.003	3	A	1		0.32		
Ash.....g	3.74	0.015	3	A	1		1.12		
Carbohydrate, by difference.....g	85.79		0	NC	4		25.74		
Fiber, total dietary.....g	2.6	0.146	3	A	1		0.8		
Sugars, total.....g	9.51	0.078	3	A	1		2.85		
Sucrose.....g	9.51	0.078	3	A	1		2.85		
Glucose (dextrose).....g	0.00	0.000	3	A	1		0.00		
Fructose.....g	0.00	0.000	3	A	1		0.00		
Lactose.....g	0.00	0.000	3	A	1		0.00		
Maltose.....g	0.00	0.000	3	A	1		0.00		
Galactose.....g	0.00	0.000	3	A	1		0.00		
Starch.....g									
<b>Minerals:</b>									
* Calcium, Ca.....mg	378	7.265	3	A	1		113		
* Iron, Fe.....mg	38.37	0.684	3	A	1		11.51		
Magnesium, Mg.....mg	15	0.133	3	A	1		4		
Phosphorus, P.....mg	38	0.549	3	A	1		11		
Potassium, K.....mg	200		0	LC	8		60		
Sodium, Na.....mg	767		0	LC	8		230		
* Zinc, Zn.....mg	17.13	0.273	3	A	1		5.14		
Copper, Cu.....mg	0.073	0.003	3	A	1		0.022		
Manganese, Mn.....mg	0.223	0.003	3	A	1		0.067		
Selenium, Se.....µg	2.2	0.000	3	A	1		0.7		
<b>Vitamins:</b>									
* Vitamin C, total ascorbic acid.....mg	18.5	1.572	3	A	1		5.5		
* Thiamin.....mg	1.520	0.078	3	A	1		0.456		
* Riboflavin.....mg	1.697	0.137	3	A	1		0.509		
* Niacin.....mg	21.833	0.203	3	A	1		6.550		
Pantothenic acid.....mg	0.117	0.005	3	A	1		0.035		
* Vitamin B-6.....mg	2.230	0.032	3	A	1		0.669		
* Folate, total.....µg	667		0	LC	8		200		
Folate, DFE.....µg									
Choline, total.....mg	11.0		0	AS	1		3.3		
Betaine.....mg	7.1		1	A	1		2.1		
* Vitamin B-12.....µg	5.00		0	LC	8		1.50		
Vitamin A, RAE.....µg	1092		0	NC	4		328		
* Vitamin A, IU.....IU	4167		0	LC	8		1250		
Lycopene.....µg	0	0.000	3	A	1		0		
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.10	0.038	3	A	1		0.03		
Tocopherol, beta.....mg	0.00	0.005	3	A	1		0.00		
Tocopherol, gamma.....mg	0.09	0.012	3	A	1		0.03		
Tocopherol, delta.....mg	0.01	0.005	3	A	1		0.00		
Tocotrienol, alpha.....mg	0.24	0.012	3	A	1		0.07		
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, gamma.....mg	0.31	0.009	3	A	1		0.09		
Tocotrienol, delta.....mg	0.00	0.000	3	A	1		0.00		
Vitamin D (D2 + D3).....µg	8.3		0	LC	8		2.5		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	8.3		0	LC	8		2.5		
* Vitamin D.....IU	333		0	LC	8		100		
Vitamin K (phylloquinone).....µg	0.0	0.000	3	A	1		0.0		
Dihydrophyloquinone.....µg	0.0	0.000	3	A	1		0.0		



NDB No. 08505

Cereals ready-to-eat, RALSTON Corn Biscuits

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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	Measure 1	Measure 2	Measure 3
			of Data	Code	Code			
Points	Code	Code	Code	Code	Code			

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 (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 28 (2015)

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
<b>Proximates:</b>									
Water.....g	3.31	0.146	3	A	1		0.93		
Energy.....kcal	357		0	LC	8		100		
Energy.....kJ	1494		0	LC	8		418		
Protein.....g	5.90	0.021	3	A	1		1.65		
Total lipid (fat).....g	0.91	0.020	3	A	1		0.25		
Ash.....g	1.88	0.000	3	A	1		0.53		
Carbohydrate, by difference.....g	88.01		0	NC	4		24.64		
Fiber, total dietary.....g	2.7	0.213	3	A	1		0.8		
Sugars, total.....g	7.84	0.069	3	A	1		2.19		
Sucrose.....g	4.61	0.062	3	A	1		1.29		
Glucose (dextrose).....g	1.48	0.007	3	A	1		0.41		
Fructose.....g	1.34	0.019	3	A	1		0.38		
Lactose.....g	0.00	0.000	3	A	1		0.00		
Maltose.....g	0.40	0.023	3	A	1		0.11		
Galactose.....g	0.00	0.000	3	A	1		0.00		
Starch.....g	60.42	7.663	3	A	1		16.92		
<b>Minerals:</b>									
Calcium, Ca.....mg	2	0.079	3	A	1		1		
* Iron, Fe.....mg	19.40	0.361	3	A	1		5.43		
Magnesium, Mg.....mg	7	0.466	3	A	1		2		
Phosphorus, P.....mg	33	0.145	3	A	1		9		
Potassium, K.....mg	107		0	LC	8		30		
Sodium, Na.....mg	571		0	LC	8		160		
Zinc, Zn.....mg	0.20	0.029	3	A	1		0.06		
Copper, Cu.....mg	0.075	0.004	3	A	1		0.021		
Manganese, Mn.....mg	0.095	0.002	3	A	1		0.027		
Selenium, Se.....µg	2.2	0.000	3	A	1		0.6		
<b>Vitamins:</b>									
* Vitamin C, total ascorbic acid.....mg	65.0	2.095	3	A	1		18.2		
* Thiamin.....mg	4.483	0.077	3	A	1		1.255		
* Riboflavin.....mg	1.740	0.307	3	A	1		0.487		
* Niacin.....mg	21.033	0.338	3	A	1		5.889		
Pantothenic acid.....mg	0.099	0.005	3	A	1		0.028		
* Vitamin B-6.....mg	1.907	0.101	3	A	1		0.534		
* Folate, total.....µg	714		0	LC	8		200		
Folate, DFE.....µg									
Choline, total.....mg	2.2		0	AS	1		0.6		
Betaine.....mg	1.2		1	A	1		0.3		
* Vitamin B-12.....µg	5.36		0	LC	8		1.50		
Vitamin A, RAE.....µg	981		0	NC	4		275		
* Vitamin A, IU.....IU	3571		0	LC	8		1000		
Lycopene.....µg	0	0.000	3	A	1		0		
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.02	0.000	3	A	1		0.01		
Tocopherol, beta.....mg	0.01	0.000	3	A	1		0.00		
Tocopherol, gamma.....mg	0.06	0.003	3	A	1		0.02		
Tocopherol, delta.....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, alpha.....mg	0.19	0.000	3	A	1		0.05		
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, gamma.....mg	0.26	0.003	3	A	1		0.07		
Tocotrienol, delta.....mg	0.00	0.000	3	A	1		0.00		
Vitamin D (D2 + D3).....µg	7.1		0	LC	8		2.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	7.1		0	LC	8		2.0		
* Vitamin D.....IU	286		0	LC	8		80		
Vitamin K (phylloquinone).....µg	0.0	0.000	3	A	1		0.0		
Dihydrophyloquinone.....µg	0.0	0.000	3	A	1		0.0		



NDB No. 08506

Cereals ready-to-eat, RALSTON Corn Flakes

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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

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

**Common Measures:**

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

\*Vitamin or mineral added for enrichment or fortification

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



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
<b>Proximates:</b>									
Water.....g	4.07	0.224	3	A	1		1.18		
Energy.....kcal	379		0	LC	8		110		
Energy.....kJ	1587		0	LC	8		460		
Protein.....g	5.94	0.130	3	A	1		1.72		
Total lipid (fat).....g	0.95	0.150	3	A	1		0.28		
Ash.....g	2.26	0.003	3	A	1		0.66		
Carbohydrate, by difference.....g	86.78		0	NC	4		25.17		
Fiber, total dietary.....g	1.5	0.161	3	A	1		0.4		
Sugars, total.....g	13.79		0	LC	8		4.00		
Sucrose.....g	13.74	0.060	3	A	1		3.99		
Glucose (dextrose).....g	0.00	0.000	3	A	1		0.00		
Fructose.....g	0.05	0.034	3	A	1		0.01		
Lactose.....g	0.00	0.000	3	A	1		0.00		
Maltose.....g	0.00	0.000	3	A	1		0.00		
Galactose.....g	0.00	0.000	3	A	1		0.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	8	0.713	3	A	1		2		
* Iron, Fe.....mg	27.93		0	LC	8		8.10		
Magnesium, Mg.....mg	16	0.551	3	A	1		5		
Phosphorus, P.....mg	63	1.073	3	A	1		18		
Potassium, K.....mg	224		0	LC	8		65		
Sodium, Na.....mg	517		0	LC	8		150		
* Zinc, Zn.....mg	7.43	0.125	3	A	1		2.15		
Copper, Cu.....mg	0.131	0.008	3	A	1		0.038		
Manganese, Mn.....mg	0.653	0.035	3	A	1		0.189		
Selenium, Se.....µg	2.2	0.000	3	A	1		0.6		
<b>Vitamins:</b>									
* Vitamin C, total ascorbic acid.....mg	20.7		0	LC	8		6.0		
* Thiamin.....mg	1.810		0	LC	8		0.525		
* Riboflavin.....mg	2.052		0	LC	8		0.595		
* Niacin.....mg	24.138		0	LC	8		7.000		
Pantothenic acid.....mg	0.230	0.002	3	A	1		0.067		
* Vitamin B-6.....mg	2.414		0	LC	8		0.700		
Folate, total.....µg	966		0	LC	8		280		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
* Vitamin B-12.....µg	7.24		0	LC	8		2.10		
Vitamin A, RAE.....µg	1256		0	NC	4		364		
* Vitamin A, IU.....IU	4310		0	LC	8		1250		
Lycopene.....µg	0	0.000	3	A	1		0		
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.05	0.003	3	A	1		0.01		
Tocopherol, beta.....mg	0.00	0.000	3	A	1		0.00		
Tocopherol, gamma.....mg	0.06	0.006	3	A	1		0.02		
Tocopherol, delta.....mg	0.00	0.005	3	A	1		0.00		
Tocotrienol, alpha.....mg	0.12	0.006	3	A	1		0.03		
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, gamma.....mg	0.21	0.015	3	A	1		0.06		
Tocotrienol, delta.....mg	0.00	0.000	3	A	1		0.00		
Vitamin D (D2 + D3).....µg	8.6		0	LC	8		2.5		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	8.6		0	LC	8		2.5		
* Vitamin D.....IU	345		0	LC	8		100		
Vitamin K (phylloquinone).....µg	0.0	0.000	3	A	1		0.0		
Dihydrophyloquinone.....µg	0.0	0.000	3	A	1		0.0		



NDB No. 08507

Cereals ready-to-eat, RALSTON Crispy Hexagons

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 28 (2015)

NDB No. 08504

Cereals ready-to-eat, RALSTON Enriched Wheat 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
<b>Proximates:</b>									
Water.....g	2.53	0.115	3	A	1		0.73	1.06	
Energy.....kcal	310		0	LC	8		90	130	
Energy.....kJ	1298		0	LC	8		376	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									
<b>Minerals:</b>									
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	586		0	LC	8		170	246	
* Zinc, Zn.....mg	64.33	1.202	3	A	1		18.66	27.02	
Copper, Cu.....mg	0.345		0	LC	8		0.100	0.145	
Manganese, Mn.....mg	3.467	0.067	3	A	1		1.005	1.456	
Selenium, Se.....µg	9.2	0.458	3	A	1		2.7	3.9	
<b>Vitamins:</b>									
* 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.....µg	1379		0	LC	8		400	579	
Folate, DFE.....µg									
Choline, total.....mg	31.2		0	AS	1		9.1	13.1	
Betaine.....mg	123.9		2	A	1		35.9	52.0	
* Vitamin B-12.....µg	20.69		0	LC	8		6.00	8.69	
Vitamin A, RAE.....µg	531		0	AS	1		154	223	
* Vitamin A, IU.....IU	1771		0	AS	1		514	744	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
* 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	
Tocotrienol, alpha.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, gamma.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	8.6		0	LC	8		2.5	3.6	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	8.6		0	LC	8		2.5	3.6	
* Vitamin D.....IU	345		0	LC	8		100	145	
Vitamin K (phylloquinone).....µg	2.7	0.291	3	A	1		0.8	1.1	
Dihydrophyloquinone.....µg	0.0	0.000	3	A	1		0.0	0.0	



NDB No. 08504

Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes

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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

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

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.926		0	FLC	4		0.259		
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	0.000	3	A	1		0.000		
10:0.....g	0.000	0.000	3	A	1		0.000		
12:0.....g	0.000	0.000	3	A	1		0.000		
13:0.....g									
14:0.....g	0.015	0.003	3	A	1		0.004		
15:0.....g	0.000	0.000	3	A	1		0.000		
16:0.....g	0.844	0.028	3	A	1		0.236		
17:0.....g	0.000	0.000	3	A	1		0.000		
18:0.....g	0.066	0.003	3	A	1		0.019		
20:0.....g	0.000	0.000	3	A	1		0.000		
22:0.....g	0.000	0.000	3	A	1		0.000		
24:0.....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total monounsaturated.....g	1.786		0	LC	8		0.500		
14:1.....g	0.000	0.000	3	A	1		0.000		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.000		2	A	1		0.000		
17:1.....g	0.000	0.000	3	A	1		0.000		
18:1 undifferentiated.....g	1.718	0.050	3	A	1		0.481		
20:1.....g	0.041	0.000	3	A	1		0.011		
22:1 undifferentiated.....g	0.028	0.003	3	A	1		0.008		
24:1 c.....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total polyunsaturated.....g	1.786		0	LC	8		0.500		
18:2 undifferentiated.....g	1.719	0.061	3	A	1		0.481		
18:3 undifferentiated.....g	0.060	0.003	3	A	1		0.017		
18:4.....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c.c.....g	0.000	0.000	3	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000		
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000		
20:5 n-3 (EPA).....g	0.006	0.007	3	A	1		0.002		
21:5.....g	0.000	0.000	3	A	1		0.000		
22:4.....g	0.000	0.000	3	A	1		0.000		
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1		0.000		
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total trans.....g	0.000		0	LC	8		0.000		
Cholesterol.....mg	0		0	LC	8		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.148		0	LC	8		0.041		
Threonine.....g	0.413		0	LC	8		0.116		
Isoleucine.....g	0.444		0	LC	8		0.124		
Leucine.....g	0.851		0	LC	8		0.238		
Lysine.....g	0.368		0	LC	8		0.103		
Methionine.....g	0.148		0	LC	8		0.041		
Cystine.....g	0.256		0	LC	8		0.072		
Phenylalanine.....g	0.652		0	LC	8		0.183		
Tyrosine.....g	0.266		0	LC	8		0.074		
Valine.....g	0.603		0	LC	8		0.169		
Arginine.....g	0.685		0	LC	8		0.192		
Histidine.....g	0.235		0	LC	8		0.066		
Alanine.....g	0.573		0	LC	8		0.161		
Aspartic acid.....g	1.475		0	LC	8		0.413		
Glutamic acid.....g	2.352		0	LC	8		0.659		
Glycine.....g	0.552		0	LC	8		0.155		
Proline.....g	0.763		0	LC	8		0.214		
Serine.....g	0.540		0	LC	8		0.151		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		



NDB No. 08074

Cereals ready-to-eat, RALSTON TASTEEOs

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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 Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		

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

**Common Measures:**

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

\*Vitamin or mineral added for enrichment or fortification

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 08085

Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.360		0	MC	9		0.190		
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	0.000		0	FLM	4		0.000		
13:0.....g									
14:0.....g	0.010		0	FLM	4		0.001		
15:0.....g									
16:0.....g	1.310		0	FLM	4		0.183		
17:0.....g									
18:0.....g	0.039		0	FLM	4		0.006		
20:0.....g									
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	0.027		0	FLM	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	1.011		0	FLM	4		0.142		
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	4.293		0	FLM	4		0.601		
18:3 undifferentiated.....g	0.547		0	FLM	4		0.077		
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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		

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

**Common Measures:**

Measure 1 = 14.0g: 2 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 28 (2015)

NDB No. 08363

Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Toasted Wheat Bran

Sun Country 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
<b>Proximates:</b>									
Water.....g	11.72		0	MC	9		1.88		
Energy.....kcal	200		0	MC	9		32		
Energy.....kJ	839		0	MC	9		134		
Protein (N x 6.25).....g	17.56		0	MC	9		2.81		
Total lipid (fat).....g	5.16		0	MC	9		0.83		
Ash.....g	6.04		0	MC	9		0.97		
Carbohydrate, by difference.....g	59.51		0	MC	9		9.52		
Fiber, total dietary.....g	41.3		0	MC	9		6.6		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	66		0	MC	9		11		
Iron, Fe.....mg	13.88		0	MC	9		2.22		
Magnesium, Mg.....mg	606		0	MC	9		97		
Phosphorus, P.....mg	1314		0	MC	9		210		
Potassium, K.....mg	1284		0	MC	9		205		
Sodium, Na.....mg	6		0	MC	9		1		
Zinc, Zn.....mg	11.23		0	MC	9		1.80		
Copper, Cu.....mg	1.090		0	MC	9		0.174		
Manganese, Mn.....mg	17.380		0	MC	9		2.781		
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	1.100		0	MC	9		0.176		
Riboflavin.....mg	0.450		0	MC	9		0.072		
Niacin.....mg	20.620		0	MC	9		3.299		
Pantothenic acid.....mg	2.930		0	MC	9		0.469		
Vitamin B-6.....mg	0.680		0	MC	9		0.109		
Folate, total.....µg	193		0	MC	9		31		
Folic acid.....µg									
Folate, food.....µg	193		0	MC	9		31		
Folate, DFE.....µg									
Choline, total.....mg	81.2		0	AS	1		13.0		
Betaine.....mg									
Vitamin B-12.....µg	0.23		0	MC	9		0.04		
Vitamin A, RAE.....µg	0		0	NC	4		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	MC	9		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 08363

Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Toasted Wheat 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			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Fatty acids, total saturated.....g	0.770		0	MC	9	0.123		
Fatty acids, total monounsaturated.....g	0.800		0	MC	9	0.128		
Fatty acids, total polyunsaturated.....g	2.720		0	MC	9	0.435		
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	MC	9	0		
Phytosterols.....mg								

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

**Common Measures:**

Measure 1 = 16g: .25 cup (1 NLEA serving)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 08366

Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Wheat Germ, Regular

Sun Country 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
<b>Proximates:</b>									
Water.....g	4.78		0	MC	9		0.67		
Energy.....kcal	366		0	MC	9		51		
Energy.....kJ	1532		0	MC	9		214		
Protein (N x 6.25).....g	31.43		0	MC	9		4.40		
Total lipid (fat).....g	9.56		0	MC	9		1.34		
Ash.....g	4.82		0	MC	9		0.67		
Carbohydrate, by difference.....g	49.38		0	MC	9		6.91		
Fiber, total dietary.....g	11.9		0	MC	9		1.7		
Sugars, total.....g	7.14		0	LC	8		1.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	50		0	MC	9		7		
Iron, Fe.....mg	8.34		0	MC	9		1.17		
Magnesium, Mg.....mg	313		0	MC	9		44		
Phosphorus, P.....mg	1130		0	MC	9		158		
Potassium, K.....mg	1097		0	MC	9		154		
Sodium, Na.....mg	6		0	MC	9		1		
Zinc, Zn.....mg	16.01		0	MC	9		2.24		
Copper, Cu.....mg	0.620		0	MC	9		0.087		
Manganese, Mn.....mg	19.080		0	MC	9		2.671		
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	6.0		0	MC	9		0.8		
Thiamin.....mg	1.970		0	MC	9		0.276		
Riboflavin.....mg	0.780		0	MC	9		0.109		
Niacin.....mg	5.580		0	MC	9		0.781		
Pantothenic acid.....mg	1.400		0	MC	9		0.196		
Vitamin B-6.....mg	0.600		0	MC	9		0.084		
* Folate, total.....µg	669		0	MC	9		94		
* Folic acid.....µg	317		0	NR	4		44		
Folate, food.....µg	352		0	BFZN	4		49		
Folate, DFE.....µg	892		0	NC	4		125		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.21		0	MC	9		0.03		
Vitamin A, RAE.....µg	6		0	NC	4		1		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	127		0	MC	9		18		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	19.29		0	LC	8		2.70		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	MC	9		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 08366

Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Wheat Germ, Regular

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Fatty acids, total saturated.....g	1.660		0	MC	9	0.232		
Fatty acids, total monounsaturated.....g	1.250		0	MC	9	0.175		
Fatty acids, total polyunsaturated.....g	5.980		0	MC	9	0.837		
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 = 14.0g: 2 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 28 (2015)





NDB No. 08435

Cereals ready-to-eat, UNCLE SAM CEREAL

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....µg	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	1.8		1	A	1		1.0		
Dihydrophyloquinone.....µg	0.0		1	A	1		0.0		
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.946		0	NC	4		0.520		
4:0.....g	0.000		0	FLA	4		0.000		
6:0.....g	0.000		0	FLA	4		0.000		
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.000		1	A	1		0.000		
15:0.....g	0.000		1	A	1		0.000		
16:0.....g	0.681		1	A	1		0.375		
17:0.....g	0.000		1	A	1		0.000		
18:0.....g	0.229		1	A	1		0.126		
20:0.....g	0.014		1	A	1		0.008		
22:0.....g	0.014		1	A	1		0.008		
24:0.....g	0.007		1	A	1		0.004		
Fatty acids, total monounsaturated.....g	1.419		0	NC	4		0.781		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.014		1	A	1		0.008		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	1.391		1	A	1		0.765		
20:1.....g	0.014		1	A	1		0.008		
22:1 undifferentiated.....g	0.000		1	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.987		0	NC	4		3.293		
18:2 undifferentiated.....g	1.685		1	A	1		0.927		
18:3 undifferentiated.....g	4.302		1	A	1		2.366		
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 (EPA).....g	0.000		1	A	1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Others:</b>									
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 = 55g: .75 cup (1 NLEA serving)

NDB No. 08435

Cereals ready-to-eat, UNCLE SAM CEREAL

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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.....µg	6.3	2.506	5	A	1		1.8	1.8	
<b>Vitamins:</b>									
* 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.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg	814		0	AS	1		236	236	
* Vitamin A, IU.....IU	2792		0	AS	1		810	810	
Lycopene.....µg	0	0.000	5	A	1		0	0	
Lutein + zeaxanthin.....µg									
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	
Tocotrienol, alpha.....mg	0.12	0.008	5	A	1		0.04	0.04	
Tocotrienol, beta.....mg	0.00	0.000	5	A	1		0.00	0.00	
Tocotrienol, gamma.....mg	0.22	0.015	5	A	1		0.06	0.06	
Tocotrienol, delta.....mg	0.00	0.000	5	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.0	0.000	5	A	1		0.0	0.0	
Dihydrophylloquinone.....µg	0.0	0.000	5	A	1		0.0	0.0	
Menaquinone-4.....µg	0.0	0.000	5	A	1		0.0	0.0	

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 measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
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	
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 (EPA).....g	0.000	0.000	5	A	1		0.000	0.000	
21:5.....g	0.000	0.000	5	A	1		0.000	0.000	
22:4.....g	0.000	0.000	5	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000	0.000	5	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000	0.000	5	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									
<b>Amino Acids:</b>									
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									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of 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. 08508

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

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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

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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

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 08509

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

Includes USDA Commodity B856

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	3.85	0.151	5	A	1		1.08		
Energy.....kcal	381		0	NC	4		107		
Energy.....kJ	1596		0	NC	4		447		
Protein.....g	6.45	0.183	5	A	1		1.81		
Total lipid (fat).....g	1.27	0.016	5	A	1		0.35		
Ash.....g	2.39	0.107	5	A	1		0.67		
Carbohydrate, by difference.....g	86.04		0	NC	4		24.09		
Fiber, total dietary.....g	0.7	0.000	6	A	1		0.2		
Sugars, total.....g	8.35	0.319	6	A	1		2.34		
Sucrose.....g	7.18	0.311	6	A	1		2.01		
Glucose (dextrose).....g	0.44	0.009	6	A	1		0.12		
Fructose.....g	0.41	0.023	6	A	1		0.11		
Lactose.....g	0.00	0.000	6	A	1		0.00		
Maltose.....g	0.32	0.013	6	A	1		0.09		
Galactose.....g	0.00	0.000	6	A	1		0.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	5	0.207	6	A	1		1		
Iron, Fe.....mg	10.53	2.315	6	A	1		2.95		
Magnesium, Mg.....mg	24	0.558	6	A	1		7		
Phosphorus, P.....mg	96	2.012	6	A	1		27		
Potassium, K.....mg	108	1.667	6	A	1		30		
Sodium, Na.....mg	850	38.987	6	A	1		238		
Zinc, Zn.....mg	1.19	0.073	6	A	1		0.33		
Copper, Cu.....mg	0.158	0.009	6	A	1		0.044		
Manganese, Mn.....mg	1.057	0.069	6	A	1		0.296		
Selenium, Se.....µg	13.6	3.678	6	A	1		3.8		
<b>Vitamins:</b>									
* Vitamin C, total ascorbic acid.....mg	46.0	8.316	6	A	1		12.9		
* Thiamin.....mg	2.052	0.080	6	A	1		0.574		
* Riboflavin.....mg	2.518	0.159	6	A	1		0.705		
* Niacin.....mg	26.217	1.244	6	A	1		7.341		
Pantothenic acid.....mg	0.311	0.003	6	A	1		0.087		
* Vitamin B-6.....mg	2.683	0.341	6	A	1		0.751		
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg	608		0	AS	1		170		
* Vitamin A, IU.....IU	2028		0	AS	1		568		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.08	0.010	6	A	1		0.02		
Tocopherol, beta.....mg	0.00	0.000	6	A	1		0.00		
Tocopherol, gamma.....mg	0.03	0.002	6	A	1		0.01		
Tocopherol, delta.....mg	0.00	0.002	6	A	1		0.00		
Tocotrienol, alpha.....mg	0.08	0.011	6	A	1		0.02		
Tocotrienol, beta.....mg	0.00	0.000	6	A	1		0.00		
Tocotrienol, gamma.....mg	0.16	0.015	6	A	1		0.05		
Tocotrienol, delta.....mg	0.00	0.000	6	A	1		0.00		
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.0	0.000	6	A	1		0.0		
Dihydrophylloquinone.....µg	0.1	0.040	6	A	1		0.0		
Menaquinone-4.....µg	0.0	0.000	6	A	1		0.0		

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.355		0	NC	4		0.099		
4:0.....g									
6:0.....g									
8:0.....g	0.000	0.000	6	A	1		0.000		
10:0.....g	0.000	0.000	6	A	1		0.000		
12:0.....g	0.000	0.000	6	A	1		0.000		
13:0.....g									
14:0.....g	0.017	0.002	6	A	1		0.005		
15:0.....g	0.000	0.000	6	A	1		0.000		
16:0.....g	0.288	0.007	6	A	1		0.081		
17:0.....g	0.000	0.000	6	A	1		0.000		
18:0.....g	0.050	0.011	6	A	1		0.014		
20:0.....g	0.000	0.000	6	A	1		0.000		
22:0.....g	0.000	0.000	6	A	1		0.000		
24:0.....g	0.000	0.000	6	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.253		0	NC	4		0.071		
14:1.....g	0.000	0.000	6	A	1		0.000		
15:1.....g	0.000	0.000	6	A	1		0.000		
16:1 undifferentiated.....g	0.000	0.000	6	A	1		0.000		
17:1.....g	0.000	0.000	6	A	1		0.000		
18:1 undifferentiated.....g	0.253	0.006	6	A	1		0.071		
20:1.....g	0.000	0.000	6	A	1		0.000		
22:1 undifferentiated.....g	0.000	0.000	6	A	1		0.000		
24:1 c.....g	0.000	0.000	6	A	1		0.000		
Fatty acids, total polyunsaturated.....g	0.325		0	NC	4		0.091		
18:2 undifferentiated.....g	0.325	0.015	6	A	1		0.091		
18:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
18:4.....g	0.000	0.000	6	A	1		0.000		
20:2 n-6 c,c.....g	0.000	0.000	6	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	6	A	1		0.000		
20:4 undifferentiated.....g	0.000	0.000	6	A	1		0.000		
20:5 n-3 (EPA).....g	0.000	0.000	6	A	1		0.000		
21:5.....g	0.000	0.000	6	A	1		0.000		
22:4.....g	0.000	0.000	6	A	1		0.000		
22:5 n-3 (DPA).....g	0.000	0.000	6	A	1		0.000		
22:6 n-3 (DHA).....g	0.000	0.000	6	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.091		0	A	1		0.025		
Threonine.....g	0.278		0	A	1		0.078		
Isoleucine.....g	0.294		0	A	1		0.082		
Leucine.....g	0.572		0	A	1		0.160		
Lysine.....g	0.159		0	A	1		0.045		
Methionine.....g	0.139		0	A	1		0.039		
Cystine.....g	0.132		0	A	1		0.037		
Phenylalanine.....g	0.385		0	A	1		0.108		
Tyrosine.....g	0.217		0	A	1		0.061		
Valine.....g	0.425		0	A	1		0.119		
Arginine.....g	0.503		0	A	1		0.141		
Histidine.....g	0.159		0	A	1		0.045		
Alanine.....g	0.410		0	A	1		0.115		
Aspartic acid.....g	1.085		0	A	1		0.304		
Glutamic acid.....g	1.319		0	A	1		0.369		
Glycine.....g	0.316		0	A	1		0.089		
Proline.....g	0.400		0	A	1		0.112		
Serine.....g	0.351		0	A	1		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

NDB No. 08509

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

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

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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 28 (2015)





Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.480		0		4		0.168	0.274	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.004		0		4		0.001	0.002	
15:0.....g									
16:0.....g	0.406		0		4		0.142	0.231	
17:0.....g									
18:0.....g	0.022		0		4		0.008	0.013	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.350		0		4		0.123	0.200	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.019		0		4		0.007	0.011	
17:1.....g									
18:1 undifferentiated.....g	0.328		0		4		0.115	0.187	
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		0.410	0.667	
18:2 undifferentiated.....g	1.107		0		4		0.387	0.631	
18:3 undifferentiated.....g	0.057		0		4		0.020	0.032	
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		0.001	0.002	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	LC	8		0.000	0.000	
Cholesterol.....mg	0		0		8		0	0	
Phytosterols.....mg									
<b>Others:</b>									
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 2 biscuits (1 NLEA serving)

Measure 2 = 57g: 1 cup

\*Vitamin or mineral added for enrichment or fortification

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 08 Breakfast Cereals



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			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.961		0	FLC	4	0.288		
4:0.....g	0.000		0	FLC	4	0.000		
6:0.....g	0.000		0	FLC	4	0.000		
8:0.....g	0.000		0	FLC	4	0.000		
10:0.....g	0.000		0	FLC	4	0.000		
12:0.....g	0.000		0	FLC	4	0.000		
13:0.....g								
14:0.....g	0.001		0	FLC	4	0.000		
15:0.....g								
16:0.....g	0.494		0	FLC	4	0.148		
17:0.....g								
18:0.....g	0.458		0	FLC	4	0.137		
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	2.079		0	FLC	4	0.624		
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.001		0	FLC	4	0.000		
17:1.....g								
18:1 undifferentiated.....g	2.079		0	FLC	4	0.624		
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	0.231		0	FLC	4	0.069		
18:2 undifferentiated.....g	0.225		0	FLC	4	0.068		
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 (EPA).....g	0.000		0	FLC	4	0.000		
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0	FLC	4	0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4	0.000		
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	LC	8	0		
Phytosterols.....mg								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	Z	7	0.0		
Caffeine.....mg	4		0	FLM	4	1		
Theobromine.....mg	136		0	FLM	4	41		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 28 (2015)



Cereals ready-to-eat, frosted oat cereal with marshmallows

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.620		0		4		0.186		
4:0.....g	0.000		0		4		0.000		
6:0.....g	0.000		0		4		0.000		
8:0.....g	0.000		0		4		0.000		
10:0.....g	0.000		0		4		0.000		
12:0.....g	0.011		0		4		0.003		
13:0.....g									
14:0.....g	0.006		0		4		0.002		
15:0.....g									
16:0.....g	0.522		0		4		0.157		
17:0.....g									
18:0.....g	0.033		0		4		0.010		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.100		0		4		0.330		
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		0.328		
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		0.384		
18:2 undifferentiated.....g	1.222		0		4		0.367		
18:3 undifferentiated.....g	0.056		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 (EPA).....g	0.000		0		4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000		
22:6 n-3 (DHA).....g	0.000		0		4		0.000		
Fatty acids, total trans.....g	0.000		0	LC	8		0.000		
Cholesterol.....mg	0		0		8		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	BFZN	4		0		
Theobromine.....mg	0		0	BFZN	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 (1 NLEA serving)

\*Vitamin or mineral added for enrichment or fortification

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 08 Breakfast Cereals**



Cereals ready-to-eat, granola, homemade (1)

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	Deriv Code					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.957		0	RC	4		4.828	1.122	
4:0.....g	0.000		0	RC	4		0.000	0.000	
6:0.....g	0.015		0	RC	4		0.018	0.004	
8:0.....g	0.169		0	RC	4		0.206	0.048	
10:0.....g	0.132		0	RC	4		0.161	0.037	
12:0.....g	0.993		0	RC	4		1.212	0.282	
13:0.....g									
14:0.....g	0.374		0	RC	4		0.456	0.106	
15:0.....g									
16:0.....g	1.593		0	RC	4		1.943	0.451	
17:0.....g									
18:0.....g	0.525		0	RC	4		0.641	0.149	
20:0.....g	0.053		0	RC	4		0.065	0.015	
22:0.....g	0.063		0	RC	4		0.077	0.018	
24:0.....g	0.011		0	RC	4		0.014	0.003	
Fatty acids, total monounsaturated.....g	10.951		0	RC	4		13.361	3.105	
14:1.....g	0.000		0	RC	4		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.059		0	RC	4		0.071	0.017	
17:1.....g									
18:1 undifferentiated.....g	10.803		0	RC	4		13.180	3.063	
20:1.....g	0.083		0	RC	4		0.101	0.023	
22:1 undifferentiated.....g	0.004		0	RC	4		0.005	0.001	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.809		0	RC	4		9.527	2.214	
18:2 undifferentiated.....g	7.194		0	RC	4		8.777	2.039	
18:3 undifferentiated.....g	0.611		0	RC	4		0.745	0.173	
18:4.....g	0.002		0	RC	4		0.002	0.001	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RC	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.002		0	RC	4		0.002	0.001	
21:5.....g									
22:4.....g	0.000		0	RC	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	RC	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	RC	4		0.000	0.000	
Fatty acids, total trans.....g	0.023		0	RC	4		0.028	0.006	
Cholesterol.....mg	0		0	RC	4		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.186		0	RC	4		0.227	0.053	
Threonine.....g	0.479		0	RC	4		0.584	0.136	
Isoleucine.....g	0.546		0	RC	4		0.666	0.155	
Leucine.....g	0.977		0	RC	4		1.191	0.277	
Lysine.....g	0.631		0	RC	4		0.769	0.179	
Methionine.....g	0.225		0	RC	4		0.274	0.064	
Cystine.....g	0.302		0	RC	4		0.369	0.086	
Phenylalanine.....g	0.668		0	RC	4		0.814	0.189	
Tyrosine.....g	0.379		0	RC	4		0.463	0.108	
Valine.....g	0.698		0	RC	4		0.851	0.198	
Arginine.....g	1.279		0	RC	4		1.561	0.363	
Histidine.....g	0.349		0	RC	4		0.426	0.099	
Alanine.....g	0.694		0	RC	4		0.847	0.197	
Aspartic acid.....g	1.396		0	RC	4		1.704	0.396	
Glutamic acid.....g	3.111		0	RC	4		3.795	0.882	
Glycine.....g	0.812		0	RC	4		0.991	0.230	
Proline.....g	0.658		0	RC	4		0.803	0.187	
Serine.....g	0.668		0	RC	4		0.816	0.190	
Hydroxyproline.....g	0.000		0	RC	4		0.000	0.000	
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	RC	4		0.0	0.0	



NDB No. 08037

Cereals ready-to-eat, granola, homemade (1)

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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	Measure 1	Measure 2	Measure 3
			of Data	Code	Confidence			
			Points	Code	Code			
Caffeine.....mg	0		0	RC	4	0	0	
Theobromine.....mg	0		0	RC	4	0	0	

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

**Footnotes:**

1 Made with oats, raisins, sunflower seeds, almonds, wheat germ, honey, coconut and canola oil.

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
<b>Proximates:</b>									
Water.....g	3.00	0.139	32		1		0.42	0.43	
Energy.....kcal	402		0	NC	4		56	57	
Energy.....kJ	1682		0		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									
<b>Minerals:</b>									
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.....µg	10.5		0	BFZN	4		1.5	1.5	
<b>Vitamins:</b>									
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.....µg	19	3.354	10		1		3	3	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	19	3.354	10		1		3	3	
Folate, DFE.....µg	19		0	NC	4		3	3	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	
Vitamin A, RAE.....µg	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 08156

Cereals ready-to-eat, rice, puffed, fortified

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Amino Acids:</b>									
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	
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 28 (2015)



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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
<b>Lipids:</b>									
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		
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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		

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

**Common Measures:**

Measure 1 = 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. 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
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	4.0		1	A	1		1.1	4.5	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.830		0		1		0.519	2.068	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.010		0		1		0.003	0.011	
15:0.....g									
16:0.....g	1.750		0		1		0.496	1.978	
17:0.....g									
18:0.....g	0.060		0		1		0.017	0.068	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.500		0		1		0.425	1.695	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.040		0		1		0.011	0.045	
17:1.....g									
18:1 undifferentiated.....g	1.470		0		1		0.417	1.661	
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		1.877	7.481	
18:2 undifferentiated.....g	5.820		0		1		1.650	6.577	
18:3 undifferentiated.....g	0.800		0		1		0.227	0.904	
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 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.398		0		1		0.113	0.450	
Threonine.....g	1.218		0		1		0.345	1.376	
Isoleucine.....g	1.066		0		1		0.302	1.205	
Leucine.....g	1.976		0		1		0.560	2.233	
Lysine.....g	1.847		0		1		0.524	2.087	
Methionine.....g	0.574		0		1		0.163	0.649	
Cystine.....g	0.576		0		1		0.163	0.651	
Phenylalanine.....g	1.168		0		1		0.331	1.320	
Tyrosine.....g	0.885		0		1		0.251	1.000	
Valine.....g	1.507		0		1		0.427	1.703	
Arginine.....g	2.348		0		1		0.666	2.653	
Histidine.....g	0.810		0		1		0.230	0.915	
Alanine.....g	1.858		0		1		0.527	2.100	
Aspartic acid.....g	2.604		0		1		0.738	2.943	
Glutamic acid.....g	5.026		0		1		1.425	5.679	
Glycine.....g	1.791		0		1		0.508	2.024	

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
Proline.....g	1.549		0		1		0.439	1.750	
Serine.....g	1.386		0		1		0.393	1.566	
Hydroxyproline.....g									
<b>Others:</b>									
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	

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 1 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 28 (2015)



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
<b>Proximates:</b>									
Water.....g	3.00		28		1		0.36	0.43	
Energy.....kcal	364		0	NC	4		44	52	
Energy.....kJ	1523		0		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									
<b>Minerals:</b>									
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.....µg	123.1		0	BFZN	4		14.8	17.5	
<b>Vitamins:</b>									
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.....µg	32	4.821	10		1		4	5	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	32		0	NC	4		4	5	
Folate, DFE.....µg	32		0	NC	4		4	5	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	
Vitamin A, RAE.....µg	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 08157

Cereals ready-to-eat, wheat, puffed, fortified

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Amino Acids:</b>									
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	
Phenylalanine.....g	0.762		0		1		0.091	0.108	
Tyrosine.....g	0.445		0		1		0.053	0.063	
Valine.....g	0.702		0		1		0.084	0.100	
Arginine.....g	0.712		0		1		0.085	0.101	
Histidine.....g	0.380		0		1		0.046	0.054	
Alanine.....g	0.548		0		1		0.066	0.078	
Aspartic acid.....g	0.823		0		1		0.099	0.117	
Glutamic acid.....g	4.972		0		1		0.597	0.706	
Glycine.....g	0.576		0		1		0.069	0.082	
Proline.....g	1.537		0		1		0.184	0.218	
Serine.....g	0.808		0		1		0.097	0.115	
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 12.0g: 1 cup

Measure 2 = 14.2g: .5 oz

**Calories Factors: Protein 3.59**

**Fat 8.37**

**Carbohydrate 3.78**

**Food Group: 08 Breakfast Cereals**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 08168

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

B&G 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
<b>Proximates:</b>									
Water.....g	87.50		0		1		213.50	160.13	
Energy.....kcal	52		0	NC	4		127	95	
Energy.....kJ	218		0		4		531	398	
Protein (N x 5.95).....g	0.90		0		1		2.20	1.65	
Total lipid (fat).....g	0.10		0		1		0.24	0.18	
Ash.....g	0.30		0		1		0.73	0.55	
Carbohydrate, by difference.....g	11.50		0	NC	4		28.06	21.05	
Fiber, total dietary.....g	0.1		0		4		0.2	0.2	
Sugars, total.....g	0.04		0	BFNN	4		0.10	0.08	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	1		0	BFNN	4		2	1	
Iron, Fe.....mg	3.96		0	BFNN	4		9.67	7.25	
Magnesium, Mg.....mg	3		0		1		7	5	
Phosphorus, P.....mg	17		0		1		41	31	
Potassium, K.....mg	20		0		1		49	37	
Sodium, Na.....mg	173		0		1		422	317	
Zinc, Zn.....mg	0.16		0		1		0.39	0.29	
Copper, Cu.....mg	0.034		0		1		0.083	0.062	
Manganese, Mn.....mg	0.144		0		1		0.351	0.264	
Selenium, Se.....µg	3.0		0	BFZN	4		7.3	5.5	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.071		0	BFNN	4		0.173	0.130	
Riboflavin.....mg	0.018		0	BFNN	4		0.044	0.033	
Niacin.....mg	1.039		0	BFNN	4		2.536	1.902	
Pantothenic acid.....mg	0.076		0		4		0.185	0.139	
Vitamin B-6.....mg	0.027		0		1		0.066	0.049	
Folate, total.....µg	3		0		1		7	5	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	3		0	BFZN	4		7	5	
Folate, DFE.....µg	3		0	NC	4		7	5	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	
Vitamin A, RAE.....µg	0		0	BFZN	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	0		0	BFNN	4		0	0	
Carotene, alpha.....µg	0		0	BFNN	4		0	0	
Cryptoxanthin, beta.....µg	0		0	BFNN	4		0	0	
Vitamin A, IU.....IU	0		0		4		0	0	
Lycopene.....µg	0		0	BFNN	4		0	0	
Lutein + zeaxanthin.....µg	0		0	BFNN	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.02		0	BFNN	4		0.04	0.03	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.0		0	BFNN	4		0.0	0.0	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</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
Fatty acids, total saturated.....g	0.020		0		4		0.049	0.037	
4:0.....g	0.000		0	BFZN	4		0.000	0.000	
6:0.....g	0.000		0	BFZN	4		0.000	0.000	
8:0.....g	0.000		0	BFZN	4		0.000	0.000	
10:0.....g	0.000		0	BFZN	4		0.000	0.000	
12:0.....g	0.000		0	BFZN	4		0.000	0.000	
13:0.....g									
14:0.....g	0.001		0	BFZN	4		0.002	0.002	
15:0.....g									
16:0.....g	0.025		0	BFZN	4		0.061	0.046	
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	0.031		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 (EPA).....g	0.000		0	BFZN	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3 (DHA).....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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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	

NDB No. 08168

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

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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

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

**Common Measures:**

Measure 1 = 244g: 1 cup

Measure 2 = 183g: .75 cup

**Calories Factors: Protein** 3.82

**Fat** 8.37

**Carbohydrate**4.16

**Food Group:** 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



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				
	Mean	Std. Error	Number of Data Points	Deriv Code	measures of food				
					Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.027		0		4		0.066	0.004	0.049
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000	0.000
12:0.....g	0.000		0		4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.001		0		4		0.002	0.000	0.002
15:0.....g									
16:0.....g	0.025		0		4		0.061	0.004	0.046
17:0.....g									
18:0.....g	0.002		0		4		0.005	0.000	0.004
20:0.....g									
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 (EPA).....g	0.000		0		4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA).....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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

NDB No. 08101

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

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		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
Theobromine.....mg	0		0	Z	7	0	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 = 244g: 1 cup

Measure 2 = 15g: 1 tbsp

Measure 3 = 183g: .75 cup

**Calories Factors: Protein 3.82**

**Fat 8.37**

**Carbohydrate 4.16**

**Food Group: 08 Breakfast Cereals**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



**NDB No. 08100**  
**Cereals, CREAM OF RICE, dry**

*B&G 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
<b>Proximates:</b>									
Water.....g	10.50	1.392	3		1		4.73		
Energy.....kcal	370		0	NC	4		167		
Energy.....kJ	1548		0		4		697		
Protein (N x 5.95).....g	6.30	0.496	3		1		2.84		
Total lipid (fat).....g	0.50		2		1		0.23		
Ash.....g	0.40	0.130	3		1		0.18		
Carbohydrate, by difference.....g	82.40		0	NC	4		37.08		
Fiber, total dietary.....g	0.7		0		4		0.3		
Sugars, total.....g	0.30		0	MC	9		0.14		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	5		0	MC	9		2		
Iron, Fe.....mg	28.44		0	MC	9		12.80		
Magnesium, Mg.....mg	23		0		1		10		
Phosphorus, P.....mg	124		0		1		56		
Potassium, K.....mg	143		0		1		64		
Sodium, Na.....mg	6		0		1		3		
Zinc, Zn.....mg	1.12		0		1		0.50		
Copper, Cu.....mg	0.244		0		1		0.110		
Manganese, Mn.....mg	1.033		0		1		0.465		
Selenium, Se.....µg	19.0		0	RA	4		8.6		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	0.510		0	MC	9		0.230		
Riboflavin.....mg	0.130		0	MC	9		0.059		
Niacin.....mg	7.460		0	MC	9		3.357		
Pantothenic acid.....mg	0.550		0		4		0.248		
Vitamin B-6.....mg	0.195		0		1		0.088		
Folate, total.....µg	29		0		1		13		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	29		0		1		13		
Folate, DFE.....µg	29		0	NC	4		13		
Choline, total.....mg	5.9		0	BFNN	4		2.7		
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0	NC	4		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	0		0	BFNN	4		0		
Carotene, alpha.....µg	0		0	BFNN	4		0		
Cryptoxanthin, beta.....µg	0		0	BFNN	4		0		
Vitamin A, IU.....IU	0		0		4		0		
Lycopene.....µg	0		0	BFNN	4		0		
Lutein + zeaxanthin.....µg	0		0	BFNN	4		0		
Vitamin E (alpha-tocopherol).....mg	0.11		0	BFNN	4		0.05		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	BFNN	4		0.0		
Vitamin D.....IU	0		0	BFNN	4		0		

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
Vitamin K (phylloquinone).....µg	0.1		0	BFNN	4		0.0		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.136		0		4		0.061		
4:0.....g	0.000		0		4		0.000		
6:0.....g	0.000		0		4		0.000		
8:0.....g	0.000		0		4		0.000		
10:0.....g	0.000		0		4		0.000		
12:0.....g	0.000		0		4		0.000		
13:0.....g									
14:0.....g	0.003		0		4		0.001		
15:0.....g									
16:0.....g	0.122		0		4		0.055		
17:0.....g									
18:0.....g	0.009		0		4		0.004		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.156		0		4		0.070		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		4		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.154		0		4		0.069		
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	0.134		0		4		0.060		
18:2 undifferentiated.....g	0.111		0		4		0.050		
18:3 undifferentiated.....g	0.024		0		4		0.011		
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 (EPA).....g	0.000		0		4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000		
22:6 n-3 (DHA).....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.092		0		1		0.041		
Threonine.....g	0.314		0		1		0.141		
Isoleucine.....g	0.332		0		1		0.149		
Leucine.....g	0.520		0		1		0.234		
Lysine.....g	0.265		0		1		0.119		
Methionine.....g	0.187		0		1		0.084		
Cystine.....g	0.107		0		1		0.048		
Phenylalanine.....g	0.267		0		1		0.120		
Tyrosine.....g	0.351		0		1		0.158		
Valine.....g	0.407		0		1		0.183		
Arginine.....g	0.513		0		1		0.231		
Histidine.....g	0.189		0		1		0.085		
Alanine.....g	0.259		0		1		0.117		
Aspartic acid.....g	0.576		0		1		0.259		
Glutamic acid.....g	1.004		0		1		0.452		
Glycine.....g	0.362		0		1		0.163		

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
Proline.....g	0.263		0		1		0.118		
Serine.....g	0.284		0		1		0.128		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	BFNN	4		0		
Theobromine.....mg	0		0	BFNN	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 = 45g: .25 cup (1 NLEA serving)

**Calories Factors: Protein 3.82      Fat 8.37      Carbohydrate 4.16**

**Food Group:** 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.0		2	A	1		0.0		
Dihydrophyloquinone.....µg	0.0		2	A	1		0.0		
Menaquinone-4.....µg	0.0		2	A	1		0.0		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.094		0	NC	4		0.223		
4:0.....g	0.000	0.000	3	A	1		0.000		
6:0.....g	0.000	0.000	3	A	1		0.000		
8:0.....g	0.000	0.000	3	A	1		0.000		
10:0.....g	0.000		2	A	1		0.000		
12:0.....g	0.000	0.000	3	A	1		0.001		
13:0.....g									
14:0.....g	0.002	0.001	3	A	1		0.004		
15:0.....g	0.000	0.000	3	A	1		0.001		
16:0.....g	0.083	0.002	3	A	1		0.197		
17:0.....g	0.000	0.000	3	A	1		0.000		
18:0.....g	0.008	0.001	3	A	1		0.018		
20:0.....g	0.000	0.000	3	A	1		0.000		
22:0.....g	0.000	0.000	3	A	1		0.001		
24:0.....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.049		0	NC	4		0.117		
14:1.....g	0.000	0.000	3	A	1		0.000		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.000	0.000	3	AS	1		0.001		
16:1 c.....g	0.000	0.000	3	A	1		0.001		
16:1 t.....g									
17:1.....g	0.000	0.000	3	A	1		0.000		
18:1 undifferentiated.....g	0.046	0.001	3	AS	1		0.109		
18:1 c.....g	0.046	0.001	3	A	1		0.109		
18:1 t.....g	0.000	0.000	3	A	1		0.000		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.001	0.000	3	A	1		0.003		
22:1 undifferentiated.....g	0.000	0.000	3	AS	1		0.000		
22:1 c.....g	0.000	0.000	3	A	1		0.000		
22:1 t.....g	0.000	0.000	3	A	1		0.000		
24:1 c.....g	0.002	0.001	3	A	1		0.004		
Fatty acids, total polyunsaturated.....g	0.194		0	NC	4		0.459		
18:2 undifferentiated.....g	0.183	0.008	3	AS	1		0.433		
18:2 n-6 c,c.....g	0.183	0.008	3	A	1		0.433		
18:2 CLAs.....g	0.000	0.000	3	A	1		0.000		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.000	0.000	3	A	1		0.000		
18:3 undifferentiated.....g	0.011	0.001	3	AS	1		0.026		
18:3 n-3 c,c,c (ALA).....g	0.011	0.001	3	A	1		0.026		
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1		0.000		
18:3i.....g									
18:4.....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c.....g	0.000	0.000	3	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	3	AS	1		0.000		
20:3 n-3.....g	0.000	0.000	3	A	1		0.000		
20:3 n-6.....g	0.000	0.000	3	A	1		0.000		
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000		
21:5.....g									
22:4.....g	0.000	0.000	3	A	1		0.000		
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1		0.000		
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total trans.....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000		

NDB No. 08578

Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, 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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4		0.000		
Cholesterol.....mg									
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.027		0	A	1		0.063		
Threonine.....g	0.075		0	A	1		0.177		
Isoleucine.....g	0.132		0	A	1		0.313		
Leucine.....g	0.244		0	A	1		0.578		
Lysine.....g	0.082		0	A	1		0.194		
Methionine.....g	0.065		0	A	1		0.153		
Cystine.....g	0.052		0	A	1		0.124		
Phenylalanine.....g	0.182		0	A	1		0.430		
Tyrosine.....g	0.104		0	A	1		0.248		
Valine.....g	0.167		0	A	1		0.395		
Arginine.....g	0.099		0	A	1		0.236		
Histidine.....g	0.060		0	A	1		0.141		
Alanine.....g	0.132		0	A	1		0.313		
Aspartic acid.....g	0.167		0	A	1		0.395		
Glutamic acid.....g	1.169		0	A	1		2.771		
Glycine.....g	0.134		0	A	1		0.318		
Proline.....g	0.439		0	A	1		1.041		
Serine.....g	0.167		0	A	1		0.395		
Hydroxyproline.....g	0.000	0.000	4	A	1		0.000		

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

**Common Measures:**

Measure 1 = 237g: 1 cup

\*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 28 (2015)



Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.0		2	A	1		0.0		
Dihydrophyloquinone.....µg	0.0		2	A	1		0.0		
Menaquinone-4.....µg	0.0		2	A	1		0.0		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.106		0	NC	4		0.260		
4:0.....g	0.000	0.000	4	A	1		0.000		
6:0.....g	0.000	0.000	4	A	1		0.000		
8:0.....g	0.000	0.000	4	A	1		0.000		
10:0.....g	0.000	0.000	4	A	1		0.000		
12:0.....g	0.000	0.000	4	A	1		0.000		
13:0.....g									
14:0.....g	0.002	0.000	4	A	1		0.004		
15:0.....g	0.000	0.000	4	A	1		0.000		
16:0.....g	0.093	0.002	4	A	1		0.227		
17:0.....g	0.000	0.000	4	A	1		0.000		
18:0.....g	0.011	0.001	4	A	1		0.028		
20:0.....g	0.000	0.000	4	A	1		0.000		
22:0.....g	0.000	0.000	4	A	1		0.001		
24:0.....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.064		0	NC	4		0.156		
14:1.....g	0.000	0.000	4	A	1		0.000		
15:1.....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated.....g	0.001	0.001	4	AS	1		0.002		
16:1 c.....g	0.001	0.001	4	A	1		0.002		
16:1 t.....g									
17:1.....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated.....g	0.058	0.005	4	AS	1		0.143		
18:1 c.....g	0.058	0.005	4	A	1		0.143		
18:1 t.....g	0.000	0.000	4	A	1		0.000		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.005	0.001	4	A	1		0.011		
22:1 undifferentiated.....g	0.000	0.000	4	AS	1		0.000		
22:1 c.....g	0.000	0.000	4	A	1		0.000		
22:1 t.....g	0.000	0.000	4	A	1		0.000		
24:1 c.....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total polyunsaturated.....g	0.210		0	NC	4		0.515		
18:2 undifferentiated.....g	0.201	0.002	4	AS	1		0.491		
18:2 n-6 c,c.....g	0.000	0.000	4	A	1		0.000		
18:2 CLAs.....g	0.000	0.000	4	A	1		0.000		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.201	0.002	4	A	1		0.491		
18:3 undifferentiated.....g	0.009	0.002	4	AS	1		0.022		
18:3 n-3 c,c,c (ALA).....g	0.009	0.002	4	A	1		0.022		
18:3 n-6 c,c,c.....g	0.000	0.000	4	A	1		0.000		
18:3i.....g									
18:4.....g	0.000	0.000	4	A	1		0.000		
20:2 n-6 c,c.....g	0.000	0.000	4	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	4	AS	1		0.000		
20:3 n-3.....g	0.000	0.000	4	A	1		0.000		
20:3 n-6.....g	0.000	0.000	4	A	1		0.000		
20:4 undifferentiated.....g	0.000	0.000	4	A	1		0.001		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1		0.000		
21:5.....g									
22:4.....g	0.000	0.000	4	A	1		0.000		
22:5 n-3 (DPA).....g	0.000	0.000	4	A	1		0.000		
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans.....g	0.201		0	NC	4		0.491		
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000		



NDB No. 08577

Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, 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			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Fatty acids, total trans-polyenoic.....g	0.201		0	NC	4	0.491		
Cholesterol.....mg								
Phytosterols.....mg								
<b><u>Amino Acids:</u></b>								
Tryptophan.....g	0.020		0	A	1	0.049		
Threonine.....g	0.043		0	A	1	0.104		
Isoleucine.....g	0.063		0	A	1	0.153		
Leucine.....g	0.115		0	A	1	0.283		
Lysine.....g	0.023		0	A	1	0.055		
Methionine.....g	0.035		0	A	1	0.086		
Cystine.....g	0.037		0	A	1	0.092		
Phenylalanine.....g	0.088		0	A	1	0.216		
Tyrosine.....g	0.050		0	A	1	0.123		
Valine.....g	0.093		0	A	1	0.228		
Arginine.....g	0.047		0	A	1	0.116		
Histidine.....g	0.032		0	A	1	0.079		
Alanine.....g	0.075		0	A	1	0.184		
Aspartic acid.....g	0.095		0	A	1	0.233		
Glutamic acid.....g	0.612		0	A	1	1.500		
Glycine.....g	0.063		0	A	1	0.153		
Proline.....g	0.368		0	A	1	0.901		
Serine.....g	0.090		0	A	1	0.221		
Hydroxyproline.....g	0.000	0.000	4	A	1	0.000		

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

\*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 28 (2015)

NDB No. 08576

Cereals, CREAM OF WHEAT, 1 minute cook time, dry

B&G 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
<b>Proximates:</b>									
Water.....g	11.41	0.069	4	A	1		3.76	1.56	22.13
Energy.....kcal	359		0	NC	4		119	49	697
Energy.....kJ	1503		0	NC	4		496	206	2916
Protein.....g	11.77	0.055	4	A	1		3.88	1.61	22.83
Total lipid (fat).....g	1.47	0.064	4	A	1		0.49	0.20	2.86
Ash.....g	2.72	0.131	4	A	1		0.90	0.37	5.27
Carbohydrate, by difference.....g	72.63		0	NC	4		23.97	9.95	140.90
Fiber, total dietary.....g	4.4	0.352	4	A	1		1.4	0.6	8.5
Sugars, total.....g	0.51	0.034	4	A	1		0.17	0.07	0.98
Sucrose.....g	0.41	0.014	4	A	1		0.14	0.06	0.80
Glucose (dextrose).....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Fructose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Lactose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Maltose.....g	0.10	0.021	4	A	1		0.03	0.01	0.18
Galactose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	801	85.251	4	A	1		264	110	1553
Iron, Fe.....mg	29.75	3.047	4	A	1		9.82	4.08	57.72
Magnesium, Mg.....mg	45	1.806	4	A	1		15	6	87
Phosphorus, P.....mg	167	5.764	4	A	1		55	23	324
Potassium, K.....mg	151	4.131	4	A	1		50	21	293
Sodium, Na.....mg	7	0.000	4	A	1		2	1	14
Zinc, Zn.....mg	1.35	0.027	4	A	1		0.45	0.19	2.63
Copper, Cu.....mg	0.211	0.005	4	A	1		0.070	0.029	0.409
Manganese, Mn.....mg	1.347	0.046	4	A	1		0.445	0.185	2.614
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	4	A	1		0.0	0.0	0.0
Thiamin.....mg	0.740	0.052	4	A	1		0.244	0.101	1.435
Riboflavin.....mg	0.375	0.052	4	A	1		0.124	0.051	0.727
Niacin.....mg	6.075	0.528	4	A	1		2.005	0.832	11.785
Pantothenic acid.....mg	0.620	0.023	4	A	1		0.205	0.085	1.203
Vitamin B-6.....mg	0.092	0.009	4	A	1		0.031	0.013	0.179
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU									
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.31	0.000	4	A	1		0.10	0.04	0.60
Tocopherol, beta.....mg	0.10	0.002	4	A	1		0.03	0.01	0.20
Tocopherol, gamma.....mg	1.00	0.017	4	A	1		0.33	0.14	1.94
Tocopherol, delta.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocotrienol, alpha.....mg	0.08	0.003	4	A	1		0.03	0.01	0.16
Tocotrienol, beta.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocotrienol, gamma.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.0		2	A	1		0.0	0.0	0.0
Dihydrophylloquinone.....µg	0.0		2	A	1		0.0	0.0	0.0
Menquinone-4.....µg	0.0		2	A	1		0.0	0.0	0.0

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.295		0	NC	4		0.097	0.040	0.573
4:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
6:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
8:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
10:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
12:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.002	0.000	4	A	1		0.001	0.000	0.005
15:0.....g	0.002	0.000	4	A	1		0.001	0.000	0.004
16:0.....g	0.265	0.004	4	A	1		0.087	0.036	0.514
17:0.....g	0.001	0.000	4	A	1		0.000	0.000	0.002
18:0.....g	0.018	0.000	4	A	1		0.006	0.002	0.035
20:0.....g	0.001	0.001	4	A	1		0.000	0.000	0.003
22:0.....g	0.003	0.000	4	A	1		0.001	0.000	0.005
24:0.....g	0.003	0.000	4	A	1		0.001	0.000	0.005
Fatty acids, total monounsaturated.....g	0.183		0	NC	4		0.061	0.025	0.356
14:1.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:1.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.001	0.000	4	AS	1		0.000	0.000	0.002
16:1 c.....g	0.001	0.000	4	A	1		0.000	0.000	0.002
16:1 t.....g									
17:1.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	0.174	0.003	4	AS	1		0.057	0.024	0.337
18:1 c.....g	0.174	0.003	4	A	1		0.057	0.024	0.337
18:1 t.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.009	0.000	4	A	1		0.003	0.001	0.017
22:1 undifferentiated.....g	0.000	0.000	4	AS	1		0.000	0.000	0.001
22:1 c.....g	0.000	0.000	4	A	1		0.000	0.000	0.001
22:1 t.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:1 c.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	0.849		0	NC	4		0.280	0.116	1.647
18:2 undifferentiated.....g	0.801	0.011	4	AS	1		0.264	0.110	1.553
18:2 n-6 c,c.....g	0.801	0.011	4	A	1		0.264	0.110	1.553
18:2 CLAs.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:3 undifferentiated.....g	0.048	0.000	4	AS	1		0.016	0.007	0.093
18:3 n-3 c,c,c (ALA).....g	0.048	0.000	4	A	1		0.016	0.007	0.093
18:3 n-6 c,c,c.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:3i.....g									
18:4.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000	0.000	4	A	1		0.000	0.000	0.001
20:3 undifferentiated.....g	0.000	0.000	4	AS	1		0.000	0.000	0.000
20:3 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:3 n-6.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4		0.000	0.000	0.000
Cholesterol.....mg									
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.115		0	A	1		0.038	0.016	0.223
Threonine.....g	0.212		0	A	1		0.070	0.029	0.412

NDB No. 08576

Cereals, CREAM OF WHEAT, 1 minute cook time, 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
Isoleucine.....g	0.412		0	A	1		0.136	0.056	0.800
Leucine.....g	0.850		0	A	1		0.280	0.116	1.649
Lysine.....g	0.355		0	A	1		0.117	0.049	0.688
Methionine.....g	0.180		0	A	1		0.059	0.025	0.349
Cystine.....g	0.180		0	A	1		0.059	0.025	0.349
Phenylalanine.....g	0.560		0	A	1		0.185	0.077	1.086
Tyrosine.....g	0.162		0	A	1		0.054	0.022	0.315
Valine.....g	0.512		0	A	1		0.169	0.070	0.994
Arginine.....g	0.450		0	A	1		0.148	0.062	0.873
Histidine.....g	0.250		0	A	1		0.082	0.034	0.485
Alanine.....g	0.367		0	A	1		0.121	0.050	0.713
Aspartic acid.....g	0.522		0	A	1		0.172	0.072	1.013
Glutamic acid.....g	4.005		0	A	1		1.322	0.549	7.770
Glycine.....g	0.455		0	A	1		0.150	0.062	0.882
Proline.....g	1.564		0	A	1		0.516	0.214	3.034
Serine.....g	0.580		0	A	1		0.191	0.079	1.125
Hydroxyproline.....g	0.000	0.000	4	A	1		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 = 33g: 3 tablespoon (1 serving)

Measure 2 = 13.7g: 1 tbsp

Measure 3 = 194g: 1 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 28 (2015)



Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.0		2	A	1		0.0		
Dihydrophyloquinone.....µg	0.0		2	A	1		0.0		
Menaquinone-4.....µg	0.0		2	A	1		0.0		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.099		0	NC	4		0.228		
4:0.....g	0.000	0.000	4	A	1		0.000		
6:0.....g	0.000	0.000	4	A	1		0.000		
8:0.....g	0.000	0.000	4	A	1		0.000		
10:0.....g	0.000	0.000	4	A	1		0.000		
12:0.....g	0.002	0.000	4	A	1		0.004		
13:0.....g									
14:0.....g	0.002	0.001	4	A	1		0.004		
15:0.....g	0.000	0.000	4	A	1		0.000		
16:0.....g	0.080	0.002	4	A	1		0.185		
17:0.....g	0.000	0.000	4	A	1		0.000		
18:0.....g	0.015	0.002	4	A	1		0.036		
20:0.....g	0.000	0.000	4	A	1		0.000		
22:0.....g	0.000	0.000	4	A	1		0.000		
24:0.....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.058		0	NC	4		0.133		
14:1.....g	0.000	0.000	4	A	1		0.000		
15:1.....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated.....g	0.001	0.001	4	AS	1		0.002		
16:1 c.....g	0.001	0.001	4	A	1		0.002		
16:1 t.....g									
17:1.....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated.....g	0.056	0.002	4	AS	1		0.129		
18:1 c.....g	0.056	0.002	4	A	1		0.129		
18:1 t.....g	0.000	0.000	4	A	1		0.000		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.001	0.000	4	A	1		0.002		
22:1 undifferentiated.....g	0.000	0.000	4	AS	1		0.000		
22:1 c.....g	0.000	0.000	4	A	1		0.000		
22:1 t.....g	0.000	0.000	4	A	1		0.000		
24:1 c.....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total polyunsaturated.....g	0.176		0	NC	4		0.407		
18:2 undifferentiated.....g	0.166	0.003	4	AS	1		0.384		
18:2 n-6 c,c.....g	0.166	0.003	4	A	1		0.384		
18:2 CLAs.....g	0.000	0.000	4	A	1		0.000		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.000	0.000	4	A	1		0.000		
18:3 undifferentiated.....g	0.010	0.000	4	AS	1		0.023		
18:3 n-3 c,c,c (ALA).....g	0.010	0.000	4	A	1		0.023		
18:3 n-6 c,c,c.....g	0.000	0.000	4	A	1		0.000		
18:3i.....g									
18:4.....g	0.000	0.000	4	A	1		0.000		
20:2 n-6 c,c.....g	0.000	0.000	4	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	4	AS	1		0.000		
20:3 n-3.....g	0.000	0.000	4	A	1		0.000		
20:3 n-6.....g	0.000	0.000	4	A	1		0.000		
20:4 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1		0.000		
21:5.....g									
22:4.....g	0.000	0.000	4	A	1		0.000		
22:5 n-3 (DPA).....g	0.000	0.000	4	A	1		0.000		
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans.....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000		

NDB No. 08575

Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, 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 trans-polyenoic.....g	0.000		0	NC	4		0.000		
Cholesterol.....mg									
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.018		0	A	1		0.041		
Threonine.....g	0.050		0	A	1		0.116		
Isoleucine.....g	0.072		0	A	1		0.165		
Leucine.....g	0.144		0	A	1		0.333		
Lysine.....g	0.074		0	A	1		0.171		
Methionine.....g	0.038		0	A	1		0.087		
Cystine.....g	0.037		0	A	1		0.085		
Phenylalanine.....g	0.094		0	A	1		0.217		
Tyrosine.....g	0.079		0	A	1		0.182		
Valine.....g	0.098		0	A	1		0.227		
Arginine.....g	0.081		0	A	1		0.187		
Histidine.....g	0.040		0	A	1		0.093		
Alanine.....g	0.085		0	A	1		0.196		
Aspartic acid.....g	0.103		0	A	1		0.239		
Glutamic acid.....g	0.747		0	A	1		1.725		
Glycine.....g	0.091		0	A	1		0.210		
Proline.....g	0.457		0	A	1		1.056		
Serine.....g	0.119		0	A	1		0.275		
Hydroxyproline.....g	0.000	0.000	4	A	1		0.000		

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

**Common Measures:**

Measure 1 = 231g: 1 cup

\*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 28 (2015)





Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.0		1	A	1		0.0		
Dihydrophyloquinone.....µg	0.0		1	A	1		0.0		
Menaquinone-4.....µg	0.0		1	A	1		0.0		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.051		0	NC	4		0.124		
4:0.....g	0.000	0.000	3	A	1		0.000		
6:0.....g	0.000	0.000	3	A	1		0.000		
8:0.....g	0.000	0.000	3	A	1		0.000		
10:0.....g	0.000	0.000	3	A	1		0.000		
12:0.....g	0.000	0.000	3	A	1		0.000		
13:0.....g									
14:0.....g	0.000	0.000	3	A	1		0.000		
15:0.....g	0.000	0.000	3	A	1		0.000		
16:0.....g	0.045	0.004	3	A	1		0.110		
17:0.....g	0.000	0.000	3	A	1		0.000		
18:0.....g	0.006	0.001	3	A	1		0.015		
20:0.....g	0.000	0.000	3	A	1		0.000		
22:0.....g	0.000	0.000	3	A	1		0.000		
24:0.....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.030		0	NC	4		0.073		
14:1.....g	0.000	0.000	3	A	1		0.000		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.001	0.001	3	AS	1		0.002		
16:1 c.....g	0.001	0.001	3	A	1		0.002		
16:1 t.....g									
17:1.....g	0.000	0.000	3	A	1		0.000		
18:1 undifferentiated.....g	0.028	0.004	3	AS	1		0.070		
18:1 c.....g	0.028	0.004	3	A	1		0.070		
18:1 t.....g	0.000	0.000	3	A	1		0.000		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.001	0.000	3	A	1		0.001		
22:1 undifferentiated.....g	0.000	0.000	3	AS	1		0.000		
22:1 c.....g	0.000	0.000	3	A	1		0.000		
22:1 t.....g	0.000	0.000	3	A	1		0.000		
24:1 c.....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total polyunsaturated.....g	0.102		0	NC	4		0.249		
18:2 undifferentiated.....g	0.096	0.010	3	AS	1		0.235		
18:2 n-6 c,c.....g	0.096	0.010	3	A	1		0.235		
18:2 CLAs.....g	0.000	0.000	3	A	1		0.000		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.000	0.000	3	A	1		0.000		
18:3 undifferentiated.....g	0.006	0.001	3	AS	1		0.014		
18:3 n-3 c,c,c (ALA).....g	0.006	0.001	3	A	1		0.014		
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1		0.000		
18:3i.....g									
18:4.....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c.....g	0.000	0.000	3	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	3	AS	1		0.000		
20:3 n-3.....g	0.000	0.000	3	A	1		0.000		
20:3 n-6.....g	0.000	0.000	3	A	1		0.000		
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000		
21:5.....g									
22:4.....g	0.000	0.000	3	A	1		0.000		
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1		0.000		
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total trans.....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000		

NDB No. 08574

Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, 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			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4	0.000		
Cholesterol.....mg								
Phytosterols.....mg								
<b><u>Amino Acids:</u></b>								
Tryptophan.....g	0.014		0	A	1	0.034		
Threonine.....g	0.038		0	A	1	0.094		
Isoleucine.....g	0.055		0	A	1	0.134		
Leucine.....g	0.111		0	A	1	0.270		
Lysine.....g	0.057		0	A	1	0.139		
Methionine.....g	0.029		0	A	1	0.071		
Cystine.....g	0.028		0	A	1	0.069		
Phenylalanine.....g	0.072		0	A	1	0.176		
Tyrosine.....g	0.060		0	A	1	0.147		
Valine.....g	0.076		0	A	1	0.184		
Arginine.....g	0.062		0	A	1	0.151		
Histidine.....g	0.031		0	A	1	0.075		
Alanine.....g	0.065		0	A	1	0.159		
Aspartic acid.....g	0.079		0	A	1	0.194		
Glutamic acid.....g	0.573		0	A	1	1.398		
Glycine.....g	0.070		0	A	1	0.170		
Proline.....g	0.351		0	A	1	0.856		
Serine.....g	0.091		0	A	1	0.223		
Hydroxyproline.....g	0.000	0.000	3	A	1	0.000		

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

**Common Measures:**

Measure 1 = 244g: 1 cup

\*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 28 (2015)

NDB No. 08573

Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry

B&G 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
<b>Proximates:</b>									
Water.....g	11.56	0.096	4	A	1		3.82	1.60	20.12
Energy.....kcal	355		0	NC	4		117	49	617
Energy.....kJ	1484		0	NC	4		490	205	2582
Protein.....g	11.61	0.082	4	A	1		3.83	1.60	20.21
Total lipid (fat).....g	1.41	0.127	4	A	1		0.47	0.19	2.46
Ash.....g	3.62	0.183	4	A	1		1.20	0.50	6.31
Carbohydrate, by difference.....g	71.79		0	NC	4		23.69	9.91	124.91
Fiber, total dietary.....g	4.4	0.465	4	A	1		1.4	0.6	7.6
Sugars, total.....g	0.47	0.014	4	A	1		0.15	0.06	0.81
Sucrose.....g	0.39	0.014	4	A	1		0.13	0.05	0.68
Glucose (dextrose).....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Fructose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Lactose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Maltose.....g	0.07	0.000	4	A	1		0.02	0.01	0.13
Galactose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	882	57.077	4	A	1		291	122	1535
Iron, Fe.....mg	32.02	2.262	4	A	1		10.57	4.42	55.72
Magnesium, Mg.....mg	46	1.630	4	A	1		15	6	80
Phosphorus, P.....mg	398	30.942	4	A	1		131	55	692
Potassium, K.....mg	160	6.178	4	A	1		53	22	278
Sodium, Na.....mg	328	36.883	4	A	1		108	45	571
Zinc, Zn.....mg	1.35	0.034	4	A	1		0.45	0.19	2.35
Copper, Cu.....mg	0.206	0.005	4	A	1		0.068	0.028	0.359
Manganese, Mn.....mg	1.367	0.053	4	A	1		0.451	0.189	2.379
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	4	A	1		0.0	0.0	0.0
Thiamin.....mg	0.760	0.021	4	A	1		0.251	0.105	1.322
Riboflavin.....mg	0.417	0.058	4	A	1		0.138	0.058	0.726
Niacin.....mg	8.475	1.376	4	A	1		2.797	1.170	14.746
Pantothenic acid.....mg	0.620	0.018	4	A	1		0.205	0.086	1.079
Vitamin B-6.....mg	0.090	0.007	4	A	1		0.030	0.012	0.156
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU									
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.37	0.010	4	A	1		0.12	0.05	0.64
Tocopherol, beta.....mg	0.11	0.004	4	A	1		0.04	0.02	0.19
Tocopherol, gamma.....mg	1.06	0.024	4	A	1		0.35	0.15	1.85
Tocopherol, delta.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocotrienol, alpha.....mg	0.10	0.002	4	A	1		0.03	0.01	0.18
Tocotrienol, beta.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocotrienol, gamma.....mg	0.01	0.004	4	A	1		0.00	0.00	0.01
Tocotrienol, delta.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.0		2	A	1		0.0	0.0	0.0
Dihydrophylloquinone.....µg	0.0		2	A	1		0.0	0.0	0.0
Menquinone-4.....µg	0.0		2	A	1		0.0	0.0	0.0

NDB No. 08573

Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, 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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.253		0	NC	4		0.084	0.035	0.440
4:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
6:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
8:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
10:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
12:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.004	0.002	4	A	1		0.001	0.001	0.008
15:0.....g	0.002	0.000	4	A	1		0.001	0.000	0.003
16:0.....g	0.212	0.018	4	A	1		0.070	0.029	0.370
17:0.....g	0.002	0.001	4	A	1		0.001	0.000	0.003
18:0.....g	0.026	0.010	4	A	1		0.009	0.004	0.046
20:0.....g	0.001	0.000	4	A	1		0.000	0.000	0.002
22:0.....g	0.002	0.000	4	A	1		0.001	0.000	0.004
24:0.....g	0.002	0.000	4	A	1		0.001	0.000	0.004
Fatty acids, total monounsaturated.....g	0.175		0	NC	4		0.058	0.024	0.304
14:1.....g	0.001	0.001	4	A	1		0.000	0.000	0.001
15:1.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.004	0.002	4	AS	1		0.001	0.001	0.006
16:1 c.....g	0.004	0.002	4	A	1		0.001	0.001	0.006
16:1 t.....g									
17:1.....g	0.001	0.001	4	A	1		0.000	0.000	0.001
18:1 undifferentiated.....g	0.163	0.024	4	AS	1		0.054	0.023	0.284
18:1 c.....g	0.158	0.021	4	A	1		0.052	0.022	0.275
18:1 t.....g	0.005	0.003	4	A	1		0.002	0.001	0.010
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.006	0.000	4	A	1		0.002	0.001	0.011
22:1 undifferentiated.....g	0.001	0.000	4	AS	1		0.000	0.000	0.001
22:1 c.....g	0.001	0.000	4	A	1		0.000	0.000	0.001
22:1 t.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:1 c.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	0.630		0	NC	4		0.208	0.087	1.096
18:2 undifferentiated.....g	0.591	0.005	4	AS	1		0.195	0.082	1.028
18:2 n-6 c,c.....g	0.590	0.005	4	A	1		0.195	0.081	1.027
18:2 CLAs.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.001	0.001	4	A	1		0.000	0.000	0.001
18:3 undifferentiated.....g	0.037	0.001	4	AS	1		0.012	0.005	0.064
18:3 n-3 c,c,c (ALA).....g	0.037	0.001	4	A	1		0.012	0.005	0.064
18:3 n-6 c,c,c.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:3i.....g									
18:4.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.002	0.000	4	A	1		0.001	0.000	0.003
20:3 undifferentiated.....g	0.000	0.000	4	AS	1		0.000	0.000	0.000
20:3 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:3 n-6.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.006		0	NC	4		0.002	0.001	0.010
Fatty acids, total trans-monoenoic.....g	0.005		0	NC	4		0.002	0.001	0.010
Fatty acids, total trans-polyenoic.....g	0.001		0	NC	4		0.000	0.000	0.001
Cholesterol.....mg									
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.077		0	A	1		0.025	0.011	0.134
Threonine.....g	0.240		0	A	1		0.079	0.033	0.417

NDB No. 08573

Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, 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
Isoleucine.....g	0.407		0	A	1		0.134	0.056	0.709
Leucine.....g	0.830		0	A	1		0.274	0.115	1.444
Lysine.....g	0.271		0	A	1		0.090	0.037	0.472
Methionine.....g	0.187		0	A	1		0.062	0.026	0.326
Cystine.....g	0.153		0	A	1		0.051	0.021	0.267
Phenylalanine.....g	0.565		0	A	1		0.186	0.078	0.983
Tyrosine.....g	0.178		0	A	1		0.059	0.025	0.309
Valine.....g	0.512		0	A	1		0.169	0.071	0.891
Arginine.....g	0.485		0	A	1		0.160	0.067	0.844
Histidine.....g	0.260		0	A	1		0.086	0.036	0.452
Alanine.....g	0.375		0	A	1		0.124	0.052	0.653
Aspartic acid.....g	0.540		0	A	1		0.178	0.075	0.939
Glutamic acid.....g	4.134		0	A	1		1.364	0.570	7.193
Glycine.....g	0.465		0	A	1		0.153	0.064	0.809
Proline.....g	1.892		0	A	1		0.624	0.261	3.292
Serine.....g	0.650		0	A	1		0.214	0.090	1.131
Hydroxyproline.....g	0.000	0.000	4	A	1		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 = 33g: 3 tablespoon (1 NLEA serving)

Measure 2 = 13.8g: 1 tbsp

Measure 3 = 174g: 1 cup

**Calories Factors: Protein** 4.05

**Fat** 8.37

**Carbohydrate**4.12

**Food Group:** 08 Breakfast Cereals

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Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.5		0	FLM	4		0.1	0.9	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.222		0	FLM	4		0.026	0.396	
4:0.....g	0.000		0	FLM	4		0.000	0.000	
6:0.....g	0.000		0	FLM	4		0.000	0.000	
8:0.....g	0.000		0	FLM	4		0.000	0.000	
10:0.....g	0.000		0	FLM	4		0.000	0.000	
12:0.....g	0.000		0	FLM	4		0.000	0.000	
13:0.....g									
14:0.....g	0.001		0	FLM	4		0.000	0.002	
15:0.....g									
16:0.....g	0.208		0	FLM	4		0.024	0.370	
17:0.....g									
18:0.....g	0.014		0	FLM	4		0.002	0.024	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.192		0	FLM	4		0.022	0.342	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0	FLM	4		0.001	0.008	
17:1.....g									
18:1 undifferentiated.....g	0.188		0	FLM	4		0.022	0.334	
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		0.089	1.378	
18:2 undifferentiated.....g	0.692		0	FLM	4		0.080	1.232	
18:3 undifferentiated.....g	0.082		0	FLM	4		0.009	0.146	
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 (EPA).....g	0.000		0	FLM	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3 (DHA).....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									
<b>Amino Acids:</b>									
Tryptophan.....g	0.145		0		1		0.017	0.258	
Threonine.....g	0.332		0		1		0.038	0.591	
Isoleucine.....g	0.460		0		1		0.053	0.819	
Leucine.....g	0.800		0		1		0.092	1.424	
Lysine.....g	0.272		0		1		0.031	0.484	
Methionine.....g	0.196		0		1		0.023	0.349	
Cystine.....g	0.238		0		1		0.027	0.424	
Phenylalanine.....g	0.571		0		1		0.066	1.016	
Tyrosine.....g	0.335		0		1		0.039	0.596	
Valine.....g	0.513		0		1		0.059	0.913	
Arginine.....g	0.457		0		1		0.053	0.813	
Histidine.....g	0.242		0		1		0.028	0.431	
Alanine.....g	0.369		0		1		0.042	0.657	
Aspartic acid.....g	0.498		0		1		0.057	0.886	
Glutamic acid.....g	3.928		0		1		0.452	6.992	
Glycine.....g	0.408		0		1		0.047	0.726	

NDB No. 08106

Cereals, CREAM OF WHEAT, instant, dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Proline.....g	1.289		0		1	0.148	2.294
Serine.....g	0.596		0		1	0.069	1.061
Hydroxyproline.....g							
<b>Others:</b>							
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

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

**Common Measures:**

Measure 1 = 11.5g: 1 tbsp

Measure 2 = 178g: 1 cup

\*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 28 (2015)





Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Vitamin D.....IU								
Vitamin K (phylloquinone).....µg	0.1		0	FLA	4	0.2	0.0	0.2
Dihydrophylloquinone.....µg								
Menaquinone-4.....µg								
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.038		0	FLA	4	0.093	0.006	0.070
4:0.....g	0.000		0	FLA	4	0.000	0.000	0.000
6:0.....g	0.000		0	FLA	4	0.000	0.000	0.000
8:0.....g	0.000		0	FLA	4	0.000	0.000	0.000
10:0.....g	0.000		0	FLA	4	0.000	0.000	0.000
12:0.....g	0.000		0	FLA	4	0.000	0.000	0.000
13:0.....g								
14:0.....g	0.000		0	FLA	4	0.000	0.000	0.000
15:0.....g								
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 (EPA).....g	0.000		0	FLA	4	0.000	0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0	FLA	4	0.000	0.000	0.000
22:6 n-3 (DHA).....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								
<b>Amino Acids:</b>								
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

NDB No. 08107

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

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

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

**Common Measures:**

Measure 1 = 241g: 1 cup

Measure 2 = 15g: 1 tbsp

Measure 3 = 181g: .75 cup

**Calories Factors: Protein** 4.05

**Fat** 8.37

**Carbohydrate**4.12

**Food Group:** 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 08169

Cereals, CREAM OF WHEAT, regular (10 minute), 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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.033		0	RP	4		0.083		
4:0.....g	0.000		0	RP	4		0.000		
6:0.....g	0.000		0	RP	4		0.000		
8:0.....g	0.000		0	RP	4		0.000		
10:0.....g	0.000		0	RP	4		0.000		
12:0.....g	0.000		0	RP	4		0.000		
13:0.....g									
14:0.....g	0.000		0	RP	4		0.000		
15:0.....g									
16:0.....g	0.031		0	RP	4		0.078		
17:0.....g									
18:0.....g	0.002		0	RP	4		0.005		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.029		0	RP	4		0.072		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	RP	4		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.028		0	RP	4		0.070		
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	0.115		0	RP	4		0.290		
18:2 undifferentiated.....g	0.103		0	RP	4		0.259		
18:3 undifferentiated.....g	0.012		0	RP	4		0.031		
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 (EPA).....g	0.000		0	RP	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RP	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	RP	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RP	4		0		
Phytosterols.....mg	0		0	RP	4		0		
<b>Amino Acids:</b>									
Tryptophan.....g	0.020		0	RP	4		0.051		
Threonine.....g	0.046		0	RP	4		0.115		
Isoleucine.....g	0.064		0	RP	4		0.161		
Leucine.....g	0.111		0	RP	4		0.278		
Lysine.....g	0.038		0	RP	4		0.095		
Methionine.....g	0.027		0	RP	4		0.069		
Cystine.....g	0.033		0	RP	4		0.083		
Phenylalanine.....g	0.079		0	RP	4		0.199		
Tyrosine.....g	0.047		0	RP	4		0.117		
Valine.....g	0.071		0	RP	4		0.178		
Arginine.....g	0.063		0	RP	4		0.159		
Histidine.....g	0.034		0	RP	4		0.085		
Alanine.....g	0.051		0	RP	4		0.128		
Aspartic acid.....g	0.069		0	RP	4		0.173		
Glutamic acid.....g	0.544		0	RP	4		1.365		
Glycine.....g	0.057		0	RP	4		0.142		
Proline.....g	0.179		0	RP	4		0.449		
Serine.....g	0.083		0	RP	4		0.207		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	RP	4		0.0		
Caffeine.....mg	0		0	RP	4		0		

NDB No. 08169

Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt

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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
Theobromine.....mg	0		0	RP	4		0		

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

**Common Measures:**

Measure 1 = 251g: 1 cup (1 serving)

\*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 28 (2015)



Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.033		0	RP	4		0.082	0.005	
4:0.....g	0.000		0	RP	4		0.000	0.000	
6:0.....g	0.000		0	RP	4		0.000	0.000	
8:0.....g	0.000		0	RP	4		0.000	0.000	
10:0.....g	0.000		0	RP	4		0.000	0.000	
12:0.....g	0.000		0	RP	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	RP	4		0.000	0.000	
15:0.....g									
16:0.....g	0.031		0	RP	4		0.077	0.005	
17:0.....g									
18:0.....g	0.002		0	RP	4		0.005	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.028		0	RP	4		0.071	0.005	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	RP	4		0.002	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.028		0	RP	4		0.069	0.004	
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	0.114		0	RP	4		0.286	0.018	
18:2 undifferentiated.....g	0.102		0	RP	4		0.256	0.016	
18:3 undifferentiated.....g	0.012		0	RP	4		0.030	0.002	
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 (EPA).....g	0.000		0	RP	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RP	4		0.000	0.000	
22:6 n-3 (DHA).....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									
<b>Amino Acids:</b>									
Tryptophan.....g	0.020		0	RP	4		0.050	0.003	
Threonine.....g	0.045		0	RP	4		0.114	0.007	
Isoleucine.....g	0.063		0	RP	4		0.159	0.010	
Leucine.....g	0.110		0	RP	4		0.275	0.018	
Lysine.....g	0.037		0	RP	4		0.094	0.006	
Methionine.....g	0.027		0	RP	4		0.068	0.004	
Cystine.....g	0.033		0	RP	4		0.082	0.005	
Phenylalanine.....g	0.078		0	RP	4		0.196	0.013	
Tyrosine.....g	0.046		0	RP	4		0.115	0.007	
Valine.....g	0.070		0	RP	4		0.176	0.011	
Arginine.....g	0.063		0	RP	4		0.157	0.010	
Histidine.....g	0.033		0	RP	4		0.084	0.005	
Alanine.....g	0.050		0	RP	4		0.127	0.008	
Aspartic acid.....g	0.068		0	RP	4		0.171	0.011	
Glutamic acid.....g	0.537		0	RP	4		1.348	0.086	
Glycine.....g	0.056		0	RP	4		0.140	0.009	
Proline.....g	0.177		0	RP	4		0.444	0.028	
Serine.....g	0.082		0	RP	4		0.205	0.013	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	RP	4		0.0	0.0	
Caffeine.....mg	0		0	RP	4		0	0	



NDB No. 08103

Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt

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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Theobromine.....mg	0		0	RP	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 = 251g: 1 cup (1 serving)

Measure 2 = 16g: 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 28 (2015)



Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	0.5		0	FLA	4		0.1	0.2	0.9
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.238		0	FLA	4		0.025	0.078	0.411
4:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
12:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.001		0	FLA	4		0.000	0.000	0.002
15:0.....g									
16:0.....g	0.223		0	FLA	4		0.024	0.074	0.385
17:0.....g									
18:0.....g	0.014		0	FLA	4		0.001	0.005	0.024
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.205		0	FLA	4		0.022	0.068	0.355
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0	FLA	4		0.001	0.002	0.008
17:1.....g									
18:1 undifferentiated.....g	0.200		0	FLA	4		0.021	0.066	0.346
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	0.829		0	FLA	4		0.088	0.274	1.434
18:2 undifferentiated.....g	0.741		0	FLA	4		0.079	0.244	1.282
18:3 undifferentiated.....g	0.088		0	FLA	4		0.009	0.029	0.153
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 (EPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.145		0		1		0.015	0.048	0.251
Threonine.....g	0.330		0		1		0.035	0.109	0.571
Isoleucine.....g	0.461		0		1		0.049	0.152	0.798
Leucine.....g	0.796		0		1		0.084	0.263	1.377
Lysine.....g	0.271		0		1		0.029	0.089	0.469
Methionine.....g	0.196		0		1		0.021	0.065	0.339
Cystine.....g	0.237		0		1		0.025	0.078	0.410
Phenylalanine.....g	0.568		0		1		0.060	0.187	0.983
Tyrosine.....g	0.334		0		1		0.035	0.110	0.578
Valine.....g	0.510		0		1		0.054	0.168	0.882
Arginine.....g	0.455		0		1		0.048	0.150	0.787
Histidine.....g	0.242		0		1		0.026	0.080	0.419
Alanine.....g	0.367		0		1		0.039	0.121	0.635
Aspartic acid.....g	0.495		0		1		0.052	0.163	0.856
Glutamic acid.....g	3.903		0		1		0.414	1.288	6.752
Glycine.....g	0.406		0		1		0.043	0.134	0.702

NDB No. 08102

Cereals, CREAM OF WHEAT, regular, 10 minute cooking, 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		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
Proline.....g	1.285		0		1	0.136	0.424	2.223
Serine.....g	0.593		0		1	0.063	0.196	1.026
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4	0	0	0
Theobromine.....mg	0		0	FLA	4	0	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 = 10.6g: 1 tbsp

Measure 2 = 33g: 3 tbsp (1 NLEA serving)

Measure 3 = 173g: 1 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 28 (2015)

NDB No. 08562

Cereals, KASHI GO LEAN Hot Cereal, Creamy TRULY VANILLA, dry

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
<b>Proximates:</b>									
Water.....g	6.98		0	MC	9		2.79		
Energy.....kcal	360		0	MC	9		144		
Energy.....kJ	1506		0	MC	9		602		
Protein (N x 6.25).....g	22.29		0	MC	9		8.92		
Total lipid (fat).....g	5.30		0	MC	9		2.12		
Ash.....g	4.30		0	MC	9		1.72		
Carbohydrate, by difference.....g	61.09		0	MC	9		24.44		
Fiber, total dietary.....g	18.5		0	MC	9		7.4		
Sugars, total.....g	14.80		0	MC	9		5.92		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	95		0	MC	9		38		
Iron, Fe.....mg	2.70		0	MC	9		1.08		
Magnesium, Mg.....mg	21		0	MC	9		8		
Phosphorus, P.....mg	117		0	MC	9		47		
Potassium, K.....mg	661		0	MC	9		264		
Sodium, Na.....mg	274		0	MC	9		110		
Zinc, Zn.....mg	0.60		0	MC	9		0.24		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.200		0	MC	9		0.080		
Riboflavin.....mg	0.070		0	MC	9		0.028		
Niacin.....mg	0.800		0	MC	9		0.320		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.020		0	MC	9		0.008		
Folate, total.....µg	15		0	MC	9		6		
Folic acid.....µg									
Folate, food.....µg	15		0	MC	9		6		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	1		0	MC	9		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.890		0	MC	9		0.356		

NDB No. 08562

Cereals, KASHI GO LEAN Hot Cereal, Creamy TRULY VANILLA, dry

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				Confidence
			Points	Code	Code	Code			
Fatty acids, total monounsaturated.....g	1.600		0	MC	9		0.640		
Fatty acids, total polyunsaturated.....g	2.590		0	MC	9		1.036		
Fatty acids, total trans.....g	0.000		0	MC	9		0.000		
Cholesterol.....mg	1		0	MC	9		0		
Phytosterols.....mg									

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

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 08561

Cereals, KASHI GO LEAN Hot Cereal, Hearty Honey & Cinnamon, dry

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
<b>Proximates:</b>									
Water.....g	5.90		0	MC	9		2.36		
Energy.....kcal	367		0	MC	9		147		
Energy.....kJ	1536		0	MC	9		614		
Protein (N x 6.25).....g	18.39		0	MC	9		7.36		
Total lipid (fat).....g	5.30		0	MC	9		2.12		
Ash.....g	2.40		0	MC	9		0.96		
Carbohydrate, by difference.....g	68.00		0	MC	9		27.20		
Fiber, total dietary.....g	12.0		0	MC	9		4.8		
Sugars, total.....g	17.70		0	MC	9		7.08		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	66		0	MC	9		26		
Iron, Fe.....mg	3.70		0	MC	9		1.48		
Magnesium, Mg.....mg	68		0	MC	9		27		
Phosphorus, P.....mg	241		0	MC	9		96		
Potassium, K.....mg	586		0	MC	9		234		
Sodium, Na.....mg	273		0	MC	9		109		
Zinc, Zn.....mg	0.89		0	MC	9		0.36		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.0		0	MC	9		0.4		
Thiamin.....mg	0.230		0	MC	9		0.092		
Riboflavin.....mg	0.070		0	MC	9		0.028		
Niacin.....mg	1.100		0	MC	9		0.440		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.050		0	MC	9		0.020		
Folate, total.....µg	11		0	MC	9		4		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	11		0	MC	9		4		
Folate, DFE.....µg	11		0	NC	4		4		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	12		0	MC	9		5		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.800		0	MC	9				

NDB No. 08561

Cereals, KASHI GO LEAN Hot Cereal, Hearty Honey & Cinnamon, dry

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number			<u>measures of food</u>			
			of Data	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			
Fatty acids, total saturated.....g	0.800			MC	9		0.320		
Fatty acids, total monounsaturated.....g	1.790		0	MC	9		0.716		
Fatty acids, total polyunsaturated.....g	2.000		0	MC	9		0.800		
Fatty acids, total trans.....g	0.000		0	MC	9		0.000		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)





NDB No. 08568

Cereals, KASHI HEART TO HEART, Instant Oatmeal, Apple Cinnamon, dry

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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			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code	Code					

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

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 08569

Cereals, KASHI HEART TO HEART, Instant Oatmeal, golden brown maple, dry

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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

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

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 08702

Cereals, KELLOGG'S SPECIAL K NOURISH, Cinnamon Raisin Pecan, dry

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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 Container (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 28 (2015)



NDB No. 08703

Cereals, KELLOGG'S SPECIAL K NOURISH, Cranberry Almond, dry

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 Container (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 28 (2015)





NDB No. 08704

Cereals, KELLOGG'S SPECIAL K NOURISH, Maple Brown Sugar Crunch, dry

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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 Container (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 28 (2015)



NDB No. 08488

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

Others:

Alcohol, ethyl.....g									
Caffeine.....mg	0		0	MC	9		0		
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 = 35g: 3 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 28 (2015)

NDB No. 08489

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

MOM Brands

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	5.90		0	MC	9		2.66		
Energy.....kcal	368		0	MC	9		165		
Energy.....kJ	1538		0	MC	9		692		
Protein (N x 6.25).....g	8.82		0	MC	9		3.97		
Total lipid (fat).....g	0.47		0	MC	9		0.21		
Ash.....g	4.29		0	NC	4		1.93		
Carbohydrate, by difference.....g	80.52		0	MC	9		36.23		
Fiber, total dietary.....g	1.8		0	MC	9		0.8		
Sugars, total.....g	28.00		0	MC	9		12.60		
Starch.....g									
<b>Minerals:</b>									
* Calcium, Ca.....mg	318		0	MC	9		143		
* Iron, Fe.....mg	31.29		0	MC	9		14.08		
Magnesium, Mg.....mg	15		0	MC	9		7		
Phosphorus, P.....mg	125		0	MC	9		56		
Potassium, K.....mg	130		0	MC	9		59		
Sodium, Na.....mg	5		0	MC	9		2		
Zinc, Zn.....mg	0.50		0	MC	9		0.23		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.0		0	MC	9		0.5		
* Thiamin.....mg	1.050		0	MC	9		0.473		
* Riboflavin.....mg	0.930		0	MC	9		0.419		
* Niacin.....mg	17.120		0	MC	9		7.704		
Pantothenic acid.....mg									
* Vitamin B-6.....mg	1.740		0	MC	9		0.783		
Folate, total.....µg	889		0	LC	8		400		
* Folic acid.....µg	870		0	NR	4		392		
Folate, food.....µg	19		0	CAZN	4		9		
Folate, DFE.....µg	1498		0	NC	4		674		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	1		0	MC	9		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.03		0	MC	9		0.01		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	MC	9		0.0		
Vitamin D.....IU	0		0	MC	9		0		
Vitamin K (phylloquinone).....µg	0.0		0	MC	9		0.0		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 08489

Cereals, 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 measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Fatty acids, total saturated.....g	0.090		0	MC	9	0.041		
Fatty acids, total monounsaturated.....g	0.050		0	MC	9	0.023		
Fatty acids, total polyunsaturated.....g	0.200		0	MC	9	0.090		
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	MC	9	0		
Phytosterols.....mg								
<b>Others:</b>								
Alcohol, ethyl.....g								
Caffeine.....mg	0		0	MC	9	0		
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 = 45g: .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 28 (2015)

NDB No. 08177

Cereals, MALT-O-MEAL, chocolate, dry

MOM Brands

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	6.69		0	MC	9		2.34		
Energy.....kcal	363		0	MC	9		127		
Energy.....kJ	1520		0	MC	9		532		
Protein (N x 5.7).....g	10.60		0	MC	9		3.71		
Total lipid (fat).....g	0.82		0	MC	9		0.29		
Ash.....g	2.34		0	NC	4		0.82		
Carbohydrate, by difference.....g	79.55		0	MC	9		27.84		
Fiber, total dietary.....g	2.8		0	MC	9		1.0		
Sugars, total.....g	16.63		0	MC	9		5.82		
Starch.....g									
<b>Minerals:</b>									
* Calcium, Ca.....mg	375		0	MC	9		131		
* Iron, Fe.....mg	42.88		0	MC	9		15.01		
Magnesium, Mg.....mg	33		0	MC	9		11		
Phosphorus, P.....mg	124		0	MC	9		43		
Potassium, K.....mg	245		0	MC	9		86		
Sodium, Na.....mg	10		0	MC	9		4		
Zinc, Zn.....mg	0.87		0	MC	9		0.30		
Copper, Cu.....mg	0.079		0		1		0.028		
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
* Thiamin.....mg	1.250		0	MC	9		0.438		
* Riboflavin.....mg	1.120		0	MC	9		0.392		
* Niacin.....mg	20.310		0	MC	9		7.109		
Pantothenic acid.....mg	0.416		0		1		0.146		
* Vitamin B-6.....mg	2.050		0	MC	9		0.718		
* Folate, total.....µg	1143		0	LC	8		400		
* Folic acid.....µg	1115		0	NR	4		390		
Folate, food.....µg	28		0	CAZN	4		10		
Folate, DFE.....µg	1924		0	NC	4		673		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....µg	0		0	AS	1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	0		0	Z	7		0		
Carotene, alpha.....µg	0		0	Z	7		0		
Cryptoxanthin, beta.....µg	0		0	Z	7		0		
Vitamin A, IU.....IU	2		0	MC	9		1		
Lycopene.....µg	0		0	Z	7		0		
Lutein + zeaxanthin.....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	2.07		0	MC	9		0.72		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	MC	9		0.0		
Vitamin D.....IU	0		0	MC	9		0		
Vitamin K (phylloquinone).....µg	0.0		0	MC	9		0.0		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.310		0	MC	9		0.109		
Fatty acids, total monounsaturated.....g	0.180		0	MC	9		0.063		
Fatty acids, total polyunsaturated.....g	0.200		0	MC	9		0.070		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	3		0	CAZN	4		1		
Theobromine.....mg	97		0	CAZN	4		34		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 (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 28 (2015)





NDB No. 08512

Cereals, MALT-O-MEAL, chocolate, prepared with water, without salt

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			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
<u>Others:</u>								
Alcohol, ethyl.....g								
Caffeine.....mg	0		0	MC	9	0		
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 = 268g: 1 serving (3 T dry cereal plus 1 cup water)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 08116

Cereals, MALT-O-MEAL, original, 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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.080		0	MC	9		0.028		
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	0.000		0	FLM	4		0.000		
13:0.....g									
14:0.....g	0.001		0	FLM	4		0.000		
15:0.....g									
16:0.....g	0.069		0	FLM	4		0.024		
17:0.....g									
18:0.....g	0.008		0	FLM	4		0.003		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.050		0	MC	9		0.018		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.048		0	FLM	4		0.017		
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	0.250		0	MC	9		0.088		
18:2 undifferentiated.....g	0.227		0	FLM	4		0.079		
18:3 undifferentiated.....g	0.023		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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g	0.000		0	LC	8		0.000		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	MC	9		0		
Theobromine.....mg	0		0	Z	7		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 = 35g: 3 tbsp (1 NLEA serving)

\*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 28 (2015)



NDB No. 08511

Cereals, MALT-O-MEAL, original, plain, prepared with water, without salt

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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
<u>Others:</u>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	MC	9		0		
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 = 268g: 1 serving (3 T dry cereal plus 1 cup water)

\*Vitamin or mineral added for enrichment or fortification

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 08240

Cereals, Oat Bran, QUAKER, QUAKER/MOTHER'S Oat Bran, prepared with water, salt

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
<b>Proximates:</b>									
Water.....g	88.98		0	RA		4			
Energy.....kcal	43		0	RA		4			
Energy.....kJ	180					4			
Protein.....g	2.03		0	RA		4			
Total lipid (fat).....g	0.95		0	RA		4			
Ash.....g	0.57		0	RA		4			
Carbohydrate, by difference.....g	7.49		0	RA		4			
Fiber, total dietary.....g	1.7		0	RA		4			
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	11		0	RA		4			
Iron, Fe.....mg	0.97		0	RA		4			
Magnesium, Mg.....mg	30		0	RA		4			
Phosphorus, P.....mg	82		0	RA		4			
Potassium, K.....mg	69		0	RA		4			
Sodium, Na.....mg	46		0	RA		4			
Zinc, Zn.....mg	0.53		0	RA		4			
Copper, Cu.....mg	0.041		0	RA		4			
Manganese, Mn.....mg	0.678		0	RA		4			
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	RA		4			
Thiamin.....mg	0.115		0	RA		4			
Riboflavin.....mg	0.036		0	RA		4			
Niacin.....mg	0.095		0	RA		4			
Pantothenic acid.....mg	0.101		0	RA		4			
Vitamin B-6.....mg	0.013		0	RA		4			
Folate, total.....µg	5		0	RA		4			
Folic acid.....µg	0		0	Z		7			
Folate, food.....µg	5		0	RA		4			
Folate, DFE.....µg	5		0	NC		4			
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	RA		4			
Vitamin A, RAE.....µg	1		0	NC		4			
Retinol.....µg	0		0	Z		7			
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	12		0	RA		4			
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 08240

Cereals, Oat Bran, QUAKER, QUAKER/MOTHER'S Oat Bran, prepared with water, salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.170		0	RA	4				
4:0.....g	0.000		0	RA	4				
6:0.....g	0.000		0	RA	4				
8:0.....g	0.000		0	RA	4				
10:0.....g	0.000		0	RA	4				
12:0.....g	0.003		0	RA	4				
13:0.....g									
14:0.....g	0.001		0	RA	4				
15:0.....g									
16:0.....g	0.140		0	RA	4				
17:0.....g									
18:0.....g	0.009		0	RA	4				
20:0.....g									
22:0.....g									
24:0.....g									
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 (EPA).....g	0.000		0	RA	4				
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RA	4				
22:6 n-3 (DHA).....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 28 (2015)





NDB No. 08449

Cereals, QUAKER, Instant Grits Product with American Cheese Flavor, dry

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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	Measure 1	Measure 2	Measure 3
			of Data	Code	Code			
		Points	Code	Code				

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 (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 28 (2015)



NDB No. 08221

Cereals, QUAKER, Instant Grits, Butter flavor, dry

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Others:</b>									
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 (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 28 (2015)



NDB No. 08096

Cereals, QUAKER, Instant Grits, Country Bacon flavor, dry

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Others:</b>									
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 (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 28 (2015)



NDB No. 08450

Cereals, QUAKER, Instant Grits, Ham 'n' Cheese flavor, dry

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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	Measure 1	Measure 2	Measure 3
			of Data	Code	Code			
		Points	Code	Code				

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 (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 28 (2015)





NDB No. 08444

Cereals, QUAKER, Instant Grits, Redeye Gravy & Country Ham flavor, dry

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 (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 28 (2015)

NDB No. 08640

Cereals, QUAKER, Instant Oatmeal Organic, Regular

The Quaker Oats, Co.

instant oatmeal, not fortified, no added 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
<b>Proximates:</b>									
Water.....g	8.80		0	MC	9		3.61		
Energy.....kcal	367		0	MC	9		150		
Energy.....kJ	1536		0	MC	9		630		
Protein (N x 6.25).....g	16.00		0	MC	9		6.56		
Total lipid (fat).....g	6.30		0	MC	9		2.58		
Ash.....g	1.90		0	MC	9		0.78		
Carbohydrate, by difference.....g	67.00		0	MC	9		27.47		
Fiber, total dietary.....g	9.8		0	MC	9		4.0		
Sugars, total.....g	1.00		0	MC	9		0.41		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	52		0	MC	9		21		
Iron, Fe.....mg	4.20		0	MC	9		1.72		
Magnesium, Mg.....mg	148		0	MC	9		61		
Phosphorus, P.....mg	474		0	MC	9		194		
Potassium, K.....mg	350		0	MC	9		144		
Sodium, Na.....mg	4		0	MC	9		2		
Zinc, Zn.....mg	3.07		0	MC	9		1.26		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.730		0	MC	9		0.299		
Riboflavin.....mg	0.140		0	MC	9		0.057		
Niacin.....mg	0.780		0	MC	9		0.320		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.120		0	MC	9		0.049		
Folate, total.....µg	32		0	MC	9		13		
Folic acid.....µg									
Folate, food.....µg	32		0	MC	9		13		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.47		0	MC	9		0.19		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.110		0	MC	9				

**NDB No. 08640**  
**Cereals, QUAKER, Instant Oatmeal Organic, Regular**

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			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Fatty acids, total saturated.....g	1.110			MC	9	0.455		
Fatty acids, total monounsaturated.....g	1.980		0	MC	9	0.812		
Fatty acids, total polyunsaturated.....g	2.300		0	MC	9	0.943		
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 = 41g: 1 packet

**Calories Factors: Protein                      Fat                      Carbohydrate**

**Food Group:** 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 08642

Cereals, QUAKER, Instant Oatmeal, Apple and Cinnamon, reduced sugar

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 packet (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 28 (2015)



NDB No. 08417

Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 (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 28 (2015)





NDB No. 08639

Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 packet (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 28 (2015)



NDB No. 08688

Cereals, QUAKER, Instant Oatmeal, Cinnamon Swirl, high fiber

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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	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code			

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

**Common Measures:**

Measure 1 = 45g: 1 packet (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 28 (2015)

NDB No. 08410

Cereals, **QUAKER**, Instant Oatmeal, Cinnamon-Spice, 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
<b>Proximates:</b>									
Water.....g	7.37	0.054	4	A	1		3.17		
Energy.....kcal	369		0	MC	9		158		
Energy.....kJ	1542		0	MC	9		663		
Protein (N x 6.25).....g	10.39	0.203	4	A	1		4.47		
Total lipid (fat).....g	5.10	0.108	4	A	1		2.19		
Ash.....g	2.63	0.069	4	A	1		1.13		
Carbohydrate, by difference.....g	74.52		0	NC	4		32.04		
Fiber, total dietary.....g	8.2		1	A	1		3.5		
Sugars, total.....g	21.14		2	A	1		9.09		
Sucrose.....g	20.39		2	A	1		8.77		
Glucose (dextrose).....g	0.25		2	A	1		0.11		
Fructose.....g	0.20		2	A	1		0.09		
Lactose.....g	0.10		2	A	1		0.04		
Maltose.....g	0.10		2	A	1		0.04		
Galactose.....g	0.10		2	A	1		0.04		
Starch.....g	45.27	0.233	3	A	1		19.46		
<b>Minerals:</b>									
* Calcium, Ca.....mg	229	9.354	4	A	1		98		
* Iron, Fe.....mg	8.31	0.227	4	A	1		3.57		
Magnesium, Mg.....mg	99	1.033	4	A	1		42		
Phosphorus, P.....mg	353	3.838	4	A	1		152		
Potassium, K.....mg	303	3.291	4	A	1		130		
Sodium, Na.....mg	416	24.187	4	A	1		179		
Zinc, Zn.....mg	2.60	0.066	4	A	1		1.12		
Copper, Cu.....mg	0.345	0.010	4	A	1		0.148		
Manganese, Mn.....mg	2.790	0.061	4	A	1		1.200		
Selenium, Se.....µg	2.9		2	A	1		1.2		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.1		0	MC	9		0.1		
* Thiamin.....mg	0.717		0	MC	9		0.308		
* Riboflavin.....mg	0.813		0	MC	9		0.350		
* Niacin.....mg	9.200		0	MC	9		3.956		
Pantothenic acid.....mg	0.940		1	A	1		0.404		
* Vitamin B-6.....mg	0.862		0	MC	9		0.371		
* Folate, total.....µg	191		0	MC	9		82		
* Folic acid.....µg	175		0	NR	4		75		
Folate, food.....µg	17		0	FLA	4		7		
Folate, DFE.....µg	314		0	NC	4		135		
Choline, total.....mg	29.0		0	FLA	4		12.5		
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....µg	440		0	AS	1		189		
Retinol.....µg	440		1	A	1		189		
Carotene, beta.....µg	1		0	FLA	4		0		
Carotene, alpha.....µg	0		0	FLA	4		0		
Cryptoxanthin, beta.....µg	1		0	FLA	4		0		
* Vitamin A, IU.....IU	1467		0	AS	1		631		
Lycopene.....µg	0		0	FLA	4		0		
Lutein + zeaxanthin.....µg	123		0	FLA	4		53		
Vitamin E (alpha-tocopherol).....mg	0.50		1	A	1		0.22		
Tocopherol, beta.....mg	0.18		1	A	1		0.08		
Tocopherol, gamma.....mg	0.00		1	A	1		0.00		
Tocopherol, delta.....mg	0.00		1	A	1		0.00		
Tocotrienol, alpha.....mg	0.85		1	A	1		0.37		
Tocotrienol, beta.....mg	0.10		1	A	1		0.04		
Tocotrienol, gamma.....mg	0.00		1	A	1		0.00		
Tocotrienol, delta.....mg	0.00		1	A	1		0.00		

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 Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Vitamin D (D2 + D3).....µg	0.0		0	Z		7		0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	MC		9		0	
Vitamin K (phylloquinone).....µg	1.9		2	A		1		0.8	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.808		0	NC		4		0.347	
4:0.....g	0.000		1	A		1		0.000	
6:0.....g	0.000		1	A		1		0.000	
8:0.....g	0.000		1	A		1		0.000	
10:0.....g	0.000		1	A		1		0.000	
12:0.....g	0.000		1	A		1		0.000	
13:0.....g									
14:0.....g	0.010		1	A		1		0.004	
15:0.....g	0.002		1	A		1		0.001	
16:0.....g	0.720		1	A		1		0.310	
17:0.....g	0.002		1	A		1		0.001	
18:0.....g	0.060		1	A		1		0.026	
20:0.....g	0.006		1	A		1		0.003	
22:0.....g	0.004		1	A		1		0.002	
24:0.....g	0.004		1	A		1		0.002	
Fatty acids, total monounsaturated.....g	1.575		0	NC		4		0.677	
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		0	AS		1		0.004	
16:1 c.....g	0.010		1	A		1		0.004	
16:1 t.....g	0.000		1	A		1		0.000	
17:1.....g	0.001		1	A		1		0.000	
18:1 undifferentiated.....g	1.530		0	AS		1		0.658	
18:1 c.....g	1.530		1	A		1		0.658	
18:1 t.....g	0.000		1	A		1		0.000	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.030		1	A		1		0.013	
22:1 undifferentiated.....g	0.004		0	AS		1		0.002	
22:1 c.....g	0.004		1	A		1		0.002	
22:1 t.....g	0.000		1	A		1		0.000	
24:1 c.....g	0.000		1	A		1		0.000	
Fatty acids, total polyunsaturated.....g	1.767		0	NC		4		0.760	
18:2 undifferentiated.....g	1.702		0	AS		1		0.732	
18:2 n-6 c,c.....g	1.700		1	A		1		0.731	
18:2 CLAs.....g	0.000		1	A		1		0.000	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.002		1	A		1		0.001	
18:3 undifferentiated.....g	0.062		0	AS		1		0.027	
18:3 n-3 c,c,c (ALA).....g	0.060		1	A		1		0.026	
18:3 n-6 c,c,c.....g	0.002		1	A		1		0.001	
18:3i.....g									
18:4.....g	0.000		1	A		1		0.000	
20:2 n-6 c,c.....g	0.003		1	A		1		0.001	
20:3 undifferentiated.....g	0.000		0	AS		1		0.000	
20:3 n-3.....g	0.000		1	A		1		0.000	
20:3 n-6.....g	0.000		1	A		1		0.000	
20:4 undifferentiated.....g	0.000		1	A		1		0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	A		1		0.000	
21:5.....g									
22:4.....g	0.000		1	A		1		0.000	
22:5 n-3 (DPA).....g	0.000		1	A		1		0.000	
22:6 n-3 (DHA).....g	0.000		1	A		1		0.000	
Fatty acids, total trans.....g	0.002		0	NC		4		0.001	

NDB No. 08410

Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, 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			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4	0.000		
Fatty acids, total trans-polyenoic.....g	0.002		0	NC	4	0.001		
Cholesterol.....mg	0		0	MC	9	0		
Phytosterols.....mg								
<b>Others:</b>								
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 = 43g: 1 packet (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 28 (2015)





NDB No. 08411

Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS, Brown Sugar, dry

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Others:</b>									
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 = 50g: 1 packet (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 28 (2015)

NDB No. 08436

Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, 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
<b>Proximates:</b>									
Water.....g	8.45	0.083	4	A	1		3.63		
Energy.....kcal	360		0	MC	9		155		
Energy.....kJ	1507		0	MC	9		648		
Protein.....g	9.11	0.141	4	A	1		3.92		
Total lipid (fat).....g	4.00	0.128	4	A	1		1.72		
Ash.....g	2.76	0.027	4	A	1		1.19		
Carbohydrate, by difference.....g	75.68		0	NC	4		32.54		
Fiber, total dietary.....g	5.8		1	A	1		2.5		
Sugars, total.....g	35.65		2	A	1		15.33		
Sucrose.....g	20.05		2	A	1		8.62		
Glucose (dextrose).....g	7.60		2	A	1		3.27		
Fructose.....g	7.70		2	A	1		3.31		
Lactose.....g	0.10		2	A	1		0.04		
Maltose.....g	0.10		2	A	1		0.04		
Galactose.....g	0.10		2	A	1		0.04		
Starch.....g	31.78		2	A	1		13.66		
<b>Minerals:</b>									
* Calcium, Ca.....mg	235	3.629	4	A	1		101		
* Iron, Fe.....mg	9.10	0.262	4	A	1		3.91		
Magnesium, Mg.....mg	82	0.389	4	A	1		35		
Phosphorus, P.....mg	292	2.056	4	A	1		126		
Potassium, K.....mg	360	7.157	4	A	1		155		
Sodium, Na.....mg	440	10.443	4	A	1		189		
Zinc, Zn.....mg	1.98	0.032	4	A	1		0.85		
Copper, Cu.....mg	0.318	0.005	4	A	1		0.137		
Manganese, Mn.....mg	2.043	0.073	4	A	1		0.878		
Selenium, Se.....µg	2.9		2	A	1		1.2		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.7		0	MC	9		0.3		
* Thiamin.....mg	0.790		2	A	1		0.340		
* Riboflavin.....mg	0.670		2	A	1		0.288		
* Niacin.....mg	10.470		2	A	1		4.502		
Pantothenic acid.....mg	0.830		1	A	1		0.357		
* Vitamin B-6.....mg	1.110		2	A	1		0.477		
* Folate, total.....µg	213		0	MC	9		91		
* Folic acid.....µg	193		0	NR	4		83		
Folate, food.....µg	19		0	FLM	4		8		
Folate, DFE.....µg	348		0	NC	4		150		
Choline, total.....mg	25.6		0	FLM	4		11.0		
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....µg	494		0	AS	1		212		
Retinol.....µg	494		1	A	1		212		
Carotene, beta.....µg	0		0	FLM	4		0		
Carotene, alpha.....µg	0		0	FLM	4		0		
Cryptoxanthin, beta.....µg	0		0	FLM	4		0		
* Vitamin A, IU.....IU	1646		0	AS	1		708		
Lycopene.....µg	0		0	FLM	4		0		
Lutein + zeaxanthin.....µg	104		0	FLM	4		45		
Vitamin E (alpha-tocopherol).....mg	0.40		1	A	1		0.17		
Tocopherol, beta.....mg	0.26		1	A	1		0.11		
Tocopherol, gamma.....mg	0.00		1	A	1		0.00		
Tocopherol, delta.....mg	0.02		1	A	1		0.01		
Tocotrienol, alpha.....mg	0.57		1	A	1		0.25		
Tocotrienol, beta.....mg	0.07		1	A	1		0.03		
Tocotrienol, gamma.....mg	0.00		1	A	1		0.00		
Tocotrienol, delta.....mg	0.00		1	A	1		0.00		

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	Deriv Code					
Vitamin D (D2 + D3).....µg	0.0		0	FLM	4		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	MC	9		0		
Vitamin K (phylloquinone).....µg	2.3		2	A	1		1.0		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.605		0	NC	4		0.260		
4:0.....g	0.000		1	A	1		0.000		
6:0.....g	0.000		1	A	1		0.000		
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.010		1	A	1		0.004		
15:0.....g	0.001		1	A	1		0.000		
16:0.....g	0.530		1	A	1		0.228		
17:0.....g	0.002		1	A	1		0.001		
18:0.....g	0.050		1	A	1		0.022		
20:0.....g	0.005		1	A	1		0.002		
22:0.....g	0.004		1	A	1		0.002		
24:0.....g	0.003		1	A	1		0.001		
Fatty acids, total monounsaturated.....g	1.191		0	NC	4		0.512		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.007		0	AS	1		0.003		
16:1 c.....g	0.007		1	A	1		0.003		
16:1 t.....g	0.000		1	A	1		0.000		
17:1.....g	0.002		1	A	1		0.001		
18:1 undifferentiated.....g	1.160		0	AS	1		0.499		
18:1 c.....g	1.130		1	A	1		0.486		
18:1 t.....g	0.030		1	A	1		0.013		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.020		1	A	1		0.009		
22:1 undifferentiated.....g	0.002		0	AS	1		0.001		
22:1 c.....g	0.002		1	A	1		0.001		
22:1 t.....g	0.000		1	A	1		0.000		
24:1 c.....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated.....g	1.254		0	NC	4		0.539		
18:2 undifferentiated.....g	1.210		0	AS	1		0.520		
18:2 n-6 c,c.....g	1.200		1	A	1		0.516		
18:2 CLAs.....g	0.000		1	A	1		0.000		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.010		1	A	1		0.004		
18:3 undifferentiated.....g	0.042		0	AS	1		0.018		
18:3 n-3 c,c,c (ALA).....g	0.040		1	A	1		0.017		
18:3 n-6 c,c,c.....g	0.002		1	A	1		0.001		
18:3i.....g									
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c,c.....g	0.001		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		0	AS	1		0.000		
20:3 n-3.....g	0.000		1	A	1		0.000		
20:3 n-6.....g	0.000		1	A	1		0.000		
20:4 undifferentiated.....g	0.001		1	A	1		0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000		
21:5.....g									
22:4.....g	0.000		1	A	1		0.000		
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g	0.040		0	NC	4		0.017		

NDB No. 08436

Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, 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			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Fatty acids, total trans-monoenoic.....g	0.030		0	NC	4	0.013		
Fatty acids, total trans-polyenoic.....g	0.010		0	NC	4	0.004		
Cholesterol.....mg	0		0	MC	9	0		
Phytosterols.....mg								
<b>Others:</b>								
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 = 43g: 1 packet (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 28 (2015)



NDB No. 08124

Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Others:</b>									
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 = 43g: 1 packet (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 28 (2015)

NDB No. 08225

Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, 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
<b>Proximates:</b>									
Water.....g	6.56		0	MC	9		2.30		
Energy.....kcal	379		0	MC	9		133		
Energy.....kJ	1586		0	MC	9		555		
Protein.....g	8.30		0	MC	9		2.91		
Total lipid (fat).....g	6.37		0	MC	9		2.23		
Ash.....g	3.36		0	MC	9		1.17		
Carbohydrate, by difference.....g	75.42		0	MC	9		26.40		
Fiber, total dietary.....g	6.0		0	MC	9		2.1		
Sugars, total.....g	31.27		0	MC	9		10.94		
Starch.....g									
<b>Minerals:</b>									
* Calcium, Ca.....mg	307		0	MC	9		108		
* Iron, Fe.....mg	11.30		0	MC	9		3.95		
Magnesium, Mg.....mg	84		0	MC	9		29		
Phosphorus, P.....mg	300		0	MC	9		105		
Potassium, K.....mg	280		0	MC	9		98		
Sodium, Na.....mg	499		0	MC	9		175		
Zinc, Zn.....mg	1.85		0	MC	9		0.65		
Copper, Cu.....mg	0.279		0	FLM	4		0.098		
Manganese, Mn.....mg	2.380		0	FLM	4		0.833		
Selenium, Se.....µg	16.0		0	FLM	4		5.6		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.3		0	MC	9		0.1		
* Thiamin.....mg	0.943		0	MC	9		0.330		
* Riboflavin.....mg	1.068		0	MC	9		0.374		
* Niacin.....mg	12.568		0	MC	9		4.399		
Pantothenic acid.....mg	0.752		0	FLM	4		0.263		
* Vitamin B-6.....mg	1.257		0	MC	9		0.440		
* Folate, total.....µg	251		0	MC	9		88		
* Folic acid.....µg	228		0	NR	4		80		
Folate, food.....µg	23		0	NC	4		8		
Folate, DFE.....µg	411		0	NC	4		144		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.03		0	MC	9		0.01		
Vitamin A, RAE.....µg	943		0	NC	4		330		
Retinol.....µg	943		0	BNA	4		330		
Carotene, beta.....µg	3		0	FLM	4		1		
Carotene, alpha.....µg	0		0	FLM	4		0		
Cryptoxanthin, beta.....µg	2		0	FLM	4		1		
Vitamin A, IU.....IU	3142		0	MC	9		1100		
Lycopene.....µg	0		0	FLM	4		0		
Lutein + zeaxanthin.....µg	118		0	FLM	4		41		
Vitamin E (alpha-tocopherol).....mg	0.46		0	MC	9		0.16		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	FLM	4		0.0		
Vitamin D.....IU	0		0	FLM	4		0		
Vitamin K (phylloquinone).....µg	2.1		0	FLM	4		0.7		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 08225

Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	1.308		0	MC	9		0.458		
4:0.....g	0.000		0	FLM	4		0.000		
6:0.....g	0.000		0	FLM	4		0.000		
8:0.....g	0.039		0	FLM	4		0.014		
10:0.....g	0.042		0	FLM	4		0.015		
12:0.....g	0.402		0	FLM	4		0.141		
13:0.....g									
14:0.....g	0.178		0	FLM	4		0.062		
15:0.....g									
16:0.....g	0.414		0	FLM	4		0.145		
17:0.....g									
18:0.....g	0.204		0	FLM	4		0.072		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.092		0	MC	9		0.732		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		0	FLM	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	2.082		0	FLM	4		0.729		
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	1.335		0	MC	9		0.467		
18:2 undifferentiated.....g	1.275		0	FLM	4		0.446		
18:3 undifferentiated.....g	0.060		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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
<b>Others:</b>									
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 = 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 28 (2015)





NDB No. 08641

Cereals, QUAKER, Instant Oatmeal, fruit and cream, variety of flavors, reduced sugar

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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

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

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 08130

Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, 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
<b>Proximates:</b>									
Water.....g	6.28	0.132	6	A	1		2.70		
Energy.....kcal	368		0	MC	9		158		
Energy.....kJ	1540		0	MC	9		662		
Protein.....g	9.20	0.089	6	A	1		3.96		
Total lipid (fat).....g	4.63	0.056	6	A	1		1.99		
Ash.....g	2.97	0.044	6	A	1		1.28		
Carbohydrate, by difference.....g	76.91		0	NC	4		33.07		
Fiber, total dietary.....g	7.2		2	A	1		3.1		
Sugars, total.....g	30.02	0.306	3	A	1		12.91		
Sucrose.....g	29.29	0.292	3	A	1		12.59		
Glucose (dextrose).....g	0.51	0.015	3	A	1		0.22		
Fructose.....g	0.18	0.000	3	A	1		0.08		
Lactose.....g	0.00	0.000	3	A	1		0.00		
Maltose.....g	0.04	0.000	3	A	1		0.02		
Galactose.....g	0.00	0.000	3	A	1		0.00		
Starch.....g	38.25		2	A	1		16.45		
<b>Minerals:</b>									
Calcium, Ca.....mg	226	3.970	6	A	1		97		
Iron, Fe.....mg	8.22	0.235	6	A	1		3.53		
Magnesium, Mg.....mg	88	0.737	6	A	1		38		
Phosphorus, P.....mg	297	3.146	6	A	1		128		
Potassium, K.....mg	424	6.628	6	A	1		182		
Sodium, Na.....mg	506	10.116	6	A	1		218		
Zinc, Zn.....mg	1.70	0.048	6	A	1		0.73		
Copper, Cu.....mg	0.235	0.006	6	A	1		0.101		
Manganese, Mn.....mg	2.247	0.015	6	A	1		0.966		
Selenium, Se.....µg	15.8	2.406	3	A	1		6.8		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
* Thiamin.....mg	0.523		0	LC	8		0.225		
Riboflavin.....mg	0.907	0.003	3	A	1		0.390		
Niacin.....mg	10.667	0.176	3	A	1		4.587		
Pantothenic acid.....mg	0.735		2	A	1		0.316		
Vitamin B-6.....mg	1.200	0.100	3	A	1		0.516		
Folate, total.....µg	128	1.202	3	A	1		55		
* Folic acid.....µg	114		0	NR	4		49		
Folate, food.....µg	14		0	FLM	4		6		
Folate, DFE.....µg	208		0	NC	4		90		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....µg	520		0	AS	1		224		
Retinol.....µg	520	14.282	3	A	1		223		
Carotene, beta.....µg	2		1	A	1		1		
Carotene, alpha.....µg	0		1	A	1		0		
Cryptoxanthin, beta.....µg	0		1	A	1		0		
Vitamin A, IU.....IU	1735		0	AS	1		746		
Lycopene.....µg	0		1	A	1		0		
Lutein + zeaxanthin.....µg	57		1	A	1		24		
Vitamin E (alpha-tocopherol).....mg	0.44		2	A	1		0.19		
Tocopherol, beta.....mg	0.00		2	A	1		0.00		
Tocopherol, gamma.....mg	0.00		2	A	1		0.00		
Tocopherol, delta.....mg	0.70		2	A	1		0.30		
Tocotrienol, alpha.....mg	1.31		2	A	1		0.56		
Tocotrienol, beta.....mg	0.88		2	A	1		0.38		
Tocotrienol, gamma.....mg	0.00		2	A	1		0.00		
Tocotrienol, delta.....mg	0.00		2	A	1		0.00		

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.793		0	NC	4		0.341		
4:0.....g	0.000	0.000	3	A	1		0.000		
6:0.....g	0.000	0.000	3	A	1		0.000		
8:0.....g	0.002	0.002	3	A	1		0.001		
10:0.....g	0.003	0.003	3	A	1		0.001		
12:0.....g	0.000	0.000	3	A	1		0.000		
13:0.....g									
14:0.....g	0.013	0.000	3	A	1		0.005		
15:0.....g	0.001	0.000	3	A	1		0.001		
16:0.....g	0.688	0.020	3	A	1		0.296		
17:0.....g	0.002	0.000	3	A	1		0.001		
18:0.....g	0.071	0.005	3	A	1		0.031		
20:0.....g	0.005	0.000	3	A	1		0.002		
22:0.....g	0.003	0.000	3	A	1		0.001		
24:0.....g	0.004	0.000	3	A	1		0.002		
Fatty acids, total monounsaturated.....g	1.454		0	NC	4		0.625		
14:1.....g	0.000	0.000	3	A	1		0.000		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.008	0.001	3	AS	1		0.004		
16:1 c.....g	0.008	0.001	3	A	1		0.004		
16:1 t.....g	0.000	0.000	3	A	1		0.000		
17:1.....g	0.001	0.000	3	A	1		0.000		
18:1 undifferentiated.....g	1.403	0.074	3	AS	1		0.603		
18:1 c.....g	1.403	0.074	3	A	1		0.603		
18:1 t.....g	0.000	0.000	3	A	1		0.000		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.032	0.001	3	A	1		0.014		
22:1 undifferentiated.....g	0.002	0.000	3	AS	1		0.001		
22:1 c.....g	0.002	0.000	3	A	1		0.001		
22:1 t.....g	0.000	0.000	3	A	1		0.000		
24:1 c.....g	0.007	0.001	3	A	1		0.003		
Fatty acids, total polyunsaturated.....g	1.622		0	NC	4		0.697		
18:2 undifferentiated.....g	1.570	0.060	3	AS	1		0.675		
18:2 n-6 c,c.....g	1.568	0.060	3	A	1		0.674		
18:2 CLAs.....g	0.000	0.000	3	A	1		0.000		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.002	0.000	3	A	1		0.001		
18:3 undifferentiated.....g	0.051	0.001	3	AS	1		0.022		
18:3 n-3 c,c,c (ALA).....g	0.050	0.001	3	A	1		0.022		
18:3 n-6 c,c,c.....g	0.001	0.001	3	A	1		0.000		
18:3i.....g	0.000	0.000	3	A	1		0.000		
18:4.....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c.....g	0.001	0.001	3	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	3	AS	1		0.000		
20:3 n-3.....g	0.000	0.000	3	A	1		0.000		
20:3 n-6.....g	0.000	0.000	3	A	1		0.000		
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000		
21:5.....g									
22:4.....g	0.000	0.000	3	A	1		0.000		
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1		0.000		
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total trans.....g	0.002		0	NC	4		0.001		

NDB No. 08130

Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	<u>measures of food</u>			
						Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-polyenoic.....g	0.002		0	NC	4		0.001		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 28 (2015)

NDB No. 08228

Cereals, **QUAKER**, Instant Oatmeal, raisins, dates and walnuts, 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
<b>Proximates:</b>									
Water.....g	8.35		0	MC	9		3.09		
Energy.....kcal	371		0	MC	9		137		
Energy.....kJ	1552		0	MC	9		574		
Protein.....g	8.82		0	MC	9		3.26		
Total lipid (fat).....g	6.98		0	MC	9		2.58		
Ash.....g	3.43		0	MC	9		1.27		
Carbohydrate, by difference.....g	72.41		0	MC	9		26.79		
Fiber, total dietary.....g	6.9		0	MC	9		2.6		
Sugars, total.....g	30.85		0	MC	9		11.41		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	297		0	MC	9		110		
Iron, Fe.....mg	10.70		0	MC	9		3.96		
Magnesium, Mg.....mg	92		0	MC	9		34		
Phosphorus, P.....mg	296		0	MC	9		109		
Potassium, K.....mg	374		0	MC	9		138		
Sodium, Na.....mg	516		0	MC	9		191		
Zinc, Zn.....mg	1.94		0	MC	9		0.72		
Copper, Cu.....mg	0.364		0	FLM	4		0.134		
Manganese, Mn.....mg	2.224		0	FLM	4		0.823		
Selenium, Se.....µg	16.4		0	FLM	4		6.1		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.8		0	MC	9		0.3		
Thiamin.....mg	0.892		0	MC	9		0.330		
Riboflavin.....mg	1.017		0	MC	9		0.376		
Niacin.....mg	11.968		0	MC	9		4.428		
Pantothenic acid.....mg	0.675		0	FLM	4		0.250		
Vitamin B-6.....mg	1.197		0	MC	9		0.443		
Folate, total.....µg	239		0	MC	9		89		
Folic acid.....µg	202		0	O	4		75		
Folate, food.....µg	37		0	NC	4		14		
Folate, DFE.....µg	381		0	NC	4		141		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg	1		0	FLM	4		0		
Carotene, alpha.....µg	0		0	FLM	4		0		
Cryptoxanthin, beta.....µg	0		0	FLM	4		0		
Vitamin A, IU.....IU	2992		0	MC	9		1107		
Lycopene.....µg	0		0	FLM	4		0		
Lutein + zeaxanthin.....µg	103		0	FLM	4		38		
Vitamin E (alpha-tocopherol).....mg	0.55		0	MC	9		0.20		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	FLM	4		0.0		
Vitamin D.....IU	0		0	FLM	4		0		
Vitamin K (phylloquinone).....µg	2.0		0	FLM	4		0.7		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 08228

Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	1.070		0	MC	9		0.396		
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	0.013		0	FLM	4		0.005		
13:0.....g									
14:0.....g	0.006		0	FLM	4		0.002		
15:0.....g									
16:0.....g	0.859		0	FLM	4		0.318		
17:0.....g									
18:0.....g	0.137		0	FLM	4		0.051		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.903		0	MC	9		0.704		
14:1.....g	0.000		0	FLM	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.015		0	FLM	4		0.006		
17:1.....g									
18:1 undifferentiated.....g	1.879		0	FLM	4		0.695		
20:1.....g	0.008		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	3.240		0	MC	9		1.199		
18:2 undifferentiated.....g	2.783		0	FLM	4		1.030		
18:3 undifferentiated.....g	0.456		0	FLM	4		0.169		
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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	MC	9		0.000		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
<b>Others:</b>									
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 = 37g: 1 packet

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)





NDB No. 08694

Cereals, QUAKER, Instant Oatmeal, weight control, cinnamon

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

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

**Common Measures:**

Measure 1 = 45g: 1 packet (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 28 (2015)

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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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.....µg	0.0		0	MC	9		0.0		
<b>Vitamins:</b>									
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.....µg	38		0	MC	9		15		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	38		0	MC	9		15		
Folate, DFE.....µg	38		0	NC	4		15		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	100		0	MC	9		40		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 08231

Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, 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			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
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								
<b>Others:</b>								
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 = 40g: .5 cup (1 NLEA serving)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 08 Breakfast Cereals**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 08236

Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, prepared with water, no salt

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
<b>Proximates:</b>									
Water.....g	89.07		0	RA	4				
Energy.....kcal	43		0	RA	4				
Energy.....kJ	180				4				
Protein.....g	2.03		0	RA	4				
Total lipid (fat).....g	0.95		0	RA	4				
Ash.....g	0.46		0	RA	4				
Carbohydrate, by difference.....g	7.49		0	RA	4				
Fiber, total dietary.....g	1.7		0	RA	4				
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	11		0	RA	4				
Iron, Fe.....mg	0.97		0	RA	4				
Magnesium, Mg.....mg	30		0	RA	4				
Phosphorus, P.....mg	83		0	RA	4				
Potassium, K.....mg	69		0	RA	4				
Sodium, Na.....mg	3		0	RA	4				
Zinc, Zn.....mg	0.53		0	RA	4				
Copper, Cu.....mg	0.041		0	RA	4				
Manganese, Mn.....mg	0.679		0	RA	4				
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	RA	4				
Thiamin.....mg	0.115		0	RA	4				
Riboflavin.....mg	0.036		0	RA	4				
Niacin.....mg	0.096		0	RA	4				
Pantothenic acid.....mg	0.101		0	RA	4				
Vitamin B-6.....mg	0.013		0	RA	4				
Folate, total.....µg	5		0	RA	4				
Folic acid.....µg	0		0	Z	7				
Folate, food.....µg	5		0	RA	4				
Folate, DFE.....µg	5		0	NC	4				
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	RA	4				
Vitamin A, RAE.....µg	1		0	NC	4				
Retinol.....µg	0		0	Z	7				
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	12		0	RA	4				
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 08236

Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, prepared with water, no salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.170		0	RA	4				
4:0.....g	0.000		0	RA	4				
6:0.....g	0.000		0	RA	4				
8:0.....g	0.000		0	RA	4				
10:0.....g	0.000		0	RA	4				
12:0.....g	0.003		0	RA	4				
13:0.....g									
14:0.....g	0.001		0	RA	4				
15:0.....g									
16:0.....g	0.140		0	RA	4				
17:0.....g									
18:0.....g	0.009		0	RA	4				
20:0.....g									
22:0.....g									
24:0.....g									
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 (EPA).....g	0.000		0	RA	4				
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RA	4				
22:6 n-3 (DHA).....g	0.000		0	RA	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RA	4				
Phytosterols.....mg									
<b>Others:</b>									
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 28 (2015)



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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.450		0	MC	9		0.180		
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	0.005		0	FLM	4		0.002		
13:0.....g									
14:0.....g	0.004		0	FLM	4		0.002		
15:0.....g									
16:0.....g	0.398		0	FLM	4		0.159		
17:0.....g									
18:0.....g	0.021		0	FLM	4		0.008		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.600		0	MC	9		0.240		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.006		0	FLM	4		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.582		0	FLM	4		0.233		
20:1.....g	0.006		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	1.130		0	MC	9		0.452		
18:2 undifferentiated.....g	1.039		0	FLM	4		0.416		
18:3 undifferentiated.....g	0.091		0	FLM	4		0.036		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		

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

**Common Measures:**

Measure 1 = 40g: .5 cup (1 NLEA serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 08249

Cereals, **QUAKER**, **QUAKER** MultiGrain Oatmeal, prepared w/ water, no salt

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
<b>Proximates:</b>									
Water.....g	83.58		0	RA		4			
Energy.....kcal	61		0	RA		4			
Energy.....kJ	255					4			
Protein.....g	2.08		0	RA		4			
Total lipid (fat).....g	0.47		0	RA		4			
Ash.....g	0.37		0	RA		4			
Carbohydrate, by difference.....g	13.49		0	RA		4			
Fiber, total dietary.....g	2.2		0	RA		4			
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	8		0	RA		4			
Iron, Fe.....mg	0.56		0	RA		4			
Magnesium, Mg.....mg	22		0	RA		4			
Phosphorus, P.....mg	64		0	RA		4			
Potassium, K.....mg	75		0	RA		4			
Sodium, Na.....mg	3		0	RA		4			
Zinc, Zn.....mg	0.61		0	RA		4			
Copper, Cu.....mg	0.086		0	RA		4			
Manganese, Mn.....mg	0.482		0	RA		4			
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	RA		4			
Thiamin.....mg	0.053		0	RA		4			
Riboflavin.....mg	0.024		0	RA		4			
Niacin.....mg	0.656		0	RA		4			
Pantothenic acid.....mg	0.092		0	RA		4			
Vitamin B-6.....mg	0.044		0	RA		4			
Folate, total.....µg	5		0	RA		4			
Folic acid.....µg	4		0	BFSN		4			
Folate, food.....µg	1		0	BFSN		4			
Folate, DFE.....µg	8		0	NC		4			
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	RA		4			
Vitamin A, RAE.....µg	0		0	NC		4			
Retinol.....µg	0		0	Z		7			
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	1		0	RA		4			
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									



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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Fatty acids, total saturated.....g	0.096		0	RA					
4:0.....g	0.000		0	RA					
6:0.....g	0.000		0	RA					
8:0.....g	0.001		0	RA					
10:0.....g	0.000		0	RA					
12:0.....g	0.001		0	RA					
13:0.....g									
14:0.....g	0.001		0	RA					
15:0.....g									
16:0.....g	0.066		0	RA					
17:0.....g									
18:0.....g	0.003		0	RA					
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.105		0	RA					
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	RA					
17:1.....g									
18:1 undifferentiated.....g	0.101		0	RA					
20:1.....g	0.001		0	RA					
22:1 undifferentiated.....g	0.000		0	RA					
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.235		0	RA					
18:2 undifferentiated.....g	0.175		0	RA					
18:3 undifferentiated.....g	0.015		0	RA					
18:4.....g	0.000		0	RA					
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RA					
20:5 n-3 (EPA).....g	0.000		0	RA					
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RA					
22:6 n-3 (DHA).....g	0.000		0	RA					
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RA					
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	RA					
Caffeine.....mg	0		0	Z					
Theobromine.....mg	0		0	Z					

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 08252

Cereals, **QUAKER**, **QUAKER** MultiGrain Oatmeal, prepared with water, salt

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
<b>Proximates:</b>									
Water.....g	83.44		0	RA	4				
Energy.....kcal	61		0	RA	4				
Energy.....kJ	255				4				
Protein.....g	2.07		0	RA	4				
Total lipid (fat).....g	0.47		0	RA	4				
Ash.....g	0.54		0	RA	4				
Carbohydrate, by difference.....g	13.47		0	RA	4				
Fiber, total dietary.....g	2.2		0	RA	4				
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	8		0	RA	4				
Iron, Fe.....mg	0.56		0	RA	4				
Magnesium, Mg.....mg	22		0	RA	4				
Phosphorus, P.....mg	63		0	RA	4				
Potassium, K.....mg	75		0	RA	4				
Sodium, Na.....mg	70		0	RA	4				
Zinc, Zn.....mg	0.61		0	RA	4				
Copper, Cu.....mg	0.086		0	RA	4				
Manganese, Mn.....mg	0.481		0	RA	4				
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	RA	4				
Thiamin.....mg	0.053		0	RA	4				
Riboflavin.....mg	0.024		0	RA	4				
Niacin.....mg	0.655		0	RA	4				
Pantothenic acid.....mg	0.092		0	RA	4				
Vitamin B-6.....mg	0.044		0	RA	4				
Folate, total.....µg	5		0	RA	4				
Folic acid.....µg	4		0	BFSN	4				
Folate, food.....µg	1		0	BFSN	4				
Folate, DFE.....µg	8		0	NC	4				
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	RA	4				
Vitamin A, RAE.....µg	0		0	NC	4				
Retinol.....µg	0		0	Z	7				
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	1		0	RA	4				
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 08252

Cereals, QUAKER, QUAKER MultiGrain Oatmeal, prepared with water, salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Fatty acids, total saturated.....g	0.095		0	RA	4			
4:0.....g	0.000		0	RA	4			
6:0.....g	0.000		0	RA	4			
8:0.....g	0.001		0	RA	4			
10:0.....g	0.000		0	RA	4			
12:0.....g	0.001		0	RA	4			
13:0.....g								
14:0.....g	0.001		0	RA	4			
15:0.....g								
16:0.....g	0.066		0	RA	4			
17:0.....g								
18:0.....g	0.003		0	RA	4			
20:0.....g								
22:0.....g								
24:0.....g								
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 (EPA).....g	0.000		0	RA	4			
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0	RA	4			
22:6 n-3 (DHA).....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 28 (2015)



NDB No. 08451

Cereals, QUAKER, Quick Oats with Iron, Dry

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

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

\*Vitamin or mineral added for enrichment or fortification

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 08402  
 Cereals, QUAKER, Quick Oats, 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
<b>Proximates:</b>									
Water.....g	9.37		0	MC	9		3.75		
Energy.....kcal	371		0	MC	9		148		
Energy.....kJ	1552		0	MC	9		621		
Protein (N x 6.25).....g	13.70		0	MC	9		5.48		
Total lipid (fat).....g	6.87		0	MC	9		2.75		
Ash.....g	1.87		0	MC	9		0.75		
Carbohydrate, by difference.....g	68.18		0	MC	9		27.27		
Fiber, total dietary.....g	9.4		0	MC	9		3.7		
Sugars, total.....g	1.42		0	MC	9		0.57		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	47		0	MC	9		19		
Iron, Fe.....mg	4.64		0	MC	9		1.86		
Magnesium, Mg.....mg	270		0	MC	9		108		
Phosphorus, P.....mg	458		0	MC	9		183		
Potassium, K.....mg	358		0	MC	9		143		
Sodium, Na.....mg	3		0	MC	9		1		
Zinc, Zn.....mg	3.20		0	MC	9		1.28		
Copper, Cu.....mg	0.370		0	MC	9		0.148		
Manganese, Mn.....mg	4.300		0	MC	9		1.720		
Selenium, Se.....µg	28.9		0	BFZN	4		11.5		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.540		0	MC	9		0.216		
Riboflavin.....mg	0.120		0	MC	9		0.048		
Niacin.....mg	0.820		0	MC	9		0.328		
Pantothenic acid.....mg	0.710		0	MC	9		0.284		
Vitamin B-6.....mg	0.100		0	MC	9		0.040		
Folate, total.....µg	32		0	BFZN	4		13		
Folic acid.....µg	0		0	BFZN	4		0		
Folate, food.....µg	32		0	BFZN	4		13		
Folate, DFE.....µg	32		0	NC	4		13		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....µg	0		0	BFZN	4		0		
Retinol.....µg	0		0	BFZN	4		0		
Carotene, beta.....µg	0		0	BFZN	4		0		
Carotene, alpha.....µg	0		0	BFZN	4		0		
Cryptoxanthin, beta.....µg	0		0	BFZN	4		0		
Vitamin A, IU.....IU	0		0	MC	9		0		
Lycopene.....µg	0		0	BFZN	4		0		
Lutein + zeaxanthin.....µg	180		0	BFZN	4		72		
Vitamin E (alpha-tocopherol).....mg	0.42		0	BFZN	4		0.17		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	MC	9		0		
Vitamin K (phylloquinone).....µg	2.0		0	BFZN	4		0.8		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**

NDB No. 08402  
Cereals, QUAKER, Quick Oats, Dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	1.110		0	BFZN	4		0.444		
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	0.020		0	BFZN	4		0.008		
13:0.....g									
14:0.....g	0.010		0	BFZN	4		0.004		
15:0.....g									
16:0.....g	0.940		0	BFZN	4		0.376		
17:0.....g									
18:0.....g	0.060		0	BFZN	4		0.024		
20:0.....g									
22:0.....g									
24:0.....g									
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 (EPA).....g	0.000		0	BFZN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0		
Caffeine.....mg	0		0	BFZN	4		0		
Theobromine.....mg	0		0	BFZN	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 = 40g: .5 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)





NDB No. 08687

Cereals, QUAKER, Weight Control Instant Oatmeal, banana bread

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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

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

**Common Measures:**

Measure 1 = 45g: 1 packet (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 28 (2015)



NDB No. 08686

Cereals, QUAKER, Weight Control Instant Oatmeal, maple and brown sugar

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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	Measure 1	Measure 2	Measure 3
			of Data	Code	Code			
		Points	Code	Code				

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

**Common Measures:**

Measure 1 = 45g: 1 packet (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 28 (2015)

NDB No. 08452

Cereals, QUAKER, Whole Wheat Natural Cereal, 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
<b>Proximates:</b>									
Water.....g	9.80		0	MC	9		3.92		
Energy.....kcal	333		0	MC	9		133		
Energy.....kJ	1393		0	MC	9		557		
Protein (N x 6.25).....g	11.80		0	MC	9		4.72		
Total lipid (fat).....g	2.00		0	MC	9		0.80		
Ash.....g	1.60		0	MC	9		0.64		
Carbohydrate, by difference.....g	74.80		0	MC	9		29.92		
Fiber, total dietary.....g	9.9		0	MC	9		4.0		
Sugars, total.....g	2.00		0	MC	9		0.80		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	44		0	MC	9		17		
Iron, Fe.....mg	3.30		0	MC	9		1.32		
Magnesium, Mg.....mg	147		0	MC	9		59		
Phosphorus, P.....mg	406		0	MC	9		162		
Potassium, K.....mg	502		0	MC	9		201		
Sodium, Na.....mg	8		0	MC	9		3		
Zinc, Zn.....mg	4.10		0	MC	9		1.64		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.480		0	MC	9		0.192		
Riboflavin.....mg	0.140		0	MC	9		0.056		
Niacin.....mg	5.100		0	MC	9		2.040		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.440		0	MC	9		0.176		
Folate, total.....µg	49		0	MC	9		20		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	49		0	MC	9		20		
Folate, DFE.....µg	49		0	NC	4		20		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	11		0	MC	9		4		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.94		0	MC	9		0.38		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 08452

Cereals, QUAKER, Whole Wheat Natural Cereal, dry

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number			<u>measures of food</u>			
			of Data	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			
Fatty acids, total saturated.....g	0.419		0	MC	9		0.168		
Fatty acids, total monounsaturated.....g	0.309		0	MC	9		0.124		
Fatty acids, total polyunsaturated.....g	1.176		0	MC	9		0.470		
Fatty acids, total trans.....g	0.000		0	MC	9		0.000		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 28 (2015)



NDB No. 08094

Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.330		0	MC	9		0.372		
4:0.....g	0.050		0	FLM	4		0.014		
6:0.....g	0.025		0	FLM	4		0.007		
8:0.....g	0.013		0	FLM	4		0.004		
10:0.....g	0.029		0	FLM	4		0.008		
12:0.....g	0.026		0	FLM	4		0.007		
13:0.....g									
14:0.....g	0.161		0	FLM	4		0.045		
15:0.....g									
16:0.....g	0.726		0	FLM	4		0.203		
17:0.....g									
18:0.....g	0.253		0	FLM	4		0.071		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.880		0	MC	9		0.806		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.150		0	FLM	4		0.042		
17:1.....g									
18:1 undifferentiated.....g	2.660		0	FLM	4		0.745		
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	1.050		0	MC	9		0.294		
18:2 undifferentiated.....g	0.981		0	FLM	4		0.275		
18:3 undifferentiated.....g	0.068		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 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g	0.000		0	MC	9		0.000		
Cholesterol.....mg	2		0	MC	9		1		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		

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

**Common Measures:**

Measure 1 = 28g: 1 packet (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 28 (2015)

NDB No. 08092

Cereals, QUAKER, corn grits, instant, plain, dry

The Quaker Oats, Co.

original

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	7.20		0	MC	9		2.09	0.50	
Energy.....kcal	343		0	MC	9		100	24	
Energy.....kJ	1436		0	MC	9		416	101	
Protein.....g	7.31	0.249	4	A	1		2.12	0.51	
Total lipid (fat).....g	2.14	0.078	4	A	1		0.62	0.15	
Ash.....g	4.55		0	MC	9		1.32	0.32	
Carbohydrate, by difference.....g	78.42		0	MC	9		22.74	5.49	
Fiber, total dietary.....g	4.2	0.230	4	A	1		1.2	0.3	
Sugars, total.....g	1.51	0.085	4	A	1		0.44	0.11	
Sucrose.....g	1.51	0.085	4	A	1		0.44	0.11	
Glucose (dextrose).....g	0.00	0.000	4	A	1		0.00	0.00	
Fructose.....g	0.00	0.000	4	A	1		0.00	0.00	
Lactose.....g	0.00	0.000	4	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	4	A	1		0.00	0.00	
Galactose.....g	0.00	0.000	4	A	1		0.00	0.00	
Starch.....g	67.10	0.572	4	A	1		19.46	4.70	
<b>Minerals:</b>									
Calcium, Ca.....mg	378	4.787	4	A	1		109	26	
Iron, Fe.....mg	38.75	2.496	4	A	1		11.24	2.71	
Magnesium, Mg.....mg	28		0	MC	9		8	2	
Phosphorus, P.....mg	72		0	MC	9		21	5	
Potassium, K.....mg	135		0	MC	9		39	9	
Sodium, Na.....mg	1121		0	MC	9		325	78	
Zinc, Zn.....mg	0.41		0	MC	9		0.12	0.03	
Copper, Cu.....mg	0.030	0.000	4	A	1		0.009	0.002	
Manganese, Mn.....mg	0.205	0.019	4	A	1		0.059	0.014	
Selenium, Se.....µg	17.1		0	BFSN	4		5.0	1.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	3	A	1		0.0	0.0	
Thiamin.....mg	1.946	0.664	4	A	1		0.564	0.136	
Riboflavin.....mg	0.697	0.007	4	A	1		0.202	0.049	
Niacin.....mg	9.002	0.259	4	A	1		2.611	0.630	
Pantothenic acid.....mg	0.242	0.005	4	A	1		0.070	0.017	
Vitamin B-6.....mg	0.140		0	MC	9		0.041	0.010	
Folate, total.....µg	176	6.019	4	A	1		51	12	
Folic acid.....µg	134	10.750	4	A	1		39	9	
Folate, food.....µg	42	5.244	4	AS	1		12	3	
Folate, DFE.....µg	270		0	NC	4		78	19	
Choline, total.....mg	14.4		0	AS	1		4.2	1.0	
Betaine.....mg	1.1		1	A	1		0.3	0.1	
Vitamin B-12.....µg	0.00		0	BFSN	4		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		0	BFSN	4		0	0	
Retinol.....µg	0		0	BFSN	4		0	0	
Carotene, beta.....µg	1		0	BFSN	4		0	0	
Carotene, alpha.....µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta.....µg	1		0	BFSN	4		0	0	
Vitamin A, IU.....IU	3		0	NC	4		1	0	
Lycopene.....µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....µg	5		0	BFSN	4		1	0	
Vitamin E (alpha-tocopherol).....mg	0.05	0.008	4	A	1		0.01	0.00	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00	0.004	4	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.24	0.005	4	A	1		0.07	0.02	
Tocopherol, delta.....mg	0.02	0.003	4	A	1		0.01	0.00	
Tocotrienol, alpha.....mg	0.12	0.009	4	A	1		0.03	0.01	
Tocotrienol, beta.....mg	0.00	0.000	4	A	1		0.00	0.00	



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		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				Confidence
			Points	Code	Code				
Tocotrienol, gamma.....mg	0.47	0.002	4	A	1	0.14	0.03		
Tocotrienol, delta.....mg	0.00	0.000	4	A	1	0.00	0.00		
Vitamin D (D2 + D3).....µg	0.0		0	Z	7	0.0	0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	MC	9	0	0		
Vitamin K (phylloquinone).....µg	0.0		2	A	1	0.0	0.0		
Dihydrophyloquinone.....µg	0.0		2	A	1	0.0	0.0		
Menaquinone-4.....µg	0.0		2	A	1	0.0	0.0		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.362		0	NC	4	0.105	0.025		
4:0.....g	0.000		0	Z	7	0.000	0.000		
6:0.....g	0.000		0	Z	7	0.000	0.000		
8:0.....g	0.000	0.000	4	A	1	0.000	0.000		
10:0.....g	0.000	0.000	4	A	1	0.000	0.000		
12:0.....g	0.000	0.000	4	A	1	0.000	0.000		
13:0.....g									
14:0.....g	0.000	0.000	4	A	1	0.000	0.000		
15:0.....g	0.000	0.000	4	A	1	0.000	0.000		
16:0.....g	0.322	0.013	4	A	1	0.094	0.023		
17:0.....g	0.000	0.000	4	A	1	0.000	0.000		
18:0.....g	0.040	0.000	4	A	1	0.012	0.003		
20:0.....g	0.000	0.000	4	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	4	A	1	0.000	0.000		
Fatty acids, total monounsaturated.....g	0.395		0	NC	4	0.115	0.028		
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	0.395	0.021	4	A	1	0.115	0.028		
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	4	A	1	0.000	0.000		
Fatty acids, total polyunsaturated.....g	0.967		0	NC	4	0.281	0.068		
18:2 undifferentiated.....g	0.937	0.048	4	A	1	0.272	0.066		
18:3 undifferentiated.....g	0.030	0.000	4	A	1	0.009	0.002		
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 (EPA).....g	0.000	0.000	4	A	1	0.000	0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	4	A	1	0.000	0.000		
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1	0.000	0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7	0	0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7	0.0	0.0		
Caffeine.....mg	0		0	BFSN	4	0	0		
Theobromine.....mg	0		0	BFSN	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 = 29g: 1 packet

Measure 2 = 7.0g: 1 tbsp

**NDB No. 08092**

**Cereals, QUAKER, corn grits, instant, plain, 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 28 (2015)



NDB No. 08093

Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), 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
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.0	0.000	4	A	1		0.0		
Dihydrophyloquinone.....µg	0.0	0.000	4	A	1		0.0		
Menaquinone-4.....µg	0.0	0.000	4	A	1		0.0		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.076		0	NC	4		0.167		
4:0.....g									
6:0.....g									
8:0.....g	0.000	0.000	8	A	1		0.000		
10:0.....g	0.000	0.000	8	A	1		0.000		
12:0.....g	0.000	0.000	8	A	1		0.000		
13:0.....g									
14:0.....g	0.000	0.000	8	A	1		0.000		
15:0.....g	0.000	0.000	8	A	1		0.000		
16:0.....g	0.067	0.002	8	A	1		0.148		
17:0.....g	0.000	0.000	8	A	1		0.000		
18:0.....g	0.009	0.003	8	A	1		0.019		
20:0.....g	0.000	0.000	8	A	1		0.000		
22:0.....g	0.000	0.000	8	A	1		0.000		
24:0.....g	0.000	0.000	8	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.081		0	NC	4		0.178		
14:1.....g	0.000	0.000	8	A	1		0.000		
15:1.....g	0.000	0.000	8	A	1		0.000		
16:1 undifferentiated.....g	0.000	0.000	8	A	1		0.000		
17:1.....g	0.000	0.000	8	A	1		0.000		
18:1 undifferentiated.....g	0.081	0.003	8	A	1		0.178		
20:1.....g	0.000	0.000	8	A	1		0.000		
22:1 undifferentiated.....g	0.000	0.000	8	A	1		0.000		
24:1 c.....g	0.000	0.000	8	A	1		0.000		
Fatty acids, total polyunsaturated.....g	0.191		0	NC	4		0.419		
18:2 undifferentiated.....g	0.191	0.004	8	A	1		0.419		
18:3 undifferentiated.....g	0.000	0.000	8	A	1		0.000		
18:4.....g	0.000	0.000	8	A	1		0.000		
20:2 n-6 c,c.....g	0.000	0.000	8	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	8	A	1		0.000		
20:4 undifferentiated.....g	0.000	0.000	8	A	1		0.000		
20:5 n-3 (EPA).....g	0.000	0.000	8	A	1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	8	A	1		0.000		
22:6 n-3 (DHA).....g	0.000	0.000	8	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.011		0	A	1		0.024		
Threonine.....g	0.052		0	A	1		0.114		
Isoleucine.....g	0.058		0	A	1		0.127		
Leucine.....g	0.228		0	A	1		0.499		
Lysine.....g	0.031		0	A	1		0.068		
Methionine.....g	0.029		0	A	1		0.064		
Cystine.....g	0.034		0	A	1		0.075		
Phenylalanine.....g	0.087		0	A	1		0.190		
Tyrosine.....g	0.054		0	A	1		0.118		
Valine.....g	0.077		0	A	1		0.169		
Arginine.....g	0.060		0	A	1		0.131		
Histidine.....g	0.048		0	A	1		0.105		
Alanine.....g	0.131		0	A	1		0.288		
Aspartic acid.....g	0.097		0	A	1		0.213		
Glutamic acid.....g	0.337		0	A	1		0.738		
Glycine.....g	0.052		0	A	1		0.113		

NDB No. 08093

Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt

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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 Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Proline.....g	0.179		0	A	1		0.391		
Serine.....g	0.070		0	A	1		0.153		
Hydroxyproline.....g									

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**Common Measures:**

Measure 1 = 219g: 1 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 28 (2015)



NDB No. 08314

Cereals, QUAKER, hominy grits, white, quick, dry

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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

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

\*Vitamin or mineral added for enrichment or fortification

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)





NDB No. 08316

Cereals, QUAKER, hominy grits, white, regular, dry

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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 (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 28 (2015)

NDB No. 08690

Cereals, QUAKER, oatmeal, REAL MEDLEYS, apple walnut, 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
<b>Proximates:</b>									
Water.....g	7.80		0	MC	9		5.85		
Energy.....kcal	390		0	MC	9		292		
Energy.....kJ	1630		0	MC	9		1223		
Protein (N x 6.25).....g	8.18		0	MC	9		6.14		
Total lipid (fat).....g	10.36		0	MC	9		7.77		
Ash.....g	3.13		0	MC	9		2.34		
Carbohydrate, by difference.....g	70.53		0	MC	9		52.90		
Fiber, total dietary.....g	7.0		0	MC	9		5.2		
Sugars, total.....g	29.36		0	MC	9		22.02		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	57		0	MC	9		43		
Iron, Fe.....mg	2.77		0	MC	9		2.08		
Magnesium, Mg.....mg	86		0	MC	9		64		
Phosphorus, P.....mg	239		0	MC	9		179		
Potassium, K.....mg	344		0	MC	9		258		
Sodium, Na.....mg	356		0	MC	9		267		
Zinc, Zn.....mg	1.83		0	MC	9		1.37		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.9		0	MC	9		0.6		
Thiamin.....mg	0.269		0	MC	9		0.202		
Riboflavin.....mg	0.090		0	MC	9		0.067		
Niacin.....mg	1.089		0	MC	9		0.817		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.148		0	MC	9		0.111		
Folate, total.....µg	20		0	MC	9		15		
Folic acid.....µg									
Folate, food.....µg	20		0	MC	9		15		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	20		0	MC	9		15		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.36		0	MC	9		0.27		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.301		0	MC	9				

NDB No. 08690

Cereals, QUAKER, oatmeal, REAL MEDLEYS, apple walnut, dry

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number of Data Points	Deriv	Source	Confidence Code	Measure 1	Measure 2	Measure 3
				Code	Code				
Fatty acids, total saturated.....g	1.301			MC	9		0.976		
Fatty acids, total monounsaturated.....g	1.964		0	MC	9		1.473		
Fatty acids, total polyunsaturated.....g	6.282		0	MC	9		4.711		
Fatty acids, total trans.....g	0.039		0	MC	9		0.029		
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 = 75g: 1 package (1 NLEA serving)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 08689

Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, 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
<b>Proximates:</b>									
Water.....g	7.47		0	MC	9		5.23		
Energy.....kcal	386		0	MC	9		270		
Energy.....kJ	1617		0	MC	9		1132		
Protein (N x 6.25).....g	9.81		0	MC	9		6.86		
Total lipid (fat).....g	9.80		0	MC	9		6.86		
Ash.....g	3.46		0	MC	9		2.42		
Carbohydrate, by difference.....g	69.47		0	MC	9		48.63		
Fiber, total dietary.....g	7.7		0	MC	9		5.4		
Sugars, total.....g	18.71		0	MC	9		13.10		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	64		0	MC	9		45		
Iron, Fe.....mg	3.08		0	MC	9		2.15		
Magnesium, Mg.....mg	98		0	MC	9		69		
Phosphorus, P.....mg	287		0	MC	9		201		
Potassium, K.....mg	317		0	MC	9		222		
Sodium, Na.....mg	337		0	MC	9		236		
Zinc, Zn.....mg	2.15		0	MC	9		1.51		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	2.8		0	MC	9		1.9		
Thiamin.....mg	0.352		0	MC	9		0.246		
Riboflavin.....mg	0.115		0	MC	9		0.080		
Niacin.....mg	1.557		0	MC	9		1.090		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.127		0	MC	9		0.089		
Folate, total.....µg	34		0	MC	9		24		
Folic acid.....µg									
Folate, food.....µg	34		0	MC	9		24		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	20		0	MC	9		14		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.45		0	MC	9		0.31		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.648		0	MC	9				

NDB No. 08689

Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, 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 saturated.....g	1.648			MC	9		1.154		
Fatty acids, total monounsaturated.....g	3.742		0	MC	9		2.620		
Fatty acids, total polyunsaturated.....g	2.863		0	MC	9		2.004		
Fatty acids, total trans.....g	0.026		0	MC	9		0.018		
Cholesterol.....mg	1		0	MC	9		1		
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 = 70g: 1 package (1 NLEA serving)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 08693

Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, 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
<b>Proximates:</b>									
Water.....g	6.59		0	MC	9		4.81		
Energy.....kcal	394		0	MC	9		288		
Energy.....kJ	1649		0	MC	9		1204		
Protein (N x 6.25).....g	12.02		0	MC	9		8.78		
Total lipid (fat).....g	11.02		0	MC	9		8.04		
Ash.....g	3.65		0	MC	9		2.66		
Carbohydrate, by difference.....g	66.73		0	MC	9		48.71		
Fiber, total dietary.....g	7.1		0	MC	9		5.2		
Sugars, total.....g	26.34		0	MC	9		19.23		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	132		0	MC	9		96		
Iron, Fe.....mg	2.99		0	MC	9		2.19		
Magnesium, Mg.....mg	103		0	MC	9		75		
Phosphorus, P.....mg	333		0	MC	9		243		
Potassium, K.....mg	501		0	MC	9		366		
Sodium, Na.....mg	181		0	MC	9		132		
Zinc, Zn.....mg	2.14		0	MC	9		1.56		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.7		0	MC	9		0.5		
Thiamin.....mg	0.334		0	MC	9		0.244		
Riboflavin.....mg	0.250		0	MC	9		0.182		
Niacin.....mg	1.330		0	MC	9		0.971		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.231		0	MC	9		0.169		
Folate, total.....µg	22		0	MC	9		16		
Folic acid.....µg									
Folate, food.....µg	22		0	MC	9		16		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.21		0	MC	9		0.15		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	45		0	MC	9		33		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.50		0	MC	9		0.36		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.387		0	MC	9				

NDB No. 08693

Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number		Source Code	<u>measures of food</u>			
			of Data Points	Deriv Code		Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	1.387			MC	9		1.012		
Fatty acids, total monounsaturated.....g	5.695		0	MC	9		4.157		
Fatty acids, total polyunsaturated.....g	3.147		0	MC	9		2.298		
Fatty acids, total trans.....g	0.017		0	MC	9		0.012		
Cholesterol.....mg	1		0	MC	9		1		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 73g: 1 package (1 NLEA serving)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 08692

Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, 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
<b>Proximates:</b>									
Water.....g	8.10		0	MC	9		6.08		
Energy.....kcal	387		0	MC	9		290		
Energy.....kJ	1617		0	MC	9		1213		
Protein (N x 6.25).....g	10.10		0	MC	9		7.58		
Total lipid (fat).....g	9.84		0	MC	9		7.38		
Ash.....g	3.35		0	MC	9		2.51		
Carbohydrate, by difference.....g	68.61		0	MC	9		51.46		
Fiber, total dietary.....g	7.4		0	MC	9		5.6		
Sugars, total.....g	24.85		0	MC	9		18.64		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	105		0	MC	9		79		
Iron, Fe.....mg	2.80		0	MC	9		2.10		
Magnesium, Mg.....mg	115		0	MC	9		86		
Phosphorus, P.....mg	302		0	MC	9		226		
Potassium, K.....mg	560		0	MC	9		420		
Sodium, Na.....mg	201		0	MC	9		151		
Zinc, Zn.....mg	2.18		0	MC	9		1.64		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	16.1		0	MC	9		12.1		
Thiamin.....mg	0.293		0	MC	9		0.219		
Riboflavin.....mg	0.188		0	MC	9		0.141		
Niacin.....mg	1.870		0	MC	9		1.403		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.121		0	MC	9		0.091		
Folate, total.....µg	27		0	MC	9		20		
Folic acid.....µg									
Folate, food.....µg	27		0	MC	9		20		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	108		0	MC	9		81		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	2.46		0	MC	9		1.84		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.114		0	MC	9				



NDB No. 08692

Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number			Source Code	Confidence Code	<u>measures of food</u>		
			of Data Points	Deriv Code				Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	1.114			MC	9		0.836			
Fatty acids, total monounsaturated.....g	5.242		0	MC	9		3.932			
Fatty acids, total polyunsaturated.....g	2.641		0	MC	9		1.981			
Fatty acids, total trans.....g	0.000		0	MC	9		0.000			
Cholesterol.....mg	0		0	MC	9		0			
Phytosterols.....mg										

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

**Common Measures:**

Measure 1 = 75g: 1 package (1 NLEA serving)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 08691

Cereals, **QUAKER**, oatmeal, **REAL MEDLEYS**, summer berry, 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
<b>Proximates:</b>									
Water.....g	7.57		0	MC	9		5.30		
Energy.....kcal	353		0	MC	9		247		
Energy.....kJ	1476		0	MC	9		1033		
Protein (N x 6.25).....g	11.31		0	MC	9		7.92		
Total lipid (fat).....g	4.40		0	MC	9		3.08		
Ash.....g	4.14		0	MC	9		2.90		
Carbohydrate, by difference.....g	72.58		0	MC	9		50.81		
Fiber, total dietary.....g	8.5		0	MC	9		6.0		
Sugars, total.....g	20.43		0	MC	9		14.30		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	124		0	MC	9		87		
Iron, Fe.....mg	3.13		0	MC	9		2.19		
Magnesium, Mg.....mg	113		0	MC	9		79		
Phosphorus, P.....mg	358		0	MC	9		251		
Potassium, K.....mg	445		0	MC	9		312		
Sodium, Na.....mg	354		0	MC	9		248		
Zinc, Zn.....mg	2.56		0	MC	9		1.79		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	9.4		0	MC	9		6.5		
Thiamin.....mg	0.378		0	MC	9		0.264		
Riboflavin.....mg	0.215		0	MC	9		0.150		
Niacin.....mg	1.687		0	MC	9		1.181		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.158		0	MC	9		0.111		
Folate, total.....µg	39		0	MC	9		27		
Folic acid.....µg									
Folate, food.....µg	39		0	MC	9		27		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.20		0	MC	9		0.14		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	19		0	MC	9		13		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.47		0	MC	9		0.33		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.041		0	MC	9				

NDB No. 08691

Cereals, QUAKER, oatmeal, REAL MEDLEYS, summer berry, dry

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				Confidence
			Points	Code	Code	Code			
Fatty acids, total saturated.....g	1.041			MC	9		0.728		
Fatty acids, total monounsaturated.....g	1.363		0	MC	9		0.954		
Fatty acids, total polyunsaturated.....g	1.340		0	MC	9		0.938		
Fatty acids, total trans.....g	0.000		0	MC	9		0.000		
Cholesterol.....mg	1		0	MC	9		1		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 70g: 1 package (1 NLEA serving)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 08143

Cereals, WHEATENA, cooked with water

Homestat Farm Ltd.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	85.40		0		1		207.52	155.43	
Energy.....kcal	56		0	NC	4		136	102	
Energy.....kJ	234		0		4		569	426	
Protein (N x 5.83).....g	2.00		0		1		4.86	3.64	
Total lipid (fat).....g	0.50		0		1		1.22	0.91	
Ash.....g	0.30		0		1		0.73	0.55	
Carbohydrate, by difference.....g	11.80		0	NC	4		28.67	21.48	
Fiber, total dietary.....g	2.7		0		1		6.6	4.9	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	80		0	FLA	4		195	146	
Iron, Fe.....mg	0.56		0		1		1.36	1.02	
Magnesium, Mg.....mg	20		0		1		49	36	
Phosphorus, P.....mg	60		0		1		146	109	
Potassium, K.....mg	77		0		1		187	140	
Sodium, Na.....mg	2		0		1		5	4	
Zinc, Zn.....mg	0.69		0		1		1.68	1.26	
Copper, Cu.....mg	0.052		0		1		0.126	0.095	
Manganese, Mn.....mg	0.822		0		1		1.997	1.496	
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.010		0		1		0.024	0.018	
Riboflavin.....mg	0.020		0		1		0.049	0.036	
Niacin.....mg	0.550		0		1		1.337	1.001	
Pantothenic acid.....mg	0.042		0		1		0.102	0.076	
Vitamin B-6.....mg	0.019		0		1		0.046	0.035	
Folate, total.....µg	7		0		1		17	13	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	7		0		1		17	13	
Folate, DFE.....µg	7		0	NC	4		17	13	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	
Vitamin A, RAE.....µg									
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 08143  
 Cereals, WHEATENA, cooked with water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.075		0		4		0.182	0.137	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	
15:0.....g									
16:0.....g	0.073		0		4		0.177	0.133	
17:0.....g									
18:0.....g	0.002		0		4		0.005	0.004	
20:0.....g									
22:0.....g									
24:0.....g									
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 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Others:</b>									
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 28 (2015)

NDB No. 08182

Cereals, WHEATENA, cooked with water, with salt

Homestat Farm Ltd.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	85.40		0	FLM	4		207.52	155.43	
Energy.....kcal	59		0	FLM	4		144	108	
Energy.....kJ	247		0	FLM	4		601	450	
Protein (N x 5.83).....g	2.03		0	FLM	4		4.94	3.70	
Total lipid (fat).....g	0.45		0	FLM	4		1.09	0.82	
Ash.....g	0.38		0	FLM	4		0.92	0.69	
Carbohydrate, by difference.....g	11.74		0	FLM	4		28.52	21.36	
Fiber, total dietary.....g	2.0		0	FLM	4		4.8	3.6	
Sugars, total.....g	0.25		0	FLM	4		0.60	0.45	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	80		0	FLA	4		195	146	
Iron, Fe.....mg	0.56		0	FLM	4		1.36	1.02	
Magnesium, Mg.....mg	21		0	FLM	4		50	38	
Phosphorus, P.....mg	60		0	FLM	4		145	109	
Potassium, K.....mg	77		0	FLM	4		186	139	
Sodium, Na.....mg	238		0		1		578	433	
Zinc, Zn.....mg	0.69		0	FLM	4		1.67	1.25	
Copper, Cu.....mg	0.057		0	FLM	4		0.138	0.104	
Manganese, Mn.....mg	0.817		0	FLM	4		1.986	1.487	
Selenium, Se.....µg	11.0		0	FLM	4		26.7	20.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLM	4		0.0	0.0	
Thiamin.....mg	0.011		0	FLM	4		0.026	0.020	
Riboflavin.....mg	0.022		0	FLM	4		0.053	0.040	
Niacin.....mg	0.546		0	FLM	4		1.328	0.995	
Pantothenic acid.....mg	0.042		0	FLM	4		0.102	0.077	
Vitamin B-6.....mg	0.019		0	FLM	4		0.045	0.034	
Folate, total.....µg	9		0	FLM	4		22	17	
Folic acid.....µg	0		0	FLM	4		0	0	
Folate, food.....µg	9		0	FLM	4		22	17	
Folate, DFE.....µg	9		0	NC	4		22	17	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	FLM	4		0.00	0.00	
Vitamin A, RAE.....µg	0		0	FLM	4		0	0	
Retinol.....µg	0		0	FLM	4		0	0	
Carotene, beta.....µg	2		0	FLM	4		5	4	
Carotene, alpha.....µg	0		0	FLM	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLM	4		0	0	
Vitamin A, IU.....IU	3		0	FLM	4		8	6	
Lycopene.....µg	0		0	FLM	4		0	0	
Lutein + zeaxanthin.....µg	45		0	FLM	4		110	82	
Vitamin E (alpha-tocopherol).....mg	0.53		0	FLM	4		1.30	0.97	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.4		0	FLM	4		0.9	0.7	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**

NDB No. 08182

Cereals, WHEATENA, cooked with water, with salt

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			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Fatty acids, total saturated.....g	0.091		0	FLM	4	0.221	0.166	
4:0.....g	0.000		0	FLM	4	0.000	0.000	
6:0.....g	0.000		0	FLM	4	0.000	0.000	
8:0.....g	0.000		0	FLM	4	0.000	0.000	
10:0.....g	0.000		0	FLM	4	0.000	0.000	
12:0.....g	0.000		0	FLM	4	0.000	0.000	
13:0.....g								
14:0.....g	0.000		0	FLM	4	0.000	0.000	
15:0.....g								
16:0.....g	0.089		0	FLM	4	0.215	0.161	
17:0.....g								
18:0.....g	0.003		0	FLM	4	0.006	0.005	
20:0.....g								
22:0.....g								
24:0.....g								
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 (EPA).....g	0.000		0	FLM	4	0.000	0.000	
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0	FLM	4	0.000	0.000	
22:6 n-3 (DHA).....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								
<b>Others:</b>								
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 28 (2015)

NDB No. 08142  
 Cereals, WHEATENA, dry  
 Homestat Farm Ltd.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	6.50		8		1		2.60	9.17	2.28
Energy.....kcal	357		0	NC	4		143	503	125
Energy.....kJ	1494		0		4		597	2106	523
Protein (N x 5.83).....g	13.10		7		1		5.24	18.47	4.59
Total lipid (fat).....g	2.90		7		1		1.16	4.09	1.02
Ash.....g	1.90		9		1		0.76	2.68	0.67
Carbohydrate, by difference.....g	75.60		0	NC	4		30.24	106.60	26.46
Fiber, total dietary.....g	12.8		0		1		5.1	18.0	4.5
Sugars, total.....g	1.60		0	FLA	4		0.64	2.26	0.56
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	500		1	LC	8		200	705	175
Iron, Fe.....mg	3.57		8		1		1.43	5.03	1.25
Magnesium, Mg.....mg	130		8		1		52	183	46
Phosphorus, P.....mg	384		8		1		154	541	134
Potassium, K.....mg	492		8		1		197	694	172
Sodium, Na.....mg	13		8		1		5	18	5
Zinc, Zn.....mg	4.41		8		1		1.76	6.22	1.54
Copper, Cu.....mg	0.330		8		1		0.132	0.465	0.116
Manganese, Mn.....mg	5.262		2		1		2.105	7.419	1.842
Selenium, Se.....µg	70.7		0	BFZN	4		28.3	99.7	24.7
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.070		8		1		0.028	0.099	0.025
Riboflavin.....mg	0.140		6		1		0.056	0.197	0.049
Niacin.....mg	3.520		6		1		1.408	4.963	1.232
Pantothenic acid.....mg	0.271		6		1		0.108	0.382	0.095
Vitamin B-6.....mg	0.120		8		1		0.048	0.169	0.042
Folate, total.....µg	59		6		1		24	83	21
Folic acid.....µg	0		0	FLA	4		0	0	0
Folate, food.....µg	59		6		1		24	83	21
Folate, DFE.....µg	59		0	NC	4		24	83	21
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE.....µg	1		0	NC	4		0	2	0
Retinol.....µg	0		0	FLA	4		0	0	0
Carotene, beta.....µg	13		0	FLA	4		5	19	5
Carotene, alpha.....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	0
Vitamin A, IU.....IU	22		0	FLA	4		9	31	8
Lycopene.....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....µg	292		0	FLA	4		117	411	102
Vitamin E (alpha-tocopherol).....mg	3.44		0	FLA	4		1.38	4.85	1.20
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	2.3		0	FLA	4		0.9	3.3	0.8
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									



**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	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Fatty acids, total saturated.....g	0.430		0			4	0.172	0.606	0.151
4:0.....g	0.000		0			4	0.000	0.000	0.000
6:0.....g	0.000		0			4	0.000	0.000	0.000
8:0.....g	0.000		0			4	0.000	0.000	0.000
10:0.....g	0.000		0			4	0.000	0.000	0.000
12:0.....g	0.000		0			4	0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0			4	0.000	0.000	0.000
15:0.....g									
16:0.....g	0.423		0			4	0.169	0.596	0.148
17:0.....g									
18:0.....g	0.012		0			4	0.005	0.017	0.004
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.410		0			4	0.164	0.578	0.144
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	0.411		0			4	0.164	0.580	0.144
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	1.460		0			4	0.584	2.059	0.511
18:2 undifferentiated.....g	1.353		0			4	0.541	1.908	0.474
18:3 undifferentiated.....g	0.109		0			4	0.044	0.154	0.038
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 (EPA).....g	0.000		0			4	0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0			4	0.000	0.000	0.000
22:6 n-3 (DHA).....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									
<b>Others:</b>									
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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: .33 cup (1 NLEA serving)

Measure 2 = 141g: 1 cup

Measure 3 = 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 28 (2015)



Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.066		0	BFZN	4		0.169	0.011	
4:0.....g	0.000		0	BFZN	4		0.000	0.000	
6:0.....g	0.000		0	BFZN	4		0.000	0.000	
8:0.....g	0.000		0	BFZN	4		0.000	0.000	
10:0.....g	0.000		0	BFZN	4		0.000	0.000	
12:0.....g	0.000		0	BFZN	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	BFZN	4		0.000	0.000	
15:0.....g									
16:0.....g	0.062		0	BFZN	4		0.158	0.010	
17:0.....g									
18:0.....g	0.004		0	BFZN	4		0.011	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.064		0	BFZN	4		0.165	0.010	
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	0.064		0	BFZN	4		0.165	0.010	
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	0.165		0	BFZN	4		0.424	0.026	
18:2 undifferentiated.....g	0.165		0	BFZN	4		0.424	0.026	
18:3 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
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 (EPA).....g	0.000		0	BFZN	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3 (DHA).....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									
<b>Amino Acids:</b>									
Tryptophan.....g	0.010		0	BFZN	4		0.025	0.002	
Threonine.....g	0.053		0	BFZN	4		0.137	0.009	
Isoleucine.....g	0.056		0	BFZN	4		0.144	0.009	
Leucine.....g	0.211		0	BFZN	4		0.541	0.034	
Lysine.....g	0.033		0	BFZN	4		0.084	0.005	
Methionine.....g	0.037		0	BFZN	4		0.094	0.006	
Cystine.....g	0.033		0	BFZN	4		0.084	0.005	
Phenylalanine.....g	0.090		0	BFZN	4		0.233	0.014	
Tyrosine.....g	0.066		0	BFZN	4		0.170	0.011	
Valine.....g	0.079		0	BFZN	4		0.204	0.013	
Arginine.....g	0.065		0	BFZN	4		0.168	0.010	
Histidine.....g	0.050		0	BFZN	4		0.127	0.008	
Alanine.....g	0.127		0	BFZN	4		0.327	0.020	
Aspartic acid.....g	0.098		0	BFZN	4		0.251	0.016	
Glutamic acid.....g	0.326		0	BFZN	4		0.837	0.052	
Glycine.....g	0.048		0	BFZN	4		0.123	0.008	
Proline.....g	0.154		0	BFZN	4		0.396	0.025	
Serine.....g	0.076		0	BFZN	4		0.196	0.012	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	

NDB No. 08161

Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt

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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
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

Measure 1 = 257g: 1 cup

Measure 2 = 16g: 1 tablespoon

**Calories Factors: Protein** 3.46

**Fat** 8.37

**Carbohydrate**4.16

**Food Group:** 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 08091

Cereals, corn grits, white, regular and quick, 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
<b>Proximates:</b>									
Water.....g	82.93	0.475	12	A	1		213.12	13.27	
Energy.....kcal	71		0	NC	4		183	11	
Energy.....kJ	298		0	NC	4		765	48	
Protein (N x 6.25).....g	1.71	0.056	12	A	1		4.39	0.27	
Total lipid (fat).....g	0.46	0.040	12	A	1		1.19	0.07	
Ash.....g	0.15	0.000	12	A	1		0.38	0.02	
Carbohydrate, by difference.....g	14.76		0	NC	4		37.92	2.36	
Fiber, total dietary.....g	0.8	0.039	12	A	1		2.1	0.1	
Sugars, total.....g	0.12	0.010	12	A	1		0.31	0.02	
Sucrose.....g	0.12	0.010	12	A	1		0.31	0.02	
Glucose (dextrose).....g	0.00	0.000	12	A	1		0.00	0.00	
Fructose.....g	0.00	0.000	12	A	1		0.00	0.00	
Lactose.....g	0.00	0.000	12	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	12	A	1		0.00	0.00	
Galactose.....g	0.00	0.000	12	A	1		0.00	0.00	
Starch.....g	14.34	0.368	12	A	1		36.86	2.29	
<b>Minerals:</b>									
Calcium, Ca.....mg	1	0.151	12	A	1		2	0	
Iron, Fe.....mg	0.57	0.043	12	A	1		1.46	0.09	
Magnesium, Mg.....mg	7	0.667	12	A	1		18	1	
Phosphorus, P.....mg	20	1.772	12	A	1		52	3	
Potassium, K.....mg	27	1.663	12	A	1		69	4	
Sodium, Na.....mg	2		0	RP	4		6	0	
Zinc, Zn.....mg	0.18	0.016	12	A	1		0.46	0.03	
Copper, Cu.....mg	0.000	0.000	12	A	1		0.000	0.000	
Manganese, Mn.....mg	0.037	0.000	12	A	1		0.095	0.006	
Selenium, Se.....µg	3.1	0.443	22	A	1		8.0	0.5	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	12	A	1		0.0	0.0	
Thiamin.....mg	0.086	0.008	12	A	1		0.221	0.014	
Riboflavin.....mg	0.058	0.003	12	A	1		0.150	0.009	
Niacin.....mg	0.799	0.068	12	A	1		2.054	0.128	
Pantothenic acid.....mg	0.046	0.001	12	A	1		0.118	0.007	
Vitamin B-6.....mg	0.046	0.005	12	A	1		0.117	0.007	
Folate, total.....µg	28	2.178	12	A	1		71	4	
Folic acid.....µg	14	1.587	12	A	1		36	2	
Folate, food.....µg	14	1.113	12	AS	1		35	2	
Folate, DFE.....µg	38		0	NC	4		97	6	
Choline, total.....mg	2.6		0	AS	1		6.6	0.4	
Betaine.....mg	0.2		1	A	1		0.4	0.0	
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		0	NC	4		0	0	
Retinol.....µg	0		0	RP	4		0	0	
Carotene, beta.....µg	0		0	RP	4		1	0	
Carotene, alpha.....µg	0		0	RP	4		0	0	
Cryptoxanthin, beta.....µg	0		0	RP	4		1	0	
Vitamin A, IU.....IU	0		0		1		0	0	
Lycopene.....µg	0		0	RP	4		0	0	
Lutein + zeaxanthin.....µg	1		0	RP	4		2	0	
Vitamin E (alpha-tocopherol).....mg	0.03	0.002	12	A	1		0.07	0.00	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00	0.000	12	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.10	0.010	12	A	1		0.25	0.02	
Tocopherol, delta.....mg	0.00	0.002	12	A	1		0.01	0.00	
Tocotrienol, alpha.....mg	0.04	0.003	12	A	1		0.11	0.01	
Tocotrienol, beta.....mg	0.00	0.000	12	A	1		0.00	0.00	

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.15	0.007	12	A	1		0.38	0.02	
Tocotrienol, delta.....mg	0.00	0.000	12	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.0	0.000	6	A	1		0.0	0.0	
Dihydrophyloquinone.....µg	0.0	0.000	6	A	1		0.0	0.0	
Menaquinone-4.....µg	0.0	0.000	6	A	1		0.0	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.066		0	NC	4		0.169	0.011	
4:0.....g	0.000		0	RP	4		0.000	0.000	
6:0.....g	0.000		0	RP	4		0.000	0.000	
8:0.....g	0.000	0.000	12	A	1		0.000	0.000	
10:0.....g	0.000	0.000	12	A	1		0.000	0.000	
12:0.....g	0.000	0.000	12	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.000	0.000	12	A	1		0.000	0.000	
15:0.....g	0.000	0.000	12	A	1		0.000	0.000	
16:0.....g	0.062	0.003	12	A	1		0.158	0.010	
17:0.....g	0.000	0.000	12	A	1		0.000	0.000	
18:0.....g	0.004	0.002	12	A	1		0.011	0.001	
20:0.....g	0.000	0.000	12	A	1		0.000	0.000	
22:0.....g	0.000	0.000	12	A	1		0.000	0.000	
24:0.....g	0.000	0.000	12	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.064		0	NC	4		0.165	0.010	
14:1.....g	0.000	0.000	12	A	1		0.000	0.000	
15:1.....g	0.000	0.000	12	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.000	0.000	12	A	1		0.000	0.000	
17:1.....g	0.000	0.000	12	A	1		0.000	0.000	
18:1 undifferentiated.....g	0.064	0.006	12	A	1		0.165	0.010	
20:1.....g	0.000	0.000	12	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000	0.000	12	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	12	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.165		0	NC	4		0.424	0.026	
18:2 undifferentiated.....g	0.165	0.013	12	A	1		0.424	0.026	
18:3 undifferentiated.....g	0.000	0.000	12	A	1		0.000	0.000	
18:4.....g	0.000	0.000	12	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	12	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	12	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.000	0.000	12	A	1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000	0.000	12	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	12	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000	0.000	12	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.010		0	A	1		0.025	0.002	
Threonine.....g	0.053		0	A	1		0.137	0.009	
Isoleucine.....g	0.056		0	A	1		0.144	0.009	
Leucine.....g	0.211		0	A	1		0.541	0.034	
Lysine.....g	0.033		0	A	1		0.084	0.005	
Methionine.....g	0.037		0	A	1		0.094	0.006	
Cystine.....g	0.033		0	A	1		0.084	0.005	
Phenylalanine.....g	0.090		0	A	1		0.233	0.014	
Tyrosine.....g	0.066		0	A	1		0.170	0.011	
Valine.....g	0.079		0	A	1		0.204	0.013	
Arginine.....g	0.065		0	A	1		0.168	0.010	
Histidine.....g	0.050		0	A	1		0.127	0.008	
Alanine.....g	0.127		0	A	1		0.327	0.020	

NDB No. 08091

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

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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Aspartic acid.....g	0.098		0	A	1	0.251	0.016
Glutamic acid.....g	0.326		0	A	1	0.837	0.052
Glycine.....g	0.048		0	A	1	0.123	0.008
Proline.....g	0.154		0	A	1	0.396	0.025
Serine.....g	0.076		0	A	1	0.196	0.012
Hydroxyproline.....g							
<b>Others:</b>							
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

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

**Common Measures:**

Measure 1 = 257g: 1 cup

Measure 2 = 16g: 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 28 (2015)

NDB No. 08090

Cereals, corn grits, white, regular and quick, enriched, 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
<b>Proximates:</b>									
Water.....g	10.92	0.129	6	A	1		1.06	17.03	
Energy.....kcal	370		0	NC	4		36	577	
Energy.....kJ	1549		0	NC	4		150	2416	
Protein (N x 6.25).....g	7.65	0.187	6	A	1		0.74	11.93	
Total lipid (fat).....g	1.75	0.160	6	A	1		0.17	2.72	
Ash.....g	0.60	0.035	6	A	1		0.06	0.93	
Carbohydrate, by difference.....g	79.09		0	NC	4		7.67	123.39	
Fiber, total dietary.....g	4.6	0.630	6	A	1		0.4	7.2	
Sugars, total.....g	0.57	0.077	6	A	1		0.06	0.89	
Sucrose.....g	0.57	0.077	6	A	1		0.06	0.89	
Glucose (dextrose).....g	0.00	0.000	6	A	1		0.00	0.00	
Fructose.....g	0.00	0.000	6	A	1		0.00	0.00	
Lactose.....g	0.00	0.000	6	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	6	A	1		0.00	0.00	
Galactose.....g	0.00	0.000	6	A	1		0.00	0.00	
Starch.....g	68.23	0.874	6	A	1		6.62	106.44	
<b>Minerals:</b>									
Calcium, Ca.....mg	4	0.697	6	A	1		0	7	
Iron, Fe.....mg	3.05	0.141	6	A	1		0.30	4.76	
Magnesium, Mg.....mg	36	3.978	6	A	1		4	56	
Phosphorus, P.....mg	111	11.416	6	A	1		11	173	
Potassium, K.....mg	141	9.043	6	A	1		14	220	
Sodium, Na.....mg	1	0.064	5	A	1		0	1	
Zinc, Zn.....mg	0.72	0.049	6	A	1		0.07	1.13	
Copper, Cu.....mg	0.030	0.000	6	A	1		0.003	0.047	
Manganese, Mn.....mg	0.145	0.017	6	A	1		0.014	0.227	
Selenium, Se.....µg	17.0		2	A	1		1.6	26.5	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	6	A	1		0.0	0.0	
Thiamin.....mg	1.271	0.471	6	A	1		0.123	1.982	
Riboflavin.....mg	0.339	0.023	6	A	1		0.033	0.528	
Niacin.....mg	4.465	0.226	6	A	1		0.433	6.965	
Pantothenic acid.....mg	0.253	0.011	6	A	1		0.025	0.394	
Vitamin B-6.....mg	0.233	0.038	6	A	1		0.023	0.364	
Folate, total.....µg	171	8.441	6	A	1		17	266	
Folic acid.....µg	132	12.545	6	A	1		13	205	
Folate, food.....µg	39	5.043	6	AS	1		4	61	
Folate, DFE.....µg	263		0	NC	4		25	410	
Choline, total.....mg	14.4		0	AS	1		1.4	22.5	
Betaine.....mg	1.1		1	A	1		0.1	1.7	
Vitamin B-12.....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		0	NC	4		0	0	
Retinol.....µg	0		0	FLA	4		0	0	
Carotene, beta.....µg	1		0	FLA	4		0	2	
Carotene, alpha.....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....µg	1		0	FLA	4		0	2	
Vitamin A, IU.....IU	3		0	NC	4		0	5	
Lycopene.....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....µg	5		0	FLA	4		0	8	
Vitamin E (alpha-tocopherol).....mg	0.21	0.031	6	A	1		0.02	0.32	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.01	0.003	6	A	1		0.00	0.02	
Tocopherol, gamma.....mg	0.70	0.102	6	A	1		0.07	1.09	
Tocopherol, delta.....mg	0.04	0.003	6	A	1		0.00	0.06	
Tocotrienol, alpha.....mg	0.35	0.036	6	A	1		0.03	0.55	
Tocotrienol, beta.....mg	0.00	0.000	6	A	1		0.00	0.00	



NDB No. 08090

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.97	0.074	6	A	1		0.09	1.51	
Tocotrienol, delta.....mg	0.00	0.000	6	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.0	0.000	3	A	1		0.0	0.0	
Dihydrophyloquinone.....µg	0.0	0.000	3	A	1		0.0	0.0	
Menaquinone-4.....µg	0.0	0.000	3	A	1		0.0	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.340		0	NC	4		0.033	0.530	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
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	0.000	0.000	6	A	1		0.000	0.000	
15:0.....g	0.000	0.000	6	A	1		0.000	0.000	
16:0.....g	0.307	0.016	6	A	1		0.030	0.478	
17:0.....g	0.000	0.000	6	A	1		0.000	0.000	
18:0.....g	0.033	0.003	6	A	1		0.003	0.052	
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	0.315		0	NC	4		0.031	0.491	
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	0.315	0.034	6	A	1		0.031	0.491	
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	0.875		0	NC	4		0.085	1.365	
18:2 undifferentiated.....g	0.847	0.074	6	A	1		0.082	1.321	
18:3 undifferentiated.....g	0.028	0.002	6	A	1		0.003	0.044	
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 (EPA).....g	0.000	0.000	6	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	6	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.057		0	A	1		0.006	0.089	
Threonine.....g	0.277		0	A	1		0.027	0.433	
Isoleucine.....g	0.288		0	A	1		0.028	0.449	
Leucine.....g	1.154		0	A	1		0.112	1.801	
Lysine.....g	0.156		0	A	1		0.015	0.243	
Methionine.....g	0.182		0	A	1		0.018	0.284	
Cystine.....g	0.172		0	A	1		0.017	0.268	
Phenylalanine.....g	0.444		0	A	1		0.043	0.693	
Tyrosine.....g	0.175		0	A	1		0.017	0.273	
Valine.....g	0.383		0	A	1		0.037	0.597	
Arginine.....g	0.282		0	A	1		0.027	0.439	
Histidine.....g	0.234		0	A	1		0.023	0.364	
Alanine.....g	0.670		0	A	1		0.065	1.045	

NDB No. 08090

Cereals, corn grits, white, regular and quick, enriched, 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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Aspartic acid.....g	0.508		0	A	1	0.049	0.792
Glutamic acid.....g	1.716		0	A	1	0.166	2.677
Glycine.....g	0.260		0	A	1	0.025	0.406
Proline.....g	0.883		0	A	1	0.086	1.377
Serine.....g	0.375		0	A	1	0.036	0.585
Hydroxyproline.....g							
<b>Others:</b>							
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

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

**Common Measures:**

Measure 1 = 9.7g: 1 tbsp

Measure 2 = 156g: 1 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 28 (2015)

NDB No. 08164

Cereals, corn grits, yellow, regular and quick, 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
<b>Proximates:</b>									
Water.....g	84.36	0.534	4	A	1		196.57		
Energy.....kcal	65		0	NC	4		152		
Energy.....kJ	273		0	NC	4		636		
Protein (N x 6.25).....g	1.23	0.100	4	A	1		2.88		
Total lipid (fat).....g	0.39	0.033	4	A	1		0.91		
Ash.....g	0.15	0.000	4	A	1		0.34		
Carbohydrate, by difference.....g	13.86		0	NC	4		32.30		
Fiber, total dietary.....g	0.7	0.000	4	A	1		1.7		
Sugars, total.....g	0.09	0.011	4	A	1		0.21		
Sucrose.....g	0.09	0.011	4	A	1		0.21		
Glucose (dextrose).....g	0.00	0.000	4	A	1		0.00		
Fructose.....g	0.00	0.000	4	A	1		0.00		
Lactose.....g	0.00	0.000	4	A	1		0.00		
Maltose.....g	0.00	0.000	4	A	1		0.00		
Galactose.....g	0.00	0.000	4	A	1		0.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	1	0.049	4	A	1		2		
Iron, Fe.....mg	0.57	0.054	4	A	1		1.34		
Magnesium, Mg.....mg	5	1.593	4	A	1		12		
Phosphorus, P.....mg	14	3.326	4	A	1		33		
Potassium, K.....mg	22	2.704	4	A	1		51		
Sodium, Na.....mg	2		0	BFSN	4		5		
Zinc, Zn.....mg	0.14	0.029	4	A	1		0.32		
Copper, Cu.....mg	0.000	0.000	4	A	1		0.000		
Manganese, Mn.....mg	0.037	0.000	4	A	1		0.086		
Selenium, Se.....µg	2.7		0	RP	4		6.4		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	4	A	1		0.0		
Thiamin.....mg	0.103	0.006	4	A	1		0.240		
Riboflavin.....mg	0.058	0.004	4	A	1		0.136		
Niacin.....mg	0.762	0.024	4	A	1		1.776		
Pantothenic acid.....mg	0.041	0.000	4	A	1		0.095		
Vitamin B-6.....mg	0.035	0.007	4	A	1		0.081		
Folate, total.....µg	27	3.000	4	A	1		63		
Folic acid.....µg	14	1.250	4	A	1		32		
Folate, food.....µg	13	1.750	4	AS	1		31		
Folate, DFE.....µg	37		0	NC	4		85		
Choline, total.....mg	2.4		0	BFSN	4		5.5		
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	RP	4		0.00		
Vitamin B-12, added.....µg	0.00		0	BFSN	4		0.00		
Vitamin A, RAE.....µg	0		0	AS	1		0		
Retinol.....µg	0		0	RP	4		0		
Carotene, beta.....µg	0	0.000	4	A	1		0		
Carotene, alpha.....µg	0	0.000	4	A	1		0		
Cryptoxanthin, beta.....µg	0	0.000	4	A	1		0		
Vitamin A, IU.....IU	0		0	AS	1		0		
Lycopene.....µg	0	0.000	4	A	1		0		
Lutein + zeaxanthin.....µg	197		0	RP	4		459		
Vitamin E (alpha-tocopherol).....mg	0.02	0.005	4	A	1		0.05		
Vitamin E, added.....mg	0.00		0	BFSN	4		0.00		
Tocopherol, beta.....mg	0.00	0.000	4	A	1		0.00		
Tocopherol, gamma.....mg	0.06	0.025	4	A	1		0.15		
Tocopherol, delta.....mg	0.01	0.000	4	A	1		0.02		
Tocotrienol, alpha.....mg	0.03	0.004	4	A	1		0.08		
Tocotrienol, beta.....mg	0.00	0.000	4	A	1		0.00		

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.08	0.005	4	A	1		0.19		
Tocotrienol, delta.....mg	0.00	0.000	4	A	1		0.00		
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.0	0.000	4	A	1		0.0		
Dihydrophyloquinone.....µg	0.0	0.000	4	A	1		0.0		
Menaquinone-4.....µg	0.0	0.000	4	A	1		0.0		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.060		0	NC	4		0.140		
4:0.....g	0.000		0	RP	4		0.000		
6:0.....g	0.000		0	RP	4		0.000		
8:0.....g	0.000	0.000	4	A	1		0.000		
10:0.....g	0.000	0.000	4	A	1		0.000		
12:0.....g	0.000	0.000	4	A	1		0.000		
13:0.....g									
14:0.....g	0.000	0.000	4	A	1		0.000		
15:0.....g	0.000	0.000	4	A	1		0.000		
16:0.....g	0.055	0.005	4	A	1		0.128		
17:0.....g	0.000	0.000	4	A	1		0.000		
18:0.....g	0.005	0.004	4	A	1		0.012		
20:0.....g	0.000	0.000	4	A	1		0.000		
22:0.....g	0.000	0.000	4	A	1		0.000		
24:0.....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.062		0	NC	4		0.146		
14:1.....g	0.000	0.000	4	A	1		0.000		
15:1.....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
17:1.....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated.....g	0.062	0.017	4	A	1		0.146		
20:1.....g	0.000	0.000	4	A	1		0.000		
22:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
24:1 c.....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total polyunsaturated.....g	0.130		0	NC	4		0.303		
18:2 undifferentiated.....g	0.130	0.022	4	A	1		0.303		
18:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
18:4.....g	0.000	0.000	4	A	1		0.000		
20:2 n-6 c,c.....g	0.000	0.000	4	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
20:4 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	4	A	1		0.000		
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	BFSN	4		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.010		0		1		0.023		
Threonine.....g	0.054		0		1		0.126		
Isoleucine.....g	0.051		0		1		0.119		
Leucine.....g	0.175		0		1		0.408		
Lysine.....g	0.040		0		1		0.093		
Methionine.....g	0.030		0		1		0.070		
Cystine.....g	0.026		0		1		0.061		
Phenylalanine.....g	0.070		0		1		0.163		
Tyrosine.....g	0.058		0		1		0.135		
Valine.....g	0.072		0		1		0.168		
Arginine.....g	0.071		0		1		0.165		
Histidine.....g	0.044		0		1		0.103		
Alanine.....g	0.107		0		1		0.249		

NDB No. 08164

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

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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Aspartic acid.....g	0.099		0		1	0.231	
Glutamic acid.....g	0.268		0		1	0.624	
Glycine.....g	0.059		0		1	0.137	
Proline.....g	0.125		0		1	0.291	
Serine.....g	0.068		0		1	0.158	
Hydroxyproline.....g							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0	RP	4	0.0	
Caffeine.....mg	0		0	RP	4	0	
Theobromine.....mg	0		0	RP	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 = 233g: 1 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 28 (2015)

NDB No. 08159

Cereals, corn grits, yellow, regular and quick, enriched, 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
<b>Proximates:</b>									
Water.....g	11.37		2	A	1		19.32		
Energy.....kcal	368		0	NC	4		626		
Energy.....kJ	1540		0	NC	4		2619		
Protein (N x 6.25).....g	6.72		2	A	1		11.42		
Total lipid (fat).....g	1.49		2	A	1		2.54		
Ash.....g	0.52		2	A	1		0.88		
Carbohydrate, by difference.....g	79.91		0	NC	4		135.84		
Fiber, total dietary.....g	3.9		2	A	1		6.6		
Sugars, total.....g	0.55		2	A	1		0.94		
Sucrose.....g	0.55		2	A	1		0.94		
Glucose (dextrose).....g	0.00		2	A	1		0.00		
Fructose.....g	0.00		2	A	1		0.00		
Lactose.....g	0.00		2	A	1		0.00		
Maltose.....g	0.00		2	A	1		0.00		
Galactose.....g	0.00		2	A	1		0.00		
Starch.....g	70.20		2	A	1		119.34		
<b>Minerals:</b>									
Calcium, Ca.....mg	4		2	A	1		6		
Iron, Fe.....mg	2.90		2	A	1		4.93		
Magnesium, Mg.....mg	28		2	A	1		47		
Phosphorus, P.....mg	76		2	A	1		128		
Potassium, K.....mg	118		2	A	1		201		
Sodium, Na.....mg	2		2	A	1		3		
Zinc, Zn.....mg	0.60		2	A	1		1.01		
Copper, Cu.....mg	0.030		2	A	1		0.051		
Manganese, Mn.....mg	0.132		2	A	1		0.224		
Selenium, Se.....µg	17.0		0	BFSN	4		28.9		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0		
Thiamin.....mg	0.675		2	A	1		1.148		
Riboflavin.....mg	0.324		2	A	1		0.552		
Niacin.....mg	4.255		2	A	1		7.233		
Pantothenic acid.....mg	0.231		2	A	1		0.392		
Vitamin B-6.....mg	0.131		2	A	1		0.222		
Folate, total.....µg	149		2	A	1		253		
Folic acid.....µg	100		2	A	1		169		
Folate, food.....µg	50		0	AS	1		85		
Folate, DFE.....µg	219		0	NC	4		373		
Choline, total.....mg	14.4		0	BFZN	4		24.5		
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	6		0	AS	1		11		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	74		2	A	1		127		
Carotene, alpha.....µg	0		2	A	1		0		
Cryptoxanthin, beta.....µg	0		2	A	1		0		
Vitamin A, IU.....IU	124		0	AS	1		211		
Lycopene.....µg	0		2	A	1		0		
Lutein + zeaxanthin.....µg	1355		0	FLA	4		2304		
Vitamin E (alpha-tocopherol).....mg	0.16		2	A	1		0.27		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.01		2	A	1		0.01		
Tocopherol, gamma.....mg	0.50		2	A	1		0.85		
Tocopherol, delta.....mg	0.03		2	A	1		0.05		
Tocotrienol, alpha.....mg	0.36		2	A	1		0.61		
Tocotrienol, beta.....mg	0.00		2	A	1		0.00		

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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Tocotrienol, gamma.....mg	0.62		2	A	1		1.06		
Tocotrienol, delta.....mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	0.0		2	A	1		0.0		
Dihydrophyloquinone.....µg	0.0		2	A	1		0.0		
Menaquinone-4.....µg	0.0		2	A	1		0.0		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.290		0	NC	4		0.493		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		2	A	1		0.000		
10:0.....g	0.000		2	A	1		0.000		
12:0.....g	0.000		2	A	1		0.000		
13:0.....g									
14:0.....g	0.000		2	A	1		0.000		
15:0.....g	0.000		2	A	1		0.000		
16:0.....g	0.260		2	A	1		0.442		
17:0.....g	0.000		2	A	1		0.000		
18:0.....g	0.030		2	A	1		0.051		
20:0.....g	0.000		2	A	1		0.000		
22:0.....g	0.000		2	A	1		0.000		
24:0.....g	0.000		2	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.310		0	NC	4		0.527		
14:1.....g	0.000		2	A	1		0.000		
15:1.....g	0.000		2	A	1		0.000		
16:1 undifferentiated.....g	0.000		2	A	1		0.000		
17:1.....g	0.000		2	A	1		0.000		
18:1 undifferentiated.....g	0.310		2	A	1		0.527		
20:1.....g	0.000		2	A	1		0.000		
22:1 undifferentiated.....g	0.000		2	A	1		0.000		
24:1 c.....g	0.000		2	A	1		0.000		
Fatty acids, total polyunsaturated.....g	0.720		0	NC	4		1.224		
18:2 undifferentiated.....g	0.695		2	A	1		1.181		
18:3 undifferentiated.....g	0.025		2	A	1		0.042		
18:4.....g	0.000		2	A	1		0.000		
20:2 n-6 c,c.....g	0.000		2	A	1		0.000		
20:3 undifferentiated.....g	0.000		2	A	1		0.000		
20:4 undifferentiated.....g	0.000		2	A	1		0.000		
20:5 n-3 (EPA).....g	0.000		2	A	1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		2	A	1		0.000		
22:6 n-3 (DHA).....g	0.000		2	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.062		0	A	1		0.105		
Threonine.....g	0.330		0	A	1		0.561		
Isoleucine.....g	0.314		0	A	1		0.534		
Leucine.....g	1.076		0	A	1		1.829		
Lysine.....g	0.247		0	A	1		0.420		
Methionine.....g	0.184		0	A	1		0.313		
Cystine.....g	0.158		0	A	1		0.269		
Phenylalanine.....g	0.431		0	A	1		0.733		
Tyrosine.....g	0.357		0	A	1		0.607		
Valine.....g	0.444		0	A	1		0.755		
Arginine.....g	0.437		0	A	1		0.743		
Histidine.....g	0.268		0	A	1		0.456		
Alanine.....g	0.656		0	A	1		1.115		

NDB No. 08159

Cereals, corn grits, yellow, regular and quick, enriched, 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		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
Aspartic acid.....g	0.610		0	A	1	1.037		
Glutamic acid.....g	1.647		0	A	1	2.800		
Glycine.....g	0.360		0	A	1	0.612		
Proline.....g	0.765		0	A	1	1.301		
Serine.....g	0.417		0	A	1	0.709		
Hydroxyproline.....g								
<b>Others:</b>								
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 = 170g: 1 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 28 (2015)



NDB No. 08160

Cereals, corn grits, yellow, regular and quick, unenriched, 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
<b>Proximates:</b>									
Water.....g	10.00		157		1		0.97	15.60	
Energy.....kcal	371		0	NC	4		36	579	
Energy.....kJ	1552				4		151	2422	
Protein (N x 6.25).....g	8.80		156		1		0.85	13.73	
Total lipid (fat).....g	1.20		156		1		0.12	1.87	
Ash.....g	0.40		156		1		0.04	0.62	
Carbohydrate, by difference.....g	79.60		0	NC	4		7.72	124.18	
Fiber, total dietary.....g	1.6		0		4		0.2	2.5	
Sugars, total.....g	0.64		0	FLA	4		0.06	1.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	2		1		1		0	3	
Iron, Fe.....mg	1.00		1		1		0.10	1.56	
Magnesium, Mg.....mg	27		1		1		3	42	
Phosphorus, P.....mg	73		1		1		7	114	
Potassium, K.....mg	137	7.569	22		1		13	214	
Sodium, Na.....mg	1	0.076	154		1		0	2	
Zinc, Zn.....mg	0.41	0.010	4		1		0.04	0.64	
Copper, Cu.....mg	0.075	0.003	4		1		0.007	0.117	
Manganese, Mn.....mg	0.106	0.005	4		1		0.010	0.165	
Selenium, Se.....µg	17.0		0	BFSN	4		1.6	26.5	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0	0.0	
Thiamin.....mg	0.130		1		1		0.013	0.203	
Riboflavin.....mg	0.040		1		1		0.004	0.062	
Niacin.....mg	1.200		1		1		0.116	1.872	
Pantothenic acid.....mg	0.485		0		4		0.047	0.757	
Vitamin B-6.....mg	0.147		1		1		0.014	0.229	
Folate, total.....µg	5	0.536	3		1		0	8	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	5	0.536	3		1		0	8	
Folate, DFE.....µg	5		0	NC	4		0	8	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	
Vitamin A, RAE.....µg	11		0	NC	4		1	17	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	97		0	FLA	4		9	151	
Carotene, alpha.....µg	63		0	FLA	4		6	99	
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	
Vitamin A, IU.....IU	214		0	NC	4		21	334	
Lycopene.....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....µg	1355		0	FLA	4		131	2114	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.3		0	FLA	4		0.0	0.5	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</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
Fatty acids, total saturated.....g	0.155		0	FLA	4		0.015	0.242	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.001		0	FLA	4		0.000	0.001	
13:0.....g									
14:0.....g	0.001		0	FLA	4		0.000	0.001	
15:0.....g									
16:0.....g	0.135		0	FLA	4		0.013	0.211	
17:0.....g									
18:0.....g	0.018		0	FLA	4		0.002	0.028	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.300		0	FLA	4		0.029	0.467	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0	FLA	4		0.000	0.006	
17:1.....g									
18:1 undifferentiated.....g	0.296		0	FLA	4		0.029	0.462	
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		0.050	0.806	
18:2 undifferentiated.....g	0.502		0	FLA	4		0.049	0.783	
18:3 undifferentiated.....g	0.015		0	FLA	4		0.001	0.023	
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 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....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									
<b>Amino Acids:</b>									
Tryptophan.....g	0.062		0		1		0.006	0.097	
Threonine.....g	0.330		0		1		0.032	0.515	
Isoleucine.....g	0.314		0		1		0.030	0.490	
Leucine.....g	1.076		0		1		0.104	1.679	
Lysine.....g	0.247		0		1		0.024	0.385	
Methionine.....g	0.184		0		1		0.018	0.287	
Cystine.....g	0.158		0		1		0.015	0.246	
Phenylalanine.....g	0.431		0		1		0.042	0.672	
Tyrosine.....g	0.357		0		1		0.035	0.557	
Valine.....g	0.444		0		1		0.043	0.693	
Arginine.....g	0.437		0		1		0.042	0.682	
Histidine.....g	0.268		0		1		0.026	0.418	
Alanine.....g	0.656		0		1		0.064	1.023	
Aspartic acid.....g	0.610		0		1		0.059	0.952	
Glutamic acid.....g	1.647		0		1		0.160	2.569	
Glycine.....g	0.360		0		1		0.035	0.562	
Proline.....g	0.765		0		1		0.074	1.193	
Serine.....g	0.417		0		1		0.040	0.651	
Hydroxyproline.....g									
<b>Others:</b>									
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	

NDB No. 08160

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

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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

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

**Common Measures:**

Measure 1 = 9.7g: 1 tbsp

Measure 2 = 156g: 1 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 28 (2015)



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						
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.060		0	BFZN	4		0.140		
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	0.000		0	BFZN	4		0.000		
13:0.....g									
14:0.....g	0.000		0	BFZN	4		0.000		
15:0.....g									
16:0.....g	0.055		0	BFZN	4		0.128		
17:0.....g									
18:0.....g	0.005		0	BFZN	4		0.012		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.062		0	BFZN	4		0.146		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.062		0	BFZN	4		0.146		
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	0.130		0	BFZN	4		0.303		
18:2 undifferentiated.....g	0.130		0	BFZN	4		0.303		
18:3 undifferentiated.....g	0.000		0	BFZN	4		0.000		
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 (EPA).....g	0.000		0	BFZN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	BFZN	4		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.010		0	BFZN	4		0.023		
Threonine.....g	0.054		0	BFZN	4		0.126		
Isoleucine.....g	0.051		0	BFZN	4		0.119		
Leucine.....g	0.175		0	BFZN	4		0.408		
Lysine.....g	0.040		0	BFZN	4		0.093		
Methionine.....g	0.030		0	BFZN	4		0.070		
Cystine.....g	0.026		0	BFZN	4		0.061		
Phenylalanine.....g	0.070		0	BFZN	4		0.163		
Tyrosine.....g	0.058		0	BFZN	4		0.135		
Valine.....g	0.072		0	BFZN	4		0.168		
Arginine.....g	0.071		0	BFZN	4		0.165		
Histidine.....g	0.044		0	BFZN	4		0.103		
Alanine.....g	0.107		0	BFZN	4		0.249		
Aspartic acid.....g	0.099		0	BFZN	4		0.231		
Glutamic acid.....g	0.268		0	BFZN	4		0.624		
Glycine.....g	0.059		0	BFZN	4		0.137		
Proline.....g	0.125		0	BFZN	4		0.291		
Serine.....g	0.068		0	BFZN	4		0.158		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0		
Caffeine.....mg	0		0	BFZN	4		0		

NDB No. 08165

Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt

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
Theobromine.....mg	0		0	Z	7		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 = 233g: 1 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 28 (2015)

NDB No. 08105

Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), 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
<b>Proximates:</b>									
Water.....g	86.55	0.279	26	A	1		207.71	12.90	154.92
Energy.....kcal	55		0	NC	4		132	8	99
Energy.....kJ	231		0	NC	4		554	34	413
Protein (N x 5.7).....g	1.82	0.048	26	A	1		4.36	0.27	3.25
Total lipid (fat).....g	0.34	0.025	26	A	1		0.82	0.05	0.61
Ash.....g	0.38	0.023	26	A	1		0.91	0.06	0.68
Carbohydrate, by difference.....g	10.92		0	NC	4		26.20	1.63	19.54
Fiber, total dietary.....g	0.8	0.137	26	A	1		1.9	0.1	1.4
Sugars, total.....g	0.76	0.264	20	A	1		1.83	0.11	1.36
Sucrose.....g	0.07	0.000	20	A	1		0.18	0.01	0.13
Glucose (dextrose).....g	0.00	0.000	20	A	1		0.00	0.00	0.00
Fructose.....g	0.00	0.000	20	A	1		0.00	0.00	0.00
Lactose.....g	0.00	0.000	20	A	1		0.00	0.00	0.00
Maltose.....g	0.69	0.264	20	A	1		1.65	0.10	1.23
Galactose.....g	0.00	0.000	20	A	1		0.00	0.00	0.00
Starch.....g	10.60	0.581	25	A	1		25.44	1.58	18.97
<b>Minerals:</b>									
Calcium, Ca.....mg	97	6.959	26	A	1		234	15	174
Iron, Fe.....mg	5.33	0.213	26	A	1		12.80	0.79	9.55
Magnesium, Mg.....mg	7	0.226	26	A	1		17	1	13
Phosphorus, P.....mg	37	2.459	26	A	1		88	5	66
Potassium, K.....mg	23	0.474	26	A	1		56	3	42
Sodium, Na.....mg	18	3.560	26	A	1		42	3	31
Zinc, Zn.....mg	0.23	0.009	26	A	1		0.55	0.03	0.41
Copper, Cu.....mg	0.041	0.002	26	A	1		0.099	0.006	0.074
Manganese, Mn.....mg	0.196	0.009	26	A	1		0.471	0.029	0.351
Selenium, Se.....µg	12.8		1	A	1		30.7	1.9	22.9
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	26	A	1		0.0	0.0	0.0
Thiamin.....mg	0.126	0.013	26	A	1		0.303	0.019	0.226
Riboflavin.....mg	0.065	0.009	26	A	1		0.157	0.010	0.117
Niacin.....mg	1.493	0.227	25	A	1		3.584	0.222	2.673
Pantothenic acid.....mg	0.256	0.018	26	A	1		0.614	0.038	0.458
Vitamin B-6.....mg	0.096	0.020	26	A	1		0.230	0.014	0.171
Folate, total.....µg	77	14.893	26	A	1		185	11	138
Folic acid.....µg	60	13.662	26	A	1		145	9	108
Folate, food.....µg	17	1.738	26	AS	1		40	3	30
Folate, DFE.....µg	119		0	NC	4		286	18	213
Choline, total.....mg	3.5	0	0	AS	1		8.3	0.5	6.2
Betaine.....mg	6.9		1	A	1		16.5	1.0	12.3
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0	AS	1		0	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	AS	1		0	0	0
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.04	0.003	26	A	1		0.10	0.01	0.08
Tocopherol, beta.....mg	0.02	0.001	26	A	1		0.04	0.00	0.03
Tocopherol, gamma.....mg	0.16	0.004	26	A	1		0.38	0.02	0.28
Tocopherol, delta.....mg	0.00	0.000	26	A	1		0.00	0.00	0.00
Tocotrienol, alpha.....mg	0.02	0.001	26	A	1		0.04	0.00	0.03
Tocotrienol, beta.....mg	0.00	0.000	26	A	1		0.00	0.00	0.00
Tocotrienol, gamma.....mg	0.00	0.000	26	A	1		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00	0.000	26	A	1		0.00	0.00	0.00

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.0	0.000	16	A	1	0.0	0.0	0.0	
Dihydrophyloquinone.....µg	0.0	0.000	16	A	1	0.0	0.0	0.0	
Menaquinone-4.....µg	0.0	0.000	16	A	1	0.0	0.0	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.066		0	NC	4	0.158	0.010	0.118	
4:0.....g	0.000	0.000	23	A	1	0.000	0.000	0.000	
6:0.....g	0.000	0.000	25	A	1	0.000	0.000	0.000	
8:0.....g	0.000	0.000	25	A	1	0.000	0.000	0.000	
10:0.....g	0.000	0.000	24	A	1	0.000	0.000	0.000	
12:0.....g	0.000	0.000	25	A	1	0.001	0.000	0.001	
13:0.....g									
14:0.....g	0.001	0.000	25	A	1	0.002	0.000	0.002	
15:0.....g	0.000	0.000	25	A	1	0.000	0.000	0.000	
16:0.....g	0.056	0.002	25	A	1	0.134	0.008	0.100	
17:0.....g	0.000	0.000	25	A	1	0.000	0.000	0.000	
18:0.....g	0.008	0.001	25	A	1	0.019	0.001	0.014	
20:0.....g	0.000	0.000	25	A	1	0.000	0.000	0.000	
22:0.....g	0.000	0.000	25	A	1	0.000	0.000	0.000	
24:0.....g	0.000	0.000	25	A	1	0.000	0.000	0.000	
Fatty acids, total monounsaturated.....g	0.038		0	NC	4	0.091	0.006	0.068	
14:1.....g	0.000	0.000	25	A	1	0.000	0.000	0.000	
15:1.....g	0.000	0.000	25	A	1	0.000	0.000	0.000	
16:1 undifferentiated.....g	0.001		0	AS	1	0.002	0.000	0.001	
16:1 c.....g	0.001	0.000	25	A	1	0.002	0.000	0.001	
16:1 t.....g									
17:1.....g	0.000	0.000	25	A	1	0.000	0.000	0.000	
18:1 undifferentiated.....g	0.036		0	AS	1	0.086	0.005	0.064	
18:1 c.....g	0.036	0.002	25	A	1	0.086	0.005	0.064	
18:1 t.....g	0.000	0.000	25	A	1	0.000	0.000	0.000	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.001	0.000	25	A	1	0.003	0.000	0.003	
22:1 undifferentiated.....g	0.000		0	AS	1	0.000	0.000	0.000	
22:1 c.....g	0.000	0.000	25	A	1	0.000	0.000	0.000	
22:1 t.....g	0.000	0.000	25	A	1	0.000	0.000	0.000	
24:1 c.....g	0.000	0.000	25	A	1	0.001	0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.126		0	NC	4	0.302	0.019	0.225	
18:2 undifferentiated.....g	0.119		0	AS	1	0.286	0.018	0.214	
18:2 n-6 c,c.....g	0.089	0.011	25	A	1	0.214	0.013	0.160	
18:2 CLAs.....g	0.000	0.000	25	A	1	0.000	0.000	0.000	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.030	0.011	25	A	1	0.072	0.004	0.054	
18:3 undifferentiated.....g	0.007		0	AS	1	0.016	0.001	0.012	
18:3 n-3 c,c,c (ALA).....g	0.007	0.000	25	A	1	0.016	0.001	0.012	
18:3 n-6 c,c,c.....g	0.000	0.000	25	A	1	0.000	0.000	0.000	
18:3i.....g									
18:4.....g	0.000	0.000	25	A	1	0.000	0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	25	A	1	0.000	0.000	0.000	
20:3 undifferentiated.....g	0.000		0	AS	1	0.000	0.000	0.000	
20:3 n-3.....g	0.000	0.000	25	A	1	0.000	0.000	0.000	
20:3 n-6.....g	0.000	0.000	25	A	1	0.000	0.000	0.000	
20:4 undifferentiated.....g	0.000	0.000	25	A	1	0.000	0.000	0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	25	A	1	0.000	0.000	0.000	
21:5.....g									
22:4.....g	0.000	0.000	25	A	1	0.000	0.000	0.000	
22:5 n-3 (DPA).....g	0.000	0.000	25	A	1	0.000	0.000	0.000	
22:6 n-3 (DHA).....g	0.000	0.000	25	A	1	0.000	0.000	0.000	
Fatty acids, total trans.....g	0.030		0	NC	4	0.072	0.004	0.054	



NDB No. 08105

Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), 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 Deriv Source Confidence			Measure 1	Measure 2	Measure 3
			Points	Code	Code			
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4	0.000	0.000	0.000
Fatty acids, total trans-polyenoic.....g	0.030		0	NC	4	0.072	0.004	0.054
Cholesterol.....mg	0		0	Z	7	0	0	0
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.020		0	A	1	0.049	0.003	0.036
Threonine.....g	0.051		0	A	1	0.122	0.008	0.091
Isoleucine.....g	0.077		0	A	1	0.185	0.011	0.138
Leucine.....g	0.151		0	A	1	0.362	0.022	0.270
Lysine.....g	0.092		0	A	1	0.222	0.014	0.165
Methionine.....g	0.038		0	A	1	0.091	0.006	0.068
Cystine.....g	0.042		0	A	1	0.101	0.006	0.075
Phenylalanine.....g	0.107		0	A	1	0.257	0.016	0.192
Tyrosine.....g	0.071		0	A	1	0.170	0.011	0.127
Valine.....g	0.103		0	A	1	0.247	0.015	0.184
Arginine.....g	0.074		0	A	1	0.178	0.011	0.133
Histidine.....g	0.041		0	A	1	0.097	0.006	0.073
Alanine.....g	0.082		0	A	1	0.196	0.012	0.146
Aspartic acid.....g	0.107		0	A	1	0.256	0.016	0.191
Glutamic acid.....g	0.755		0	A	1	1.812	0.113	1.352
Glycine.....g	0.086		0	A	1	0.208	0.013	0.155
Proline.....g	0.350		0	A	1	0.839	0.052	0.626
Serine.....g	0.115		0	A	1	0.276	0.017	0.206
Hydroxyproline.....g	0.000	0.000	21	A	1	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 = 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

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 08104

Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), 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
<b>Proximates:</b>									
Water.....g	11.08	0.222	11	A	1		1.22	19.50	
Energy.....kcal	360		0	NC	4		40	634	
Energy.....kJ	1508		0	NC	4		166	2653	
Protein (N x 5.7).....g	11.60	0.135	11	A	1		1.28	20.41	
Total lipid (fat).....g	1.41	0.066	11	A	1		0.16	2.48	
Ash.....g	2.72	0.272	11	A	1		0.30	4.79	
Carbohydrate, by difference.....g	73.19		0	NC	4		8.05	128.82	
Fiber, total dietary.....g	4.2	0.210	11	A	1		0.5	7.5	
Sugars, total.....g	0.56	0.042	11	A	1		0.06	0.99	
Sucrose.....g	0.42	0.018	11	A	1		0.05	0.74	
Glucose (dextrose).....g	0.00	0.000	11	A	1		0.00	0.00	
Fructose.....g	0.00	0.000	11	A	1		0.00	0.00	
Lactose.....g	0.00	0.000	11	A	1		0.00	0.00	
Maltose.....g	0.14	0.033	11	A	1		0.02	0.25	
Galactose.....g	0.00	0.000	11	A	1		0.00	0.00	
Starch.....g	67.32	0.307	11	A	1		7.40	118.48	
<b>Minerals:</b>									
Calcium, Ca.....mg	711	76.515	11	A	1		78	1252	
Iron, Fe.....mg	33.39	2.170	11	A	1		3.67	58.77	
Magnesium, Mg.....mg	45	0.821	11	A	1		5	80	
Phosphorus, P.....mg	252	36.285	11	A	1		28	444	
Potassium, K.....mg	153	2.976	11	A	1		17	270	
Sodium, Na.....mg	124	50.187	11	A	1		14	219	
Zinc, Zn.....mg	1.32	0.026	11	A	1		0.14	2.32	
Copper, Cu.....mg	0.203	0.004	11	A	1		0.022	0.358	
Manganese, Mn.....mg	1.298	0.043	11	A	1		0.143	2.285	
Selenium, Se.....µg	20.0		0	BFZN	4		2.2	35.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	11	A	1		0.0	0.0	
Thiamin.....mg	1.009	0.135	11	A	1		0.111	1.776	
Riboflavin.....mg	0.563	0.090	11	A	1		0.062	0.990	
Niacin.....mg	13.700	3.372	11	A	1		1.507	24.112	
Pantothenic acid.....mg	0.607	0.014	11	A	1		0.067	1.069	
Vitamin B-6.....mg	0.463	0.253	10	A	1		0.051	0.815	
* Folate, total.....µg	121		1	LC	8		13	213	
Folic acid.....µg	87		0	NC	4		10	153	
Folate, food.....µg	34	4.850	4		1		4	60	
Folate, DFE.....µg	182		0	NC	4		20	320	
Choline, total.....mg	23.1		0	BFZN	4		2.5	40.7	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	FLM	4		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		0	NC	4		0	0	
Retinol.....µg	0		0	FLM	4		0	0	
Carotene, beta.....µg	0		0	FLM	4		0	0	
Carotene, alpha.....µg	0		0	FLM	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLM	4		0	0	
Vitamin A, IU.....IU	0		1	LC	8		0	0	
Lycopene.....µg	0		0	FLM	4		0	0	
Lutein + zeaxanthin.....µg	16		0	FLM	4		2	28	
Vitamin E (alpha-tocopherol).....mg	0.33	0.011	11	A	1		0.04	0.59	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.10	0.002	11	A	1		0.01	0.18	
Tocopherol, gamma.....mg	1.06	0.021	11	A	1		0.12	1.86	
Tocopherol, delta.....mg	0.00	0.002	11	A	1		0.00	0.00	
Tocotrienol, alpha.....mg	0.10	0.006	11	A	1		0.01	0.18	
Tocotrienol, beta.....mg	0.00	0.000	11	A	1		0.00	0.00	

Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), 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
Tocotrienol, gamma.....mg	0.01	0.002	11	A	1		0.00	0.01	
Tocotrienol, delta.....mg	0.00	0.000	11	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.0	0.000	5	A	1		0.0	0.0	
Dihydrophyloquinone.....µg	0.0	0.000	5	A	1		0.0	0.0	
Menaquinone-4.....µg	0.0	0.000	5	A	1		0.0	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.232		0	NC	4		0.026	0.408	
4:0.....g	0.000	0.000	10	A	1		0.000	0.000	
6:0.....g	0.000	0.000	10	A	1		0.000	0.000	
8:0.....g	0.000	0.000	11	A	1		0.000	0.000	
10:0.....g	0.000	0.000	11	A	1		0.000	0.000	
12:0.....g	0.000	0.000	10	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.003	0.001	11	A	1		0.000	0.005	
15:0.....g	0.002	0.000	11	A	1		0.000	0.003	
16:0.....g	0.202	0.007	11	A	1		0.022	0.355	
17:0.....g	0.001	0.000	11	A	1		0.000	0.002	
18:0.....g	0.018	0.004	11	A	1		0.002	0.032	
20:0.....g	0.001	0.000	11	A	1		0.000	0.002	
22:0.....g	0.002	0.000	11	A	1		0.000	0.004	
24:0.....g	0.002	0.000	11	A	1		0.000	0.004	
Fatty acids, total monounsaturated.....g	0.150		0	NC	4		0.016	0.264	
14:1.....g	0.000	0.000	11	A	1		0.000	0.000	
15:1.....g	0.000	0.000	11	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.002	0.001	11	AS	1		0.000	0.003	
16:1 c.....g	0.002	0.001	11	A	1		0.000	0.003	
16:1 t.....g									
17:1.....g	0.000	0.000	11	A	1		0.000	0.000	
18:1 undifferentiated.....g	0.141	0.010	11	AS	1		0.016	0.249	
18:1 c.....g	0.139	0.008	11	A	1		0.015	0.245	
18:1 t.....g	0.002	0.001	11	A	1		0.000	0.004	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.006	0.000	11	A	1		0.001	0.011	
22:1 undifferentiated.....g	0.000	0.000	11	AS	1		0.000	0.000	
22:1 c.....g	0.000	0.000	11	A	1		0.000	0.000	
22:1 t.....g	0.000	0.000	11	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	11	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.627		0	NC	4		0.069	1.103	
18:2 undifferentiated.....g	0.590	0.009	11	AS	1		0.065	1.039	
18:2 n-6 c,c.....g	0.590	0.009	11	A	1		0.065	1.038	
18:2 CLAs.....g	0.000	0.000	11	A	1		0.000	0.000	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.000	0.000	11	A	1		0.000	0.000	
18:3 undifferentiated.....g	0.036	0.001	11	AS	1		0.004	0.063	
18:3 n-3 c,c,c (ALA).....g	0.036	0.001	11	A	1		0.004	0.063	
18:3 n-6 c,c,c.....g	0.000	0.000	11	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000	0.000	11	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.001	0.000	11	A	1		0.000	0.001	
20:3 undifferentiated.....g	0.000	0.000	11	AS	1		0.000	0.000	
20:3 n-3.....g	0.000	0.000	11	A	1		0.000	0.000	
20:3 n-6.....g	0.000	0.000	11	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.000	0.000	11	A	1		0.000	0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	9	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.000	0.000	11	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000	0.000	11	A	1		0.000	0.000	

NDB No. 08104

Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), 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
22:6 n-3 (DHA).....g	0.000	0.000	11	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.002		0	NC	4		0.000	0.004	
Fatty acids, total trans-monoenoic.....g	0.002		0	NC	4		0.000	0.004	
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4		0.000	0.000	
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.110		0	A	1		0.012	0.193	
Threonine.....g	0.217		0	A	1		0.024	0.382	
Isoleucine.....g	0.418		0	A	1		0.046	0.736	
Leucine.....g	0.851		0	A	1		0.094	1.498	
Lysine.....g	0.295		0	A	1		0.032	0.518	
Methionine.....g	0.185		0	A	1		0.020	0.325	
Cystine.....g	0.164		0	A	1		0.018	0.288	
Phenylalanine.....g	0.565		0	A	1		0.062	0.995	
Tyrosine.....g	0.171		0	A	1		0.019	0.301	
Valine.....g	0.519		0	A	1		0.057	0.913	
Arginine.....g	0.460		0	A	1		0.051	0.809	
Histidine.....g	0.254		0	A	1		0.028	0.447	
Alanine.....g	0.371		0	A	1		0.041	0.653	
Aspartic acid.....g	0.537		0	A	1		0.059	0.944	
Glutamic acid.....g	4.115		0	A	1		0.453	7.243	
Glycine.....g	0.457		0	A	1		0.050	0.805	
Proline.....g	1.811		0	A	1		0.199	3.187	
Serine.....g	0.602		0	A	1		0.066	1.060	
Hydroxyproline.....g	0.000	0.000	10	A	1		0.000	0.000	
<b>Others:</b>									
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	

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

**Common Measures:**

Measure 1 = 11.0g: 1 tbsp

Measure 2 = 176g: 1 cup

\*Vitamin or mineral added for enrichment or fortification

**Calories Factors: Protein 4.05**

**Fat 8.37**

**Carbohydrate 4.12**

**Food Group: 08 Breakfast Cereals**

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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 Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code					
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.0		0	BFZN	4		0.0		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.066		0	BFZN	4		0.153		
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	0.000		0	BFZN	4		0.001		
13:0.....g									
14:0.....g	0.001		0	BFZN	4		0.002		
15:0.....g									
16:0.....g	0.056		0	BFZN	4		0.130		
17:0.....g									
18:0.....g	0.008		0	BFZN	4		0.019		
20:0.....g	0.000		0	BFZN	4		0.000		
22:0.....g	0.000		0	BFZN	4		0.000		
24:0.....g	0.000		0	BFZN	4		0.000		
Fatty acids, total monounsaturated.....g	0.038		0	BFZN	4		0.089		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	BFZN	4		0.002		
16:1 c.....g	0.001		0	BFZN	4		0.002		
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	0.036		0	BFZN	4		0.083		
18:1 c.....g	0.036		0	BFZN	4		0.083		
18:1 t.....g	0.000		0	BFZN	4		0.000		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.001		0	BFZN	4		0.003		
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
22:1 c.....g	0.000		0	BFZN	4		0.000		
22:1 t.....g	0.000		0	BFZN	4		0.000		
24:1 c.....g	0.000		0	BFZN	4		0.001		
Fatty acids, total polyunsaturated.....g	0.126		0	BFZN	4		0.293		
18:2 undifferentiated.....g	0.119		0	BFZN	4		0.278		
18:2 n-6 c,c.....g	0.089		0	BFZN	4		0.208		
18:2 CLAs.....g	0.000		0	BFZN	4		0.000		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.030		0	BFZN	4		0.070		
18:3 undifferentiated.....g	0.007		0	BFZN	4		0.015		
18:3 n-3 c,c,c (ALA).....g	0.007		0	BFZN	4		0.015		
18:3 n-6 c,c,c.....g	0.000		0	BFZN	4		0.000		
18:3i.....g									
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		
20:3 n-3.....g	0.000		0	BFZN	4		0.000		
20:3 n-6.....g	0.000		0	BFZN	4		0.000		
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		0	BFZN	4		0.000		
21:5.....g									
22:4.....g	0.000		0	BFZN	4		0.000		
22:5 n-3 (DPA).....g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans.....g	0.030		0	BFZN	4		0.070		

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 trans-monoenoic.....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans-polyenoic.....g	0.030		0	BFZN	4		0.070		
Cholesterol.....mg	0		0	BFZN	4		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.020		0	BFZN	4		0.047		
Threonine.....g	0.051		0	BFZN	4		0.118		
Isoleucine.....g	0.076		0	BFZN	4		0.178		
Leucine.....g	0.150		0	BFZN	4		0.349		
Lysine.....g	0.092		0	BFZN	4		0.215		
Methionine.....g	0.037		0	BFZN	4		0.087		
Cystine.....g	0.042		0	BFZN	4		0.098		
Phenylalanine.....g	0.106		0	BFZN	4		0.248		
Tyrosine.....g	0.070		0	BFZN	4		0.164		
Valine.....g	0.102		0	BFZN	4		0.238		
Arginine.....g	0.074		0	BFZN	4		0.173		
Histidine.....g	0.040		0	BFZN	4		0.094		
Alanine.....g	0.081		0	BFZN	4		0.188		
Aspartic acid.....g	0.106		0	BFZN	4		0.246		
Glutamic acid.....g	0.751		0	BFZN	4		1.749		
Glycine.....g	0.086		0	BFZN	4		0.200		
Proline.....g	0.344		0	BFZN	4		0.803		
Serine.....g	0.114		0	BFZN	4		0.266		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0		
Caffeine.....mg	0		0	BFZN	4		0		
Theobromine.....mg	0		0	BFZN	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 = 233g: 1 cup

\*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 28 (2015)

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
<b>Proximates:</b>									
Water.....g	86.55	0.279	26	A	1		207.71	12.98	
Energy.....kcal	53		0	NC	4		126	8	
Energy.....kJ	220		0	NC	4		528	33	
Protein (N x 5.7).....g	1.82	0.048	26	A	1		4.36	0.27	
Total lipid (fat).....g	0.34	0.025	26	A	1		0.82	0.05	
Ash.....g	0.38	0.023	26	A	1		0.91	0.06	
Carbohydrate, by difference.....g	10.92		0	NC	4		26.20	1.64	
Fiber, total dietary.....g	0.8	0.137	26	A	1		1.9	0.1	
Sugars, total.....g	0.76	0.264	20	A	1		1.83	0.11	
Sucrose.....g	0.07	0.000	20	A	1		0.18	0.01	
Glucose (dextrose).....g	0.00	0.000	20	A	1		0.00	0.00	
Fructose.....g	0.00	0.000	20	A	1		0.00	0.00	
Lactose.....g	0.00	0.000	20	A	1		0.00	0.00	
Maltose.....g	0.69	0.264	20	A	1		1.65	0.10	
Galactose.....g	0.00	0.000	20	A	1		0.00	0.00	
Starch.....g	10.60	0.581	25	A	1		25.44	1.59	
<b>Minerals:</b>									
Calcium, Ca.....mg	97	6.959	26	A	1		234	15	
Iron, Fe.....mg	5.33	0.213	26	A	1		12.80	0.80	
Magnesium, Mg.....mg	7	0.226	26	A	1		17	1	
Phosphorus, P.....mg	37	2.459	26	A	1		88	5	
Potassium, K.....mg	23	0.474	26	A	1		56	3	
Sodium, Na.....mg	18	3.560	26	A	1		42	3	
Zinc, Zn.....mg	0.23	0.009	26	A	1		0.55	0.03	
Copper, Cu.....mg	0.041	0.002	26	A	1		0.099	0.006	
Manganese, Mn.....mg	0.196	0.009	26	A	1		0.471	0.029	
Selenium, Se.....µg	3.0		0	BFSN	4		7.3	0.5	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	26	A	1		0.0	0.0	
Thiamin.....mg	0.126	0.013	26	A	1		0.303	0.019	
Riboflavin.....mg	0.065	0.009	26	A	1		0.157	0.010	
Niacin.....mg	1.493	0.227	25	A	1		3.584	0.224	
Pantothenic acid.....mg	0.256	0.018	26	A	1		0.614	0.038	
Vitamin B-6.....mg	0.096	0.020	26	A	1		0.230	0.014	
Folate, total.....µg	77	14.893	26	A	1		185	12	
Folic acid.....µg	60	13.662	26	A	1		145	9	
Folate, food.....µg	17	1.738	26	AS	1		40	3	
Folate, DFE.....µg	119		0	NC	4		286	18	
Choline, total.....mg	3.5		0	BFSY	4		8.4	0.5	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	BFSY	4		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	BFSN	4		0.00	0.00	
Vitamin A, RAE.....µg	0		0	NC	4		0	0	
Retinol.....µg	0		0	BFSN	4		0	0	
Carotene, beta.....µg	0		0	BFSY	4		0	0	
Carotene, alpha.....µg	0		0	BFSY	4		0	0	
Cryptoxanthin, beta.....µg	0		0	BFSY	4		0	0	
Vitamin A, IU.....IU	0		0	NC	4		0	0	
Lycopene.....µg	0		0	BFSY	4		0	0	
Lutein + zeaxanthin.....µg	2		0	BFSY	4		5	0	
Vitamin E (alpha-tocopherol).....mg	0.04	0.003	26	A	1		0.10	0.01	
Vitamin E, added.....mg	0.00		0	BFSN	4		0.00	0.00	
Tocopherol, beta.....mg	0.02	0.001	26	A	1		0.04	0.00	
Tocopherol, gamma.....mg	0.16	0.004	26	A	1		0.38	0.02	
Tocopherol, delta.....mg	0.00	0.000	26	A	1		0.00	0.00	
Tocotrienol, alpha.....mg	0.02	0.001	26	A	1		0.04	0.00	





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
22:4.....g	0.000	0.000	25	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000	0.000	25	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000	0.000	25	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.030		0	NC	4		0.072	0.005	
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-polyenoic.....g	0.030		0	NC	4		0.072	0.005	
Cholesterol.....mg	0		0	BFSN	4		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.020		0	A	1		0.048	0.003	
Threonine.....g	0.051		0	A	1		0.121	0.008	
Isoleucine.....g	0.076		0	A	1		0.184	0.011	
Leucine.....g	0.150		0	A	1		0.359	0.022	
Lysine.....g	0.092		0	A	1		0.221	0.014	
Methionine.....g	0.037		0	A	1		0.090	0.006	
Cystine.....g	0.042		0	A	1		0.101	0.006	
Phenylalanine.....g	0.106		0	A	1		0.255	0.016	
Tyrosine.....g	0.070		0	A	1		0.169	0.011	
Valine.....g	0.102		0	A	1		0.245	0.015	
Arginine.....g	0.074		0	A	1		0.178	0.011	
Histidine.....g	0.040		0	A	1		0.097	0.006	
Alanine.....g	0.081		0	A	1		0.194	0.012	
Aspartic acid.....g	0.106		0	A	1		0.254	0.016	
Glutamic acid.....g	0.751		0	A	1		1.802	0.113	
Glycine.....g	0.086		0	A	1		0.206	0.013	
Proline.....g	0.344		0	A	1		0.827	0.052	
Serine.....g	0.114		0	A	1		0.274	0.017	
Hydroxyproline.....g	0.000	0.000	21	A	1		0.000	0.000	
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	BFSY	4		0.0	0.0	
Caffeine.....mg	0		0	BFSN	4		0	0	
Theobromine.....mg	0		0	BFSN	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 = 240g: 1 cup

Measure 2 = 15.0g: 1 tbsp

**Calories Factors: Protein** 4.05

**Fat** .837

**Carbohydrate**4.12

**Food Group:** 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 08172  
Cereals, farina, unenriched, 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
<b>Proximates:</b>									
Water.....g	10.50	0.164	107		1		1.14	18.48	
Energy.....kcal	369		0	NC	4		40	649	
Energy.....kJ	1544				4		168	2717	
Protein (N x 5.7).....g	10.60	0.074	122		1		1.16	18.66	
Total lipid (fat).....g	0.50	0.013	61		1		0.05	0.88	
Ash.....g	0.40	0.034	114		1		0.04	0.70	
Carbohydrate, by difference.....g	78.00		0	NC	4		8.50	137.28	
Fiber, total dietary.....g	1.9		0		4		0.2	3.3	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	14	0.215	16		1		2	25	
Iron, Fe.....mg	1.50		1		1		0.16	2.64	
Magnesium, Mg.....mg	13	0.255	16		1		1	23	
Phosphorus, P.....mg	88	2.068	16		1		10	155	
Potassium, K.....mg	94	4.163	16		1		10	165	
Sodium, Na.....mg	3	0.188	43		1		0	5	
Zinc, Zn.....mg	0.53	0.015	22		1		0.06	0.93	
Copper, Cu.....mg	0.079	0.009	20		1		0.009	0.139	
Manganese, Mn.....mg	0.693		10		1		0.076	1.220	
Selenium, Se.....µg	23.5		0	BFSN	4		2.6	41.4	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.060		1		1		0.007	0.106	
Riboflavin.....mg	0.100		1		1		0.011	0.176	
Niacin.....mg	0.700		1		1		0.076	1.232	
Pantothenic acid.....mg	0.416	0.045	12		1		0.045	0.732	
Vitamin B-6.....mg	0.058		2		1		0.006	0.102	
Folate, total.....µg	24		1		1		3	42	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	24		0	NC	4		3	42	
Folate, DFE.....µg	24		0	NC	4		3	42	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	
Vitamin A, RAE.....µg	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.11		0		1		0.01	0.19	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									



NDB No. 08172  
Cereals, farina, unenriched, dry

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

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

**Common Measures:**

Measure 1 = 10.9g: 1 tbsp

Measure 2 = 176g: 1 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 28 (2015)

NDB No. 08680

Cereals, oats, instant, fortified, maple and brown sugar, 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
<b>Proximates:</b>									
Water.....g	6.40	0.105	12	A	1		2.75		
Energy.....kcal	368		0	BFZN	4		158		
Energy.....kJ	1540		0	BFZN	4		662		
Protein.....g	9.25	0.111	12	A	1		3.98		
Total lipid (fat).....g	4.73	0.052	12	A	1		2.03		
Ash.....g	2.94	0.042	12	A	1		1.27		
Carbohydrate, by difference.....g	76.67		0	NC	4		32.97		
Fiber, total dietary.....g	7.2	0.103	3	A	1		3.1		
Sugars, total.....g	30.28	0.629	6	A	1		13.02		
Sucrose.....g	29.67	0.637	6	A	1		12.76		
Glucose (dextrose).....g	0.39	0.014	6	A	1		0.17		
Fructose.....g	0.18	0.000	6	A	1		0.08		
Lactose.....g	0.00	0.000	6	A	1		0.00		
Maltose.....g	0.04	0.000	6	A	1		0.02		
Galactose.....g	0.00	0.000	6	A	1		0.00		
Starch.....g	38.33	0.613	5	A	1		16.48		
<b>Minerals:</b>									
* Calcium, Ca.....mg	258	4.382	12	A	1		111		
* Iron, Fe.....mg	10.36	0.735	12	A	1		4.45		
Magnesium, Mg.....mg	90	1.180	12	A	1		39		
Phosphorus, P.....mg	305	3.080	12	A	1		131		
Potassium, K.....mg	361	5.028	12	A	1		155		
Sodium, Na.....mg	505	13.977	12	A	1		217		
Zinc, Zn.....mg	1.72	0.036	12	A	1		0.74		
Copper, Cu.....mg	0.240	0.005	12	A	1		0.103		
Manganese, Mn.....mg	2.297	0.026	12	A	1		0.988		
Selenium, Se.....µg	16.8	1.553	6	A	1		7.2		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0		
* Thiamin.....mg	1.069	0.063	6	A	1		0.460		
* Riboflavin.....mg	1.002	0.042	6	A	1		0.431		
* Niacin.....mg	11.739	0.765	6	A	1		5.048		
Pantothenic acid.....mg	0.616	0.132	4	A	1		0.265		
* Vitamin B-6.....mg	1.464	0.061	6	A	1		0.630		
* Folate, total.....µg	148	10.474	6	A	1		64		
* Folic acid.....µg	132		0	NR	4		57		
Folate, food.....µg	16		0	FLA	4		7		
Folate, DFE.....µg	240		0	NC	4		103		
Choline, total.....mg	28.5		0	FLA	4		12.3		
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	BFZN	4		0.00		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	692		0	AS	1		298		
Retinol.....µg	692	56.239	6	A	1		298		
Carotene, beta.....µg	2		1	A	1		1		
Carotene, alpha.....µg	0		1	A	1		0		
Cryptoxanthin, beta.....µg	0		1	A	1		0		
* Vitamin A, IU.....IU	2310		0	AS	1		993		
Lycopene.....µg	0		1	A	1		0		
Lutein + zeaxanthin.....µg	57		1	A	1		24		
Vitamin E (alpha-tocopherol).....mg	0.51	0.020	4	A	1		0.22		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.02	0.023	4	A	1		0.01		
Tocopherol, gamma.....mg	0.27	0.110	4	A	1		0.11		
Tocopherol, delta.....mg	0.73	0.079	4	A	1		0.31		
Tocotrienol, alpha.....mg	1.30	0.073	4	A	1		0.56		
Tocotrienol, beta.....mg	0.84	0.039	4	A	1		0.36		

NDB No. 08680

Cereals, oats, instant, fortified, maple and brown sugar, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00	0.000	4	A	1		0.00		
Tocotrienol, delta.....mg	0.00	0.000	4	A	1		0.00		
Vitamin D (D2 + D3) (1).....µg	0.0		0	FLA	4		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D (2).....IU	0		0	FLA	4		0		
Vitamin K (phylloquinone).....µg	1.4		0	FLA	4		0.6		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.778		0	NC	4		0.334		
4:0.....g	0.000	0.000	6	A	1		0.000		
6:0.....g	0.000	0.000	6	A	1		0.000		
8:0.....g	0.001	0.001	6	A	1		0.001		
10:0.....g	0.002	0.002	6	A	1		0.001		
12:0.....g	0.000	0.000	6	A	1		0.000		
13:0.....g									
14:0.....g	0.012	0.000	6	A	1		0.005		
15:0.....g	0.002	0.000	6	A	1		0.001		
16:0.....g	0.679	0.023	6	A	1		0.292		
17:0.....g	0.002	0.000	6	A	1		0.001		
18:0.....g	0.068	0.005	6	A	1		0.029		
20:0.....g	0.005	0.000	6	A	1		0.002		
22:0.....g	0.003	0.000	6	A	1		0.001		
24:0.....g	0.004	0.000	6	A	1		0.002		
Fatty acids, total monounsaturated.....g	1.432		0	NC	4		0.616		
14:1.....g	0.000	0.000	6	A	1		0.000		
15:1.....g	0.000	0.000	6	A	1		0.000		
16:1 undifferentiated.....g	0.008	0.000	6	AS	1		0.003		
16:1 c.....g	0.008	0.000	6	A	1		0.003		
16:1 t.....g	0.000	0.000	6	A	1		0.000		
17:1.....g	0.001	0.000	6	A	1		0.000		
18:1 undifferentiated.....g	1.383	0.063	6	AS	1		0.595		
18:1 c.....g	1.382	0.063	6	A	1		0.594		
18:1 t.....g	0.000	0.000	6	A	1		0.000		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.032	0.001	6	A	1		0.014		
22:1 undifferentiated.....g	0.002	0.000	6	AS	1		0.001		
22:1 c.....g	0.002	0.000	6	A	1		0.001		
22:1 t.....g	0.000	0.000	6	A	1		0.000		
24:1 c.....g	0.006	0.001	6	A	1		0.003		
Fatty acids, total polyunsaturated.....g	1.600		0	NC	4		0.688		
18:2 undifferentiated.....g	1.548	0.037	6	AS	1		0.666		
18:2 n-6 c,c.....g	1.547	0.037	6	A	1		0.665		
18:2 CLAs.....g	0.000	0.000	6	A	1		0.000		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.002	0.000	6	A	1		0.001		
18:3 undifferentiated.....g	0.051	0.001	6	AS	1		0.022		
18:3 n-3 c,c,c (ALA).....g	0.050	0.001	6	A	1		0.021		
18:3 n-6 c,c,c.....g	0.001	0.000	6	A	1		0.000		
18:3i.....g	0.000	0.000	6	A	1		0.000		
18:4.....g	0.000	0.000	6	A	1		0.000		
20:2 n-6 c,c.....g	0.001	0.000	6	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	6	AS	1		0.000		
20:3 n-3.....g	0.000	0.000	6	A	1		0.000		
20:3 n-6.....g	0.000	0.000	6	A	1		0.000		
20:4 undifferentiated.....g	0.000	0.000	6	A	1		0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	6	A	1		0.000		
21:5.....g									
22:4.....g	0.000	0.000	6	A	1		0.000		
22:5 n-3 (DPA).....g	0.000	0.000	6	A	1		0.000		

NDB No. 08680

Cereals, oats, instant, fortified, maple and brown sugar, dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
22:6 n-3 (DHA).....g	0.000	0.000	6	A	1	0.000		
Fatty acids, total trans.....g	0.002		0	NC	4	0.001		
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4	0.000		
Fatty acids, total trans-polyenoic.....g	0.002		0	NC	4	0.001		
Cholesterol.....mg	0		0	BFZN	4	0		
Phytosterols.....mg								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	Z	7	0.0		
Caffeine.....mg	0		0	Z	7	0		
Theobromine.....mg	0		0	Z	7	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 = 43g: 1 packet

**Footnotes:**

- Majority of brands are not fortified with vitamin D, but some store brands are fortified at 20% DV (80 IU or 2 mcg/100 g).
- Majority of brands are not fortified with vitamin D, but some store brands are fortified at 20% DV (80 IU or 2 mcg/100 g).

\*Vitamin or mineral added for enrichment or fortification

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 08122

Cereals, oats, instant, fortified, plain, dry

Quaker original flavor, 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			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				Confidence
			Points	Code	Code				
<b>Proximates:</b>									
Water.....g	8.92	0.036	4	A	1			2.50	
Energy.....kcal	362		0	MC	9			101	
Energy.....kJ	1515		0	MC	9			424	
Protein (N x 5.83).....g	11.92	0.167	4	A	1			3.34	
Total lipid (fat).....g	6.90	0.041	4	A	1			1.93	
Ash.....g	2.75	0.046	4	A	1			0.77	
Carbohydrate, by difference.....g	69.52		0	NC	4			19.46	
Fiber, total dietary.....g	10.0		2	A	1			2.8	
Sugars, total.....g	1.50		2	A	1			0.42	
Sucrose.....g	1.00		2	A	1			0.28	
Glucose (dextrose).....g	0.10		2	A	1			0.03	
Fructose.....g	0.10		2	A	1			0.03	
Lactose.....g	0.10		2	A	1			0.03	
Maltose.....g	0.10		2	A	1			0.03	
Galactose.....g	0.10		2	A	1			0.03	
Starch.....g	56.65		2	A	1			15.86	
<b>Minerals:</b>									
Calcium, Ca.....mg	351	11.672	4	A	1			98	
* Iron, Fe.....mg	24.72	0.740	4	A	1			6.92	
Magnesium, Mg.....mg	128	1.323	4	A	1			36	
Phosphorus, P.....mg	423	3.916	4	A	1			118	
Potassium, K.....mg	366	1.601	4	A	1			102	
Sodium, Na.....mg	220	7.215	4	A	1			62	
Zinc, Zn.....mg	2.51	0.066	4	A	1			0.70	
Copper, Cu.....mg	0.360	0.012	4	A	1			0.101	
Manganese, Mn.....mg	3.385	0.019	4	A	1			0.948	
Selenium, Se.....µg	23.2		2	A	1			6.5	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		2	A	1			0.0	
Thiamin.....mg	0.445		2	A	1			0.125	
Riboflavin.....mg	0.050		2	A	1			0.014	
Niacin.....mg	1.035		2	A	1			0.290	
Pantothenic acid.....mg	1.200		1	A	1			0.336	
Vitamin B-6.....mg	0.080		2	A	1			0.022	
Folate, total.....µg	32		0	BFZN	4			9	
Folic acid.....µg	0		0	Z	7			0	
Folate, food.....µg	32		0	BFZN	4			9	
Folate, DFE.....µg	32		0	NC	4			9	
Choline, total.....mg	27.7		0	AS	1			7.8	
Betaine.....mg	25.4		2	A	1			7.1	
Vitamin B-12.....µg	0.00		0	MC	9			0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7			0.00	
Vitamin A, RAE.....µg	772		0	AS	1			216	
Retinol.....µg	772		2	A	1			216	
Carotene, beta.....µg	0		0	Z	7			0	
Carotene, alpha.....µg	0		0	Z	7			0	
Cryptoxanthin, beta.....µg	0		0	Z	7			0	
* Vitamin A, IU.....IU	2574		0	AS	1			721	
Lycopene.....µg	0		0	Z	7			0	
Lutein + zeaxanthin.....µg	0		0	Z	7			0	
Vitamin E (alpha-tocopherol).....mg	0.51		1	A	1			0.14	
Vitamin E, added.....mg	0.00		0	Z	7			0.00	
Tocopherol, beta.....mg	0.20		1	A	1			0.06	
Tocopherol, gamma.....mg	0.00		1	A	1			0.00	
Tocopherol, delta.....mg	0.00		1	A	1			0.00	
Tocotrienol, alpha.....mg	1.03		1	A	1			0.29	
Tocotrienol, beta.....mg	0.15		1	A	1			0.04	

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			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Tocotrienol, gamma.....mg	0.00		1	A	1	0.00		
Tocotrienol, delta.....mg	0.00		1	A	1	0.00		
Vitamin D (D2 + D3).....µg	0.0		0	Z	7	0.0		
Vitamin D2 (ergocalciferol).....µg								
Vitamin D3 (cholecalciferol).....µg								
Vitamin D.....IU	0		0	Z	7	0		
Vitamin K (phylloquinone).....µg	1.9		2	A	1	0.5		
Dihydrophyloquinone.....µg								
Menaquinone-4.....µg								
<b>Lipids:</b>								
Fatty acids, total saturated.....g	1.346		0	NC	4	0.377		
4:0.....g	0.000		1	A	1	0.000		
6:0.....g	0.000		1	A	1	0.000		
8:0.....g	0.000		1	A	1	0.000		
10:0.....g	0.000		1	A	1	0.000		
12:0.....g	0.000		1	A	1	0.000		
13:0.....g								
14:0.....g	0.010		1	A	1	0.003		
15:0.....g	0.002		1	A	1	0.001		
16:0.....g	1.200		1	A	1	0.336		
17:0.....g	0.004		1	A	1	0.001		
18:0.....g	0.110		1	A	1	0.031		
20:0.....g	0.010		1	A	1	0.003		
22:0.....g	0.000		1	A	1	0.000		
24:0.....g	0.010		1	A	1	0.003		
Fatty acids, total monounsaturated.....g	2.325		0	NC	4	0.651		
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		0	AS	1	0.003		
16:1 c.....g	0.010		1	A	1	0.003		
16:1 t.....g	0.000		1	A	1	0.000		
17:1.....g	0.002		1	A	1	0.001		
18:1 undifferentiated.....g	2.258		0	AS	1	0.632		
18:1 c.....g	2.250		1	A	1	0.630		
18:1 t.....g	0.008		1	A	1	0.002		
18:1-11 t (18:1t n-7).....g								
20:1.....g	0.050		1	A	1	0.014		
22:1 undifferentiated.....g	0.005		0	AS	1	0.001		
22:1 c.....g	0.005		1	A	1	0.001		
22:1 t.....g	0.000		1	A	1	0.000		
24:1 c.....g	0.000		1	A	1	0.000		
Fatty acids, total polyunsaturated.....g	2.533		0	NC	4	0.709		
18:2 undifferentiated.....g	2.448		0	AS	1	0.685		
18:2 n-6 c,c.....g	2.440		1	A	1	0.683		
18:2 CLAs.....g	0.000		1	A	1	0.000		
18:2 t,t.....g								
18:2 i.....g								
18:2 t not further defined.....g	0.008		1	A	1	0.002		
18:3 undifferentiated.....g	0.072		0	AS	1	0.020		
18:3 n-3 c,c,c (ALA).....g	0.070		1	A	1	0.020		
18:3 n-6 c,c,c.....g	0.002		1	A	1	0.001		
18:3i.....g								
18:4.....g	0.000		1	A	1	0.000		
20:2 n-6 c,c.....g	0.002		1	A	1	0.001		
20:3 undifferentiated.....g	0.003		0	AS	1	0.001		
20:3 n-3.....g	0.000		1	A	1	0.000		
20:3 n-6.....g	0.003		1	A	1	0.001		
20:4 undifferentiated.....g	0.000		1	A	1	0.000		
20:4 n-6.....g								
20:5 n-3 (EPA).....g	0.000		1	A	1	0.000		
21:5.....g								
22:4.....g	0.000		1	A	1	0.000		
22:5 n-3 (DPA).....g	0.000		1	A	1	0.000		

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			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
22:6 n-3 (DHA).....g	0.000		1	A	1	0.000		
Fatty acids, total trans.....g	0.016		0	NC	4	0.004		
Fatty acids, total trans-monoenoic.....g	0.008		0	NC	4	0.002		
Fatty acids, total trans-polyenoic.....g	0.008		0	NC	4	0.002		
Cholesterol.....mg	0		0	MC	9	0		
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.180		0	A	1	0.050		
Threonine.....g	0.366		0	A	1	0.102		
Isoleucine.....g	0.495		0	A	1	0.139		
Leucine.....g	0.960		0	A	1	0.269		
Lysine.....g	0.675		0	A	1	0.189		
Methionine.....g	0.215		0	A	1	0.060		
Cystine.....g	0.435		0	A	1	0.122		
Phenylalanine.....g	0.660		0	A	1	0.185		
Tyrosine.....g	0.380		0	A	1	0.107		
Valine.....g	0.705		0	A	1	0.197		
Arginine.....g	0.839		0	A	1	0.235		
Histidine.....g	0.285		0	A	1	0.080		
Alanine.....g	0.555		0	A	1	0.155		
Aspartic acid.....g	1.166		0	A	1	0.327		
Glutamic acid.....g	2.730		0	A	1	0.764		
Glycine.....g	0.631		0	A	1	0.177		
Proline.....g	0.389		0	A	1	0.109		
Serine.....g	0.629		0	A	1	0.176		
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		4	0.0		
Caffeine.....mg	0		0	Z	7	0		
Theobromine.....mg	0		0	Z	7	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 = 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 28 (2015)

NDB No. 08123

Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)

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
<b>Proximates:</b>									
Water.....g	84.03	1.077	4	A	1		196.64	421.01	148.74
Energy.....kcal	68		0	NC	4		158	339	120
Energy.....kJ	283		0	NC	4		662	1418	501
Protein (N x 5.83).....g	2.37	0.120	4	A	1		5.55	11.88	4.20
Total lipid (fat).....g	1.36	0.065	4	A	1		3.18	6.81	2.41
Ash.....g	0.56	0.040	4	A	1		1.32	2.83	1.00
Carbohydrate, by difference.....g	11.67		0	NC	4		27.30	58.46	20.65
Fiber, total dietary.....g	1.7	0.165	4	A	1		4.1	8.8	3.1
Sugars, total.....g	0.46	0.064	4	A	1		1.08	2.30	0.81
Sucrose.....g	0.29	0.023	4	A	1		0.69	1.48	0.52
Glucose (dextrose).....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Fructose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Lactose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Galactose.....g	0.16	0.054	4	A	1		0.39	0.83	0.29
Starch.....g	10.37	0.386	4	A	1		24.28	51.98	18.36
<b>Minerals:</b>									
Calcium, Ca.....mg	80		2	A	1		187	400	141
Iron, Fe.....mg	5.96	0.168	4	A	1		13.95	29.86	10.55
Magnesium, Mg.....mg	26	1.009	4	A	1		61	131	46
Phosphorus, P.....mg	77	4.111	4	A	1		180	385	136
Potassium, K.....mg	61	3.672	4	A	1		143	307	108
Sodium, Na.....mg	49	2.624	4	A	1		115	247	87
Zinc, Zn.....mg	0.62	0.089	4	A	1		1.46	3.12	1.10
Copper, Cu.....mg	0.066	0.007	4	A	1		0.154	0.331	0.117
Manganese, Mn.....mg	0.558	0.052	4	A	1		1.305	2.794	0.987
Selenium, Se.....µg	5.0	0.382	4	A	1		11.8	25.2	8.9
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	4	A	1		0.0	0.0	0.0
Thiamin.....mg	0.260	0.011	4	A	1		0.608	1.302	0.460
Riboflavin.....mg	0.215	0.062	4	A	1		0.503	1.077	0.380
Niacin.....mg	3.025	0.138	4	A	1		7.078	15.155	5.354
Pantothenic acid.....mg	0.317	0.043	4	A	1		0.743	1.590	0.562
Vitamin B-6.....mg	0.290	0.009	4	A	1		0.679	1.453	0.513
Folate, total.....µg	44	3.473	4	A	1		104	222	78
* Folic acid.....µg	39		0	NR	4		91	195	69
Folate, food.....µg	5		0	RP	4		13	27	10
Folate, DFE.....µg	71		0	NC	4		167	358	126
Choline, total.....mg	4.7		0	RP	4		10.9	23.3	8.2
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	RP	4		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	RP	4		0.00	0.00	0.00
Vitamin A, RAE.....µg	130		0	RP	4		304	650	230
Retinol.....µg	130		0	RP	4		304	650	230
Carotene, beta.....µg	0		0	RP	4		0	0	0
Carotene, alpha.....µg	0		0	RP	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	RP	4		0	0	0
Vitamin A, IU.....IU	433		0	RP	4		1012	2167	766
Lycopene.....µg	0		0	RP	4		0	0	0
Lutein + zeaxanthin.....µg	0		0	RP	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.07	0.004	4	A	1		0.16	0.35	0.12
Vitamin E, added.....mg	0.00		0	RP	4		0.00	0.00	0.00
Tocopherol, beta.....mg	0.01	0.003	4	A	1		0.02	0.04	0.01
Tocopherol, gamma.....mg	0.03	0.008	4	A	1		0.08	0.16	0.06
Tocopherol, delta.....mg	0.01	0.006	4	A	1		0.02	0.05	0.02
Tocotrienol, alpha.....mg	0.18	0.009	4	A	1		0.43	0.93	0.33
Tocotrienol, beta.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00

Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)

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				
			Points	Code	Code	Code			
Tocotrienol, gamma.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....µg	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	0.4	0.062	4	A	1		1.0	2.2	0.8
Dihydrophyloquinone.....µg	0.0	0.000	4	A	1		0.0	0.0	0.0
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.226		0	RP	4		0.529	1.133	0.400
4:0.....g	0.000		0	RP	4		0.000	0.000	0.000
6:0.....g	0.000		0	RP	4		0.000	0.000	0.000
8:0.....g	0.000		0	RP	4		0.000	0.000	0.000
10:0.....g	0.000		0	RP	4		0.000	0.000	0.000
12:0.....g	0.000		0	RP	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.002		0	RP	4		0.004	0.008	0.003
15:0.....g	0.000		0	RP	4		0.001	0.002	0.001
16:0.....g	0.202		0	RP	4		0.472	1.010	0.357
17:0.....g	0.001		0	RP	4		0.002	0.003	0.001
18:0.....g	0.018		0	RP	4		0.043	0.093	0.033
20:0.....g	0.002		0	RP	4		0.004	0.008	0.003
22:0.....g	0.000		0	RP	4		0.000	0.000	0.000
24:0.....g									
Fatty acids, total monounsaturated.....g	0.391		0	RP	4		0.914	1.957	0.691
14:1.....g	0.000		0	RP	4		0.000	0.000	0.000
15:1.....g									
16:1 undifferentiated.....g	0.002		0	RP	4		0.004	0.008	0.003
17:1.....g	0.000		0	RP	4		0.001	0.002	0.001
18:1 undifferentiated.....g	0.379		0	RP	4		0.888	1.901	0.672
20:1.....g	0.008		0	RP	4		0.020	0.042	0.015
22:1 undifferentiated.....g	0.001		0	RP	4		0.002	0.004	0.001
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.426		0	RP	4		0.996	2.132	0.753
18:2 undifferentiated.....g	0.411		0	RP	4		0.962	2.061	0.728
18:3 undifferentiated.....g	0.012		0	RP	4		0.028	0.061	0.021
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 (EPA).....g	0.000		0	RP	4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RP	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	RP	4		0.000	0.000	0.000
Fatty acids, total trans.....g	0.003		0	RP	4		0.006	0.013	0.005
Cholesterol.....mg	0		0	RP	4		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.040		0	A	1		0.094	0.201	0.071
Threonine.....g	0.083		0	A	1		0.193	0.414	0.146
Isoleucine.....g	0.105		0	A	1		0.247	0.528	0.186
Leucine.....g	0.200		0	A	1		0.468	1.002	0.354
Lysine.....g	0.135		0	A	1		0.316	0.677	0.239
Methionine.....g	0.040		0	A	1		0.093	0.199	0.070
Cystine.....g	0.086		0	A	1		0.200	0.428	0.151
Phenylalanine.....g	0.130		0	A	1		0.304	0.651	0.230
Tyrosine.....g	0.085		0	A	1		0.198	0.424	0.150
Valine.....g	0.151		0	A	1		0.352	0.755	0.267
Arginine.....g	0.177		0	A	1		0.415	0.889	0.314
Histidine.....g	0.057		0	A	1		0.134	0.287	0.101
Alanine.....g	0.120		0	A	1		0.280	0.600	0.212

NDB No. 08123

Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
Aspartic acid.....g	0.272		0	A	1	0.636	1.362	0.481
Glutamic acid.....g	0.578		0	A	1	1.353	2.896	1.023
Glycine.....g	0.140		0	A	1	0.328	0.701	0.248
Proline.....g	0.101		0	A	1	0.237	0.508	0.180
Serine.....g	0.137		0	A	1	0.320	0.685	0.242
Hydroxyproline.....g								
<b>Others:</b>								
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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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
- Measure 3 = 177g: 1 oz, 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 28 (2015)

NDB No. 08128

Cereals, oats, instant, fortified, w with cinnamon and spice, dry

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
<b>Proximates:</b>									
Water.....g	6.92	0.050	6	A	1		3.11		
Energy.....kcal	369		0	BFZN	4		166		
Energy.....kJ	1542		0	BFZN	4		694		
Protein (N x 5.83).....g	9.53	0.145	6	A	1		4.29		
Total lipid (fat).....g	4.84	0.077	6	A	1		2.18		
Ash.....g	2.63	0.051	6	A	1		1.18		
Carbohydrate, by difference.....g	76.08		0	NC	4		34.24		
Fiber, total dietary.....g	8.0		2	A	1		3.6		
Sugars, total.....g	25.33	0.035	3	A	1		11.40		
Sucrose.....g	24.50	0.000	3	A	1		11.03		
Glucose (dextrose).....g	0.30	0.035	3	A	1		0.13		
Fructose.....g	0.23	0.000	3	A	1		0.10		
Lactose.....g	0.10	0.000	3	A	1		0.05		
Maltose.....g	0.10	0.000	3	A	1		0.05		
Galactose.....g	0.10	0.000	3	A	1		0.05		
Starch.....g	42.32	0.163	4	A	1		19.04		
<b>Minerals:</b>									
* Calcium, Ca.....mg	234	8.487	6	A	1		105		
* Iron, Fe.....mg	8.46	0.182	6	A	1		3.81		
Magnesium, Mg.....mg	92	0.757	6	A	1		41		
Phosphorus, P.....mg	322	2.789	6	A	1		145		
Potassium, K.....mg	284	2.474	6	A	1		128		
Sodium, Na.....mg	434	16.947	6	A	1		195		
Zinc, Zn.....mg	2.29	0.047	6	A	1		1.03		
Copper, Cu.....mg	0.302	0.007	5	A	1		0.136		
Manganese, Mn.....mg	2.580	0.043	5	A	1		1.161		
Selenium, Se.....µg	6.4	0.000	3	A	1		2.9		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0		
* Thiamin.....mg	0.748		2	JO	11		0.337		
* Riboflavin.....mg	0.749		2	JO	11		0.337		
* Niacin.....mg	9.107		2	JO	11		4.098		
Pantothenic acid.....mg	0.883		2	A	1		0.397		
* Vitamin B-6.....mg	0.882		2	JO	11		0.397		
* Folate, total.....µg	191		0	BFZN	4		86		
* Folic acid.....µg	175		0	NR	4		79		
Folate, food.....µg	17		0	FLA	4		8		
Folate, DFE.....µg	314		0	NC	4		141		
Choline, total.....mg	29.0		0	FLA	4		13.0		
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	440		0	AS	1		198		
Retinol.....µg	440		1	A	1		198		
Carotene, beta.....µg	1		0	FLA	4		0		
Carotene, alpha.....µg	0		0	FLA	4		0		
Cryptoxanthin, beta.....µg	1		0	FLA	4		0		
* Vitamin A, IU.....IU	1467		0	AS	1		660		
Lycopene.....µg	0		0	FLA	4		0		
Lutein + zeaxanthin.....µg	123		0	FLA	4		55		
Vitamin E (alpha-tocopherol).....mg	0.50		1	A	1		0.23		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.18		1	A	1		0.08		
Tocopherol, gamma.....mg	0.00		1	A	1		0.00		
Tocopherol, delta.....mg	0.00		1	A	1		0.00		
Tocotrienol, alpha.....mg	0.85		1	A	1		0.38		
Tocotrienol, beta.....mg	0.10		1	A	1		0.05		

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
Tocotrienol, gamma.....mg	0.00		1	A	1		0.00		
Tocotrienol, delta.....mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	MC	9		0		
Vitamin K (phylloquinone).....µg	1.9		2	A	1		0.9		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.768		0	NC	4		0.346		
4:0.....g	0.000		2	A	1		0.000		
6:0.....g	0.000		2	A	1		0.000		
8:0.....g	0.000		2	A	1		0.000		
10:0.....g	0.000		2	A	1		0.000		
12:0.....g	0.000		2	A	1		0.000		
13:0.....g									
14:0.....g	0.010		2	A	1		0.005		
15:0.....g	0.002		2	A	1		0.001		
16:0.....g	0.684		2	A	1		0.308		
17:0.....g	0.002		2	A	1		0.001		
18:0.....g	0.057		2	A	1		0.026		
20:0.....g	0.006		2	A	1		0.003		
22:0.....g	0.004		2	A	1		0.002		
24:0.....g	0.004		2	A	1		0.002		
Fatty acids, total monounsaturated.....g	1.487		0	NC	4		0.669		
14:1.....g	0.000		2	A	1		0.000		
15:1.....g	0.000		2	A	1		0.000		
16:1 undifferentiated.....g	0.009		0	AS	1		0.004		
16:1 c.....g	0.009		2	A	1		0.004		
16:1 t.....g	0.000		2	A	1		0.000		
17:1.....g	0.001		2	A	1		0.000		
18:1 undifferentiated.....g	1.447		0	AS	1		0.651		
18:1 c.....g	1.446		2	A	1		0.651		
18:1 t.....g	0.001		2	A	1		0.000		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.027		2	A	1		0.012		
22:1 undifferentiated.....g	0.003		0	AS	1		0.002		
22:1 c.....g	0.003		2	A	1		0.002		
22:1 t.....g	0.000		2	A	1		0.000		
24:1 c.....g	0.000		2	A	1		0.000		
Fatty acids, total polyunsaturated.....g	1.696		0	NC	4		0.763		
18:2 undifferentiated.....g	1.636		0	AS	1		0.736		
18:2 n-6 c,c.....g	1.634		2	A	1		0.735		
18:2 CLAs.....g	0.000		2	A	1		0.000		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.002		2	A	1		0.001		
18:3 undifferentiated.....g	0.056		0	AS	1		0.025		
18:3 n-3 c,c,c (ALA).....g	0.054		2	A	1		0.024		
18:3 n-6 c,c,c.....g	0.002		2	A	1		0.001		
18:3i.....g									
18:4.....g	0.000		2	A	1		0.000		
20:2 n-6 c,c.....g	0.003		2	A	1		0.001		
20:3 undifferentiated.....g	0.000		0	AS	1		0.000		
20:3 n-3.....g	0.000		2	A	1		0.000		
20:3 n-6.....g	0.000		2	A	1		0.000		
20:4 undifferentiated.....g	0.000		2	A	1		0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		2	A	1		0.000		
21:5.....g									
22:4.....g	0.000		2	A	1		0.000		
22:5 n-3 (DPA).....g	0.000		2	A	1		0.000		



NDB No. 08128

Cereals, oats, instant, fortified, w with cinnamon and spice, 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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
22:6 n-3 (DHA).....g	0.000		2	A	1	0.000	
Fatty acids, total trans.....g	0.003		0	NC	4	0.001	
Fatty acids, total trans-monoenoic.....g	0.001		0	NC	4	0.000	
Fatty acids, total trans-polyenoic.....g	0.002		0	NC	4	0.001	
Cholesterol.....mg	0		0	MC	9	0	
Phytosterols.....mg							
<b>Others:</b>							
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 = 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 28 (2015)

NDB No. 08129

Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	76.74		0	RP	4		184.17	11.51	123.54
Energy.....kcal	96		0	RP	4		231	14	155
Energy.....kJ	402		0	RP	4		966	60	648
Protein.....g	2.37		0	RP	4		5.70	0.36	3.82
Total lipid (fat).....g	1.21		0	RP	4		2.89	0.18	1.94
Ash.....g	0.73		0	RP	4		1.75	0.11	1.17
Carbohydrate, by difference.....g	18.95		0	RP	4		45.49	2.84	30.52
Fiber, total dietary.....g	2.0		0	RP	4		4.8	0.3	3.2
Sugars, total.....g	6.31		0	RP	4		15.14	0.95	10.16
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	61		0	RP	4		146	9	98
Iron, Fe.....mg	2.11		0	RP	4		5.06	0.32	3.39
Magnesium, Mg.....mg	24		0	RP	4		57	4	38
Phosphorus, P.....mg	80		0	RP	4		192	12	129
Potassium, K.....mg	71		0	RP	4		170	11	114
Sodium, Na.....mg	111		0	RP	4		266	17	178
Zinc, Zn.....mg	0.57		0	RP	4		1.38	0.09	0.92
Copper, Cu.....mg	0.082		0	RP	4		0.196	0.012	0.131
Manganese, Mn.....mg	0.643		0	RP	4		1.543	0.096	1.035
Selenium, Se.....µg	1.6		0	RP	4		3.8	0.2	2.6
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	RP	4		0.0	0.0	0.0
Thiamin.....mg	0.168		0	RP	4		0.402	0.025	0.270
Riboflavin.....mg	0.177		0	RP	4		0.425	0.027	0.285
Niacin.....mg	2.155		0	RP	4		5.173	0.323	3.470
Pantothenic acid.....mg	0.220		0	RP	4		0.528	0.033	0.354
Vitamin B-6.....mg	0.220		0	RP	4		0.528	0.033	0.354
Folate, total.....µg	48		0	RP	4		114	7	77
* Folic acid.....µg	43		0	RP	4		104	7	70
Folate, food.....µg	4		0	RP	4		10	1	7
Folate, DFE.....µg	78		0	NC	4		187	12	126
Choline, total.....mg	7.2		0	RP	4		17.3	1.1	11.6
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	RP	4		0.00	0.00	0.00
Vitamin A, RAE.....µg	110		0	RP	4		263	16	177
Retinol.....µg	110		0	RP	4		263	16	177
Carotene, beta.....µg	0		0	RP	4		0	0	0
Carotene, alpha.....µg	0		0	RP	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	RP	4		0	0	0
Vitamin A, IU.....IU	366		0	RP	4		877	55	588
Lycopene.....µg	0		0	RP	4		0	0	0
Lutein + zeaxanthin.....µg	31		0	RP	4		74	5	49
Vitamin E (alpha-tocopherol).....mg	0.12		0	RP	4		0.30	0.02	0.20
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	RP	4		0.0	0.0	0.0
Vitamin D.....IU	0		0	RP	4		0	0	0
Vitamin K (phyloquinone).....µg	0.5		0	RP	4		1.2	0.1	0.8
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 08129

Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Fatty acids, total saturated.....g	0.191		0	RP	4	0.459	0.029	0.308
4:0.....g	0.000		0	RP	4	0.000	0.000	0.000
6:0.....g	0.000		0	RP	4	0.000	0.000	0.000
8:0.....g	0.000		0	RP	4	0.000	0.000	0.000
10:0.....g	0.000		0	RP	4	0.000	0.000	0.000
12:0.....g	0.000		0	RP	4	0.000	0.000	0.000
13:0.....g								
14:0.....g	0.003		0	RP	4	0.006	0.000	0.004
15:0.....g								
16:0.....g	0.170		0	RP	4	0.409	0.026	0.274
17:0.....g								
18:0.....g	0.014		0	RP	4	0.034	0.002	0.023
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.371		0	RP	4	0.889	0.056	0.597
14:1.....g	0.000		0	RP	4	0.000	0.000	0.000
15:1.....g								
16:1 undifferentiated.....g	0.002		0	RP	4	0.006	0.000	0.004
17:1.....g								
18:1 undifferentiated.....g	0.360		0	RP	4	0.865	0.054	0.580
20:1.....g	0.007		0	RP	4	0.016	0.001	0.011
22:1 undifferentiated.....g	0.001		0	RP	4	0.002	0.000	0.001
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.422		0	RP	4	1.014	0.063	0.680
18:2 undifferentiated.....g	0.408		0	RP	4	0.978	0.061	0.656
18:3 undifferentiated.....g	0.014		0	RP	4	0.034	0.002	0.023
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 (EPA).....g	0.000		0	RP	4	0.000	0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0	RP	4	0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	RP	4	0.000	0.000	0.000
Fatty acids, total trans.....g	0.001		0	RP	4	0.002	0.000	0.001
Cholesterol.....mg	0		0	RP	4	0	0	0
Phytosterols.....mg								
<b>Others:</b>								
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

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

**Common Measures:**

Measure 1 = 240g: 1 cup

Measure 2 = 15.0g: 1 tbsp

Measure 3 = 161g: 1 packet, prepared

\*Vitamin or mineral added for enrichment or fortification

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 08132

Cereals, oats, instant, fortified, w 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
<b>Proximates:</b>									
Water.....g	8.44	0.070	7	A	1		3.71		
Energy.....kcal	360		0	BFZN	4		158		
Energy.....kJ	1507		0	BFZN	4		663		
Protein.....g	8.45	0.095	7	A	1		3.72		
Total lipid (fat).....g	4.03	0.111	7	A	1		1.77		
Ash.....g	2.75	0.029	7	A	1		1.21		
Carbohydrate, by difference.....g	76.33		0	NC	4		33.59		
Fiber, total dietary.....g	5.7		2	A	1		2.5		
Sugars, total.....g	37.14	0.552	4	A	1		16.34		
Sucrose.....g	21.41	0.309	4	A	1		9.42		
Glucose (dextrose).....g	7.65	0.394	4	A	1		3.36		
Fructose.....g	7.78	0.377	4	A	1		3.42		
Lactose.....g	0.10	0.000	4	A	1		0.04		
Maltose.....g	0.10	0.000	4	A	1		0.04		
Galactose.....g	0.10	0.000	4	A	1		0.04		
Starch.....g	30.91	0.356	4	A	1		13.60		
<b>Minerals:</b>									
* Calcium, Ca.....mg	228	4.432	7	A	1		100		
* Iron, Fe.....mg	9.43	0.208	7	A	1		4.15		
Magnesium, Mg.....mg	79	0.339	7	A	1		35		
Phosphorus, P.....mg	273	1.453	7	A	1		120		
Potassium, K.....mg	362	5.214	7	A	1		159		
Sodium, Na.....mg	462	8.800	7	A	1		203		
Zinc, Zn.....mg	1.76	0.021	7	A	1		0.78		
Copper, Cu.....mg	0.285	0.003	7	A	1		0.126		
Manganese, Mn.....mg	1.985	0.049	7	A	1		0.873		
Selenium, Se.....µg	6.9	0.714	4	A	1		3.1		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.7		0	BFZN	4		0.3		
* Thiamin.....mg	0.846	0.005	4	A	1		0.372		
* Riboflavin.....mg	0.684	0.007	4	A	1		0.301		
* Niacin.....mg	10.513	0.364	4	A	1		4.626		
Pantothenic acid.....mg	0.803		2	A	1		0.353		
* Vitamin B-6.....mg	1.079	0.122	4	A	1		0.475		
* Folate, total.....µg	213		0	BFZN	4		94		
* Folic acid.....µg	193		0	BFZN	4		85		
Folate, food.....µg	19		0	BFZN	4		9		
Folate, DFE.....µg	348		0	NC	4		153		
Choline, total.....mg	25.6		0	BFZN	4		11.3		
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	BFZN	4		0.00		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	589		0	AS	1		259		
Retinol.....µg	589		2	A	1		259		
Carotene, beta.....µg	0		0	BFZN	4		0		
Carotene, alpha.....µg	0		0	BFZN	4		0		
Cryptoxanthin, beta.....µg	0		0	BFZN	4		0		
* Vitamin A, IU.....IU	1962		0	AS	1		863		
Lycopene.....µg	0		0	BFZN	4		0		
Lutein + zeaxanthin.....µg	104		0	BFZN	4		46		
Vitamin E (alpha-tocopherol).....mg	0.40		1	A	1		0.18		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.26		1	A	1		0.11		
Tocopherol, gamma.....mg	0.00		1	A	1		0.00		
Tocopherol, delta.....mg	0.02		1	A	1		0.01		
Tocotrienol, alpha.....mg	0.57		1	A	1		0.25		
Tocotrienol, beta.....mg	0.07		1	A	1		0.03		

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00		1	A	1		0.00		
Tocotrienol, delta.....mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.0		0	BFZN	4		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	BFZN	4		0		
Vitamin K (phylloquinone).....µg	2.3		2	A	1		1.0		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.639		0	NC	4		0.281		
4:0.....g	0.000		2	A	1		0.000		
6:0.....g	0.000		2	A	1		0.000		
8:0.....g	0.000		2	A	1		0.000		
10:0.....g	0.000		2	A	1		0.000		
12:0.....g	0.000		2	A	1		0.000		
13:0.....g									
14:0.....g	0.013		2	A	1		0.006		
15:0.....g	0.001		2	A	1		0.000		
16:0.....g	0.561		2	A	1		0.247		
17:0.....g	0.003		2	A	1		0.001		
18:0.....g	0.050		2	A	1		0.022		
20:0.....g	0.005		2	A	1		0.002		
22:0.....g	0.003		2	A	1		0.001		
24:0.....g	0.004		2	A	1		0.002		
Fatty acids, total monounsaturated.....g	1.207		0	NC	4		0.531		
14:1.....g	0.000		2	A	1		0.000		
15:1.....g	0.000		2	A	1		0.000		
16:1 undifferentiated.....g	0.007		0	AS	1		0.003		
16:1 c.....g	0.007		2	A	1		0.003		
16:1 t.....g	0.000		2	A	1		0.000		
17:1.....g	0.001		2	A	1		0.001		
18:1 undifferentiated.....g	1.174		0	AS	1		0.516		
18:1 c.....g	1.147		2	A	1		0.505		
18:1 t.....g	0.027		2	A	1		0.012		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.020		2	A	1		0.009		
22:1 undifferentiated.....g	0.002		0	AS	1		0.001		
22:1 c.....g	0.002		2	A	1		0.001		
22:1 t.....g	0.000		2	A	1		0.000		
24:1 c.....g	0.003		2	A	1		0.001		
Fatty acids, total polyunsaturated.....g	1.274		0	NC	4		0.560		
18:2 undifferentiated.....g	1.230		0	AS	1		0.541		
18:2 n-6 c,c.....g	1.220		2	A	1		0.537		
18:2 CLAs.....g	0.001		2	A	1		0.000		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.009		2	A	1		0.004		
18:3 undifferentiated.....g	0.038		0	AS	1		0.017		
18:3 n-3 c,c,c (ALA).....g	0.037		2	A	1		0.016		
18:3 n-6 c,c,c.....g	0.002		2	A	1		0.001		
18:3i.....g									
18:4.....g	0.000		2	A	1		0.000		
20:2 n-6 c,c.....g	0.001		2	A	1		0.000		
20:3 undifferentiated.....g	0.000		0	AS	1		0.000		
20:3 n-3.....g	0.000		2	A	1		0.000		
20:3 n-6.....g	0.000		2	A	1		0.000		
20:4 undifferentiated.....g	0.001		2	A	1		0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		2	A	1		0.000		
21:5.....g									
22:4.....g	0.002		2	A	1		0.001		
22:5 n-3 (DPA).....g	0.000		2	A	1		0.000		

NDB No. 08132

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

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA).....g	0.000		2	A	1		0.000		
Fatty acids, total trans.....g	0.035		0	NC	4		0.016		
Fatty acids, total trans-monoenoic.....g	0.027		0	NC	4		0.012		
Fatty acids, total trans-polyenoic.....g	0.009		0	NC	4		0.004		
Cholesterol.....mg	0		0	BFZN	4		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0		
Caffeine.....mg	0		0	BFZN	4		0		
Theobromine.....mg	0		0	BFZN	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 = 44g: 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 28 (2015)

NDB No. 08133

Cereals, oats, instant, fortified, with raisins and spice, prepared with water

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	78.44		0	RP	4		188.26	11.77	123.94
Energy.....kcal	88		0	RP	4		211	13	139
Energy.....kJ	369		0	RP	4		884	55	582
Protein.....g	1.98		0	RP	4		4.76	0.30	3.13
Total lipid (fat).....g	0.95		0	RP	4		2.27	0.14	1.49
Ash.....g	0.72		0	RP	4		1.73	0.11	1.14
Carbohydrate, by difference.....g	17.91		0	RP	4		42.98	2.69	28.30
Fiber, total dietary.....g	1.3		0	RP	4		3.2	0.2	2.1
Sugars, total.....g	8.71		0	RP	4		20.91	1.31	13.77
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	56		0	RP	4		134	8	88
Iron, Fe.....mg	2.21		0	RP	4		5.31	0.33	3.50
Magnesium, Mg.....mg	19		0	RP	4		46	3	30
Phosphorus, P.....mg	64		0	RP	4		154	10	101
Potassium, K.....mg	85		0	RP	4		205	13	135
Sodium, Na.....mg	111		0	RP	4		266	17	175
Zinc, Zn.....mg	0.42		0	RP	4		1.00	0.06	0.66
Copper, Cu.....mg	0.074		0	RP	4		0.177	0.011	0.116
Manganese, Mn.....mg	0.466		0	RP	4		1.118	0.070	0.736
Selenium, Se.....µg	1.6		0	RP	4		3.9	0.2	2.6
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.1		0	RP	4		0.4	0.0	0.2
Thiamin.....mg	0.179		0	RP	4		0.429	0.027	0.282
Riboflavin.....mg	0.152		0	RP	4		0.366	0.023	0.241
Niacin.....mg	2.343		0	RP	4		5.623	0.351	3.702
Pantothenic acid.....mg	0.188		0	RP	4		0.452	0.028	0.298
Vitamin B-6.....mg	0.253		0	RP	4		0.608	0.038	0.400
Folate, total.....µg	50		0	RP	4		120	7	79
* Folic acid.....µg	45		0	RP	4		109	7	72
Folate, food.....µg	5		0	RP	4		11	1	7
Folate, DFE.....µg	82		0	NC	4		196	12	129
Choline, total.....mg	6.0		0	RP	4		14.4	0.9	9.5
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	RP	4		0.00	0.00	0.00
Vitamin A, RAE.....µg	138		0	RP	4		331	21	218
Retinol.....µg	138		0	RP	4		331	21	218
Carotene, beta.....µg	0		0	RP	4		0	0	0
Carotene, alpha.....µg	0		0	RP	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	RP	4		0	0	0
Vitamin A, IU.....IU	460		0	RP	4		1105	69	727
Lycopene.....µg	0		0	RP	4		0	0	0
Lutein + zeaxanthin.....µg	24		0	RP	4		59	4	39
Vitamin E (alpha-tocopherol).....mg	0.09		0	RP	4		0.23	0.01	0.15
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	RP	4		0.0	0.0	0.0
Vitamin D.....IU	0		0	RP	4		0	0	0
Vitamin K (phylloquinone).....µg	0.5		0	RP	4		1.3	0.1	0.9
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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 of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Fatty acids, total saturated.....g	0.150		0	RP	4	0.360	0.022	0.237
4:0.....g	0.000		0	RP	4	0.000	0.000	0.000
6:0.....g	0.000		0	RP	4	0.000	0.000	0.000
8:0.....g	0.000		0	RP	4	0.000	0.000	0.000
10:0.....g	0.000		0	RP	4	0.000	0.000	0.000
12:0.....g	0.000		0	RP	4	0.000	0.000	0.000
13:0.....g								
14:0.....g	0.003		0	RP	4	0.008	0.000	0.005
15:0.....g	0.000		0	RP	4	0.000	0.000	0.000
16:0.....g	0.132		0	RP	4	0.316	0.020	0.208
17:0.....g	0.001		0	RP	4	0.002	0.000	0.001
18:0.....g	0.012		0	RP	4	0.028	0.002	0.019
20:0.....g	0.001		0	RP	4	0.003	0.000	0.002
22:0.....g	0.001		0	RP	4	0.001	0.000	0.001
24:0.....g								
Fatty acids, total monounsaturated.....g	0.283		0	RP	4	0.680	0.042	0.448
14:1.....g	0.000		0	RP	4	0.000	0.000	0.000
15:1.....g	0.000		0	RP	4	0.000	0.000	0.000
16:1 undifferentiated.....g	0.002		0	RP	4	0.004	0.000	0.002
17:1.....g	0.000		0	RP	4	0.001	0.000	0.000
18:1 undifferentiated.....g	0.275		0	RP	4	0.661	0.041	0.435
20:1.....g	0.005		0	RP	4	0.011	0.001	0.007
22:1 undifferentiated.....g	0.001		0	RP	4	0.001	0.000	0.001
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.299		0	RP	4	0.717	0.045	0.472
18:2 undifferentiated.....g	0.289		0	RP	4	0.692	0.043	0.456
18:3 undifferentiated.....g	0.009		0	RP	4	0.022	0.001	0.014
18:4.....g	0.000		0	RP	4	0.000	0.000	0.000
20:2 n-6 c.c.....g	0.000		0	RP	4	0.001	0.000	0.000
20:3 undifferentiated.....g	0.000		0	RP	4	0.000	0.000	0.000
20:4 undifferentiated.....g	0.000		0	RP	4	0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	RP	4	0.000	0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0	RP	4	0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	RP	4	0.000	0.000	0.000
Fatty acids, total trans.....g	0.008		0	RP	4	0.020	0.001	0.013
Cholesterol.....mg	0		0	RP	4	0	0	0
Phytosterols.....mg								
<b>Others:</b>								
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

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





Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Code					
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.3		0	BFZN	4		0.8	0.6	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.310		0	BFZN	4		0.726	0.543	
4:0.....g	0.000		0	BFZN	4		0.000	0.000	
6:0.....g	0.000		0	BFZN	4		0.000	0.000	
8:0.....g	0.000		0	BFZN	4		0.000	0.000	
10:0.....g	0.000		0	BFZN	4		0.000	0.000	
12:0.....g	0.000		0	BFZN	4		0.000	0.000	
13:0.....g									
14:0.....g	0.005		0	BFZN	4		0.012	0.009	
15:0.....g									
16:0.....g	0.280		0	BFZN	4		0.656	0.490	
17:0.....g									
18:0.....g	0.021		0	BFZN	4		0.049	0.036	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.435		0	BFZN	4		1.018	0.761	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0	BFZN	4		0.007	0.005	
17:1.....g									
18:1 undifferentiated.....g	0.422		0	BFZN	4		0.988	0.739	
20:1.....g	0.010		0	BFZN	4		0.023	0.017	
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.559		0	BFZN	4		1.307	0.978	
18:2 undifferentiated.....g	0.541		0	BFZN	4		1.265	0.946	
18:2 n-6 c,c.....g									
18:2 CLAs.....g									
18:2 t,t.....g									
18:2 i.....g	0.001		0	BFZN	4		0.003	0.002	
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.018		0	BFZN	4		0.042	0.031	
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 (EPA).....g	0.000		0	BFZN	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans.....g	0.001		0	BFZN	4		0.003	0.002	
Fatty acids, total trans-monoenoic.....g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans-polyenoic.....g	0.001		0	BFZN	4		0.003	0.002	
Cholesterol.....mg	0		0	BFZN	4		0	0	
Phytosterols.....mg									
<b>Others:</b>									
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 08180**

**Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt**

**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**

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Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	2.0	0.159	4	A	1		1.6	0.5	
Dihydrophyloquinone.....µg	0.0	0.000	4	A	1		0.0	0.0	
Menaquinone-4.....µg									
<b><u>Lipids:</u></b>									
Fatty acids, total saturated.....g	1.110		0		1		0.899	0.300	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.020		238		1		0.016	0.005	
13:0.....g									
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 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.182		0	A	1		0.148	0.049	
Threonine.....g	0.382		0	A	1		0.310	0.103	
Isoleucine.....g	0.503		0	A	1		0.407	0.136	
Leucine.....g	0.980		0	A	1		0.794	0.265	
Lysine.....g	0.637		0	A	1		0.516	0.172	
Methionine.....g	0.207		0	A	1		0.168	0.056	
Cystine.....g	0.455		0	A	1		0.369	0.123	
Phenylalanine.....g	0.665		0	A	1		0.539	0.180	
Tyrosine.....g	0.395		0	A	1		0.320	0.107	
Valine.....g	0.688		0	A	1		0.557	0.186	
Arginine.....g	0.850		0	A	1		0.689	0.230	
Histidine.....g	0.275		0	A	1		0.223	0.074	
Alanine.....g	0.563		0	A	1		0.456	0.152	

NDB No. 08120

Cereals, oats, regular and quick, not fortified, dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Aspartic acid.....g	1.217		0	A	1		0.986	0.329	
Glutamic acid.....g	2.830		0	A	1		2.292	0.764	
Glycine.....g	0.642		0	A	1		0.520	0.173	
Proline.....g	0.451		0	A	1		0.365	0.122	
Serine.....g	0.705		0	A	1		0.571	0.190	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0				0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same 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 28 (2015)

NDB No. 08121

Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt

oatmeal, cooked

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	83.61	0.392	8	A	1		195.65	12.21	146.32
Energy.....kcal	71		0	NC	4		166	10	124
Energy.....kJ	297		0	NC	4		694	43	519
Protein (N x 5.83).....g	2.54	0.082	8	A	1		5.93	0.37	4.44
Total lipid (fat).....g	1.52	0.040	8	A	1		3.55	0.22	2.65
Ash.....g	0.34	0.014	8	A	1		0.79	0.05	0.59
Carbohydrate, by difference.....g	12.00		0	NC	4		28.08	1.75	21.00
Fiber, total dietary.....g	1.7	0.082	7	A	1		4.0	0.2	3.0
Sugars, total.....g	0.27	0.024	8	A	1		0.64	0.04	0.48
Sucrose.....g	0.25	0.009	8	A	1		0.59	0.04	0.44
Glucose (dextrose).....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Fructose.....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Lactose.....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Galactose.....g	0.02	0.023	8	A	1		0.05	0.00	0.04
Starch.....g	11.60	0.280	8	A	1		27.14	1.69	20.30
<b>Minerals:</b>									
Calcium, Ca.....mg	9	0.378	4	A	1		22	1	16
Iron, Fe.....mg	0.90	0.067	8	A	1		2.11	0.13	1.58
Magnesium, Mg.....mg	27	0.402	8	A	1		64	4	48
Phosphorus, P.....mg	77	2.219	8	A	1		181	11	135
Potassium, K.....mg	70	1.725	8	A	1		163	10	122
Sodium, Na.....mg	4	0.417	8	A	1		9	1	7
Zinc, Zn.....mg	1.00	0.109	8	A	1		2.34	0.15	1.75
Copper, Cu.....mg	0.074	0.003	8	A	1		0.174	0.011	0.130
Manganese, Mn.....mg	0.580	0.099	8	A	1		1.357	0.085	1.015
Selenium, Se.....µg	5.4	0.263	8	A	1		12.8	0.8	9.5
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	8	A	1		0.0	0.0	0.0
Thiamin.....mg	0.076	0.025	8	A	1		0.177	0.011	0.132
Riboflavin.....mg	0.016	0.006	8	A	1		0.038	0.002	0.028
Niacin.....mg	0.225	0.016	8	A	1		0.527	0.033	0.394
Pantothenic acid.....mg	0.311	0.019	8	A	1		0.728	0.045	0.545
Vitamin B-6.....mg	0.005	0.003	8	A	1		0.012	0.001	0.009
Folate, total.....µg	6	0.639	8	A	1		14	1	11
Folic acid.....µg	0		0	FLM	4		0	0	0
Folate, food.....µg	6		0	NR	4		14	1	11
Folate, DFE.....µg	6		0	NC	4		14	1	11
Choline, total.....mg	7.4		0	AS	1		17.4	1.1	13.0
Betaine.....mg	3.1		1	A	1		7.2	0.4	5.3
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0	FLM	4		0	0	0
Retinol.....µg	0		0	FLM	4		0	0	0
Carotene, beta.....µg	0		0	FLM	4		0	0	0
Carotene, alpha.....µg	0		0	FLM	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	FLM	4		0	0	0
Vitamin A, IU.....IU	0		0	FLM	4		0	0	0
Lycopene.....µg	0		0	FLM	4		0	0	0
Lutein + zeaxanthin.....µg	180		0	FLM	4		421	26	315
Vitamin E (alpha-tocopherol).....mg	0.08	0.005	8	A	1		0.19	0.01	0.14
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.01	0.000	8	A	1		0.03	0.00	0.02
Tocopherol, gamma.....mg	0.03	0.002	8	A	1		0.06	0.00	0.05
Tocopherol, delta.....mg	0.00	0.000	8	A	1		0.00	0.00	0.00
Tocotrienol, alpha.....mg	0.21	0.012	8	A	1		0.50	0.03	0.38
Tocotrienol, beta.....mg	0.00	0.000	8	A	1		0.00	0.00	0.00

Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), 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			Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code				
Tocotrienol, gamma.....mg	0.00	0.000	8	A	1		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00	0.000	8	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	0.3	0.057	8	A	1		0.8	0.1	0.6
Dihydrophyloquinone.....µg	0.0	0.000	8	A	1		0.0	0.0	0.0
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.310		0	NC	4		0.726	0.045	0.543
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		238		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.005		1	A	1		0.012	0.001	0.009
15:0.....g	0.000		1	A	1		0.000	0.000	0.000
16:0.....g	0.280		1	A	1		0.656	0.041	0.490
17:0.....g	0.001		1	A	1		0.001	0.000	0.001
18:0.....g	0.021		1	A	1		0.049	0.003	0.036
20:0.....g	0.002		1	A	1		0.004	0.000	0.003
22:0.....g	0.002		1	A	1		0.004	0.000	0.003
24:0.....g									
Fatty acids, total monounsaturated.....g	0.435		0	NC	4		1.018	0.063	0.761
14:1.....g	0.000		1	A	1		0.000	0.000	0.000
15:1.....g									
16:1 undifferentiated.....g	0.003		0	AS	1		0.007	0.000	0.005
16:1 c.....g	0.003		1	A	1		0.007	0.000	0.005
16:1 t.....g									
17:1.....g	0.000		1	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	0.422		0	AS	1		0.988	0.062	0.739
18:1 c.....g	0.422		1	A	1		0.988	0.062	0.739
18:1 t.....g	0.000		1	A	1		0.000	0.000	0.000
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.010		1	A	1		0.023	0.001	0.017
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.559		0	NC	4		1.307	0.082	0.978
18:2 undifferentiated.....g	0.541		0	AS	1		1.265	0.079	0.946
18:2 n-6 c,c.....g	0.540		1	A	1		1.263	0.079	0.944
18:2 CLAs.....g									
18:2 t,t.....g									
18:2 i.....g	0.001		1	A	1		0.003	0.000	0.002
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.018		0	AS	1		0.042	0.003	0.031
18:3 n-3 c,c,c (ALA).....g	0.018		1	A	1		0.042	0.003	0.031
18:3 n-6 c,c,c.....g									
18:3i.....g									
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.001		0	NC	4		0.003	0.000	0.002
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4				0.000



NDB No. 08121

Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), 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		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
Fatty acids, total trans-monoenoic.....g	0.000			NC	4	0.000	0.000	
Fatty acids, total trans-polyenoic.....g	0.001		0	NC	4	0.003	0.000	0.002
Cholesterol.....mg	0		0	Z	7	0	0	0
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.040		0	A	1	0.094	0.006	0.070
Threonine.....g	0.096		0	A	1	0.224	0.014	0.167
Isoleucine.....g	0.116		0	A	1	0.271	0.017	0.202
Leucine.....g	0.216		0	A	1	0.504	0.031	0.377
Lysine.....g	0.135		0	A	1	0.315	0.020	0.236
Methionine.....g	0.046		0	A	1	0.108	0.007	0.081
Cystine.....g	0.097		0	A	1	0.226	0.014	0.169
Phenylalanine.....g	0.142		0	A	1	0.332	0.021	0.249
Tyrosine.....g	0.101		0	A	1	0.236	0.015	0.176
Valine.....g	0.160		0	A	1	0.374	0.023	0.279
Arginine.....g	0.167		0	A	1	0.390	0.024	0.292
Histidine.....g	0.054		0	A	1	0.126	0.008	0.094
Alanine.....g	0.124		0	A	1	0.291	0.018	0.218
Aspartic acid.....g	0.302		0	A	1	0.706	0.044	0.528
Glutamic acid.....g	0.623		0	A	1	1.457	0.091	1.090
Glycine.....g	0.147		0	A	1	0.344	0.021	0.257
Proline.....g	0.096		0	A	1	0.224	0.014	0.168
Serine.....g	0.151		0	A	1	0.354	0.022	0.265
Hydroxyproline.....g								
<b>Others:</b>								
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

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

**Common Measures:**  
 Measure 1 = 234g: 1 cup  
 Measure 2 = 14.6g: 1 tbsp  
 Measure 3 = 175g: .75 cup

**Calories Factors: Protein 3.46      Fat 8.37      Carbohydrate 4.12**

**Food Group: 08 Breakfast Cereals**  
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 08673

Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS

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

Others:

Alcohol, ethyl.....g									
Caffeine.....mg	0		0	MC	9		0		
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 55g: 1 cup (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 28 (2015)



NDB No. 08183

Cereals, whole wheat hot natural cereal, cooked with water, with salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.060		0		4	0.145	0.109	
4:0.....g	0.000		0	FLM	4	0.000	0.000	
6:0.....g	0.000		0	FLM	4	0.000	0.000	
8:0.....g	0.000		0	FLM	4	0.000	0.000	
10:0.....g	0.000		0	FLM	4	0.000	0.000	
12:0.....g	0.000		0	FLM	4	0.000	0.000	
13:0.....g								
14:0.....g	0.000		0	FLM	4	0.000	0.000	
15:0.....g								
16:0.....g	0.058		0	FLM	4	0.141	0.106	
17:0.....g								
18:0.....g	0.002		0	FLM	4	0.004	0.003	
20:0.....g								
22:0.....g								
24:0.....g								
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 (EPA).....g	0.000		0	FLM	4	0.000	0.000	
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0	FLM	4	0.000	0.000	
22:6 n-3 (DHA).....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								
<b>Others:</b>								
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 28 (2015)



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			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.060		0	BFZN	4	0.145	0.109	
4:0.....g	0.000		0	BFZN	4	0.000	0.000	
6:0.....g	0.000		0	BFZN	4	0.000	0.000	
8:0.....g	0.000		0	BFZN	4	0.000	0.000	
10:0.....g	0.000		0	BFZN	4	0.000	0.000	
12:0.....g	0.000		0	BFZN	4	0.000	0.000	
13:0.....g								
14:0.....g	0.000		0	BFZN	4	0.000	0.000	
15:0.....g								
16:0.....g	0.058		0	BFZN	4	0.141	0.106	
17:0.....g								
18:0.....g	0.002		0	BFZN	4	0.004	0.003	
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.057		0		4	0.138	0.104	
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		4	0.489	0.368	
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 (EPA).....g	0.000		0	BFZN	4	0.000	0.000	
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0	BFZN	4	0.000	0.000	
22:6 n-3 (DHA).....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								
<b>Others:</b>								
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	

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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 28 (2015)





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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
<b>Lipids:</b>							
Fatty acids, total saturated.....g	0.300		0		4	0.282	0.093
4:0.....g	0.000		0		4	0.000	0.000
6:0.....g	0.000		0		4	0.000	0.000
8:0.....g	0.000		0		4	0.000	0.000
10:0.....g	0.000		0		4	0.000	0.000
12:0.....g	0.000		0		4	0.000	0.000
13:0.....g							
14:0.....g	0.000		0		4	0.000	0.000
15:0.....g							
16:0.....g	0.292		0		4	0.274	0.091
17:0.....g							
18:0.....g	0.008		0		4	0.008	0.002
20:0.....g							
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 (EPA).....g	0.000		0		4	0.000	0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0		4	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4	0.000	0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0	Z	7	0	0
Phytosterols.....mg							
<b>Others:</b>							
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

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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 28 (2015)

NDB No. 08580

Incaparina, dry mix (corn and soy flours), unprepared

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	7.47		1	A	1		0.66	9.56	
Energy.....kcal	379		0	NC	4		34	486	
Energy.....kJ	1587		0	NC	4		141	2032	
Protein (N x 6.25).....g	21.75		1	A	1		1.94	27.84	
Total lipid (fat).....g	5.58		1	A	1		0.50	7.14	
Ash.....g	4.67		1	A	1		0.42	5.98	
Carbohydrate, by difference.....g	60.53		0	NC	4		5.39	77.48	
Fiber, total dietary.....g	9.9		1	A	1		0.9	12.7	
Sugars, total.....g									
Starch.....g	44.80		1	A	1		3.99	57.34	
<b>Minerals:</b>									
Calcium, Ca.....mg	600		1	A	1		53	768	
Iron, Fe.....mg	22.00		1	A	1		1.96	28.16	
Magnesium, Mg.....mg	220		1	A	1		20	282	
Phosphorus, P.....mg	530		1	A	1		47	678	
Potassium, K.....mg	1030		1	A	1		92	1318	
Sodium, Na.....mg	4		1	A	1		0	5	
Zinc, Zn.....mg	23.00		1	A	1		2.05	29.44	
Copper, Cu.....mg	0.610		1	A	1		0.054	0.781	
Manganese, Mn.....mg	1.600		1	A	1		0.142	2.048	
Selenium, Se.....µg	14.5		1	A	1		1.3	18.6	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	1.930		1	A	1		0.172	2.470	
Riboflavin.....mg	0.610		1	A	1		0.054	0.781	
Niacin.....mg	27.000		1	A	1		2.403	34.560	
Pantothenic acid.....mg	1.100		1	A	1		0.098	1.408	
Vitamin B-6.....mg	0.690		1	A	1		0.061	0.883	
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.50		1	A	1		0.13	1.92	
Vitamin A, RAE.....µg	1770		0	AS	1		158	2266	
Vitamin A, IU.....IU	5900		0	AS	1		525	7552	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.36		1	A	1		0.03	0.46	
Tocopherol, beta.....mg	0.07		1	A	1		0.01	0.09	
Tocopherol, gamma.....mg	1.59		1	A	1		0.14	2.04	
Tocopherol, delta.....mg	0.27		1	A	1		0.02	0.35	
Tocotrienol, alpha.....mg	0.25		1	A	1		0.02	0.32	
Tocotrienol, beta.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, gamma.....mg	0.52		1	A	1		0.05	0.67	
Tocotrienol, delta.....mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.260		0	A	1		0.023	0.333	
Threonine.....g	0.715		0	A	1		0.064	0.915	
Isoleucine.....g	0.945		0	A	1		0.084	1.210	
Leucine.....g	2.410		0	A	1		0.214	3.085	

NDB No. 08580

Incaparina, dry mix (corn and soy flours), unprepared

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lysine.....g	1.465		0	A	1		0.130	1.875	
Methionine.....g	0.440		0	A	1		0.039	0.563	
Cystine.....g	0.145		0	A	1		0.013	0.186	
Phenylalanine.....g	1.300		0	A	1		0.116	1.664	
Tyrosine.....g	0.740		0	A	1		0.066	0.947	
Valine.....g	1.150		0	A	1		0.102	1.472	
Arginine.....g	1.745		0	A	1		0.155	2.234	
Histidine.....g	0.675		0	A	1		0.060	0.864	
Alanine.....g	1.320		0	A	1		0.117	1.690	
Aspartic acid.....g	2.585		0	A	1		0.230	3.309	
Glutamic acid.....g	4.785		0	A	1		0.426	6.125	
Glycine.....g	1.070		0	A	1		0.095	1.370	
Proline.....g	1.045		0	A	1		0.093	1.338	
Serine.....g	1.380		0	A	1		0.123	1.766	
Hydroxyproline.....g	0.000		1	A	1		0.000	0.000	

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**Common Measures:**

Measure 1 = 8.9g: 1 tbsp

Measure 2 = 128g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 08 Breakfast Cereals**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 43483  
Millet, puffed (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.670		0		4		0.141		
4:0.....g	0.000		0		4		0.000		
6:0.....g	0.000		0		4		0.000		
8:0.....g	0.000		0		4		0.000		
10:0.....g	0.000		0		4		0.000		
12:0.....g	0.003		0		4		0.001		
13:0.....g									
14:0.....g	0.000		0		4		0.000		
15:0.....g									
16:0.....g	0.490		0		4		0.103		
17:0.....g									
18:0.....g	0.143		0		4		0.030		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.717		0		4		0.151		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.013		0		4		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.686		0		4		0.144		
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	1.980		0		4		0.416		
18:2 undifferentiated.....g	1.869		0		4		0.393		
18:3 undifferentiated.....g	0.110		0		4		0.023		
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 (EPA).....g	0.000		0		4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000		
22:6 n-3 (DHA).....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	BFZN	4		0		
Theobromine.....mg	0		0	BFZN	4		0		

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**Common Measures:**

Measure 1 = 21g: 1 cup

**Footnotes:**

1 Made from proso millet

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 28 (2015)