NDB No. 08001 Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	3.40		0	1.02		
Energy	kcal	264		0	79		
Energy	kj	1105		0	332		
Protein (N x 5.95)	g	12.20		0	3.66		
Total lipid (fat)	g	3.10		0	0.93		
Carbohydrate, by difference	g	75.90		0	22.77		
Fiber, total dietary	g	32.3		0	9.7		
Ash	g	5.40		0	1.62		
Sugars, total	g	19.00		0	5.70		
Minerals:							
Calcium	mg	353		0	106		
Iron	mg	15.00		0	4.50		
Magnesium	mg	429		0	129		
Phosphorus	mg	980		0	294		
Potassium	mg	1139		0	342		
Sodium	mg	203		0	61		
Zinc	mg	12.50		0	3.75		
Copper	mg	1.200		0	0.360		
Manganese	mg	9.143		0	2.743		
Selenium	µg	9.4	0.601	7	2.8		
Vitamins:							
Ascorbic acid	mg	50.0		0	15.0		
Thiamin	mg	1.300		0	0.390		
Riboflavin	mg	1.400		0	0.420		
Niacin	mg	16.700		0	5.010		
Pantothenic acid	mg	1.734		0	0.520		
Vitamin B-6	mg	1.700		0	0.510		
Folate	µg	300		0	90		
Vitamin B-12	µg	5.00		0	1.50		
Vitamin A	IU	2500		0	750		
Vitamin A, RE	µg	751		0	225		
Vitamin E, α-TE	mg	1.843		0	0.553		
Lipids:							
Saturated, total	g	0.700		0	0.210		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.003		0	0.001		
14:0	g	0.008		0	0.002		
15.0	g						
16:0	g	0.593		0	0.178		
17:0	g						
18:0	g	0.039		0	0.012		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.600	0	0.180
14:1	g			
16:1	g	0.016	0	0.005
18:1	g	0.560	0	0.168
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	1.800	0	0.540
18:2	g	1.947	0	0.584
18:3	g	0.160	0	0.048
18:4	g	0.000	0	0.000
20:4	g	0.005	0	0.002
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 cup (1 NLEA serving)

NDB No. 08003 Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	2.60		0	0.78		
Energy	kcal	385		0	116		
Energy	kj	1611		0	483		
Protein (N x 5.95)	g	4.80		0	1.44		
Total lipid (fat)	g	1.30		0	0.39		
Carbohydrate, by difference	g	89.48		0	26.84		
Fiber, total dietary	g	1.9		0	0.6		
Ash	g	1.50		0	0.45		
Sugars, total	g	48.10		0	14.43		
Minerals:							
Calcium	mg	11		0	3		
Iron	mg	15.00		0	4.50		
Magnesium	mg	29		0	9		
Phosphorus	mg	100		0	30		
Potassium	mg	106		0	32		
Sodium	mg	448		0	134		
Zinc	mg	12.50		0	3.75		
Copper	mg	0.300		0	0.090		
Manganese	mg	0.297		0	0.089		
Selenium	µg	7.3		0	2.2		
Vitamins:							
Ascorbic acid	mg	50.0		0	15.0		
Thiamin	mg	1.300		0	0.390		
Riboflavin	mg	1.400		0	0.420		
Niacin	mg	16.700		0	5.010		
Pantothenic acid	mg	0.272		0	0.082		
Vitamin B-6	mg	1.700		0	0.510		
Folate	µg	353		0	106		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	2500		0	750		
Vitamin A, RE	µg	751		0	225		
Vitamin E, α-TE	mg	0.163		0	0.049		
Lipids:							
Saturated, total	g	0.300		0	0.090		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.238		0	0.071		
17:0	g						
18:0	g	0.027		0	0.008		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.400	0	0.120
14:1	g			
16:1	g	0.001	0	0.000
18:1	g	0.358	0	0.107
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.600	0	0.180
18:2	g	0.534	0	0.160
18:3	g	0.020	0	0.006
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (1 NLEA serving)

NDB No. 08005 Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	3.00		0	0.90		
Energy	kcal	276		0	83		
Energy	kj	1155		0	347		
Protein (N x 5.95)	g	9.40		0	2.82		
Total lipid (fat)	g	2.40		0	0.72		
Carbohydrate, by difference	g	79.90		0	23.97		
Fiber, total dietary	g	39.9		0	12.0		
Ash	g	5.30		0	1.59		
Sugars, total	g	26.80		0	8.04		
Minerals:							
Calcium	mg	67		0	20		
Iron	mg	15.00		0	4.50		
Magnesium	mg	278		0	83		
Phosphorus	mg	554		0	166		
Potassium	mg	899		0	270		
Sodium	mg	666		0	200		
Zinc	mg	21.50		0	6.45		
Copper	mg	0.700		0	0.210		
Manganese	mg	8.204		0	2.461		
Selenium	µg	28.9	0.424	2	8.7		
Vitamins:							
Ascorbic acid	mg	50.0		0	15.0		
Thiamin	mg	1.300		0	0.390		
Riboflavin	mg	1.400		0	0.420		
Niacin	mg	16.700		0	5.010		
Pantothenic acid	mg	1.488		0	0.446		
Vitamin B-6	mg	1.700		0	0.510		
Folate	µg	300		0	90		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	2500		0	750		
Vitamin A, RE	µg	751		0	225		
Vitamin E, α-TE	mg	1.583		0	0.475		
Lipids:							
Saturated, total	g	0.400		0	0.120		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.001		0	0.000		
14:0	g	0.005		0	0.002		
15.0	g						
16:0	g	0.379		0	0.114		
17:0	g						
18:0	g	0.025		0	0.008		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.500	0	0.150
14:1	g			
16:1	g	0.012	0	0.004
18:1	g	0.422	0	0.127
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	1.500	0	0.450
18:2	g	1.391	0	0.417
18:3	g	0.114	0	0.034
18:4	g	0.000	0	0.000
20:4	g	0.003	0	0.001
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/3 cup (1 NLEA serving)

NDB No. 08006 Cereals ready-to-eat, BRAN CHEX, (wheat bran, corn)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 49g	Measure 2* 28g	Measure 3*
Proximates:							
Water	g	2.30	0.021	490	1.13	0.65	
Energy	kcal	319		0	156	90	
Energy	kj	1335		0	654	378	
Protein (N x 5.95)	g	10.30		59	5.05	2.92	
Total lipid (fat)	g	2.80		64	1.37	0.79	
Carbohydrate, by difference	g	79.70		0	39.05	22.59	
Fiber, total dietary	g	16.2		0	7.9	4.6	
Ash	g	4.90		1	2.40	1.39	
Sugars, total	g						
Minerals:							
Calcium	mg	60		172	29	17	
Iron	mg	28.56		0	13.99	8.10	
Magnesium	mg	141		0	69	40	
Phosphorus	mg	353		0	173	100	
Potassium	mg	441		0	216	125	
Sodium	mg	705		0	345	200	
Zinc	mg	13.23		0	6.48	3.75	
Copper	mg	0.790		52	0.387	0.224	
Manganese	mg	5.167		0	2.532	1.465	
Selenium	µg	9.0	1.890	7	4.4	2.6	
Vitamins:							
Ascorbic acid	mg	53.0		0	26.0	15.0	
Thiamin	mg	1.300		0	0.637	0.369	
Riboflavin	mg	0.540		6	0.265	0.153	
Niacin	mg	17.600		0	8.624	4.990	
Pantothenic acid	mg	1.022		49	0.501	0.290	
Vitamin B-6	mg	1.800		0	0.882	0.510	
Folate	µg	353		0	173	100	
Vitamin B-12	µg	5.30		0	2.60	1.50	
Vitamin A	IU	219		11	107	62	
Vitamin A, RE	µg	22		0	11	6	
Vitamin E, α-TE	mg	1.150		0	0.564	0.326	
Lipids:							
Saturated, total	g	0.404		0	0.198	0.115	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.001		0	0.000	0.000	
14:0	g	0.004		0	0.002	0.001	
15.0	g						
16:0	g	0.349		0	0.171	0.099	
17:0	g						
18:0	g	0.031		0	0.015	0.009	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.519	0	0.254	0.147
14:1	g				
16:1	g	0.010	0	0.005	0.003
18:1	g	0.509	0	0.249	0.144
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.369	0	0.671	0.388
18:2	g	1.283	0	0.629	0.364
18:3	g	0.083	0	0.041	0.024
18:4	g	0.000	0	0.000	0.000
20:4	g	0.002	0	0.001	0.001
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 oz

NDB No. 08010 Cereals ready-to-eat, QUAKER, CAP'N CRUNCH

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 27g	Measure 2*	Measure 3*
Proximates:							
Water	g	2.30		0	0.62		
Energy	kcal	397		0	107		
Energy	kj	1661		0	448		
Protein (N x 5.95)	g	5.00		0	1.35		
Total lipid (fat)	g	5.06		0	1.37		
Carbohydrate, by difference	g	85.35		0	23.04		
Fiber, total dietary	g	3.2		0	0.9		
Ash	g	2.26		0	0.61		
Sugars, total	g						
Minerals:							
Calcium	mg	20		0	5		
Iron	mg	16.68		0	4.50		
Magnesium	mg	35		0	9		
Phosphorus	mg	106		0	29		
Potassium	mg	128		0	35		
Sodium	mg	772		0	208		
Zinc	mg	13.90		0	3.75		
Copper	mg	0.140		0	0.038		
Manganese	mg	0.680		0	0.184		
Selenium	µg	20.1		0	5.4		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	1.390		0	0.375		
Riboflavin	mg	1.570		0	0.424		
Niacin	mg	18.530		0	5.003		
Pantothenic acid	mg	0.360		0	0.097		
Vitamin B-6	mg	1.850		0	0.500		
Folate	µg	371		0	100		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	133		0	36		
Vitamin A, RE	µg	13		0	4		
Vitamin E, α-TE	mg	0.497		0	0.134		
Lipids:							
Saturated, total	g	1.370		0	0.370		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.003		0	0.001		
14:0	g	0.024		0	0.006		
15.0	g						
16:0	g	1.152		0	0.311		
17:0	g						
18:0	g	0.123		0	0.033		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.010	0	0.273
14:1	g			
16:1	g	0.007	0	0.002
18:1	g	0.942	0	0.254
20:1	g	0.002	0	0.001
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.700	0	0.189
18:2	g	0.620	0	0.167
18:3	g	0.018	0	0.005
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3/4 cup (1 NLEA serving)

NDB No. 08011 Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S CRUNCHBERRIES

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 26g	Measure 2*	Measure 3*
Proximates:							
Water	g	2.38		0	0.62		
Energy	kcal	399		0	104		
Energy	kj	1669		0	434		
Protein (N x 5.95)	g	4.83		0	1.26		
Total lipid (fat)	g	4.91		0	1.28		
Carbohydrate, by difference	g	85.63		0	22.26		
Fiber, total dietary	g	2.2		0	0.6		
Ash	g	2.22		0	0.58		
Sugars, total	g						
Minerals:							
Calcium	mg	25		0	7		
Iron	mg	17.32		0	4.50		
Magnesium	mg	38		0	10		
Phosphorus	mg	114		0	30		
Potassium	mg	141		0	37		
Sodium	mg	732		0	190		
Zinc	mg	15.43		0	4.01		
Copper	mg	0.050		0	0.013		
Manganese	mg	0.670		0	0.174		
Selenium	µg	20.1		0	5.2		
Vitamins:							
Ascorbic acid	mg	0.1		0	0.0		
Thiamin	mg	1.440		0	0.374		
Riboflavin	mg	1.630		0	0.424		
Niacin	mg	19.240		0	5.002		
Pantothenic acid	mg	0.370		0	0.096		
Vitamin B-6	mg	1.920		0	0.499		
Folate	µg	385		0	100		
Vitamin B-12	µg	0.03		0	0.01		
Vitamin A	IU	126		0	33		
Vitamin A, RE	µg	18		0	5		
Vitamin E, α-TE	mg	0.711		0	0.185		
Lipids:							
Saturated, total	g	1.330		0	0.346		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.003		0	0.001		
14:0	g	0.024		0	0.006		
15.0	g						
16:0	g	1.152		0	0.300		
17:0	g						
18:0	g	0.123		0	0.032		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.000	0	0.260
14:1	g			
16:1	g	0.007	0	0.002
18:1	g	0.942	0	0.245
20:1	g	0.002	0	0.001
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.750	0	0.195
18:2	g	0.620	0	0.161
18:3	g	0.018	0	0.005
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3/4 cup (1 NLEA serving)

NDB No. 08012 Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 27g	Measure 2*	Measure 3*
Proximates:							
Water	g	1.91		0	0.52		
Energy	kcal	416		0	112		
Energy	kj	1741		0	470		
Protein (N x 5.95)	g	7.22		0	1.95		
Total lipid (fat)	g	8.59		0	2.32		
Carbohydrate, by difference	g	79.68		0	21.51		
Fiber, total dietary	g	2.9		0	0.8		
Ash	g	2.58		0	0.70		
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	3		
Iron	mg	16.67		0	4.50		
Magnesium	mg	69		0	19		
Phosphorus	mg	192		0	52		
Potassium	mg	230		0	62		
Sodium	mg	755		0	204		
Zinc	mg	13.89		0	3.75		
Copper	mg	0.250		0	0.068		
Manganese	mg	0.750		0	0.203		
Selenium	µg	20.1		0	5.4		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	1.390		0	0.375		
Riboflavin	mg	1.570		0	0.424		
Niacin	mg	18.520		0	5.000		
Pantothenic acid	mg	0.450		0	0.122		
Vitamin B-6	mg	1.850		0	0.500		
Folate	µg	371		0	100		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	136		0	37		
Vitamin A, RE	µg	14		0	4		
Vitamin E, α-TE	mg	0.550		0	0.149		
Lipids:							
Saturated, total	g	1.940		0	0.524		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.004		0	0.001		
14:0	g	0.015		0	0.004		
15.0	g						
16:0	g	1.127		0	0.304		
17:0	g						
18:0	g	0.452		0	0.122		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.050	0	0.823
14:1	g			
16:1	g	0.001	0	0.000
18:1	g	2.819	0	0.761
20:1	g	0.051	0	0.014
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	1.970	0	0.532
18:2	g	1.745	0	0.471
18:3	g	0.036	0	0.010
18:4	g	0.000	0	0.000
20:4	g	0.018	0	0.005
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3/4 cup (1 NLEA serving)

NDB No. 08013 Cereals ready-to-eat, GENERAL MILLS, CHEERIOS

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	3.37		6	1.01		
Energy	kcal	365		0	110		
Energy	kj	1527		0	458		
Protein (N x 5.95)	g	10.48		6	3.14		
Total lipid (fat)	g	5.90		6	1.77		
Carbohydrate, by difference	g	76.20		0	22.86		
Fiber, total dietary	g	8.8		6	2.6		
Ash	g	4.04		6	1.21		
Sugars, total	g	4.83		6	1.45		
Minerals:							
Calcium	mg	184		6	55		
Iron	mg	27.00		0	8.10		
Magnesium	mg	109		6	33		
Phosphorus	mg	380		6	114		
Potassium	mg	295		6	89		
Sodium	mg	947		6	284		
Zinc	mg	12.50		0	3.75		
Copper	mg	0.270		6	0.081		
Manganese	mg	0.299		0	0.090		
Selenium	µg	37.5	1.421	46	11.3		
Vitamins:							
Ascorbic acid	mg	50.0		0	15.0		
Thiamin	mg	1.250		0	0.375		
Riboflavin	mg	1.420		0	0.426		
Niacin	mg	16.670		0	5.001		
Pantothenic acid	mg	0.077		0	0.023		
Vitamin B-6	mg	1.670		0	0.501		
Folate	µg	333		0	100		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	4167		0	1250		
Vitamin A, RE	µg	1251		0	375		
Vitamin E, α-TE	mg	0.687		0	0.206		
Lipids:							
Saturated, total	g	1.170		0	0.351		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.022		0	0.007		
14:0	g	0.012		0	0.004		
15.0	g						
16:0	g	0.996		0	0.299		
17:0	g						
18:0	g	0.063		0	0.019		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.140	0	0.642
14:1	g			
16:1	g	0.012	0	0.004
18:1	g	2.086	0	0.626
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.720	0	0.216
18:2	g	0.675	0	0.203
18:3	g	0.031	0	0.009
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (1 NLEA serving)

NDB No. 08014 Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 31g	Measure 2*	Measure 3*
Proximates:							
Water	g	2.40		0	0.74		
Energy	kcal	388		0	120		
Energy	kj	1623		0	503		
Protein (N x 5.95)	g	5.00		0	1.55		
Total lipid (fat)	g	2.60		0	0.81		
Carbohydrate, by difference	g	87.90		0	27.25		
Fiber, total dietary	g	1.3		0	0.4		
Ash	g	2.10		0	0.65		
Sugars, total	g	42.10		0	13.05		
Minerals:							
Calcium	mg	13		0	4		
Iron	mg	5.80		0	1.80		
Magnesium	mg	37		0	11		
Phosphorus	mg	95		0	29		
Potassium	mg	194		0	60		
Sodium	mg	678		0	210		
Zinc	mg	4.80		0	1.49		
Copper	mg	0.200		0	0.062		
Manganese	mg	2.334		0	0.724		
Selenium	µg	14.0		0	4.3		
Vitamins:							
Ascorbic acid	mg	48.4		0	15.0		
Thiamin	mg	1.200		0	0.372		
Riboflavin	mg	1.400		0	0.434		
Niacin	mg	16.100		0	4.991		
Pantothenic acid	mg	0.903		0	0.280		
Vitamin B-6	mg	1.600		0	0.496		
Folate	µg	300		0	93		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	2419		0	750		
Vitamin A, RE	µg	726		0	225		
Vitamin E, α-TE	mg	0.461		0	0.143		
Lipids:							
Saturated, total	g	1.900		0	0.589		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.051		0	0.016		
10:0	g	0.051		0	0.016		
12:0	g	0.422		0	0.131		
14:0	g	0.174		0	0.054		
15.0	g						
16:0	g	0.390		0	0.121		
17:0	g						
18:0	g	0.346		0	0.107		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.300	0	0.093
14:1	g			
16:1	g	0.004	0	0.001
18:1	g	0.537	0	0.166
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.400	0	0.124
18:2	g	0.429	0	0.133
18:3	g	0.018	0	0.006
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg	4	0	1
Theobromine	mg	120	0	37
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3/4 cup (1 NLEA serving)

NDB No. 08017 Cereals ready-to-eat, COOKIE-CRISP, CHOCOLATE CHIP AND VANILLA, (corn with other grains)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2* 28g	Measure 3*
Proximates:							
Water	g	1.90		1	0.57	0.54	
Energy	kcal	400		0	120	113	
Energy	kj	1674		0	502	475	
Protein (N x 5.95)	g	5.10		65	1.53	1.45	
Total lipid (fat)	g	3.60		63	1.08	1.02	
Carbohydrate, by difference	g	87.50		0	26.25	24.81	
Fiber, total dietary	g	1.4		0	0.4	0.4	
Ash	g	1.90		1	0.57	0.54	
Sugars, total	g						
Minerals:							
Calcium	mg	19		13	6	5	
Iron	mg	15.90		0	4.77	4.51	
Magnesium	mg	28		5	8	8	
Phosphorus	mg	80		15	24	23	
Potassium	mg	98		14	29	28	
Sodium	mg	689		66	207	195	
Zinc	mg	10.58		0	3.17	3.00	
Copper	mg	0.300		10	0.090	0.085	
Manganese	mg	0.786		0	0.236	0.223	
Selenium	µg	7.3		0	2.2	2.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	1.300		0	0.390	0.369	
Riboflavin	mg	0.900		0	0.270	0.255	
Niacin	mg	17.600		0	5.280	4.990	
Pantothenic acid	mg	0.212		15	0.064	0.060	
Vitamin B-6	mg	1.800		0	0.540	0.510	
Folate	µg	353		0	106	100	
Vitamin B-12	µg	5.30		0	1.59	1.50	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.250		0	0.075	0.071	
Lipids:							
Saturated, total	g	2.013		0	0.604	0.571	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.011		0	0.003	0.003	
8:0	g	0.143		0	0.043	0.041	
10:0	g	0.114		0	0.034	0.032	
12:0	g	0.850		0	0.255	0.241	
14:0	g	0.324		0	0.097	0.092	
15.0	g						
16:0	g	0.417		0	0.125	0.118	
17:0	g						
18:0	g	0.144		0	0.043	0.041	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.730	0	0.219	0.207
14:1	g				
16:1	g	0.003	0	0.001	0.001
18:1	g	0.727	0	0.218	0.206
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.520	0	0.156	0.147
18:2	g	0.492	0	0.148	0.139
18:3	g	0.022	0	0.007	0.006
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg	2	0	1	1
Theobromine	mg	22	0	7	6
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 oz

NDB No. 08018 Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 27g	Measure 2*	Measure 3*
Proximates:							
Water	g	2.59		0	0.70		
Energy	kcal	333		0	90		
Energy	kj	1393		0	376		
Protein (N x 5.95)	g	6.90		0	1.86		
Total lipid (fat)	g	3.30		0	0.89		
Carbohydrate, by difference	g	84.18		0	22.73		
Fiber, total dietary	g	17.8		0	4.8		
Ash	g	3.01		0	0.81		
Sugars, total	g						
Minerals:							
Calcium	mg	76		0	21		
Iron	mg	28.00		0	7.56		
Magnesium	mg	53		0	14		
Phosphorus	mg	132		0	36		
Potassium	mg	208		0	56		
Sodium	mg	938		0	253		
Zinc	mg	13.89		0	3.75		
Copper	mg	0.250		0	0.068		
Manganese	mg	1.370		0	0.370		
Selenium	µg	12.0		0	3.2		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.280		0	0.076		
Riboflavin	mg	1.570		0	0.424		
Niacin	mg	18.520		0	5.000		
Pantothenic acid	mg	0.400		0	0.108		
Vitamin B-6	mg	1.850		0	0.500		
Folate	µg	371		0	100		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	139		0	38		
Vitamin A, RE	µg	14		0	4		
Vitamin E, α-TE	mg	0.517		0	0.140		
Lipids:							
Saturated, total	g	0.760		0	0.205		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.003		0	0.001		
14:0	g	0.004		0	0.001		
15.0	g						
16:0	g	0.596		0	0.161		
17:0	g						
18:0	g	0.110		0	0.030		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.850	0	0.230
14:1	g			
16:1	g	0.002	0	0.001
18:1	g	0.823	0	0.222
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.990	0	0.267
18:2	g	0.927	0	0.250
18:3	g	0.033	0	0.009
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3/4 cup (1 NLEA serving)

NDB No. 08019 Cereals ready-to-eat, CORN CHEX, (corn)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 29g	Measure 2* 28g	Measure 3* 21g
Proximates:							
Water	g	1.90	0.013	701	0.55	0.54	0.40
Energy	kcal	392		0	114	111	83
Energy	kj	1640		0	476	465	349
Protein (N x 5.95)	g	7.10		119	2.06	2.01	1.51
Total lipid (fat)	g	0.40		50	0.12	0.11	0.09
Carbohydrate, by difference	g	87.70		0	25.43	24.86	18.68
Fiber, total dietary	g	1.8		0	0.5	0.5	0.4
Ash	g	3.00		1	0.87	0.85	0.64
Sugars, total	g						
Minerals:							
Calcium	mg	11		38	3	3	2
Iron	mg	28.56		0	8.28	8.10	6.08
Magnesium	mg	14		30	4	4	3
Phosphorus	mg	39		60	11	11	8
Potassium	mg	81		35	23	23	17
Sodium	mg	1093		0	317	310	233
Zinc	mg	0.35		36	0.10	0.10	0.07
Copper	mg	0.083		35	0.024	0.024	0.018
Manganese	mg	0.086	0.008	4	0.025	0.024	0.018
Selenium	µg	3.5	0.520	3	1.0	1.0	0.7
Vitamins:							
Ascorbic acid	mg	53.0		0	15.4	15.0	11.3
Thiamin	mg	1.300		0	0.377	0.369	0.277
Riboflavin	mg	0.240		8	0.070	0.068	0.051
Niacin	mg	17.600		0	5.104	4.990	3.749
Pantothenic acid	mg	0.163		4	0.047	0.046	0.035
Vitamin B-6	mg	1.800		0	0.522	0.510	0.383
Folate	µg	353		0	102	100	75
Vitamin B-12	µg	5.30		0	1.54	1.50	1.13
Vitamin A	IU	504		8	146	143	107
Vitamin A, RE	µg	50		0	15	14	11
Vitamin E, α-TE	mg	0.250		0	0.072	0.071	0.053
Lipids:							
Saturated, total	g	0.055		0	0.016	0.016	0.012
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.045		0	0.013	0.013	0.010
17:0	g						
18:0	g	0.006		0	0.002	0.002	0.001
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.100	0	0.029	0.028	0.021
14:1	g					
16:1	g	0.001	0	0.000	0.000	0.000
18:1	g	0.099	0	0.029	0.028	0.021
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.172	0	0.050	0.049	0.037
18:2	g	0.167	0	0.048	0.047	0.036
18:3	g	0.005	0	0.001	0.001	0.001
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 oz
Measure 3: 1 single serving box (.75 oz)

NDB No. 08020 Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	3.23		0	0.90		
Energy	kcal	365		0	102		
Energy	kj	1527		0	428		
Protein (N x 5.95)	g	6.56		0	1.84		
Total lipid (fat)	g	0.71		0	0.20		
Carbohydrate, by difference	g	86.49		0	24.22		
Fiber, total dietary	g	2.8		0	0.8		
Ash	g	3.01		0	0.84		
Sugars, total	g	6.90		0	1.93		
Minerals:							
Calcium	mg	4		0	1		
Iron	mg	31.00		0	8.68		
Magnesium	mg	12		0	3		
Phosphorus	mg	39		0	11		
Potassium	mg	91		0	25		
Sodium	mg	1064		0	298		
Zinc	mg	0.60		0	0.17		
Copper	mg	0.100		0	0.028		
Manganese	mg	0.239		0	0.067		
Selenium	µg	5.1	0.437	34	1.4		
Vitamins:							
Ascorbic acid	mg	50.0		0	14.0		
Thiamin	mg	1.300		0	0.364		
Riboflavin	mg	1.400		0	0.392		
Niacin	mg	16.700		0	4.676		
Pantothenic acid	mg	0.329		0	0.092		
Vitamin B-6	mg	1.700		0	0.476		
Folate	µg	353		0	99		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	2500		0	700		
Vitamin A, RE	µg	751		0	210		
Vitamin E, α-TE	mg	0.125		0	0.035		
Lipids:							
Saturated, total	g	0.200		0	0.056		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.164		0	0.046		
17:0	g						
18:0	g	0.021		0	0.006		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.100	0	0.028
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.096	0	0.027
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.400	0	0.112
18:2	g	0.373	0	0.104
18:3	g	0.011	0	0.003
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (1 NLEA serving)

NDB No. 08021 Cereals ready-to-eat, CORN FLAKES, RALSTON PURINA, (corn)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 25g	Measure 2* 28g	Measure 3*
Proximates:							
Water	g	2.70	0.014	784	0.68	0.77	
Energy	kcal	390		0	98	111	
Energy	kj	1632		0	408	463	
Protein (N x 5.95)	g	7.80		131	1.95	2.21	
Total lipid (fat)	g	0.40		105	0.10	0.11	
Carbohydrate, by difference	g	86.60		0	21.65	24.55	
Fiber, total dietary	g	1.9		0	0.5	0.5	
Ash	g	2.60		1	0.65	0.74	
Sugars, total	g						
Minerals:							
Calcium	mg	7		34	2	2	
Iron	mg	2.50		0	0.63	0.71	
Magnesium	mg	11		60	3	3	
Phosphorus	mg	39		40	10	11	
Potassium	mg	88		46	22	25	
Sodium	mg	956		123	239	271	
Zinc	mg	0.25		27	0.06	0.07	
Copper	mg	0.088		28	0.022	0.025	
Manganese	mg	0.082		0	0.021	0.023	
Selenium	µg	5.1		0	1.3	1.4	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.500		0	0.125	0.142	
Riboflavin	mg	0.100		0	0.025	0.028	
Niacin	mg	4.200		0	1.050	1.191	
Pantothenic acid	mg	0.070		27	0.018	0.020	
Vitamin B-6	mg	0.063		25	0.016	0.018	
Folate	µg	7		28	2	2	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	381		46	95	108	
Vitamin A, RE	µg	38		0	10	11	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g				
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g				
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 oz

NDB No. 08022 Cereals ready-to-eat, corn flakes, low sodium, (corn)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 25g	Measure 2* 28g	Measure 3*
Proximates:							
Water	g	3.00		1	0.75	0.85	
Energy	kcal	399		0	100	113	
Energy	kj	1669		0	417	473	
Protein (N x 5.95)	g	7.70		1	1.93	2.18	
Total lipid (fat)	g	0.30		1	0.08	0.09	
Carbohydrate, by difference	g	88.80		0	22.20	25.17	
Fiber, total dietary	g	1.1		0	0.3	0.3	
Ash	g	0.20		1	0.05	0.06	
Sugars, total	g						
Minerals:							
Calcium	mg	43	12.792	2	11	12	
Iron	mg	2.22	0.177	2	0.56	0.63	
Magnesium	mg	13		0	3	4	
Phosphorus	mg	49		0	12	14	
Potassium	mg	73		1	18	21	
Sodium	mg	10		1	3	3	
Zinc	mg	0.27		0	0.07	0.08	
Copper	mg	0.088		0	0.022	0.025	
Manganese	mg	0.082		0	0.021	0.023	
Selenium	µg	5.1		0	1.3	1.4	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.010	0.000	2	0.003	0.003	
Riboflavin	mg	0.180	0.064	2	0.045	0.051	
Niacin	mg	0.420	0.090	2	0.105	0.119	
Pantothenic acid	mg	0.123		0	0.031	0.035	
Vitamin B-6	mg	0.063		0	0.016	0.018	
Folate	µg	7		0	2	2	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	381		0	95	108	
Vitamin A, RE	µg	38		0	10	11	
Vitamin E, α-TE	mg	0.130		0	0.033	0.037	
Lipids:							
Saturated, total	g	0.041		0	0.010	0.012	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.034		0	0.009	0.010	
17:0	g						
18:0	g	0.005		0	0.001	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.075	0	0.019	0.021
14:1	g				
16:1	g	0.001	0	0.000	0.000
18:1	g	0.074	0	0.019	0.021
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.129	0	0.032	0.037
18:2	g	0.126	0	0.032	0.036
18:3	g	0.004	0	0.001	0.001
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 oz

NDB No. 08023 Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 55g	Measure 2*	Measure 3*
Proximates:							
Water	g	3.59		0	1.97		
Energy	kcal	409		0	225		
Energy	kj	1711		0	941		
Protein (N x 5.95)	g	8.39		0	4.61		
Total lipid (fat)	g	12.67		0	6.97		
Carbohydrate, by difference	g	72.90		0	40.10		
Fiber, total dietary	g	11.9		0	6.5		
Ash	g	2.45		0	1.35		
Sugars, total	g	32.90		0	18.09		
Minerals:							
Calcium	mg	45		0	25		
Iron	mg	3.70		0	2.04		
Magnesium	mg	139		0	76		
Phosphorus	mg	339		0	186		
Potassium	mg	463		0	255		
Sodium	mg	355		0	195		
Zinc	mg	3.00		0	1.65		
Copper	mg	0.300		0	0.165		
Manganese	mg	3.013		0	1.657		
Selenium	µg	22.0		0	12.1		
Vitamins:							
Ascorbic acid	mg	30.6		0	16.8		
Thiamin	mg	0.765		0	0.421		
Riboflavin	mg	0.867		0	0.477		
Niacin	mg	10.204		0	5.612		
Pantothenic acid	mg	0.747		0	0.411		
Vitamin B-6	mg	1.020		0	0.561		
Folate	µg	278		0	153		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	1531		0	842		
Vitamin A, RE	µg	460		0	253		
Vitamin E, α-TE	mg	0.662		0	0.364		
Lipids:							
Saturated, total	g	5.308		0	2.919		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.018		0	0.010		
14:0	g	0.011		0	0.006		
15.0	g						
16:0	g	3.454		0	1.900		
17:0	g						
18:0	g	1.598		0	0.879		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.907	0	3.249
14:1	g			
16:1	g	0.004	0	0.002
18:1	g	5.666	0	3.116
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	1.370	0	0.754
18:2	g	1.261	0	0.694
18:3	g	0.054	0	0.030
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3/4 cup (1 NLEA serving)

NDB No. 08024 Cereals ready-to-eat, crisp rice, low sodium, (rice)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 26g	Measure 2* 28g	Measure 3*
Proximates:							
Water	g	3.00		1	0.78	0.85	
Energy	kcal	402		0	105	114	
Energy	kj	1682		0	437	477	
Protein (N x 5.95)	g	5.50		1	1.43	1.56	
Total lipid (fat)	g	0.30		1	0.08	0.09	
Carbohydrate, by difference	g	91.00		0	23.66	25.80	
Fiber, total dietary	g	1.4		0	0.4	0.4	
Ash	g	0.20		1	0.05	0.06	
Sugars, total	g						
Minerals:							
Calcium	mg	67	7.637	2	17	19	
Iron	mg	3.07	0.460	2	0.80	0.87	
Magnesium	mg	39		0	10	11	
Phosphorus	mg	104		0	27	29	
Potassium	mg	78		1	20	22	
Sodium	mg	10		1	3	3	
Zinc	mg	1.50		0	0.39	0.43	
Copper	mg	0.242		0	0.063	0.069	
Manganese	mg	1.144		0	0.297	0.324	
Selenium	µg	15.4		0	4.0	4.4	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.010	0.000	2	0.003	0.003	
Riboflavin	mg	0.190	0.042	2	0.049	0.054	
Niacin	mg	1.370	0.028	2	0.356	0.388	
Pantothenic acid	mg	0.542		0	0.141	0.154	
Vitamin B-6	mg	0.158		0	0.041	0.045	
Folate	µg	11		0	3	3	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.130		0	0.034	0.037	
Lipids:							
Saturated, total	g	0.075		0	0.020	0.021	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.070	0	0.018	0.020
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.110	0	0.029	0.031
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 oz

NDB No. 08025 Cereals ready-to-eat, crispy rice, (rice)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 28g	Measure 3*
Proximates:							
Water	g	2.50	0.067	20	0.70	0.71	
Energy	kcal	396		0	111	112	
Energy	kj	1657		0	464	470	
Protein (N x 5.95)	g	6.40		76	1.79	1.81	
Total lipid (fat)	g	0.40		95	0.11	0.11	
Carbohydrate, by difference	g	88.60		0	24.81	25.12	
Fiber, total dietary	g	1.2		0	0.3	0.3	
Ash	g	2.20		1	0.62	0.62	
Sugars, total	g						
Minerals:							
Calcium	mg	18		29	5	5	
Iron	mg	2.50		0	0.70	0.71	
Magnesium	mg	42		5	12	12	
Phosphorus	mg	109		79	31	31	
Potassium	mg	95		26	27	27	
Sodium	mg	734		104	206	208	
Zinc	mg	1.66		60	0.46	0.47	
Copper	mg	0.219		56	0.061	0.062	
Manganese	mg	1.297		0	0.363	0.368	
Selenium	µg	15.4		0	4.3	4.4	
Vitamins:							
Ascorbic acid	mg	52.9		0	14.8	15.0	
Thiamin	mg	1.850		0	0.518	0.524	
Riboflavin	mg	2.100		0	0.588	0.595	
Niacin	mg	24.710		0	6.919	7.005	
Pantothenic acid	mg	0.387		25	0.108	0.110	
Vitamin B-6	mg	2.470		0	0.692	0.700	
Folate	µg	494		0	138	140	
Vitamin B-12	µg	0.29		26	0.08	0.08	
Vitamin A	IU	4412		0	1235	1251	
Vitamin A, RE	µg	1325		0	371	376	
Vitamin E, α-TE	mg	0.100		0	0.028	0.028	
Lipids:							
Saturated, total	g	0.109		0	0.031	0.031	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.002		0	0.001	0.001	
15.0	g						
16:0	g	0.098		0	0.027	0.028	
17:0	g						
18:0	g	0.007		0	0.002	0.002	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.125	0	0.035	0.035
14:1	g				
16:1	g	0.001	0	0.000	0.000
18:1	g	0.123	0	0.034	0.035
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.107	0	0.030	0.030
18:2	g	0.088	0	0.025	0.025
18:3	g	0.019	0	0.005	0.005
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 oz

NDB No. 08026 Cereals ready-to-eat, GENERAL MILLS, CRISPY WHEATIES 'N RAISINS

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 55g	Measure 2*	Measure 3*
Proximates:							
Water	g	7.09		1	3.90		
Energy	kcal	348		0	191		
Energy	kj	1456		0	801		
Protein (N x 5.95)	g	8.12		1	4.47		
Total lipid (fat)	g	1.38		1	0.76		
Carbohydrate, by difference	g	80.60		0	44.33		
Fiber, total dietary	g	6.2		1	3.4		
Ash	g	2.84		1	1.56		
Sugars, total	g	40.10		1	22.05		
Minerals:							
Calcium	mg	126		1	69		
Iron	mg	8.18		0	4.50		
Magnesium	mg	77		1	42		
Phosphorus	mg	255		1	140		
Potassium	mg	418		1	230		
Sodium	mg	518		1	285		
Zinc	mg	1.97		0	1.08		
Copper	mg	0.320		1	0.176		
Manganese	mg	2.624		0	1.443		
Selenium	µg	7.0		0	3.9		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.680		0	0.374		
Riboflavin	mg	0.770		0	0.424		
Niacin	mg	9.090		0	5.000		
Pantothenic acid	mg	0.651		0	0.358		
Vitamin B-6	mg	0.910		0	0.501		
Folate	µg	181		0	100		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	2272		0	1250		
Vitamin A, RE	µg	682		0	375		
Vitamin E, α-TE	mg	1.044		0	0.574		
Lipids:							
Saturated, total	g	0.280		1	0.154		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.001		0	0.001		
15.0	g						
16:0	g	0.179		0	0.098		
17:0	g						
18:0	g	0.013		0	0.007		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.220	1	0.121
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.127	0	0.070
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.300	1	0.165
18:2	g	0.455	0	0.250
18:3	g	0.027	0	0.015
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (1 NLEA serving)

NDB No. 08028 Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 29g	Measure 2*	Measure 3*
Proximates:							
Water	g	3.64		0	1.06		
Energy	kcal	327		0	95		
Energy	kj	1368		0	397		
Protein (N x 5.95)	g	10.40		0	3.02		
Total lipid (fat)	g	2.20		0	0.64		
Carbohydrate, by difference	g	79.86		0	23.16		
Fiber, total dietary	g	15.9		0	4.6		
Ash	g	3.90		0	1.13		
Sugars, total	g	19.00		0	5.51		
Minerals:							
Calcium	mg	48		0	14		
Iron	mg	28.00		0	8.12		
Magnesium	mg	207		0	60		
Phosphorus	mg	517		0	150		
Potassium	mg	604		0	175		
Sodium	mg	780		0	226		
Zinc	mg	12.93		0	3.75		
Copper	mg	0.400		0	0.116		
Manganese	mg	4.219		0	1.224		
Selenium	µg	10.5	0.615	16	3.0		
Vitamins:							
Ascorbic acid	mg	51.7		0	15.0		
Thiamin	mg	1.300		0	0.377		
Riboflavin	mg	1.500		0	0.435		
Niacin	mg	17.240		0	5.000		
Pantothenic acid	mg	0.946		0	0.274		
Vitamin B-6	mg	1.700		0	0.493		
Folate	µg	353		0	102		
Vitamin B-12	µg	5.00		0	1.45		
Vitamin A	IU	4167		0	1208		
Vitamin A, RE	µg	1251		0	363		
Vitamin E, α-TE	mg	18.500		0	5.365		
Lipids:							
Saturated, total	g	0.400		0	0.116		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.329		0	0.095		
17:0	g						
18:0	g	0.020		0	0.006		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.400	0	0.116
14:1	g			
16:1	g	0.016	0	0.005
18:1	g	0.367	0	0.106
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	1.400	0	0.406
18:2	g	1.255	0	0.364
18:3	g	0.084	0	0.024
18:4	g	0.000	0	0.000
20:4	g	0.003	0	0.001
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3/4 cup (1 NLEA serving)

NDB No. 08030 Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	2.40		0	0.72		
Energy	kcal	391		0	117		
Energy	kj	1636		0	491		
Protein (N x 5.95)	g	4.90		0	1.47		
Total lipid (fat)	g	2.90		0	0.87		
Carbohydrate, by difference	g	88.20		0	26.46		
Fiber, total dietary	g	1.9		0	0.6		
Ash	g	1.50		0	0.45		
Sugars, total	g	47.00		0	14.10		
Minerals:							
Calcium	mg	11		0	3		
Iron	mg	14.10		0	4.23		
Magnesium	mg	29		0	9		
Phosphorus	mg	69		0	21		
Potassium	mg	105		0	32		
Sodium	mg	469		0	141		
Zinc	mg	12.50		0	3.75		
Copper	mg	0.100		0	0.030		
Manganese	mg	0.282		0	0.085		
Selenium	µg	7.3	0.641	3	2.2		
Vitamins:							
Ascorbic acid	mg	46.9		0	14.1		
Thiamin	mg	1.300		0	0.390		
Riboflavin	mg	1.400		0	0.420		
Niacin	mg	16.700		0	5.010		
Pantothenic acid	mg	0.268		0	0.080		
Vitamin B-6	mg	1.700		0	0.510		
Folate	µg	300		0	90		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	2344		0	703		
Vitamin A, RE	µg	704		0	211		
Vitamin E, α-TE	mg	0.368		0	0.110		
Lipids:							
Saturated, total	g	1.300		0	0.390		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.013		0	0.004		
15.0	g						
16:0	g	0.008		0	0.002		
17:0	g						
18:0	g	1.070		0	0.321		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.700	0	0.210
14:1	g			
16:1	g	0.028	0	0.008
18:1	g	0.003	0	0.001
20:1	g	0.669	0	0.201
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.900	0	0.270
18:2	g	0.830	0	0.249
18:3	g	0.034	0	0.010
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (1 NLEA serving)

NDB No. 08031 Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, regular

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 51g	Measure 2*	Measure 3*
Proximates:							
Water	g	5.30		0	2.70		
Energy	kcal	339		0	173		
Energy	kj	1418		0	723		
Protein (N x 5.95)	g	9.40		0	4.79		
Total lipid (fat)	g	1.60		0	0.82		
Carbohydrate, by difference	g	82.50		0	42.08		
Fiber, total dietary	g	10.7		0	5.5		
Ash	g	1.20		0	0.61		
Sugars, total	g	19.60		0	10.00		
Minerals:							
Calcium	mg	36		0	18		
Iron	mg	28.00		0	14.28		
Magnesium	mg	101		0	52		
Phosphorus	mg	290		0	148		
Potassium	mg	333		0	170		
Sodium	mg	3		0	2		
Zinc	mg	2.90		0	1.48		
Copper	mg	0.300		0	0.153		
Manganese	mg	2.788		0	1.422		
Selenium	µg	4.1	0.387	3	2.1		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.700		0	0.357		
Riboflavin	mg	0.800		0	0.408		
Niacin	mg	9.800		0	4.998		
Pantothenic acid	mg	0.739		0	0.377		
Vitamin B-6	mg	0.900		0	0.459		
Folate	µg	200		0	102		
Vitamin B-12	µg	2.90		0	1.48		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.902		0	0.460		
Lipids:							
Saturated, total	g	0.300		0	0.153		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.016		0	0.008		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.243		0	0.124		
15.0	g						
16:0	g	0.013		0	0.007		
17:0	g						
18:0	g	0.012		0	0.006		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.200	0	0.102
14:1	g			
16:1	g	0.182	0	0.093
18:1	g	0.000	0	0.000
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	1.100	0	0.561
18:2	g	1.001	0	0.511
18:3	g	0.052	0	0.027
18:4	g	0.000	0	0.000
20:4	g	0.002	0	0.001
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, regular

NDB No. 08032 Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED KRISPIES

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	2.20		0	0.66		
Energy	kcal	378		0	113		
Energy	kj	1582		0	475		
Protein (N x 5.95)	g	4.60		0	1.38		
Total lipid (fat)	g	0.70		0	0.21		
Carbohydrate, by difference	g	90.40		0	27.12		
Fiber, total dietary	g	1.1		0	0.3		
Ash	g	2.10		0	0.63		
Sugars, total	g	37.00		0	11.10		
Minerals:							
Calcium	mg	7		0	2		
Iron	mg	6.90		0	2.07		
Magnesium	mg	24		0	7		
Phosphorus	mg	80		0	24		
Potassium	mg	77		0	23		
Sodium	mg	731		0	219		
Zinc	mg	1.20		0	0.36		
Copper	mg	0.100		0	0.030		
Manganese	mg	0.749		0	0.225		
Selenium	µg	15.4		0	4.6		
Vitamins:							
Ascorbic acid	mg	57.7		0	17.3		
Thiamin	mg	1.400		0	0.420		
Riboflavin	mg	1.600		0	0.480		
Niacin	mg	19.200		0	5.760		
Pantothenic acid	mg	0.693		0	0.208		
Vitamin B-6	mg	1.900		0	0.570		
Folate	µg	400		0	120		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	2885		0	866		
Vitamin A, RE	µg	866		0	260		
Vitamin E, α-TE	mg	0.089		0	0.027		
Lipids:							
Saturated, total	g	0.200		0	0.060		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.005		0	0.002		
15.0	g						
16:0	g	0.200		0	0.060		
17:0	g						
18:0	g	0.015		0	0.004		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.200	0	0.060
14:1	g			
16:1	g	0.002	0	0.001
18:1	g	0.253	0	0.076
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.300	0	0.090
18:2	g	0.182	0	0.055
18:3	g	0.038	0	0.011
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3/4 cup (1 NLEA serving)

NDB No. 08033 Cereals ready-to-eat, FROSTED RICE KRINKLES, (rice)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 45g	Measure 2* 28g	Measure 3* 21g
Proximates:							
Water	g	1.90		1	0.86	0.54	0.40
Energy	kcal	385		0	173	109	82
Energy	kj	1611		0	725	457	343
Protein (N x 5.95)	g	4.80		1	2.16	1.36	1.02
Total lipid (fat)	g	0.20		1	0.09	0.06	0.04
Carbohydrate, by difference	g	91.10		0	40.99	25.83	19.40
Fiber, total dietary	g	0.6		0	0.3	0.2	0.1
Ash	g	1.90		1	0.86	0.54	0.40
Sugars, total	g						
Minerals:							
Calcium	mg	14		1	6	4	3
Iron	mg	6.30		0	2.84	1.79	1.34
Magnesium	mg	27		1	12	8	6
Phosphorus	mg	70		1	32	20	15
Potassium	mg	51		1	23	14	11
Sodium	mg	630		1	284	179	134
Zinc	mg	5.30		0	2.38	1.50	1.13
Copper	mg	0.167	0.019	4	0.075	0.047	0.036
Manganese	mg	1.087		0	0.489	0.308	0.232
Selenium	µg	15.4		0	6.9	4.4	3.3
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	1.300		0	0.585	0.369	0.277
Riboflavin	mg	1.500		0	0.675	0.425	0.320
Niacin	mg	17.600		0	7.920	4.990	3.749
Pantothenic acid	mg	0.452		0	0.203	0.128	0.096
Vitamin B-6	mg	1.800		0	0.810	0.510	0.383
Folate	µg	353		0	159	100	75
Vitamin B-12	µg	5.30		0	2.38	1.50	1.13
Vitamin A	IU	4409		0	1984	1250	939
Vitamin A, RE	µg	1324		0	596	375	282
Vitamin E, α-TE	mg	0.130		0	0.059	0.037	0.028
Lipids:							
Saturated, total	g	0.055		0	0.025	0.016	0.012
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.001		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.049		0	0.022	0.014	0.010
17:0	g						
18:0	g	0.004		0	0.002	0.001	0.001
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.063	0	0.028	0.018	0.013
14:1	g					
16:1	g	0.001	0	0.000	0.000	0.000
18:1	g	0.061	0	0.027	0.017	0.013
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.054	0	0.024	0.015	0.012
18:2	g	0.044	0	0.020	0.012	0.009
18:3	g	0.009	0	0.004	0.003	0.002
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.072	0	0.032	0.020	0.015
Threonine	g	0.243	0	0.109	0.069	0.052
Isoleucine	g	0.257	0	0.116	0.073	0.055
Leucine	g	0.403	0	0.181	0.114	0.086
Lysine	g	0.205	0	0.092	0.058	0.044
Methionine	g	0.145	0	0.065	0.041	0.031
Cystine	g	0.083	0	0.037	0.024	0.018
Phenylalanine	g	0.207	0	0.093	0.059	0.044
Tyrosine	g	0.272	0	0.122	0.077	0.058
Valine	g	0.315	0	0.142	0.089	0.067
Arginine	g	0.397	0	0.179	0.113	0.085
Histidine	g	0.146	0	0.066	0.041	0.031
Alanine	g	0.200	0	0.090	0.057	0.043
Aspartic acid	g	0.446	0	0.201	0.126	0.095
Glutamic acid	g	0.777	0	0.350	0.220	0.166
Glycine	g	0.280	0	0.126	0.079	0.060
Proline	g	0.204	0	0.092	0.058	0.043
Serine	g	0.220	0	0.099	0.062	0.047
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 oz
Measure 3: 1 single serving box (.75 oz)

NDB No. 08035 Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	2.64		3	0.79		
Energy	kcal	385		0	116		
Energy	kj	1611		0	483		
Protein (N x 5.95)	g	5.32		3	1.60		
Total lipid (fat)	g	3.60		3	1.08		
Carbohydrate, by difference	g	85.63		0	25.69		
Fiber, total dietary	g	3.1		3	0.9		
Ash	g	2.83		3	0.85		
Sugars, total	g	35.47		3	10.64		
Minerals:							
Calcium	mg	48		3	14		
Iron	mg	15.00		0	4.50		
Magnesium	mg	31		3	9		
Phosphorus	mg	120		3	36		
Potassium	mg	176		3	53		
Sodium	mg	915		3	275		
Zinc	mg	12.50		0	3.75		
Copper	mg	0.160		3	0.048		
Manganese	mg	0.711		0	0.213		
Selenium	µg	5.6		0	1.7		
Vitamins:							
Ascorbic acid	mg	50.0		0	15.0		
Thiamin	mg	1.250		0	0.375		
Riboflavin	mg	1.420		0	0.426		
Niacin	mg	16.670		0	5.001		
Pantothenic acid	mg	0.294		0	0.088		
Vitamin B-6	mg	1.670		0	0.501		
Folate	µg	333		0	100		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	2500		0	750		
Vitamin A, RE	µg	751		0	225		
Vitamin E, α-TE	mg	0.754		0	0.226		
Lipids:							
Saturated, total	g	0.590		0	0.177		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.003		0	0.001		
10:0	g	0.000		0	0.000		
12:0	g	0.002		0	0.001		
14:0	g	0.007		0	0.002		
15.0	g						
16:0	g	0.421		0	0.126		
17:0	g						
18:0	g	0.151		0	0.045		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.930	0	0.279
14:1	g			
16:1	g	0.004	0	0.001
18:1	g	0.908	0	0.272
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.530	0	0.159
18:2	g	0.499	0	0.150
18:3	g	0.022	0	0.007
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3/4 cup (1 NLEA serving)

NDB No. 08037 Cereals ready-to-eat, granola, homemade, (oats, wheat germ)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 122g	Measure 2* 28g	Measure 3*
Proximates:							
Water	g	5.30		0	6.47	1.50	
Energy	kcal	467		0	570	132	
Energy	kj	1954		0	2384	554	
Protein (N x 5.95)	g	14.70		0	17.93	4.17	
Total lipid (fat)	g	24.60		0	30.01	6.97	
Carbohydrate, by difference	g	53.00		0	64.66	15.03	
Fiber, total dietary	g	10.5		0	12.8	3.0	
Ash	g	2.10		0	2.56	0.60	
Sugars, total	g						
Minerals:							
Calcium	mg	81		0	99	23	
Iron	mg	4.20		0	5.12	1.19	
Magnesium	mg	178		0	217	50	
Phosphorus	mg	462		0	564	131	
Potassium	mg	538		0	656	153	
Sodium	mg	24		0	29	7	
Zinc	mg	4.06		0	4.95	1.15	
Copper	mg	0.612		0	0.747	0.174	
Manganese	mg						
Selenium	µg	20.3		0	24.8	5.8	
Vitamins:							
Ascorbic acid	mg	1.4		0	1.7	0.4	
Thiamin	mg	0.740		0	0.903	0.210	
Riboflavin	mg	0.280		0	0.342	0.079	
Niacin	mg	2.050		0	2.501	0.581	
Pantothenic acid	mg	0.603		0	0.736	0.171	
Vitamin B-6	mg	0.320		0	0.390	0.091	
Folate	µg	86		0	105	24	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	37		0	45	10	
Vitamin A, RE	µg	4		0	5	1	
Vitamin E, α-TE	mg	12.875		0	15.707	3.650	
Lipids:							
Saturated, total	g	4.750		0	5.795	1.347	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.014		0	0.017	0.004	
8:0	g	0.172		0	0.210	0.049	
10:0	g	0.137		0	0.167	0.039	
12:0	g	1.098		0	1.340	0.311	
14:0	g	0.485		0	0.592	0.137	
15.0	g						
16:0	g	2.079		0	2.536	0.589	
17:0	g						
18:0	g	0.788		0	0.961	0.223	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.870	0	9.601	2.231
14:1	g				
16:1	g	0.063	0	0.077	0.018
18:1	g	7.502	0	9.152	2.127
20:1	g	0.024	0	0.029	0.007
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	10.570	0	12.895	2.997
18:2	g	9.849	0	12.016	2.792
18:3	g	0.556	0	0.678	0.158
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.148	0	0.181	0.042
Threonine	g	0.449	0	0.548	0.127
Isoleucine	g	0.540	0	0.659	0.153
Leucine	g	0.880	0	1.074	0.249
Lysine	g	0.534	0	0.651	0.151
Methionine	g	0.210	0	0.256	0.060
Cystine	g	0.252	0	0.307	0.071
Phenylalanine	g	0.591	0	0.721	0.168
Tyrosine	g	0.389	0	0.475	0.110
Valine	g	0.666	0	0.813	0.189
Arginine	g	1.097	0	1.338	0.311
Histidine	g	0.306	0	0.373	0.087
Alanine	g	0.594	0	0.725	0.168
Aspartic acid	g	0.852	0	1.039	0.242
Glutamic acid	g	1.940	0	2.367	0.550
Glycine	g	0.533	0	0.650	0.151
Proline	g	0.520	0	0.634	0.147
Serine	g	0.427	0	0.521	0.121
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 oz

NDB No. 08040 Cereals ready-to-eat, HEARTLAND NATURAL CEREAL, PLAIN, (oats, wheat germ)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 115g	Measure 2* 28g	Measure 3*
Proximates:							
Water	g	4.10	0.145	3	4.71	1.16	
Energy	kcal	434		0	499	123	
Energy	kj	1816		0	2088	515	
Protein (N x 5.95)	g	10.10	0.017	3	11.62	2.86	
Total lipid (fat)	g	15.40	0.084	3	17.71	4.37	
Carbohydrate, by difference	g	68.30		0	78.55	19.36	
Fiber, total dietary	g	6.1		0	7.0	1.7	
Ash	g	2.10	0.032	3	2.42	0.60	
Sugars, total	g						
Minerals:							
Calcium	mg	65	9.376	4	75	18	
Iron	mg	3.77	0.148	4	4.34	1.07	
Magnesium	mg	128		1	147	36	
Phosphorus	mg	362	6.348	3	416	103	
Potassium	mg	335	60.630	2	385	95	
Sodium	mg	255	39.472	3	293	72	
Zinc	mg	2.64		1	3.04	0.75	
Copper	mg	0.258		0	0.297	0.073	
Manganese	mg						
Selenium	µg	17.3		0	19.9	4.9	
Vitamins:							
Ascorbic acid	mg	1.0		0	1.1	0.3	
Thiamin	mg	0.310	0.029	3	0.357	0.088	
Riboflavin	mg	0.140	0.022	3	0.161	0.040	
Niacin	mg	1.400		1	1.610	0.397	
Pantothenic acid	mg	0.831		0	0.956	0.236	
Vitamin B-6	mg	0.169		0	0.194	0.048	
Folate	µg	56	0.901	3	64	16	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	56		0	64	16	
Vitamin A, RE	µg	6		0	7	2	
Vitamin E, α-TE	mg	0.700		0	0.805	0.198	
Lipids:							
Saturated, total	g	3.930		0	4.520	1.114	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.010		0	0.012	0.003	
8:0	g	0.131		0	0.151	0.037	
10:0	g	0.103		0	0.118	0.029	
12:0	g	0.776		0	0.892	0.220	
14:0	g	0.323		0	0.371	0.092	
15.0	g						
16:0	g	2.092		0	2.406	0.593	
17:0	g						
18:0	g	0.445		0	0.512	0.126	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.173	0	4.799	1.183
14:1	g				
16:1	g	0.027	0	0.031	0.008
18:1	g	4.146	0	4.768	1.175
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	6.164	0	7.089	1.747
18:2	g	5.827	0	6.701	1.652
18:3	g	0.282	0	0.324	0.080
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 oz

NDB No. 08041 Cereals ready-to-eat, HEARTLAND NATURAL CEREAL, WITH COCONUT, (oats, wheat germ)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 105g	Measure 2* 28g	Measure 3*
Proximates:							
Water	g	3.30	0.341	3	3.46	0.94	
Energy	kcal	441		0	463	125	
Energy	kj	1845		0	1937	523	
Protein (N x 5.95)	g	10.40	0.324	3	10.92	2.95	
Total lipid (fat)	g	16.30	0.200	3	17.11	4.62	
Carbohydrate, by difference	g	67.90		0	71.30	19.25	
Fiber, total dietary	g	7.1		0	7.5	2.0	
Ash	g	2.10	0.032	3	2.21	0.60	
Sugars, total	g						
Minerals:							
Calcium	mg	63	9.062	4	66	18	
Iron	mg	5.13	0.785	4	5.39	1.45	
Magnesium	mg	131		1	138	37	
Phosphorus	mg	362	9.514	3	380	103	
Potassium	mg	366	51.865	2	384	104	
Sodium	mg	203	76.240	2	213	58	
Zinc	mg	2.61		1	2.74	0.74	
Copper	mg	0.507		0	0.532	0.144	
Manganese	mg						
Selenium	µg	17.3		0	18.2	4.9	
Vitamins:							
Ascorbic acid	mg	1.0		0	1.1	0.3	
Thiamin	mg	0.330	0.050	3	0.347	0.094	
Riboflavin	mg	0.140	0.022	3	0.147	0.040	
Niacin	mg	1.700		1	1.785	0.482	
Pantothenic acid	mg	0.800		0	0.840	0.227	
Vitamin B-6	mg	0.157		0	0.165	0.045	
Folate	µg	54	6.929	3	57	15	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	54		0	57	15	
Vitamin A, RE	µg	6		0	6	2	
Vitamin E, α-TE	mg	0.700		0	0.735	0.198	
Lipids:							
Saturated, total	g	5.931		0	6.228	1.681	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.025		0	0.026	0.007	
8:0	g	0.311		0	0.327	0.088	
10:0	g	0.246		0	0.258	0.070	
12:0	g	1.925		0	2.021	0.546	
14:0	g	0.775		0	0.814	0.220	
15.0	g						
16:0	g	2.073		0	2.177	0.588	
17:0	g						
18:0	g	0.531		0	0.558	0.151	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.780	0	3.969	1.072
14:1	g				
16:1	g	0.024	0	0.025	0.007
18:1	g	3.757	0	3.945	1.065
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	5.413	0	5.684	1.535
18:2	g	5.121	0	5.377	1.452
18:3	g	0.243	0	0.255	0.069
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 oz

NDB No. 08042 Cereals ready-to-eat, HEARTLAND NATURAL CEREAL, WITH RAISINS, (oats, wheat germ)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 110g	Measure 2*	Measure 3*
Proximates:							
Water	g	5.00	0.230	3	5.50		
Energy	kcal	425		0	468		
Energy	kj	1778		0	1956		
Protein (N x 5.95)	g	9.70	0.023	3	10.67		
Total lipid (fat)	g	14.20	0.318	3	15.62		
Carbohydrate, by difference	g	69.00		0	75.90		
Fiber, total dietary	g	5.5		0	6.0		
Ash	g	2.10	0.012	3	2.31		
Sugars, total	g						
Minerals:							
Calcium	mg	60	8.165	4	66		
Iron	mg	3.65	0.165	4	4.01		
Magnesium	mg	128		1	141		
Phosphorus	mg	342	2.051	3	376		
Potassium	mg	377	33.145	2	415		
Sodium	mg	205	58.810	2	226		
Zinc	mg	2.57		1	2.83		
Copper	mg	0.420		0	0.462		
Manganese	mg						
Selenium	µg	17.3		0	19.0		
Vitamins:							
Ascorbic acid	mg	1.0		0	1.1		
Thiamin	mg	0.290	0.055	3	0.319		
Riboflavin	mg	0.130	0.025	3	0.143		
Niacin	mg	1.400		1	1.540		
Pantothenic acid	mg	0.823		0	0.905		
Vitamin B-6	mg	0.180		0	0.198		
Folate	µg	40	4.464	3	44		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	57		0	63		
Vitamin A, RE	µg	6		0	7		
Vitamin E, α-TE	mg	0.700		0	0.770		
Lipids:							
Saturated, total	g	3.623		0	3.985		
4:0	g	0.000		0	0.000		
6.0	g	0.009		0	0.010		
8:0	g	0.119		0	0.131		
10:0	g	0.094		0	0.103		
12:0	g	0.711		0	0.782		
14:0	g	0.297		0	0.327		
15.0	g						
16:0	g	1.937		0	2.131		
17:0	g						
18:0	g	0.409		0	0.450		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.844	0	4.228
14:1	g			
16:1	g	0.025	0	0.028
18:1	g	3.820	0	4.202
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	5.674	0	6.241
18:2	g	5.362	0	5.898
18:3	g	0.261	0	0.287
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 08043 Cereals ready-to-eat, KELLOGG, KELLOGG'S Nut & Honey Crunch

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 55g	Measure 2*	Measure 3*
Proximates:							
Water	g	2.50		0	1.38		
Energy	kcal	405		0	223		
Energy	kj	1695		0	932		
Protein (N x 5.95)	g	7.30		0	4.01		
Total lipid (fat)	g	4.50		0	2.48		
Carbohydrate, by difference	g	83.60		0	45.98		
Fiber, total dietary	g	1.6		0	0.9		
Ash	g	2.10		0	1.16		
Sugars, total	g	32.30		0	17.76		
Minerals:							
Calcium	mg	10		0	6		
Iron	mg	8.20		0	4.51		
Magnesium	mg	9		0	5		
Phosphorus	mg	66		0	36		
Potassium	mg	109		0	60		
Sodium	mg	673		0	370		
Zinc	mg	0.70		0	0.39		
Copper	mg	0.100		0	0.055		
Manganese	mg	0.253		0	0.139		
Selenium	µg	7.3		0	4.0		
Vitamins:							
Ascorbic acid	mg	27.3		0	15.0		
Thiamin	mg	0.700		0	0.385		
Riboflavin	mg	0.800		0	0.440		
Niacin	mg	9.100		0	5.005		
Pantothenic acid	mg	0.000		0	0.000		
Vitamin B-6	mg	0.900		0	0.495		
Folate	µg	200		0	110		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	1364		0	750		
Vitamin A, RE	µg	410		0	226		
Vitamin E, α-TE	mg	0.250		0	0.138		
Lipids:							
Saturated, total	g	0.900		0	0.495		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.002		0	0.001		
14:0	g	0.007		0	0.004		
15.0	g						
16:0	g	0.684		0	0.376		
17:0	g						
18:0	g	0.205		0	0.113		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.100	0	1.155
14:1	g			
16:1	g	0.002	0	0.001
18:1	g	1.910	0	1.050
20:1	g	0.008	0	0.004
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	1.500	0	0.825
18:2	g	1.570	0	0.864
18:3	g	0.054	0	0.030
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1-1/4 cup (1 NLEA serving)

NDB No. 08044 Cereals ready-to-eat, HONEYBRAN, (wheat)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 35g	Measure 2* 28g	Measure 3*
Proximates:							
Water	g	2.50		1	0.88	0.71	
Energy	kcal	341		0	119	97	
Energy	kj	1427		0	499	405	
Protein (N x 5.95)	g	8.80		22	3.08	2.49	
Total lipid (fat)	g	2.10		21	0.74	0.60	
Carbohydrate, by difference	g	81.80		0	28.63	23.19	
Fiber, total dietary	g	11.1		0	3.9	3.1	
Ash	g	4.80		1	1.68	1.36	
Sugars, total	g						
Minerals:							
Calcium	mg	46		8	16	13	
Iron	mg	15.90		0	5.57	4.51	
Magnesium	mg	131		22	46	37	
Phosphorus	mg	377		22	132	107	
Potassium	mg	430		8	151	122	
Sodium	mg	578		22	202	164	
Zinc	mg	2.58		20	0.90	0.73	
Copper	mg	0.476		22	0.167	0.135	
Manganese	mg	3.830		0	1.341	1.086	
Selenium	µg	7.0		0	2.5	2.0	
Vitamins:							
Ascorbic acid	mg	53.0		0	18.6	15.0	
Thiamin	mg	1.300		0	0.455	0.369	
Riboflavin	mg	1.500		0	0.525	0.425	
Niacin	mg	17.600		0	6.160	4.990	
Pantothenic acid	mg	0.564		1	0.197	0.160	
Vitamin B-6	mg	1.800		0	0.630	0.510	
Folate	µg	67		1	23	19	
Vitamin B-12	µg	5.30		0	1.86	1.50	
Vitamin A	IU	4409		0	1543	1250	
Vitamin A, RE	µg	1324		0	463	375	
Vitamin E, α-TE	mg	2.320		0	0.812	0.658	
Lipids:							
Saturated, total	g	0.730		0	0.256	0.207	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.004		0	0.001	0.001	
8:0	g	0.043		0	0.015	0.012	
10:0	g	0.035		0	0.012	0.010	
12:0	g	0.258		0	0.090	0.073	
14:0	g	0.098		0	0.034	0.028	
15.0	g						
16:0	g	0.258		0	0.090	0.073	
17:0	g						
18:0	g	0.029		0	0.010	0.008	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.229	0	0.080	0.065
14:1	g				
16:1	g	0.004	0	0.001	0.001
18:1	g	0.225	0	0.079	0.064
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.750	0	0.263	0.213
18:2	g	0.698	0	0.244	0.198
18:3	g	0.051	0	0.018	0.014
18:4	g	0.000	0	0.000	0.000
20:4	g	0.001	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 oz

NDB No. 08045 Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	2.33		3	0.70		
Energy	kcal	383		0	115		
Energy	kj	1602		0	481		
Protein (N x 5.95)	g	9.26		3	2.78		
Total lipid (fat)	g	4.13		3	1.24		
Carbohydrate, by difference	g	80.87		0	24.26		
Fiber, total dietary	g	5.2		3	1.6		
Ash	g	3.45		3	1.03		
Sugars, total	g	38.17		3	11.45		
Minerals:							
Calcium	mg	68		3	20		
Iron	mg	15.00		0	4.50		
Magnesium	mg	98		3	29		
Phosphorus	mg	343		3	103		
Potassium	mg	284		3	85		
Sodium	mg	863		3	259		
Zinc	mg	12.50		0	3.75		
Copper	mg	0.310		3	0.093		
Manganese	mg	2.510		0	0.753		
Selenium	µg	23.5	0.894	5	7.0		
Vitamins:							
Ascorbic acid	mg	50.0		0	15.0		
Thiamin	mg	1.250		0	0.375		
Riboflavin	mg	1.420		0	0.426		
Niacin	mg	16.670		0	5.001		
Pantothenic acid	mg	0.497		0	0.149		
Vitamin B-6	mg	1.670		0	0.501		
Folate	µg	333		0	100		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	2500		0	750		
Vitamin A, RE	µg	751		0	225		
Vitamin E, α-TE	mg	1.041		0	0.312		
Lipids:							
Saturated, total	g	0.760		0	0.228		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.003		0	0.001		
14:0	g	0.008		0	0.002		
15.0	g						
16:0	g	0.429		0	0.129		
17:0	g						
18:0	g	0.031		0	0.009		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.600	0	0.480
14:1	g			
16:1	g	0.012	0	0.004
18:1	g	1.032	0	0.310
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.630	0	0.189
18:2	g	0.399	0	0.120
18:3	g	0.040	0	0.012
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (1 NLEA serving)

NDB No. 08047 Cereals ready-to-eat, QUAKER, KING VITAMAN

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 31g	Measure 2*	Measure 3*
Proximates:							
Water	g	2.00		0	0.62		
Energy	kcal	386		0	120		
Energy	kj	1615		0	501		
Protein (N x 5.95)	g	7.27		0	2.25		
Total lipid (fat)	g	3.51		0	1.09		
Carbohydrate, by difference	g	84.14		0	26.08		
Fiber, total dietary	g	3.8		0	1.2		
Ash	g	3.06		0	0.95		
Sugars, total	g						
Minerals:							
Calcium	mg	12		0	4		
Iron	mg	28.19		0	8.74		
Magnesium	mg	84		0	26		
Phosphorus	mg	255		0	79		
Potassium	mg	276		0	86		
Sodium	mg	838		0	260		
Zinc	mg	12.62		0	3.91		
Copper	mg	0.240		0	0.074		
Manganese	mg	0.910		0	0.282		
Selenium	µg	20.1		0	6.2		
Vitamins:							
Ascorbic acid	mg	40.0		0	12.4		
Thiamin	mg	1.260		0	0.391		
Riboflavin	mg	1.430		0	0.443		
Niacin	mg	16.830		0	5.217		
Pantothenic acid	mg	0.500		0	0.155		
Vitamin B-6	mg	1.680		0	0.521		
Folate	µg	337		0	104		
Vitamin B-12	µg	5.05		0	1.57		
Vitamin A	IU	3367		0	1044		
Vitamin A, RE	µg	1011		0	313		
Vitamin E, α-TE	mg	6.779		0	2.101		
Lipids:							
Saturated, total	g	0.820		0	0.254		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.002		0	0.001		
14:0	g	0.008		0	0.002		
15.0	g						
16:0	g	0.561		0	0.174		
17:0	g						
18:0	g	0.210		0	0.065		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.420	0	0.440
14:1	g			
16:1	g	0.001	0	0.000
18:1	g	1.346	0	0.417
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	1.090	0	0.338
18:2	g	1.052	0	0.326
18:3	g	0.049	0	0.015
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1-1/2 cup (1 NLEA serving)

NDB No. 08048 Cereals ready-to-eat, GENERAL MILLS, KIX

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	2.03		5	0.61		
Energy	kcal	381		0	114		
Energy	kj	1594		0	478		
Protein (N x 5.95)	g	6.52		5	1.96		
Total lipid (fat)	g	2.07		5	0.62		
Carbohydrate, by difference	g	86.38		0	25.91		
Fiber, total dietary	g	2.7		5	0.8		
Ash	g	2.99		5	0.90		
Sugars, total	g	11.12		5	3.34		
Minerals:							
Calcium	mg	145		5	44		
Iron	mg	27.00		0	8.10		
Magnesium	mg	31		5	9		
Phosphorus	mg	140		5	42		
Potassium	mg	137		5	41		
Sodium	mg	877		5	263		
Zinc	mg	12.50		0	3.75		
Copper	mg	0.100		5	0.030		
Manganese	mg	0.962		0	0.289		
Selenium	µg	20.1		0	6.0		
Vitamins:							
Ascorbic acid	mg	50.0		0	15.0		
Thiamin	mg	1.250		0	0.375		
Riboflavin	mg	1.420		0	0.426		
Niacin	mg	16.670		0	5.001		
Pantothenic acid	mg	0.403		0	0.121		
Vitamin B-6	mg	1.670		0	0.501		
Folate	µg	333		0	100		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	4167		0	1250		
Vitamin A, RE	µg	1251		0	375		
Vitamin E, α-TE	mg	0.271		0	0.081		
Lipids:							
Saturated, total	g	0.570		0	0.171		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.008		0	0.002		
14:0	g	0.005		0	0.002		
15.0	g						
16:0	g	0.482		0	0.145		
17:0	g						
18:0	g	0.038		0	0.011		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.490	0	0.147
14:1	g			
16:1	g	0.003	0	0.001
18:1	g	0.488	0	0.146
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.120	0	0.036
18:2	g	0.115	0	0.035
18:3	g	0.005	0	0.002
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1-1/3 cup (1 NLEA serving)

NDB No. 08049 Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 32g	Measure 2*	Measure 3*
Proximates:							
Water	g	4.00		0	1.28		
Energy	kcal	379		0	121		
Energy	kj	1586		0	508		
Protein (N x 5.95)	g	9.83		0	3.15		
Total lipid (fat)	g	3.99		0	1.28		
Carbohydrate, by difference	g	78.70		0	25.18		
Fiber, total dietary	g	6.4		0	2.0		
Ash	g	3.47		0	1.11		
Sugars, total	g						
Minerals:							
Calcium	mg	305		0	98		
Iron	mg	28.00		0	8.96		
Magnesium	mg	97		0	31		
Phosphorus	mg	424		0	136		
Potassium	mg	247		0	79		
Sodium	mg	545		0	174		
Zinc	mg	12.51		0	4.00		
Copper	mg	0.280		0	0.090		
Manganese	mg	2.900		0	0.928		
Selenium	µg	23.6	1.788	6	7.6		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	1.250		0	0.400		
Riboflavin	mg	1.410		0	0.451		
Niacin	mg	16.670		0	5.334		
Pantothenic acid	mg	0.660		0	0.211		
Vitamin B-6	mg	1.660		0	0.531		
Folate	µg	334		0	107		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	36		0	12		
Vitamin A, RE	µg	4		0	1		
Vitamin E, α-TE	mg	0.503		0	0.161		
Lipids:							
Saturated, total	g	0.760		0	0.243		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.008		0	0.003		
14:0	g	0.005		0	0.002		
15.0	g						
16:0	g	0.630		0	0.202		
17:0	g						
18:0	g	0.054		0	0.017		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.290	0	0.413
14:1	g			
16:1	g	0.006	0	0.002
18:1	g	1.245	0	0.398
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	1.750	0	0.560
18:2	g	1.626	0	0.520
18:3	g	0.069	0	0.022
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3/4 cup (1 NLEA serving)

NDB No. 08050 Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	2.36		4	0.71		
Energy	kcal	387		0	116		
Energy	kj	1619		0	486		
Protein (N x 5.95)	g	7.18		4	2.15		
Total lipid (fat)	g	3.61		4	1.08		
Carbohydrate, by difference	g	83.90		0	25.17		
Fiber, total dietary	g	4.0		4	1.2		
Ash	g	2.96		4	0.89		
Sugars, total	g	43.35		4	13.01		
Minerals:							
Calcium	mg	108		4	32		
Iron	mg	15.00		0	4.50		
Magnesium	mg	65		4	20		
Phosphorus	mg	252		4	76		
Potassium	mg	180		4	54		
Sodium	mg	677		4	203		
Zinc	mg	12.50		0	3.75		
Copper	mg	0.140		4	0.042		
Manganese	mg	2.129		0	0.639		
Selenium	µg	19.8	1.900	4	5.9		
Vitamins:							
Ascorbic acid	mg	50.0		0	15.0		
Thiamin	mg	1.250		0	0.375		
Riboflavin	mg	1.420		0	0.426		
Niacin	mg	16.670		0	5.001		
Pantothenic acid	mg	0.716		0	0.215		
Vitamin B-6	mg	1.670		0	0.501		
Folate	µg	333		0	100		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	2500		0	750		
Vitamin A, RE	µg	751		0	225		
Vitamin E, α-TE	mg	0.428		0	0.128		
Lipids:							
Saturated, total	g	0.730		0	0.219		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.014		0	0.004		
14:0	g	0.007		0	0.002		
15.0	g						
16:0	g	0.615		0	0.185		
17:0	g						
18:0	g	0.039		0	0.012		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.310	0	0.393
14:1	g			
16:1	g	0.006	0	0.002
18:1	g	1.303	0	0.391
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.500	0	0.150
18:2	g	0.478	0	0.143
18:3	g	0.022	0	0.007
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (1 NLEA serving)

NDB No. 08052 Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY Toasted Oats Granola

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 55g	Measure 2*	Measure 3*
Proximates:							
Water	g	4.29		6	2.36		
Energy	kcal	451		0	248		
Energy	kj	1887		0	1038		
Protein (N x 5.95)	g	10.55		6	5.80		
Total lipid (fat)	g	17.62		6	9.69		
Carbohydrate, by difference	g	65.88		0	36.23		
Fiber, total dietary	g	6.4		6	3.5		
Ash	g	1.67		6	0.92		
Sugars, total	g	20.35		6	11.19		
Minerals:							
Calcium	mg	75		6	41		
Iron	mg	3.12		6	1.72		
Magnesium	mg	95		6	52		
Phosphorus	mg	291		6	160		
Potassium	mg	332		6	183		
Sodium	mg	162		6	89		
Zinc	mg	2.01		6	1.11		
Copper	mg	0.290		6	0.160		
Manganese	mg	2.375		0	1.306		
Selenium	µg	17.3		0	9.5		
Vitamins:							
Ascorbic acid	mg	0.0		6	0.0		
Thiamin	mg	0.310		6	0.171		
Riboflavin	mg	0.110		6	0.061		
Niacin	mg	1.110		6	0.611		
Pantothenic acid	mg	0.830		0	0.456		
Vitamin B-6	mg	0.138		0	0.076		
Folate	µg	15		0	8		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		6	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	7.051		0	3.878		
Lipids:							
Saturated, total	g	2.310		6	1.270		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.011		0	0.006		
14:0	g	0.009		0	0.005		
15.0	g						
16:0	g	1.181		0	0.650		
17:0	g						
18:0	g	0.676		0	0.372		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	11.800	6	6.490
14:1	g			
16:1	g	0.011	0	0.006
18:1	g	12.782	0	7.030
20:1	g	0.133	0	0.073
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	3.400	6	1.870
18:2	g	2.309	0	1.270
18:3	g	0.112	0	0.062
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3/4 cup (1 NLEA serving)

NDB No. 08053 Cereals ready-to-eat, 100% BRAN, (wheat bran, barley)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 66g	Measure 2* 28g	Measure 3*
Proximates:							
Water	g	3.00	0.126	29	1.98	0.85	
Energy	kcal	269		0	178	76	
Energy	kj	1125		0	743	319	
Protein (N x 5.95)	g	12.50	0.052	29	8.25	3.54	
Total lipid (fat)	g	5.00	0.116	29	3.30	1.42	
Carbohydrate, by difference	g	72.90		0	48.11	20.67	
Fiber, total dietary	g	29.6		0	19.5	8.4	
Ash	g	6.60	0.033	29	4.36	1.87	
Sugars, total	g						
Minerals:							
Calcium	mg	70	1.706	18	46	20	
Iron	mg	12.30	0.250	18	8.12	3.49	
Magnesium	mg	473	8.933	18	312	134	
Phosphorus	mg	1214	13.977	18	801	344	
Potassium	mg	988		0	652	280	
Sodium	mg	693	13.600	74	457	196	
Zinc	mg	8.69	0.107	19	5.74	2.46	
Copper	mg	1.577	0.065	19	1.041	0.447	
Manganese	mg	9.030		0	5.960	2.560	
Selenium	µg	8.0		1	5.3	2.3	
Vitamins:							
Ascorbic acid	mg	95.0		0	62.7	26.9	
Thiamin	mg	2.400		0	1.584	0.680	
Riboflavin	mg	2.700		0	1.782	0.765	
Niacin	mg	31.700		0	20.922	8.987	
Pantothenic acid	mg	1.930	0.060	4	1.274	0.547	
Vitamin B-6	mg	3.200		0	2.112	0.907	
Folate	µg	71		0	47	20	
Vitamin B-12	µg	9.50		0	6.27	2.69	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	2.320		0	1.531	0.658	
Lipids:							
Saturated, total	g	0.890		0	0.587	0.252	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.010		0	0.007	0.003	
15.0	g						
16:0	g	0.830		0	0.548	0.235	
17:0	g						
18:0	g	0.050		0	0.033	0.014	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.870	0	0.574	0.247
14:1	g				
16:1	g	0.020	0	0.013	0.006
18:1	g	0.850	0	0.561	0.241
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.840	0	1.874	0.805
18:2	g	2.650	0	1.749	0.751
18:3	g	0.190	0	0.125	0.054
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.193	0	0.127	0.055
Threonine	g	0.406	0	0.268	0.115
Isoleucine	g	0.399	0	0.263	0.113
Leucine	g	0.742	0	0.490	0.210
Lysine	g	0.485	0	0.320	0.137
Methionine	g	0.177	0	0.117	0.050
Cystine	g	0.243	0	0.160	0.069
Phenylalanine	g	0.481	0	0.317	0.136
Tyrosine	g	0.355	0	0.234	0.101
Valine	g	0.586	0	0.387	0.166
Arginine	g	0.876	0	0.578	0.248
Histidine	g	0.342	0	0.226	0.097
Alanine	g	0.611	0	0.403	0.173
Aspartic acid	g	0.914	0	0.603	0.259
Glutamic acid	g	2.429	0	1.603	0.689
Glycine	g	0.725	0	0.479	0.206
Proline	g	0.771	0	0.509	0.219
Serine	g	0.561	0	0.370	0.159
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 oz

NDB No. 08054 Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with Oats and Honey

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 48g	Measure 2*	Measure 3*
Proximates:							
Water	g	2.50		0	1.20		
Energy	kcal	444		0	213		
Energy	kj	1858		0	892		
Protein (N x 5.95)	g	10.53		0	5.05		
Total lipid (fat)	g	16.45		0	7.90		
Carbohydrate, by difference	g	68.64		0	32.95		
Fiber, total dietary	g	7.5		0	3.6		
Ash	g	1.87		0	0.90		
Sugars, total	g						
Minerals:							
Calcium	mg	96		0	46		
Iron	mg	2.99		0	1.44		
Magnesium	mg	105		0	50		
Phosphorus	mg	310		0	149		
Potassium	mg	439		0	211		
Sodium	mg	27		0	13		
Zinc	mg	2.40		0	1.15		
Copper	mg	0.680		0	0.326		
Manganese	mg	2.890		0	1.387		
Selenium	µg	17.3	0.664	3	8.3		
Vitamins:							
Ascorbic acid	mg	0.3		0	0.1		
Thiamin	mg	0.350		0	0.168		
Riboflavin	mg	0.160		0	0.077		
Niacin	mg	1.770		0	0.850		
Pantothenic acid	mg	0.750		0	0.360		
Vitamin B-6	mg	0.180		0	0.086		
Folate	µg	25		0	12		
Vitamin B-12	µg	0.11		0	0.05		
Vitamin A	IU	7		0	3		
Vitamin A, RE	µg	1		0	0		
Vitamin E, α-TE	mg	1.141		0	0.548		
Lipids:							
Saturated, total	g	7.220		0	3.466		
4:0	g	0.006		0	0.003		
6.0	g	0.002		0	0.001		
8:0	g	0.002		0	0.001		
10:0	g	0.004		0	0.002		
12:0	g	0.041		0	0.020		
14:0	g	0.111		0	0.053		
15.0	g						
16:0	g	4.773		0	2.291		
17:0	g						
18:0	g	1.976		0	0.948		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.240	0	3.475
14:1	g			
16:1	g	0.007	0	0.003
18:1	g	6.994	0	3.357
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	2.170	0	1.042
18:2	g	1.955	0	0.938
18:3	g	0.134	0	0.064
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	1	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 cup (1 NLEA serving)

NDB No. 08058 Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	3.40		0	1.02		
Energy	kcal	366		0	110		
Energy	kj	1531		0	459		
Protein (N x 5.95)	g	8.90		0	2.67		
Total lipid (fat)	g	1.30		0	0.39		
Carbohydrate, by difference	g	83.20		0	24.96		
Fiber, total dietary	g	3.3		0	1.0		
Ash	g	3.30		0	0.99		
Sugars, total	g	11.60		0	3.48		
Minerals:							
Calcium	mg	9		0	3		
Iron	mg	60.00		0	18.00		
Magnesium	mg	41		0	12		
Phosphorus	mg	110		0	33		
Potassium	mg	135		0	41		
Sodium	mg	720		0	216		
Zinc	mg	50.00		0	15.00		
Copper	mg	0.100		0	0.030		
Manganese	mg	1.127		0	0.338		
Selenium	µg	12.0	1.512	7	3.6		
Vitamins:							
Ascorbic acid	mg	200.0		0	60.0		
Thiamin	mg	5.000		0	1.500		
Riboflavin	mg	5.700		0	1.710		
Niacin	mg	66.700		0	20.010		
Pantothenic acid	mg	33.300		0	9.990		
Vitamin B-6	mg	6.700		0	2.010		
Folate	µg	1300		0	390		
Vitamin B-12	µg	20.00		0	6.00		
Vitamin A	IU	2500		0	750		
Vitamin A, RE	µg	751		0	225		
Vitamin E, α-TE	mg	74.000		0	22.200		
Lipids:							
Saturated, total	g	0.100		0	0.030		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.001		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.001		0	0.000		
14:0	g	0.001		0	0.000		
15.0	g						
16:0	g	0.082		0	0.025		
17:0	g						
18:0	g	0.007		0	0.002		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.500	0	0.150
14:1	g			
16:1	g	0.004	0	0.001
18:1	g	0.476	0	0.143
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.700	0	0.210
18:2	g	0.642	0	0.193
18:3	g	0.030	0	0.009
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (1 NLEA serving)

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 27g	Measure 2*	Measure 3*
Proximates:							
Water	g	2.51		0	0.68		
Energy	kcal	403		0	109		
Energy	kj	1686		0	455		
Protein (N x 5.95)	g	4.99		0	1.35		
Total lipid (fat)	g	5.51		0	1.49		
Carbohydrate, by difference	g	85.08		0	22.97		
Fiber, total dietary	g	2.5		0	0.7		
Ash	g	1.88		0	0.51		
Sugars, total	g						
Minerals:							
Calcium	mg	19		0	5		
Iron	mg	16.98		0	4.58		
Magnesium	mg	51		0	14		
Phosphorus	mg	157		0	42		
Potassium	mg	134		0	36		
Sodium	mg	720		0	194		
Zinc	mg	14.15		0	3.82		
Copper	mg	0.200		0	0.054		
Manganese	mg	0.670		0	0.181		
Selenium	µg	20.1		0	5.4		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	1.410		0	0.381		
Riboflavin	mg	1.600		0	0.432		
Niacin	mg	18.860		0	5.092		
Pantothenic acid	mg	0.330		0	0.089		
Vitamin B-6	mg	1.880		0	0.508		
Folate	µg	377		0	102		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	124		0	33		
Vitamin A, RE	µg	12		0	3		
Vitamin E, α-TE	mg	0.517		0	0.140		
Lipids:							
Saturated, total	g	1.510		0	0.408		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.003		0	0.001		
14:0	g	0.026		0	0.007		
15.0	g						
16:0	g	1.269		0	0.343		
17:0	g						
18:0	g	0.136		0	0.037		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.240	0	0.335
14:1	g			
16:1	g	0.008	0	0.002
18:1	g	1.157	0	0.312
20:1	g	0.003	0	0.001
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.760	0	0.205
18:2	g	0.673	0	0.182
18:3	g	0.019	0	0.005
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (1 NLEA serving)

NDB No. 08060 Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 61g	Measure 2*	Measure 3*
Proximates:							
Water	g	8.30		0	5.06		
Energy	kcal	305		0	186		
Energy	kj	1276		0	778		
Protein (N x 5.95)	g	9.20		0	5.61		
Total lipid (fat)	g	2.40		0	1.46		
Carbohydrate, by difference	g	77.20		0	47.09		
Fiber, total dietary	g	13.4		0	8.2		
Ash	g	2.90		0	1.77		
Sugars, total	g	30.00		0	18.30		
Minerals:							
Calcium	mg	58		0	35		
Iron	mg	8.20		0	5.00		
Magnesium	mg	146		0	89		
Phosphorus	mg	351		0	214		
Potassium	mg	716		0	437		
Sodium	mg	580		0	354		
Zinc	mg	6.80		0	4.15		
Copper	mg	0.400		0	0.244		
Manganese	mg	3.089		0	1.884		
Selenium	µg	7.0	0.348	40	4.3		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.700		0	0.427		
Riboflavin	mg	0.800		0	0.488		
Niacin	mg	9.100		0	5.551		
Pantothenic acid	mg	0.660		0	0.403		
Vitamin B-6	mg	0.900		0	0.549		
Folate	µg	200		0	122		
Vitamin B-12	µg	2.70		0	1.65		
Vitamin A	IU	1364		0	832		
Vitamin A, RE	µg	410		0	250		
Vitamin E, α-TE	mg	0.912		0	0.556		
Lipids:							
Saturated, total	g	0.000		0	0.000		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.001		0	0.001		
14:0	g	0.003		0	0.002		
15.0	g						
16:0	g	0.208		0	0.127		
17:0	g						
18:0	g	0.016		0	0.010		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.400	0	0.244
14:1	g			
16:1	g	0.004	0	0.002
18:1	g	0.167	0	0.102
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	1.300	0	0.793
18:2	g	0.584	0	0.356
18:3	g	0.053	0	0.032
18:4	g	0.000	0	0.000
20:4	g	0.001	0	0.001
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (1 NLEA serving)

NDB No. 08062 Cereals ready-to-eat, RAISIN BRAN, RALSTON PURINA, (wheat)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 56g	Measure 2* 38g	Measure 3*
Proximates:							
Water	g	7.30	0.033	241	4.09	2.76	
Energy	kcal	318		0	178	120	
Energy	kj	1331		0	745	503	
Protein (N x 5.95)	g	7.80		43	4.37	2.95	
Total lipid (fat)	g	0.50		40	0.28	0.19	
Carbohydrate, by difference	g	83.00		0	46.48	31.37	
Fiber, total dietary	g	13.4		0	7.5	5.1	
Ash	g	1.30		1	0.73	0.49	
Sugars, total	g						
Minerals:							
Calcium	mg	48		19	27	18	
Iron	mg	48.80		0	27.33	18.45	
Magnesium	mg	151		69	85	57	
Phosphorus	mg	442		61	248	167	
Potassium	mg	513		23	287	194	
Sodium	mg	868		60	486	328	
Zinc	mg	2.99		70	1.67	1.13	
Copper	mg	0.545		63	0.305	0.206	
Manganese	mg	3.789		0	2.122	1.432	
Selenium	µg	7.0	0.348	40	3.9	2.6	
Vitamins:							
Ascorbic acid	mg	3.0		0	1.7	1.1	
Thiamin	mg	1.000		0	0.560	0.378	
Riboflavin	mg	1.100		0	0.616	0.416	
Niacin	mg	13.200		0	7.392	4.990	
Pantothenic acid	mg	0.741		23	0.415	0.280	
Vitamin B-6	mg	1.300		0	0.728	0.491	
Folate	µg	265		0	148	100	
Vitamin B-12	µg	4.00		0	2.24	1.51	
Vitamin A	IU	3307		0	1852	1250	
Vitamin A, RE	µg	993		0	556	375	
Vitamin E, α-TE	mg	2.320		0	1.299	0.877	
Lipids:							
Saturated, total	g	0.083		0	0.046	0.031	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.002		0	0.001	0.001	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.001		0	0.001	0.000	
15.0	g						
16:0	g	0.071		0	0.040	0.027	
17:0	g						
18:0	g	0.005		0	0.003	0.002	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.068	0	0.038	0.026
14:1	g				
16:1	g	0.002	0	0.001	0.001
18:1	g	0.065	0	0.036	0.025
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.236	0	0.132	0.089
18:2	g	0.219	0	0.123	0.083
18:3	g	0.017	0	0.010	0.006
18:4	g	0.000	0	0.000	0.000
20:4	g	0.001	0	0.001	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1-1/3 oz box

NDB No. 08064 Cereals ready-to-eat, RICE CHEX, (rice)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 33g	Measure 2* 28g	Measure 3* 25g
Proximates:							
Water	g	2.60	0.019	409	0.86	0.74	0.64
Energy	kcal	395		0	130	112	98
Energy	kj	1653		0	545	469	410
Protein (N x 5.95)	g	5.30		90	1.75	1.50	1.31
Total lipid (fat)	g	0.40		74	0.13	0.11	0.10
Carbohydrate, by difference	g	89.20		0	29.44	25.29	22.12
Fiber, total dietary	g	1.8		0	0.6	0.5	0.4
Ash	g	2.50		1	0.83	0.71	0.62
Sugars, total	g						
Minerals:							
Calcium	mg	14		54	5	4	3
Iron	mg	28.60		0	9.44	8.11	7.09
Magnesium	mg	25		57	8	7	6
Phosphorus	mg	98		144	32	28	24
Potassium	mg	116		59	38	33	29
Sodium	mg	836		143	276	237	207
Zinc	mg	1.38		78	0.46	0.39	0.34
Copper	mg	0.265		109	0.087	0.075	0.066
Manganese	mg	0.937		0	0.309	0.266	0.232
Selenium	µg	3.9	0.805	5	1.3	1.1	1.0
Vitamins:							
Ascorbic acid	mg	53.0		0	17.5	15.0	13.1
Thiamin	mg	1.300		0	0.429	0.369	0.322
Riboflavin	mg	0.030		0	0.010	0.009	0.007
Niacin	mg	17.600		0	5.808	4.990	4.365
Pantothenic acid	mg	0.353		45	0.116	0.100	0.088
Vitamin B-6	mg	1.800		0	0.594	0.510	0.446
Folate	µg	353		0	116	100	88
Vitamin B-12	µg	5.30		0	1.75	1.50	1.31
Vitamin A	IU	60		11	20	17	15
Vitamin A, RE	µg	6		0	2	2	1
Vitamin E, α-TE	mg	0.130		0	0.043	0.037	0.032
Lipids:							
Saturated, total	g	0.109		0	0.036	0.031	0.027
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.002		0	0.001	0.001	0.000
15.0	g						
16:0	g	0.098		0	0.032	0.028	0.024
17:0	g						
18:0	g	0.007		0	0.002	0.002	0.002
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.125	0	0.041	0.035	0.031
14:1	g					
16:1	g	0.001	0	0.000	0.000	0.000
18:1	g	0.123	0	0.041	0.035	0.031
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.107	0	0.035	0.030	0.027
18:2	g	0.088	0	0.029	0.025	0.022
18:3	g	0.019	0	0.006	0.005	0.005
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 oz
Measure 3: 1 single serving box (.875 oz)

NDB No. 08065 Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 33g	Measure 2*	Measure 3*
Proximates:							
Water	g	3.00		0	0.99		
Energy	kcal	377		0	124		
Energy	kj	1577		0	520		
Protein (N x 5.95)	g	6.30		0	2.08		
Total lipid (fat)	g	1.10		0	0.36		
Carbohydrate, by difference	g	86.50		0	28.55		
Fiber, total dietary	g	1.1		0	0.4		
Ash	g	3.10		0	1.02		
Sugars, total	g	9.10		0	3.00		
Minerals:							
Calcium	mg	10		0	3		
Iron	mg	6.00		0	1.98		
Magnesium	mg	48		0	16		
Phosphorus	mg	132		0	44		
Potassium	mg	128		0	42		
Sodium	mg	1072		0	354		
Zinc	mg	1.81		0	0.60		
Copper	mg	0.200		0	0.066		
Manganese	mg	1.052		0	0.347		
Selenium	µg	15.4	0.570	50	5.1		
Vitamins:							
Ascorbic acid	mg	50.0		0	16.5		
Thiamin	mg	1.300		0	0.429		
Riboflavin	mg	1.400		0	0.462		
Niacin	mg	16.700		0	5.511		
Pantothenic acid	mg	0.976		0	0.322		
Vitamin B-6	mg	1.700		0	0.561		
Folate	µg	353		0	116		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	2500		0	825		
Vitamin A, RE	µg	751		0	248		
Vitamin E, α-TE	mg	0.125		0	0.041		
Lipids:							
Saturated, total	g	0.400		0	0.132		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.009		0	0.003		
15.0	g						
16:0	g	0.340		0	0.112		
17:0	g						
18:0	g	0.026		0	0.009		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.300	0	0.099
14:1	g			
16:1	g	0.003	0	0.001
18:1	g	0.281	0	0.093
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.500	0	0.165
18:2	g	0.391	0	0.129
18:3	g	0.084	0	0.028
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1-1/4 cup (1 NLEA serving)

NDB No. 08066 Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 14g	Measure 2*	Measure 3*
Proximates:							
Water	g	3.91		0	0.55		
Energy	kcal	383		0	54		
Energy	kj	1602		0	224		
Protein (N x 5.95)	g	7.00		0	0.98		
Total lipid (fat)	g	0.90		0	0.13		
Carbohydrate, by difference	g	87.77		0	12.29		
Fiber, total dietary	g	1.4		0	0.2		
Ash	g	0.40		0	0.06		
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	1		
Iron	mg	2.91		0	0.41		
Magnesium	mg	30		0	4		
Phosphorus	mg	118		0	17		
Potassium	mg	116		0	16		
Sodium	mg	5		0	1		
Zinc	mg	1.10		0	0.15		
Copper	mg	0.940		0	0.132		
Manganese	mg	0.940		0	0.132		
Selenium	µg	10.5	1.535	6	1.5		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.410		0	0.057		
Riboflavin	mg	0.050		0	0.007		
Niacin	mg	6.250		0	0.875		
Pantothenic acid	mg	0.340		0	0.048		
Vitamin B-6	mg	0.000		0	0.000		
Folate	µg	10		0	1		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.101		0	0.014		
Lipids:							
Saturated, total	g	0.320		0	0.045		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.007		0	0.001		
15.0	g						
16:0	g	0.278		0	0.039		
17:0	g						
18:0	g	0.021		0	0.003		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.180	0	0.025
14:1	g			
16:1	g	0.002	0	0.000
18:1	g	0.172	0	0.024
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.340	0	0.048
18:2	g	0.273	0	0.038
18:3	g	0.059	0	0.008
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (1 NLEA serving)

NDB No. 08067 Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 31g	Measure 2*	Measure 3*
Proximates:							
Water	g	2.80		0	0.87		
Energy	kcal	370		0	115		
Energy	kj	1548		0	480		
Protein (N x 5.95)	g	20.50		0	6.36		
Total lipid (fat)	g	0.90		0	0.28		
Carbohydrate, by difference	g	72.40		0	22.44		
Fiber, total dietary	g	3.1		0	1.0		
Ash	g	3.00		0	0.93		
Sugars, total	g	9.70		0	3.01		
Minerals:							
Calcium	mg	15		0	5		
Iron	mg	28.10		0	8.71		
Magnesium	mg	57		0	18		
Phosphorus	mg	164		0	51		
Potassium	mg	176		0	55		
Sodium	mg	806		0	250		
Zinc	mg	12.10		0	3.75		
Copper	mg	0.100		0	0.031		
Manganese	mg	2.753		0	0.853		
Selenium	µg	54.9	4.505	11	17.0		
Vitamins:							
Ascorbic acid	mg	48.4		0	15.0		
Thiamin	mg	1.700		0	0.527		
Riboflavin	mg	1.900		0	0.589		
Niacin	mg	22.600		0	7.006		
Pantothenic acid	mg	0.000		0	0.000		
Vitamin B-6	mg	2.300		0	0.713		
Folate	µg	300		0	93		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	2419		0	750		
Vitamin A, RE	µg	726		0	225		
Vitamin E, α-TE	mg	0.250		0	0.078		
Lipids:							
Saturated, total	g	0.000		0	0.000		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.001		0	0.000		
14:0	g	0.002		0	0.001		
15.0	g						
16:0	g	0.135		0	0.042		
17:0	g						
18:0	g	0.008		0	0.002		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.000	0	0.000
14:1	g			
16:1	g	0.004	0	0.001
18:1	g	0.149	0	0.046
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.700	0	0.217
18:2	g	0.409	0	0.127
18:3	g	0.040	0	0.012
18:4	g	0.000	0	0.000
20:4	g	0.001	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (1 NLEA serving)

NDB No. 08068 Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 31g	Measure 2*	Measure 3*
Proximates:							
Water	g	2.89		0	0.90		
Energy	kcal	381		0	118		
Energy	kj	1594		0	494		
Protein (N x 5.95)	g	3.70		0	1.15		
Total lipid (fat)	g	0.58		0	0.18		
Carbohydrate, by difference	g	91.70		0	28.43		
Fiber, total dietary	g	1.4		0	0.4		
Ash	g	1.20		0	0.37		
Sugars, total	g	42.30		0	13.11		
Minerals:							
Calcium	mg	8		0	2		
Iron	mg	6.00		0	1.86		
Magnesium	mg	8		0	2		
Phosphorus	mg	21		0	7		
Potassium	mg	73		0	23		
Sodium	mg	397		0	123		
Zinc	mg	5.00		0	1.55		
Copper	mg	0.100		0	0.031		
Manganese	mg	0.244		0	0.076		
Selenium	µg	6.5	0.735	6	2.0		
Vitamins:							
Ascorbic acid	mg	50.0		0	15.5		
Thiamin	mg	1.300		0	0.403		
Riboflavin	mg	1.400		0	0.434		
Niacin	mg	16.700		0	5.177		
Pantothenic acid	mg	0.293		0	0.091		
Vitamin B-6	mg	1.700		0	0.527		
Folate	µg	353		0	109		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	2500		0	775		
Vitamin A, RE	µg	751		0	233		
Vitamin E, α-TE	mg	0.105		0	0.033		
Lipids:							
Saturated, total	g	0.200		0	0.062		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.163		0	0.051		
17:0	g						
18:0	g	0.022		0	0.007		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.200	0	0.062
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.192	0	0.060
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.100	0	0.031
18:2	g	0.093	0	0.029
18:3	g	0.003	0	0.001
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (1 NLEA serving)

NDB No. 08069 Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 31g	Measure 2*	Measure 3*
Proximates:							
Water	g	2.60		0	0.81		
Energy	kcal	385		0	119		
Energy	kj	1611		0	499		
Protein (N x 5.95)	g	3.90		0	1.21		
Total lipid (fat)	g	0.50		0	0.16		
Carbohydrate, by difference	g	91.20		0	28.27		
Fiber, total dietary	g	2.0		0	0.6		
Ash	g	1.80		0	0.56		
Sugars, total	g	42.00		0	13.02		
Minerals:							
Calcium	mg	2		0	1		
Iron	mg	14.50		0	4.50		
Magnesium	mg	9		0	3		
Phosphorus	mg	26		0	8		
Potassium	mg	66		0	20		
Sodium	mg	645		0	200		
Zinc	mg	0.50		0	0.16		
Copper	mg	0.000		0	0.000		
Manganese	mg	0.245		0	0.076		
Selenium	µg	4.4	1.290	9	1.4		
Vitamins:							
Ascorbic acid	mg	48.4		0	15.0		
Thiamin	mg	1.200		0	0.372		
Riboflavin	mg	1.400		0	0.434		
Niacin	mg	16.100		0	4.991		
Pantothenic acid	mg	0.341		0	0.106		
Vitamin B-6	mg	1.600		0	0.496		
Folate	µg	300		0	93		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	2419		0	750		
Vitamin A, RE	µg	726		0	225		
Vitamin E, α-TE	mg	0.129		0	0.040		
Lipids:							
Saturated, total	g	0.200		0	0.062		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.136		0	0.042		
17:0	g						
18:0	g	0.018		0	0.006		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.100	0	0.031
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.085	0	0.026
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.300	0	0.093
18:2	g	0.247	0	0.077
18:3	g	0.008	0	0.002
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3/4 cup (1 NLEA serving)

NDB No. 08070 Cereals ready-to-eat, SUGAR FROSTED FLAKES, RALSTON PURINA, (corn)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 38g	Measure 2* 28g	Measure 3*
Proximates:							
Water	g	1.50	0.014	543	0.57	0.43	
Energy	kcal	391		0	149	111	
Energy	kj	1636		0	622	464	
Protein (N x 5.95)	g	5.30		83	2.01	1.50	
Total lipid (fat)	g	1.40		83	0.53	0.40	
Carbohydrate, by difference	g	90.10		0	34.24	25.54	
Fiber, total dietary	g	2.2		0	0.8	0.6	
Ash	g	1.70		1	0.65	0.48	
Sugars, total	g						
Minerals:							
Calcium	mg	11		26	4	3	
Iron	mg	2.50		0	0.95	0.71	
Magnesium	mg	7		22	3	2	
Phosphorus	mg	25		30	10	7	
Potassium	mg	63		36	24	18	
Sodium	mg	649		89	247	184	
Zinc	mg	2.15		7	0.82	0.61	
Copper	mg	0.067		25	0.025	0.019	
Manganese	mg	0.060		0	0.023	0.017	
Selenium	µg	4.4		0	1.7	1.2	
Vitamins:							
Ascorbic acid	mg	53.0		0	20.1	15.0	
Thiamin	mg	1.300		0	0.494	0.369	
Riboflavin	mg	1.500		0	0.570	0.425	
Niacin	mg	17.600		0	6.688	4.990	
Pantothenic acid	mg	0.035		21	0.013	0.010	
Vitamin B-6	mg	1.800		0	0.684	0.510	
Folate	µg	7		21	3	2	
Vitamin B-12	µg	5.30		0	2.01	1.50	
Vitamin A	IU	4409		0	1675	1250	
Vitamin A, RE	µg	1324		0	503	375	
Vitamin E, α-TE	mg	0.250		0	0.095	0.071	
Lipids:							
Saturated, total	g	0.802		0	0.305	0.227	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.005		0	0.002	0.001	
8:0	g	0.063		0	0.024	0.018	
10:0	g	0.050		0	0.019	0.014	
12:0	g	0.374		0	0.142	0.106	
14:0	g	0.141		0	0.054	0.040	
15.0	g						
16:0	g	0.133		0	0.051	0.038	
17:0	g						
18:0	g	0.032		0	0.012	0.009	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.189	0	0.072	0.054
14:1	g				
16:1	g	0.002	0	0.001	0.001
18:1	g	0.187	0	0.071	0.053
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.257	0	0.098	0.073
18:2	g	0.250	0	0.095	0.071
18:3	g	0.007	0	0.003	0.002
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 oz

NDB No. 08071 Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 27g	Measure 2*	Measure 3*
Proximates:							
Water	g	3.00		0	0.81		
Energy	kcal	380		0	103		
Energy	kj	1590		0	429		
Protein (N x 5.95)	g	6.50		0	1.75		
Total lipid (fat)	g	2.00		0	0.54		
Carbohydrate, by difference	g	87.60		0	23.65		
Fiber, total dietary	g	3.5		0	0.9		
Ash	g	0.90		0	0.24		
Sugars, total	g	54.50		0	14.71		
Minerals:							
Calcium	mg	11		0	3		
Iron	mg	6.67		0	1.80		
Magnesium	mg	59		0	16		
Phosphorus	mg	148		0	40		
Potassium	mg	155		0	42		
Sodium	mg	188		0	51		
Zinc	mg	1.30		0	0.35		
Copper	mg	0.200		0	0.054		
Manganese	mg	1.401		0	0.378		
Selenium	µg	48.6		0	13.1		
Vitamins:							
Ascorbic acid	mg	56.0		0	15.1		
Thiamin	mg	1.400		0	0.378		
Riboflavin	mg	1.600		0	0.432		
Niacin	mg	18.500		0	4.995		
Pantothenic acid	mg	0.371		0	0.100		
Vitamin B-6	mg	1.900		0	0.513		
Folate	µg	370		0	100		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	2778		0	750		
Vitamin A, RE	µg	834		0	225		
Vitamin E, α-TE	mg	0.512		0	0.138		
Lipids:							
Saturated, total	g	1.000		0	0.270		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.019		0	0.005		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.013		0	0.004		
15.0	g						
16:0	g	0.757		0	0.204		
17:0	g						
18:0	g	0.145		0	0.039		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.300	0	0.081
14:1	g			
16:1	g	0.004	0	0.001
18:1	g	0.280	0	0.076
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.700	0	0.189
18:2	g	0.627	0	0.169
18:3	g	0.037	0	0.010
18:4	g	0.000	0	0.000
20:4	g	0.001	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3/4 cup (1 NLEA serving)

NDB No. 08072 Cereals ready-to-eat, SUGAR SPARKLED FLAKES, (corn)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 38g	Measure 2* 28g	Measure 3*
Proximates:							
Water	g	1.70		1	0.65	0.48	
Energy	kcal	384		0	146	109	
Energy	kj	1607		0	611	456	
Protein (N x 5.95)	g	5.20		1	1.98	1.47	
Total lipid (fat)	g	0.20		1	0.08	0.06	
Carbohydrate, by difference	g	91.10		0	34.62	25.83	
Fiber, total dietary	g	1.2		0	0.5	0.3	
Ash	g	1.90		1	0.72	0.54	
Sugars, total	g						
Minerals:							
Calcium	mg	13		1	5	4	
Iron	mg	1.30		0	0.49	0.37	
Magnesium	mg	10		1	4	3	
Phosphorus	mg	26		1	10	7	
Potassium	mg	225		1	86	64	
Sodium	mg	565		1	215	160	
Zinc	mg	0.19		1	0.07	0.05	
Copper	mg	0.186		1	0.071	0.053	
Manganese	mg	0.060		0	0.023	0.017	
Selenium	µg	4.4		0	1.7	1.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	1.300		0	0.494	0.369	
Riboflavin	mg	1.500		0	0.570	0.425	
Niacin	mg	17.600		0	6.688	4.990	
Pantothenic acid	mg	0.035		0	0.013	0.010	
Vitamin B-6	mg	1.800		0	0.684	0.510	
Folate	µg	353		0	134	100	
Vitamin B-12	µg	5.30		0	2.01	1.50	
Vitamin A	IU	4409		0	1675	1250	
Vitamin A, RE	µg	1324		0	503	375	
Vitamin E, α-TE	mg	0.250		0	0.095	0.071	
Lipids:							
Saturated, total	g	0.027		0	0.010	0.008	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.023		0	0.009	0.007	
17:0	g						
18:0	g	0.003		0	0.001	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.050	0	0.019	0.014
14:1	g				
16:1	g	0.001	0	0.000	0.000
18:1	g	0.049	0	0.019	0.014
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.086	0	0.033	0.024
18:2	g	0.084	0	0.032	0.024
18:3	g	0.002	0	0.001	0.001
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.031	0	0.012	0.009
Threonine	g	0.183	0	0.070	0.052
Isoleucine	g	0.203	0	0.077	0.058
Leucine	g	0.785	0	0.298	0.223
Lysine	g	0.103	0	0.039	0.029
Methionine	g	0.124	0	0.047	0.035
Cystine	g	0.117	0	0.044	0.033
Phenylalanine	g	0.268	0	0.102	0.076
Tyrosine	g	0.222	0	0.084	0.063
Valine	g	0.267	0	0.101	0.076
Arginine	g	0.170	0	0.065	0.048
Histidine	g	0.141	0	0.054	0.040
Alanine	g	0.446	0	0.169	0.126
Aspartic acid	g	0.314	0	0.119	0.089
Glutamic acid	g	1.155	0	0.439	0.327
Glycine	g	0.156	0	0.059	0.044
Proline	g	0.533	0	0.203	0.151
Serine	g	0.257	0	0.098	0.073
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

Measure 2: 1 single serving box (1 oz)

NDB No. 08074 Cereals ready-to-eat, TASTEEOS, (oat with other grains)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 24g	Measure 2* 28g	Measure 3* 1g
Proximates:							
Water	g	2.10	0.012	972	0.50	0.60	0.02
Energy	kcal	393		0	94	111	4
Energy	kj	1644		0	395	466	15
Protein (N x 5.95)	g	12.80		53	3.07	3.63	0.12
Total lipid (fat)	g	2.80		50	0.67	0.79	0.03
Carbohydrate, by difference	g	79.10		0	18.98	22.42	0.71
Fiber, total dietary	g	10.6		0	2.5	3.0	0.1
Ash	g	3.20		1	0.77	0.91	0.03
Sugars, total	g						
Minerals:							
Calcium	mg	46		27	11	13	0
Iron	mg	28.60		0	6.86	8.11	0.26
Magnesium	mg	109		43	26	31	1
Phosphorus	mg	399		38	96	113	4
Potassium	mg	296		32	71	84	3
Sodium	mg	762		43	183	216	7
Zinc	mg	2.86		43	0.69	0.81	0.03
Copper	mg	0.589		42	0.141	0.167	0.005
Manganese	mg						
Selenium	µg	37.5		0	9.0	10.6	0.3
Vitamins:							
Ascorbic acid	mg	53.0		0	12.7	15.0	0.5
Thiamin	mg	1.300		0	0.312	0.369	0.012
Riboflavin	mg	1.500		0	0.360	0.425	0.014
Niacin	mg	17.600		0	4.224	4.990	0.158
Pantothenic acid	mg	0.493		24	0.118	0.140	0.004
Vitamin B-6	mg	1.800		0	0.432	0.510	0.016
Folate	µg	353		0	85	100	3
Vitamin B-12	µg	5.30		0	1.27	1.50	0.05
Vitamin A	IU	4409		0	1058	1250	40
Vitamin A, RE	µg	1324		0	318	375	12
Vitamin E, α-TE	mg	0.700		0	0.168	0.198	0.006
Lipids:							
Saturated, total	g	0.959		0	0.230	0.272	0.009
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.004		0	0.001	0.001	0.000
8:0	g	0.047		0	0.011	0.013	0.000
10:0	g	0.037		0	0.009	0.010	0.000
12:0	g	0.283		0	0.068	0.080	0.003
14:0	g	0.110		0	0.026	0.031	0.001
15.0	g						
16:0	g	0.413		0	0.099	0.117	0.004
17:0	g						
18:0	g	0.042		0	0.010	0.012	0.000
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.719	0	0.173	0.204	0.006
14:1	g					
16:1	g	0.004	0	0.001	0.001	0.000
18:1	g	0.715	0	0.172	0.203	0.006
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.768	0	0.184	0.218	0.007
18:2	g	0.722	0	0.173	0.205	0.006
18:3	g	0.021	0	0.005	0.006	0.000
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 oz
Measure 3: 10 pieces

NDB No. 08077 Cereals ready-to-eat, GENERAL MILLS, TOTAL

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	2.82		5	0.85		
Energy	kcal	351		0	105		
Energy	kj	1469		0	441		
Protein (N x 5.95)	g	9.96		5	2.99		
Total lipid (fat)	g	2.32		5	0.70		
Carbohydrate, by difference	g	79.60		0	23.88		
Fiber, total dietary	g	8.8		5	2.6		
Ash	g	5.30		5	1.59		
Sugars, total	g	13.97		5	4.19		
Minerals:							
Calcium	mg	861		5	258		
Iron	mg	60.00		0	18.00		
Magnesium	mg	107		5	32		
Phosphorus	mg	703		5	211		
Potassium	mg	323		5	97		
Sodium	mg	662		5	199		
Zinc	mg	50.00		0	15.00		
Copper	mg	0.400		5	0.120		
Manganese	mg	3.331		0	0.999		
Selenium	µg	4.7		0	1.4		
Vitamins:							
Ascorbic acid	mg	200.0		0	60.0		
Thiamin	mg	5.000		0	1.500		
Riboflavin	mg	5.670		0	1.701		
Niacin	mg	67.000		0	20.100		
Pantothenic acid	mg	36.500		5	10.950		
Vitamin B-6	mg	6.670		0	2.001		
Folate	µg	1333		0	400		
Vitamin B-12	µg	25.57		0	7.67		
Vitamin A	IU	4167		0	1250		
Vitamin A, RE	µg	1251		0	375		
Vitamin E, α-TE	mg	78.306		0	23.492		
Lipids:							
Saturated, total	g	0.600		0	0.180		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.002		0	0.001		
15.0	g						
16:0	g	0.558		0	0.167		
17:0	g						
18:0	g	0.037		0	0.011		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.450	0	0.135
14:1	g			
16:1	g	0.002	0	0.001
18:1	g	0.448	0	0.134
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.270	0	0.081
18:2	g	0.257	0	0.077
18:3	g	0.013	0	0.004
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3/4 cup (1 NLEA serving)

NDB No. 08078 Cereals ready-to-eat, GENERAL MILLS, TRIX

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	2.08		0	0.62		
Energy	kcal	408		0	122		
Energy	kj	1707		0	512		
Protein (N x 5.95)	g	3.18		0	0.95		
Total lipid (fat)	g	5.69		0	1.71		
Carbohydrate, by difference	g	86.80		0	26.04		
Fiber, total dietary	g	2.4		0	0.7		
Ash	g	2.09		0	0.63		
Sugars, total	g	43.36		0	13.01		
Minerals:							
Calcium	mg	107		0	32		
Iron	mg	15.00		0	4.50		
Magnesium	mg	12		0	4		
Phosphorus	mg	87		0	26		
Potassium	mg	59		0	18		
Sodium	mg	656		0	197		
Zinc	mg	12.50		0	3.75		
Copper	mg	0.290		0	0.087		
Manganese	mg	0.059		0	0.018		
Selenium	µg	20.1		0	6.0		
Vitamins:							
Ascorbic acid	mg	50.0		0	15.0		
Thiamin	mg	1.250		0	0.375		
Riboflavin	mg	1.420		0	0.426		
Niacin	mg	16.670		0	5.001		
Pantothenic acid	mg	0.141		0	0.042		
Vitamin B-6	mg	1.670		0	0.501		
Folate	µg	333		0	100		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	2500		0	750		
Vitamin A, RE	µg	751		0	225		
Vitamin E, α-TE	mg	1.993		0	0.598		
Lipids:							
Saturated, total	g	1.357		0	0.407		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.002		0	0.001		
14:0	g	0.008		0	0.002		
15.0	g						
16:0	g	0.388		0	0.116		
17:0	g						
18:0	g	0.170		0	0.051		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.010	0	0.903
14:1	g			
16:1	g	0.040	0	0.012
18:1	g	3.007	0	0.902
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.970	0	0.291
18:2	g	0.916	0	0.275
18:3	g	0.058	0	0.017
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (1 NLEA serving)

NDB No. 08079 Cereals ready-to-eat, WAFFELOS, (wheat with other grains)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2* 28g	Measure 3*
Proximates:							
Water	g	2.50		1	0.75	0.71	
Energy	kcal	405		0	122	115	
Energy	kj	1695		0	509	481	
Protein (N x 5.95)	g	5.60		12	1.68	1.59	
Total lipid (fat)	g	4.20		14	1.26	1.19	
Carbohydrate, by difference	g	86.30		0	25.89	24.47	
Fiber, total dietary	g						
Ash	g	1.40		1	0.42	0.40	
Sugars, total	g						
Minerals:							
Calcium	mg	28		13	8	8	
Iron	mg	15.90		0	4.77	4.51	
Magnesium	mg	21		13	6	6	
Phosphorus	mg	815		12	245	231	
Potassium	mg	88		7	26	25	
Sodium	mg	416		13	125	118	
Zinc	mg	0.81		13	0.24	0.23	
Copper	mg	0.113		10	0.034	0.032	
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	53.0		0	15.9	15.0	
Thiamin	mg	1.300		0	0.390	0.369	
Riboflavin	mg	1.500		0	0.450	0.425	
Niacin	mg	17.600		0	5.280	4.990	
Pantothenic acid	mg	0.176		6	0.053	0.050	
Vitamin B-6	mg	1.800		0	0.540	0.510	
Folate	µg	11		6	3	3	
Vitamin B-12	µg	5.30		0	1.59	1.50	
Vitamin A	IU	4409		0	1323	1250	
Vitamin A, RE	µg	1324		0	397	375	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g				
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g				
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 oz

NDB No. 08082 Cereals ready-to-eat, WHEAT CHEX, (wheat)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 46g	Measure 2* 28g	Measure 3*
Proximates:							
Water	g	2.50	0.025	395	1.15	0.71	
Energy	kcal	367		0	169	104	
Energy	kj	1536		0	707	435	
Protein (N x 5.95)	g	9.90		115	4.55	2.81	
Total lipid (fat)	g	2.50		94	1.15	0.71	
Carbohydrate, by difference	g	82.20		0	37.81	23.30	
Fiber, total dietary	g	8.9		0	4.1	2.5	
Ash	g	3.00		1	1.38	0.85	
Sugars, total	g						
Minerals:							
Calcium	mg	39		57	18	11	
Iron	mg	28.56		0	13.14	8.10	
Magnesium	mg	127		135	58	36	
Phosphorus	mg	395		127	182	112	
Potassium	mg	377		61	173	107	
Sodium	mg	670		147	308	190	
Zinc	mg	2.68		113	1.23	0.76	
Copper	mg	0.585		73	0.269	0.166	
Manganese	mg	2.910		0	1.339	0.825	
Selenium	µg	5.0		0	2.3	1.4	
Vitamins:							
Ascorbic acid	mg	53.0		0	24.4	15.0	
Thiamin	mg	1.300		0	0.598	0.369	
Riboflavin	mg	0.360		12	0.166	0.102	
Niacin	mg	17.600		0	8.096	4.990	
Pantothenic acid	mg	0.466		12	0.214	0.132	
Vitamin B-6	mg	1.800		0	0.828	0.510	
Folate	µg	353		0	162	100	
Vitamin B-12	µg	5.30		0	2.44	1.50	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.370		0	0.170	0.105	
Lipids:							
Saturated, total	g	0.430		0	0.198	0.122	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.024		0	0.011	0.007	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.004		0	0.002	0.001	
15.0	g						
16:0	g	0.362		0	0.167	0.103	
17:0	g						
18:0	g	0.020		0	0.009	0.006	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.310	0	0.143	0.088
14:1	g				
16:1	g	0.017	0	0.008	0.005
18:1	g	0.293	0	0.135	0.083
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.041	0	0.479	0.295
18:2	g	0.987	0	0.454	0.280
18:3	g	0.051	0	0.023	0.014
18:4	g	0.000	0	0.000	0.000
20:4	g	0.003	0	0.001	0.001
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 oz

NDB No. 08084 Cereals ready-to-eat, wheat germ, toasted, plain, (wheat germ)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 113g	Measure 2* 28g	Measure 3*
Proximates:							
Water	g	5.60	0.251	14	6.33	1.59	
Energy	kcal	382		0	432	108	
Energy	kj	1598		0	1806	453	
Protein (N x 5.95)	g	29.10	0.516	14	32.88	8.25	
Total lipid (fat)	g	10.70	0.326	13	12.09	3.03	
Carbohydrate, by difference	g	49.60		0	56.05	14.06	
Fiber, total dietary	g	12.9		0	14.6	3.7	
Ash	g	5.00	0.094	7	5.65	1.42	
Sugars, total	g						
Minerals:							
Calcium	mg	45	4.500	2	51	13	
Iron	mg	9.09	0.437	12	10.27	2.58	
Magnesium	mg	320	16.369	5	362	91	
Phosphorus	mg	1146	28.137	10	1295	325	
Potassium	mg	947		1	1070	268	
Sodium	mg	4	0.403	7	5	1	
Zinc	mg	16.67	0.915	9	18.84	4.73	
Copper	mg	0.620	0.110	9	0.701	0.176	
Manganese	mg	19.956	0.282	4	22.550	5.658	
Selenium	µg	65.0	3.825	2	73.5	18.4	
Vitamins:							
Ascorbic acid	mg	6.0	1.440	9	6.8	1.7	
Thiamin	mg	1.670	0.069	10	1.887	0.473	
Riboflavin	mg	0.820	0.025	10	0.927	0.232	
Niacin	mg	5.590	0.224	12	6.317	1.585	
Pantothenic acid	mg	1.387	0.184	9	1.567	0.393	
Vitamin B-6	mg	0.978	0.072	12	1.105	0.277	
Folate	µg	352	20.218	4	398	100	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	18.140		0	20.498	5.143	
Lipids:							
Saturated, total	g	1.830		0	2.068	0.519	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.010		0	0.011	0.003	
15.0	g						
16:0	g	1.750		0	1.978	0.496	
17:0	g						
18:0	g	0.060		0	0.068	0.017	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.500	0	1.695	0.425
14:1	g				
16:1	g	0.040	0	0.045	0.011
18:1	g	1.470	0	1.661	0.417
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	6.620	0	7.481	1.877
18:2	g	5.820	0	6.577	1.650
18:3	g	0.800	0	0.904	0.227
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.398	0	0.450	0.113
Threonine	g	1.218	0	1.376	0.345
Isoleucine	g	1.066	0	1.205	0.302
Leucine	g	1.976	0	2.233	0.560
Lysine	g	1.847	0	2.087	0.524
Methionine	g	0.574	0	0.649	0.163
Cystine	g	0.576	0	0.651	0.163
Phenylalanine	g	1.168	0	1.320	0.331
Tyrosine	g	0.885	0	1.000	0.251
Valine	g	1.507	0	1.703	0.427
Arginine	g	2.348	0	2.653	0.666
Histidine	g	0.810	0	0.915	0.230
Alanine	g	1.858	0	2.100	0.527
Aspartic acid	g	2.604	0	2.943	0.738
Glutamic acid	g	5.026	0	5.679	1.425
Glycine	g	1.791	0	2.024	0.508
Proline	g	1.549	0	1.750	0.439
Serine	g	1.386	0	1.566	0.393
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 oz

NDB No. 08085 Cereals ready-to-eat, QUAKER, KRETSCHMER Honey Crunch Wheat Germ

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 14g	Measure 2*	Measure 3*
Proximates:							
Water	g	3.40		0	0.48		
Energy	kcal	372		0	52		
Energy	kj	1556		0	218		
Protein (N x 5.95)	g	26.55		0	3.72		
Total lipid (fat)	g	7.78		0	1.09		
Carbohydrate, by difference	g	58.11		0	8.14		
Fiber, total dietary	g	10.2		0	1.4		
Ash	g	4.14		0	0.58		
Sugars, total	g						
Minerals:							
Calcium	mg	50		0	7		
Iron	mg	8.05		0	1.13		
Magnesium	mg	272		0	38		
Phosphorus	mg	1011		0	142		
Potassium	mg	964		0	135		
Sodium	mg	11		0	2		
Zinc	mg	13.88		0	1.94		
Copper	mg	0.720		0	0.101		
Manganese	mg	15.880		0	2.223		
Selenium	µg	58.0		0	8.1		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	1.340		0	0.188		
Riboflavin	mg	0.690		0	0.097		
Niacin	mg	4.730		0	0.662		
Pantothenic acid	mg	1.100		0	0.154		
Vitamin B-6	mg	0.500		0	0.070		
Folate	µg	333		0	47		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	96		0	13		
Vitamin A, RE	µg	10		0	1		
Vitamin E, α-TE	mg	22.013		0	3.082		
Lipids:							
Saturated, total	g	1.360		0	0.190		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.010		0	0.001		
15.0	g						
16:0	g	1.264		0	0.177		
17:0	g						
18:0	g	0.038		0	0.005		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.040	0	0.146
14:1	g			
16:1	g	0.029	0	0.004
18:1	g	1.083	0	0.152
20:1	g	0.002	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	4.840	0	0.678
18:2	g	4.104	0	0.575
18:3	g	0.523	0	0.073
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1-2/3 tablespoon (1 NLEA serving)

NDB No. 08089 Cereals ready-to-eat, GENERAL MILLS, WHEATIES

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	3.48		1	1.04		
Energy	kcal	367		0	110		
Energy	kj	1536		0	461		
Protein (N x 5.95)	g	10.80		1	3.24		
Total lipid (fat)	g	3.09		1	0.93		
Carbohydrate, by difference	g	79.30		0	23.79		
Fiber, total dietary	g	7.0		1	2.1		
Ash	g	3.36		1	1.01		
Sugars, total	g						
Minerals:							
Calcium	mg	182		1	55		
Iron	mg	27.00		0	8.10		
Magnesium	mg	106		1	32		
Phosphorus	mg	318		1	95		
Potassium	mg	347		1	104		
Sodium	mg	741		1	222		
Zinc	mg	2.36		1	0.71		
Copper	mg	0.340		1	0.102		
Manganese	mg	3.003		0	0.901		
Selenium	µg	4.7	0.889	10	1.4		
Vitamins:							
Ascorbic acid	mg	50.0		0	15.0		
Thiamin	mg	1.250		0	0.375		
Riboflavin	mg	1.420		0	0.426		
Niacin	mg	16.670		0	5.001		
Pantothenic acid	mg	0.796		0	0.239		
Vitamin B-6	mg	1.670		0	0.501		
Folate	µg	333		0	100		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	2500		0	750		
Vitamin A, RE	µg	751		0	225		
Vitamin E, α-TE	mg	1.231		0	0.369		
Lipids:							
Saturated, total	g	0.660		0	0.198		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.019		0	0.006		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.005		0	0.002		
15.0	g						
16:0	g	0.496		0	0.149		
17:0	g						
18:0	g	0.124		0	0.037		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.740	0	0.222
14:1	g			
16:1	g	0.014	0	0.004
18:1	g	0.710	0	0.213
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.500	0	0.150
18:2	g	0.460	0	0.138
18:3	g	0.029	0	0.009
18:4	g	0.000	0	0.000
20:4	g	0.001	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (1 NLEA serving)

NDB No. 08090 Cereals, corn grits, white, regular, quick, enriched, dry, (corn)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 156g	Measure 2* 10g	Measure 3*
Proximates:							
Water	g	10.00		157	15.60	0.97	
Energy	kcal	371		0	579	36	
Energy	kj	1552		0	2421	151	
Protein (N x 5.95)	g	8.80		156	13.73	0.85	
Total lipid (fat)	g	1.20		156	1.87	0.12	
Carbohydrate, by difference	g	79.60		0	124.18	7.72	
Fiber, total dietary	g	1.6		0	2.5	0.2	
Ash	g	0.40		156	0.62	0.04	
Sugars, total	g						
Minerals:							
Calcium	mg	2		1	3	0	
Iron	mg	3.91	0.076	176	6.10	0.38	
Magnesium	mg	27		1	42	3	
Phosphorus	mg	73		1	114	7	
Potassium	mg	137	7.569	22	214	13	
Sodium	mg	1	0.076	154	2	0	
Zinc	mg	0.41	0.010	4	0.64	0.04	
Copper	mg	0.075	0.003	4	0.117	0.007	
Manganese	mg	0.106	0.005	4	0.165	0.010	
Selenium	µg	17.0	1.252	2	26.5	1.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.640	0.014	163	0.998	0.062	
Riboflavin	mg	0.380	0.008	169	0.593	0.037	
Niacin	mg	4.960	0.115	169	7.738	0.481	
Pantothenic acid	mg	0.485		0	0.757	0.047	
Vitamin B-6	mg	0.147		1	0.229	0.014	
Folate	µg	187		0	292	18	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.260		0	0.406	0.025	
Lipids:							
Saturated, total	g	0.160		0	0.250	0.016	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.130		0	0.203	0.013	
17:0	g						
18:0	g	0.020		0	0.031	0.002	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.290	0	0.452	0.028
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.290	0	0.452	0.028
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.510	0	0.796	0.049
18:2	g	0.490	0	0.764	0.048
18:3	g	0.010	0	0.016	0.001
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.062	0	0.097	0.006
Threonine	g	0.330	0	0.515	0.032
Isoleucine	g	0.314	0	0.490	0.030
Leucine	g	1.076	0	1.679	0.104
Lysine	g	0.247	0	0.385	0.024
Methionine	g	0.184	0	0.287	0.018
Cystine	g	0.158	0	0.246	0.015
Phenylalanine	g	0.431	0	0.672	0.042
Tyrosine	g	0.357	0	0.557	0.035
Valine	g	0.444	0	0.693	0.043
Arginine	g	0.437	0	0.682	0.042
Histidine	g	0.268	0	0.418	0.026
Alanine	g	0.656	0	1.023	0.064
Aspartic acid	g	0.610	0	0.952	0.059
Glutamic acid	g	1.647	0	2.569	0.160
Glycine	g	0.360	0	0.562	0.035
Proline	g	0.765	0	1.193	0.074
Serine	g	0.417	0	0.651	0.040
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 tablespoon

NDB No. 08091 Cereals, corn grits, white, regular, quick, enriched, cooked with water, without salt, (corn)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 242g	Measure 2* 15g	Measure 3* 182g
Proximates:							
Water	g	85.30		0	206.43	12.88	155.25
Energy	kcal	60		0	145	9	109
Energy	kj	251		0	607	38	457
Protein (N x 5.95)	g	1.40		0	3.39	0.21	2.55
Total lipid (fat)	g	0.20		0	0.48	0.03	0.36
Carbohydrate, by difference	g	13.00		0	31.46	1.96	23.66
Fiber, total dietary	g	0.2		0	0.5	0.0	0.4
Ash	g	0.10		0	0.24	0.02	0.18
Sugars, total	g						
Minerals:							
Calcium	mg	0		0	0	0	0
Iron	mg	0.64		0	1.55	0.10	1.16
Magnesium	mg	4		0	10	1	7
Phosphorus	mg	12		0	29	2	22
Potassium	mg	22		0	53	3	40
Sodium	mg	0		0	0	0	0
Zinc	mg	0.07		0	0.17	0.01	0.13
Copper	mg	0.012		0	0.029	0.002	0.022
Manganese	mg	0.017		0	0.041	0.003	0.031
Selenium	µg	3.1	0.443	22	7.5	0.5	5.6
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.100		0	0.242	0.015	0.182
Riboflavin	mg	0.060		0	0.145	0.009	0.109
Niacin	mg	0.810		0	1.960	0.122	1.474
Pantothenic acid	mg	0.064		0	0.155	0.010	0.116
Vitamin B-6	mg	0.024		0	0.058	0.004	0.044
Folate	µg	31		0	75	5	56
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	0		0	0	0	0
Vitamin A, RE	µg	0		0	0	0	0
Vitamin E, α-TE	mg	0.050		0	0.121	0.008	0.091
Lipids:							
Saturated, total	g	0.030		0	0.073	0.005	0.055
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.020		0	0.048	0.003	0.036
17:0	g						
18:0	g	0.000		0	0.000	0.000	0.000
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.050	0	0.121	0.008	0.091
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.050	0	0.121	0.008	0.091
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.080	0	0.194	0.012	0.146
18:2	g	0.080	0	0.194	0.012	0.146
18:3	g	0.000	0	0.000	0.000	0.000
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.010	0	0.024	0.002	0.018
Threonine	g	0.054	0	0.131	0.008	0.098
Isoleucine	g	0.051	0	0.123	0.008	0.093
Leucine	g	0.175	0	0.423	0.026	0.319
Lysine	g	0.040	0	0.097	0.006	0.073
Methionine	g	0.030	0	0.073	0.005	0.055
Cystine	g	0.026	0	0.063	0.004	0.047
Phenylalanine	g	0.070	0	0.169	0.011	0.127
Tyrosine	g	0.058	0	0.140	0.009	0.106
Valine	g	0.072	0	0.174	0.011	0.131
Arginine	g	0.071	0	0.172	0.011	0.129
Histidine	g	0.044	0	0.106	0.007	0.080
Alanine	g	0.107	0	0.259	0.016	0.195
Aspartic acid	g	0.099	0	0.240	0.015	0.180
Glutamic acid	g	0.268	0	0.649	0.040	0.488
Glycine	g	0.059	0	0.143	0.009	0.107
Proline	g	0.125	0	0.303	0.019	0.228
Serine	g	0.068	0	0.165	0.010	0.124
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 tablespoon
Measure 3: 3/4 cup

NDB No. 08092 Cereals, QUAKER, corn grits, instant, plain, dry

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	8.44		0	2.36		
Energy	kcal	342		0	96		
Energy	kj	1431		0	401		
Protein (N x 5.95)	g	8.43		0	2.36		
Total lipid (fat)	g	0.97		0	0.27		
Carbohydrate, by difference	g	78.82		0	22.07		
Fiber, total dietary	g	4.7		0	1.3		
Ash	g	3.32		0	0.93		
Sugars, total	g	0.29		0	0.08		
Minerals:							
Calcium	mg	21		0	6		
Iron	mg	30.38		0	8.51		
Magnesium	mg	36		0	10		
Phosphorus	mg	110		0	31		
Potassium	mg	146		0	41		
Sodium	mg	1089		0	305		
Zinc	mg	0.67		0	0.19		
Copper	mg	0.100		0	0.028		
Manganese	mg	0.310		0	0.087		
Selenium	µg	17.0	1.252	2	4.8		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.660		0	0.185		
Riboflavin	mg	0.750		0	0.210		
Niacin	mg	8.900		0	2.492		
Pantothenic acid	mg	0.430		0	0.120		
Vitamin B-6	mg	0.210		0	0.059		
Folate	µg	177		0	50		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.160		0	0.045		
Lipids:							
Saturated, total	g	0.100		0	0.028		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.013		0	0.004		
17:0	g						
18:0	g	0.002		0	0.001		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.140	0	0.039
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.022	0	0.006
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.300	0	0.084
18:2	g	0.055	0	0.015
18:3	g	0.001	0	0.000
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 packet

NDB No. 08093 Cereals, QUAKER, corn grits, instant, plain, 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	Samples	Measure 1* 245g	Measure 2* 15g	Measure 3* 137g
Proximates:							
Water	g	82.42		0	201.93	12.61	112.92
Energy	kcal	65		0	159	10	89
Energy	kj	272		0	666	42	373
Protein (N x 5.95)	g	1.61		0	3.94	0.25	2.21
Total lipid (fat)	g	0.19		0	0.47	0.03	0.26
Carbohydrate, by difference	g	15.06		0	36.90	2.30	20.63
Fiber, total dietary	g	0.9		0	2.2	0.1	1.2
Ash	g	0.72		0	1.76	0.11	0.99
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	15	1	8
Iron	mg	5.98		0	14.65	0.91	8.19
Magnesium	mg	8		0	20	1	11
Phosphorus	mg	21		0	51	3	29
Potassium	mg	28		0	69	4	38
Sodium	mg	211		0	517	32	289
Zinc	mg	0.15		0	0.37	0.02	0.21
Copper	mg	0.024		0	0.059	0.004	0.033
Manganese	mg	0.060		0	0.147	0.009	0.082
Selenium	µg	3.1	0.443	22	7.6	0.5	4.2
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.109		0	0.267	0.017	0.149
Riboflavin	mg	0.061		0	0.149	0.009	0.084
Niacin	mg	1.009		0	2.472	0.154	1.382
Pantothenic acid	mg	0.363		0	0.889	0.056	0.497
Vitamin B-6	mg	0.040		0	0.098	0.006	0.055
Folate	µg	34		0	83	5	47
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	0		0	0	0	0
Vitamin A, RE	µg	0		0	0	0	0
Vitamin E, α-TE	mg	0.020		0	0.049	0.003	0.027
Lipids:							
Saturated, total	g	0.019		0	0.047	0.003	0.026
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.012		0	0.029	0.002	0.016
17:0	g						
18:0	g	0.000		0	0.000	0.000	0.000
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.027	0	0.066	0.004	0.037
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.004	0	0.010	0.001	0.005
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.057	0	0.140	0.009	0.078
18:2	g	0.011	0	0.027	0.002	0.015
18:3	g	0.000	0	0.000	0.000	0.000
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 tablespoon
Measure 3: 1 packet, prepared

NDB No. 08094 Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, 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	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	7.60		0	2.13		
Energy	kcal	364		0	102		
Energy	kj	1523		0	426		
Protein (N x 5.95)	g	8.39		0	2.35		
Total lipid (fat)	g	5.73		0	1.60		
Carbohydrate, by difference	g	73.29		0	20.52		
Fiber, total dietary	g	4.2		0	1.2		
Ash	g	4.97		0	1.39		
Sugars, total	g	2.13		0	0.60		
Minerals:							
Calcium	mg	46		0	13		
Iron	mg	28.93		0	8.10		
Magnesium	mg	37		0	10		
Phosphorus	mg	139		0	39		
Potassium	mg	170		0	48		
Sodium	mg	1865		0	522		
Zinc	mg	0.75		0	0.21		
Copper	mg	0.110		0	0.031		
Manganese	mg	0.270		0	0.076		
Selenium	µg	16.0		0	4.5		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.590		0	0.165		
Riboflavin	mg	0.660		0	0.185		
Niacin	mg	7.850		0	2.198		
Pantothenic acid	mg	0.400		0	0.112		
Vitamin B-6	mg	0.160		0	0.045		
Folate	µg	156		0	44		
Vitamin B-12	µg	0.20		0	0.06		
Vitamin A	IU	13		0	4		
Vitamin A, RE	µg	4		0	1		
Vitamin E, α-TE	mg	0.140		0	0.039		
Lipids:							
Saturated, total	g	1.720		0	0.482		
4:0	g	0.060		0	0.017		
6.0	g	0.030		0	0.008		
8:0	g	0.016		0	0.004		
10:0	g	0.039		0	0.011		
12:0	g	0.031		0	0.009		
14:0	g	0.191		0	0.053		
15.0	g						
16:0	g	0.887		0	0.248		
17:0	g						
18:0	g	0.358		0	0.100		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.560	0	0.437
14:1	g			
16:1	g	0.056	0	0.016
18:1	g	1.431	0	0.401
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.770	0	0.216
18:2	g	0.693	0	0.194
18:3	g	0.049	0	0.014
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	2	0	1
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 packet

NDB No. 08095 Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, 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	Samples	Measure 1* 28g	Measure 2* 142g	Measure 3*
Proximates:							
Water	g	82.26		0	23.32	116.81	
Energy	kcal	70		0	20	99	
Energy	kj	293		0	83	416	
Protein (N x 5.95)	g	1.60		0	0.45	2.27	
Total lipid (fat)	g	1.10		0	0.31	1.56	
Carbohydrate, by difference	g	14.01		0	3.97	19.89	
Fiber, total dietary	g	0.8		0	0.2	1.1	
Ash	g	1.03		0	0.29	1.46	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	3	14	
Iron	mg	5.54		0	1.57	7.87	
Magnesium	mg	27		0	8	38	
Phosphorus	mg	17		0	5	24	
Potassium	mg	32		0	9	45	
Sodium	mg	359		0	102	510	
Zinc	mg	0.17		0	0.05	0.24	
Copper	mg	0.026		0	0.007	0.037	
Manganese	mg	0.052		0	0.015	0.074	
Selenium	µg	3.0		0	0.9	4.3	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.096		0	0.027	0.136	
Riboflavin	mg	0.057		0	0.016	0.081	
Niacin	mg	0.887		0	0.251	1.260	
Pantothenic acid	mg	0.076		0	0.022	0.108	
Vitamin B-6	mg	0.031		0	0.009	0.044	
Folate	µg	30		0	9	43	
Vitamin B-12	µg	0.04		0	0.01	0.06	
Vitamin A	IU	2		0	1	3	
Vitamin A, RE	µg	1		0	0	1	
Vitamin E, α-TE	mg	0.017		0	0.005	0.024	
Lipids:							
Saturated, total	g	0.330		0	0.094	0.469	
4:0	g	0.011		0	0.003	0.016	
6.0	g	0.006		0	0.002	0.009	
8:0	g	0.003		0	0.001	0.004	
10:0	g	0.007		0	0.002	0.010	
12:0	g	0.006		0	0.002	0.009	
14:0	g	0.037		0	0.010	0.053	
15.0	g						
16:0	g	0.170		0	0.048	0.241	
17:0	g						
18:0	g	0.068		0	0.019	0.097	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.298	0	0.084	0.423
14:1	g				
16:1	g	0.011	0	0.003	0.016
18:1	g	0.274	0	0.078	0.389
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.147	0	0.042	0.209
18:2	g	0.132	0	0.037	0.187
18:3	g	0.009	0	0.003	0.013
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 packet
Measure 2: 1 packet, prepared

NDB No. 08096 Cereals, QUAKER, corn grits, instant, with imitation bacon bits, 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	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	7.30		0	2.04		
Energy	kcal	349		0	98		
Energy	kj	1460		0	409		
Protein (N x 5.95)	g	9.85		0	2.76		
Total lipid (fat)	g	1.65		0	0.46		
Carbohydrate, by difference	g	77.35		0	21.66		
Fiber, total dietary	g	5.3		0	1.5		
Ash	g	3.84		0	1.08		
Sugars, total	g	0.27		0	0.08		
Minerals:							
Calcium	mg	38		0	11		
Iron	mg	28.93		0	8.10		
Magnesium	mg	34		0	10		
Phosphorus	mg	141		0	39		
Potassium	mg	252		0	71		
Sodium	mg	1219		0	341		
Zinc	mg	0.92		0	0.26		
Copper	mg	0.070		0	0.020		
Manganese	mg	0.100		0	0.028		
Selenium	µg	16.0		0	4.5		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.630		0	0.176		
Riboflavin	mg	0.710		0	0.199		
Niacin	mg	8.380		0	2.346		
Pantothenic acid	mg	0.410		0	0.115		
Vitamin B-6	mg	0.230		0	0.064		
Folate	µg	167		0	47		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.150		0	0.042		
Lipids:							
Saturated, total	g	0.240		0	0.067		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.128		0	0.036		
17:0	g						
18:0	g	0.020		0	0.006		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.420	0	0.118
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.290	0	0.081
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.640	0	0.179
18:2	g	0.398	0	0.111
18:3	g	0.008	0	0.002
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 packet

NDB No. 08097 Cereals, QUAKER, corn grits, instant, with imitation bacon bits, 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	Samples	Measure 1* 141g	Measure 2*	Measure 3*
Proximates:							
Water	g	82.20		0	115.90		
Energy	kcal	67		0	94		
Energy	kj	280		0	395		
Protein (N x 5.95)	g	1.88		0	2.65		
Total lipid (fat)	g	0.32		0	0.45		
Carbohydrate, by difference	g	14.78		0	20.84		
Fiber, total dietary	g	1.0		0	1.4		
Ash	g	0.81		0	1.14		
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	13		
Iron	mg	5.68		0	8.01		
Magnesium	mg	7		0	10		
Phosphorus	mg	27		0	38		
Potassium	mg	48		0	68		
Sodium	mg	235		0	331		
Zinc	mg	0.20		0	0.28		
Copper	mg	0.018		0	0.025		
Manganese	mg	0.020		0	0.028		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.109		0	0.154		
Riboflavin	mg	0.061		0	0.086		
Niacin	mg	0.977		0	1.378		
Pantothenic acid	mg	0.078		0	0.110		
Vitamin B-6	mg	0.044		0	0.062		
Folate	µg	32		0	45		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.019		0	0.027		
Lipids:							
Saturated, total	g	0.046		0	0.065		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.024		0	0.034		
17:0	g						
18:0	g	0.004		0	0.006		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.080	0	0.113
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.055	0	0.078
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.122	0	0.172
18:2	g	0.076	0	0.107
18:3	g	0.002	0	0.003
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 packet, prepared

NDB No. 08098 Cereals, QUAKER, corn grits, instant, with imitation ham bits, 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	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	7.34		0	2.06		
Energy	kcal	341		0	95		
Energy	kj	1427		0	400		
Protein (N x 5.95)	g	9.95		0	2.79		
Total lipid (fat)	g	1.86		0	0.52		
Carbohydrate, by difference	g	75.26		0	21.07		
Fiber, total dietary	g	4.9		0	1.4		
Ash	g	5.57		0	1.56		
Sugars, total	g	0.44		0	0.12		
Minerals:							
Calcium	mg	52		0	15		
Iron	mg	28.93		0	8.10		
Magnesium	mg	50		0	14		
Phosphorus	mg	133		0	37		
Potassium	mg	179		0	50		
Sodium	mg	1759		0	493		
Zinc	mg	0.84		0	0.24		
Copper	mg	0.180		0	0.050		
Manganese	mg	0.440		0	0.123		
Selenium	µg	16.0		0	4.5		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.620		0	0.174		
Riboflavin	mg	0.710		0	0.199		
Niacin	mg	8.360		0	2.341		
Pantothenic acid	mg	0.400		0	0.112		
Vitamin B-6	mg	0.230		0	0.064		
Folate	µg	166		0	46		
Vitamin B-12	µg	0.20		0	0.06		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.150		0	0.042		
Lipids:							
Saturated, total	g	0.300		0	0.084		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.214		0	0.060		
17:0	g						
18:0	g	0.066		0	0.018		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.430	0	0.120
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.485	0	0.136
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.470	0	0.132
18:2	g	0.407	0	0.114
18:3	g	0.012	0	0.003
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 packet

NDB No. 08099 Cereals, QUAKER, corn grits, instant, with imitation ham bits, 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	Samples	Measure 1* 141g	Measure 2*	Measure 3*
Proximates:							
Water	g	82.30		0	116.04		
Energy	kcal	65		0	92		
Energy	kj	272		0	384		
Protein (N x 5.95)	g	1.90		0	2.68		
Total lipid (fat)	g	0.36		0	0.51		
Carbohydrate, by difference	g	14.29		0	20.15		
Fiber, total dietary	g	0.9		0	1.3		
Ash	g	1.15		0	1.62		
Sugars, total	g						
Minerals:							
Calcium	mg	12		0	17		
Iron	mg	5.61		0	7.91		
Magnesium	mg	10		0	14		
Phosphorus	mg	22		0	31		
Potassium	mg	41		0	58		
Sodium	mg	362		0	510		
Zinc	mg	0.18		0	0.25		
Copper	mg	0.039		0	0.055		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.110		0	0.155		
Riboflavin	mg	0.060		0	0.085		
Niacin	mg	0.060		0	0.085		
Pantothenic acid	mg	0.076		0	0.107		
Vitamin B-6	mg	0.044		0	0.062		
Folate	µg	32		0	45		
Vitamin B-12	µg	0.04		0	0.06		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.020		0	0.028		
Lipids:							
Saturated, total	g	0.057		0	0.080		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.041		0	0.058		
17:0	g						
18:0	g	0.013		0	0.018		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.096	0	0.135
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.093	0	0.131
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.084	0	0.118
18:2	g	0.078	0	0.110
18:3	g	0.002	0	0.003
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 packet, prepared

NDB No. 08100 Cereals, CREAM OF RICE, dry, (rice)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 173g	Measure 2* 10g	Measure 3*
Proximates:							
Water	g	10.50	1.392	3	18.16	1.07	
Energy	kcal	370		0	640	38	
Energy	kj	1548		0	2678	158	
Protein (N x 5.95)	g	6.30	0.496	3	10.90	0.64	
Total lipid (fat)	g	0.50	0.050	2	0.87	0.05	
Carbohydrate, by difference	g	82.40		0	142.55	8.40	
Fiber, total dietary	g	0.7		0	1.2	0.1	
Ash	g	0.40	0.130	3	0.69	0.04	
Sugars, total	g						
Minerals:							
Calcium	mg	24		0	42	2	
Iron	mg	1.30		0	2.25	0.13	
Magnesium	mg	23		0	40	2	
Phosphorus	mg	124		0	215	13	
Potassium	mg	143		0	247	15	
Sodium	mg	6		0	10	1	
Zinc	mg	1.12		0	1.94	0.11	
Copper	mg	0.244		0	0.422	0.025	
Manganese	mg	1.033		0	1.787	0.105	
Selenium	µg	19.0		0	32.9	1.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.200		0	0.346	0.020	
Riboflavin	mg	0.100		0	0.173	0.010	
Niacin	mg	3.000		0	5.190	0.306	
Pantothenic acid	mg	0.550		0	0.952	0.056	
Vitamin B-6	mg	0.195		0	0.337	0.020	
Folate	µg	29		0	50	3	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.020		0	0.035	0.002	
Lipids:							
Saturated, total	g	0.136		0	0.235	0.014	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.003		0	0.005	0.000	
15.0	g						
16:0	g	0.122		0	0.211	0.012	
17:0	g						
18:0	g	0.009		0	0.016	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.156	0	0.270	0.016
14:1	g				
16:1	g	0.002	0	0.003	0.000
18:1	g	0.154	0	0.266	0.016
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.134	0	0.232	0.014
18:2	g	0.111	0	0.192	0.011
18:3	g	0.024	0	0.042	0.002
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.092	0	0.159	0.009
Threonine	g	0.314	0	0.543	0.032
Isoleucine	g	0.332	0	0.574	0.034
Leucine	g	0.520	0	0.900	0.053
Lysine	g	0.265	0	0.458	0.027
Methionine	g	0.187	0	0.324	0.019
Cystine	g	0.107	0	0.185	0.011
Phenylalanine	g	0.267	0	0.462	0.027
Tyrosine	g	0.351	0	0.607	0.036
Valine	g	0.407	0	0.704	0.042
Arginine	g	0.513	0	0.887	0.052
Histidine	g	0.189	0	0.327	0.019
Alanine	g	0.259	0	0.448	0.026
Aspartic acid	g	0.576	0	0.996	0.059
Glutamic acid	g	1.004	0	1.737	0.102
Glycine	g	0.362	0	0.626	0.037
Proline	g	0.263	0	0.455	0.027
Serine	g	0.284	0	0.491	0.029
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 tablespoon

NDB No. 08101 Cereals, CREAM OF RICE, cooked with water, without salt, (rice)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 244g	Measure 2* 15g	Measure 3* 183g
Proximates:							
Water	g	87.50		0	213.50	13.30	160.13
Energy	kcal	52		0	127	8	95
Energy	kj	218		0	532	33	399
Protein (N x 5.95)	g	0.90		0	2.20	0.14	1.65
Total lipid (fat)	g	0.10		0	0.24	0.02	0.18
Carbohydrate, by difference	g	11.40		0	27.82	1.73	20.86
Fiber, total dietary	g	0.1		0	0.2	0.0	0.2
Ash	g	0.10		0	0.24	0.02	0.18
Sugars, total	g						
Minerals:							
Calcium	mg	3		0	7	0	5
Iron	mg	0.20		0	0.49	0.03	0.37
Magnesium	mg	3		0	7	0	5
Phosphorus	mg	17		0	41	3	31
Potassium	mg	20		0	49	3	37
Sodium	mg	1		0	2	0	2
Zinc	mg	0.16		0	0.39	0.02	0.29
Copper	mg	0.034		0	0.083	0.005	0.062
Manganese	mg	0.144		0	0.351	0.022	0.264
Selenium	µg	3.0		0	7.3	0.5	5.5
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.000		0	0.000	0.000	0.000
Riboflavin	mg	0.000		0	0.000	0.000	0.000
Niacin	mg	0.400		0	0.976	0.061	0.732
Pantothenic acid	mg	0.076		0	0.185	0.012	0.139
Vitamin B-6	mg	0.027		0	0.066	0.004	0.049
Folate	µg	3		0	7	0	5
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	0		0	0	0	0
Vitamin A, RE	µg	0		0	0	0	0
Vitamin E, α-TE	mg	0.020		0	0.049	0.003	0.037
Lipids:							
Saturated, total	g	0.027		0	0.066	0.004	0.049
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.001		0	0.002	0.000	0.002
15.0	g						
16:0	g	0.025		0	0.061	0.004	0.046
17:0	g						
18:0	g	0.002		0	0.005	0.000	0.004
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.031	0	0.076	0.005	0.057
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.031	0	0.076	0.005	0.057
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.027	0	0.066	0.004	0.049
18:2	g	0.022	0	0.054	0.003	0.040
18:3	g	0.005	0	0.012	0.001	0.009
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.013	0	0.032	0.002	0.024
Threonine	g	0.044	0	0.107	0.007	0.081
Isoleucine	g	0.015	0	0.037	0.002	0.027
Leucine	g	0.073	0	0.178	0.011	0.134
Lysine	g	0.037	0	0.090	0.006	0.068
Methionine	g	0.026	0	0.063	0.004	0.048
Cystine	g	0.015	0	0.037	0.002	0.027
Phenylalanine	g	0.037	0	0.090	0.006	0.068
Tyrosine	g	0.049	0	0.120	0.007	0.090
Valine	g	0.057	0	0.139	0.009	0.104
Arginine	g	0.072	0	0.176	0.011	0.132
Histidine	g	0.026	0	0.063	0.004	0.048
Alanine	g	0.036	0	0.088	0.005	0.066
Aspartic acid	g	0.080	0	0.195	0.012	0.146
Glutamic acid	g	0.140	0	0.342	0.021	0.256
Glycine	g	0.050	0	0.122	0.008	0.092
Proline	g	0.037	0	0.090	0.006	0.068
Serine	g	0.040	0	0.098	0.006	0.073
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 tablespoon
Measure 3: 3/4 cup

NDB No. 08102 Cereals, CREAM OF WHEAT, regular, dry, (wheat)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 173g	Measure 2* 11g	Measure 3*
Proximates:							
Water	g	10.90	0.183	23	18.86	1.16	
Energy	kcal	370		0	640	39	
Energy	kj	1548		0	2678	164	
Protein (N x 5.95)	g	10.50	0.075	23	18.16	1.11	
Total lipid (fat)	g	1.50	0.066	22	2.60	0.16	
Carbohydrate, by difference	g	76.50		0	132.34	8.11	
Fiber, total dietary	g	3.8		0	6.6	0.4	
Ash	g	0.60	0.019	23	1.04	0.06	
Sugars, total	g						
Minerals:							
Calcium	mg	141		0	244	15	
Iron	mg	28.60		0	49.48	3.03	
Magnesium	mg	27		1	47	3	
Phosphorus	mg	115	2.887	3	199	12	
Potassium	mg	120		1	208	13	
Sodium	mg	7		1	12	1	
Zinc	mg	0.88		1	1.52	0.09	
Copper	mg	0.206		1	0.356	0.022	
Manganese	mg						
Selenium	µg	20.0	8.660	3	34.6	2.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.500		0	0.865	0.053	
Riboflavin	mg	0.200		0	0.346	0.021	
Niacin	mg	4.200		0	7.266	0.445	
Pantothenic acid	mg	0.518	0.017	4	0.896	0.055	
Vitamin B-6	mg	0.108		0	0.187	0.011	
Folate	µg	121		0	209	13	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.110		0	0.190	0.012	
Lipids:							
Saturated, total	g	0.253		0	0.438	0.027	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.001		0	0.002	0.000	
15.0	g						
16:0	g	0.237		0	0.410	0.025	
17:0	g						
18:0	g	0.015		0	0.026	0.002	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.205	0	0.355	0.022
14:1	g				
16:1	g	0.004	0	0.007	0.000
18:1	g	0.202	0	0.349	0.021
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.829	0	1.434	0.088
18:2	g	0.741	0	1.282	0.079
18:3	g	0.089	0	0.154	0.009
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.145	0	0.251	0.015
Threonine	g	0.330	0	0.571	0.035
Isoleucine	g	0.461	0	0.798	0.049
Leucine	g	0.796	0	1.377	0.084
Lysine	g	0.271	0	0.469	0.029
Methionine	g	0.196	0	0.339	0.021
Cystine	g	0.237	0	0.410	0.025
Phenylalanine	g	0.568	0	0.983	0.060
Tyrosine	g	0.334	0	0.578	0.035
Valine	g	0.510	0	0.882	0.054
Arginine	g	0.455	0	0.787	0.048
Histidine	g	0.242	0	0.419	0.026
Alanine	g	0.367	0	0.635	0.039
Aspartic acid	g	0.495	0	0.856	0.052
Glutamic acid	g	3.903	0	6.752	0.414
Glycine	g	0.406	0	0.702	0.043
Proline	g	1.285	0	2.223	0.136
Serine	g	0.593	0	1.026	0.063
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 tablespoon

NDB No. 08103 Cereals, CREAM OF WHEAT, regular, cooked with water, without salt, (wheat)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 251g	Measure 2* 16g	Measure 3* 188g
Proximates:							
Water	g	87.10		0	218.62	13.67	163.75
Energy	kcal	53		0	133	8	100
Energy	kj	222		0	557	35	417
Protein (N x 5.95)	g	1.50		0	3.77	0.24	2.82
Total lipid (fat)	g	0.20		0	0.50	0.03	0.38
Carbohydrate, by difference	g	11.00		0	27.61	1.73	20.68
Fiber, total dietary	g	0.7		0	1.8	0.1	1.3
Ash	g	0.10		0	0.25	0.02	0.19
Sugars, total	g						
Minerals:							
Calcium	mg	20		0	50	3	38
Iron	mg	4.10		0	10.29	0.64	7.71
Magnesium	mg	4		0	10	1	8
Phosphorus	mg	17		0	43	3	32
Potassium	mg	17		0	43	3	32
Sodium	mg	1		0	3	0	2
Zinc	mg	0.13		0	0.33	0.02	0.24
Copper	mg	0.030		0	0.075	0.005	0.056
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.100		0	0.251	0.016	0.188
Riboflavin	mg	0.000		0	0.000	0.000	0.000
Niacin	mg	0.600		0	1.506	0.094	1.128
Pantothenic acid	mg	0.075		0	0.188	0.012	0.141
Vitamin B-6	mg	0.014		0	0.035	0.002	0.026
Folate	µg	18		0	45	3	34
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	0		0	0	0	0
Vitamin A, RE	µg	0		0	0	0	0
Vitamin E, α-TE	mg	0.013		0	0.033	0.002	0.024
Lipids:							
Saturated, total	g	0.034		0	0.085	0.005	0.064
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.032		0	0.080	0.005	0.060
17:0	g						
18:0	g	0.002		0	0.005	0.000	0.004
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.027	0	0.068	0.004	0.051
14:1	g					
16:1	g	0.001	0	0.003	0.000	0.002
18:1	g	0.027	0	0.068	0.004	0.051
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.111	0	0.279	0.017	0.209
18:2	g	0.099	0	0.248	0.016	0.186
18:3	g	0.012	0	0.030	0.002	0.023
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.021	0	0.053	0.003	0.039
Threonine	g	0.048	0	0.120	0.008	0.090
Isoleucine	g	0.067	0	0.168	0.011	0.126
Leucine	g	0.115	0	0.289	0.018	0.216
Lysine	g	0.039	0	0.098	0.006	0.073
Methionine	g	0.028	0	0.070	0.004	0.053
Cystine	g	0.034	0	0.085	0.005	0.064
Phenylalanine	g	0.082	0	0.206	0.013	0.154
Tyrosine	g	0.048	0	0.120	0.008	0.090
Valine	g	0.073	0	0.183	0.011	0.137
Arginine	g	0.066	0	0.166	0.010	0.124
Histidine	g	0.035	0	0.088	0.005	0.066
Alanine	g	0.053	0	0.133	0.008	0.100
Aspartic acid	g	0.071	0	0.178	0.011	0.133
Glutamic acid	g	0.563	0	1.413	0.088	1.058
Glycine	g	0.059	0	0.148	0.009	0.111
Proline	g	0.185	0	0.464	0.029	0.348
Serine	g	0.085	0	0.213	0.013	0.160
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 tablespoon
Measure 3: 3/4 cup

NDB No. 08104 Cereals, CREAM OF WHEAT, quick, dry, (wheat)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 176g	Measure 2* 11g	Measure 3*
Proximates:							
Water	g	10.40	0.212	26	18.30	1.14	
Energy	kcal	361		0	635	40	
Energy	kj	1510		0	2658	166	
Protein (N x 5.95)	g	10.20	0.142	26	17.95	1.12	
Total lipid (fat)	g	1.30	0.062	24	2.29	0.14	
Carbohydrate, by difference	g	75.00		0	132.00	8.25	
Fiber, total dietary	g	2.8		0	4.9	0.3	
Ash	g	3.20	0.130	26	5.63	0.35	
Sugars, total	g						
Minerals:							
Calcium	mg	141		0	248	16	
Iron	mg	28.60		0	50.34	3.15	
Magnesium	mg	33		1	58	4	
Phosphorus	mg	282		0	496	31	
Potassium	mg	130		1	229	14	
Sodium	mg	391	75.593	3	688	43	
Zinc	mg	0.97		1	1.71	0.11	
Copper	mg	0.185		1	0.326	0.020	
Manganese	mg						
Selenium	µg	20.0		0	35.2	2.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.500		0	0.880	0.055	
Riboflavin	mg	0.200		0	0.352	0.022	
Niacin	mg	4.200		0	7.392	0.462	
Pantothenic acid	mg	0.474	0.014	4	0.834	0.052	
Vitamin B-6	mg	0.091		0	0.160	0.010	
Folate	µg	121		0	213	13	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.110		0	0.194	0.012	
Lipids:							
Saturated, total	g	0.219		0	0.385	0.024	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.001		0	0.002	0.000	
15.0	g						
16:0	g	0.205		0	0.361	0.023	
17:0	g						
18:0	g	0.013		0	0.023	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.178	0	0.313	0.020
14:1	g				
16:1	g	0.003	0	0.005	0.000
18:1	g	0.175	0	0.308	0.019
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.718	0	1.264	0.079
18:2	g	0.642	0	1.130	0.071
18:3	g	0.077	0	0.136	0.008
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.140	0	0.246	0.015
Threonine	g	0.323	0	0.568	0.036
Isoleucine	g	0.448	0	0.788	0.049
Leucine	g	0.774	0	1.362	0.085
Lysine	g	0.265	0	0.466	0.029
Methionine	g	0.190	0	0.334	0.021
Cystine	g	0.230	0	0.405	0.025
Phenylalanine	g	0.552	0	0.972	0.061
Tyrosine	g	0.324	0	0.570	0.036
Valine	g	0.496	0	0.873	0.055
Arginine	g	0.444	0	0.781	0.049
Histidine	g	0.235	0	0.414	0.026
Alanine	g	0.359	0	0.632	0.039
Aspartic acid	g	0.485	0	0.854	0.053
Glutamic acid	g	3.797	0	6.683	0.418
Glycine	g	0.396	0	0.697	0.044
Proline	g	1.250	0	2.200	0.138
Serine	g	0.576	0	1.014	0.063
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 tablespoon

NDB No. 08105 Cereals, CREAM OF WHEAT, quick, cooked with water, without salt, (wheat)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 239g	Measure 2* 15g	Measure 3* 179g
Proximates:							
Water	g	86.60		0	206.97	12.90	155.01
Energy	kcal	54		0	129	8	97
Energy	kj	226		0	540	34	405
Protein (N x 5.95)	g	1.50		0	3.59	0.22	2.69
Total lipid (fat)	g	0.20		0	0.48	0.03	0.36
Carbohydrate, by difference	g	11.20		0	26.77	1.67	20.05
Fiber, total dietary	g	0.5		0	1.2	0.1	0.9
Ash	g	0.50		0	1.20	0.07	0.90
Sugars, total	g						
Minerals:							
Calcium	mg	21		0	50	3	38
Iron	mg	4.30		0	10.28	0.64	7.70
Magnesium	mg	5		0	12	1	9
Phosphorus	mg	42		0	100	6	75
Potassium	mg	19		0	45	3	34
Sodium	mg	58		0	139	9	104
Zinc	mg	0.14		0	0.33	0.02	0.25
Copper	mg	0.028		0	0.067	0.004	0.050
Manganese	mg						
Selenium	µg	12.8		1	30.6	1.9	22.9
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.100		0	0.239	0.015	0.179
Riboflavin	mg	0.000		0	0.000	0.000	0.000
Niacin	mg	0.600		0	1.434	0.089	1.074
Pantothenic acid	mg	0.071		0	0.170	0.011	0.127
Vitamin B-6	mg	0.012		0	0.029	0.002	0.021
Folate	µg	45		0	108	7	81
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	0		0	0	0	0
Vitamin A, RE	µg	0		0	0	0	0
Vitamin E, α-TE	mg	0.013		0	0.031	0.002	0.023
Lipids:							
Saturated, total	g	0.034		0	0.081	0.005	0.061
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.032		0	0.076	0.005	0.057
17:0	g						
18:0	g	0.002		0	0.005	0.000	0.004
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.027	0	0.065	0.004	0.048
14:1	g					
16:1	g	0.001	0	0.002	0.000	0.002
18:1	g	0.027	0	0.065	0.004	0.048
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.110	0	0.263	0.016	0.197
18:2	g	0.099	0	0.237	0.015	0.177
18:3	g	0.012	0	0.029	0.002	0.021
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.021	0	0.050	0.003	0.038
Threonine	g	0.048	0	0.115	0.007	0.086
Isoleucine	g	0.067	0	0.160	0.010	0.120
Leucine	g	0.115	0	0.275	0.017	0.206
Lysine	g	0.039	0	0.093	0.006	0.070
Methionine	g	0.028	0	0.067	0.004	0.050
Cystine	g	0.034	0	0.081	0.005	0.061
Phenylalanine	g	0.082	0	0.196	0.012	0.147
Tyrosine	g	0.048	0	0.115	0.007	0.086
Valine	g	0.074	0	0.177	0.011	0.132
Arginine	g	0.066	0	0.158	0.010	0.118
Histidine	g	0.035	0	0.084	0.005	0.063
Alanine	g	0.053	0	0.127	0.008	0.095
Aspartic acid	g	0.072	0	0.172	0.011	0.129
Glutamic acid	g	0.566	0	1.353	0.084	1.013
Glycine	g	0.059	0	0.141	0.009	0.106
Proline	g	0.186	0	0.445	0.028	0.333
Serine	g	0.086	0	0.206	0.013	0.154
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 tablespoon
Measure 3: 3/4 cup

NDB No. 08106 Cereals, CREAM OF WHEAT, instant, dry, (wheat)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 178g	Measure 2* 12g	Measure 3*
Proximates:							
Water	g	10.40	0.165	23	18.51	1.20	
Energy	kcal	366		0	651	42	
Energy	kj	1531		0	2725	176	
Protein (N x 5.95)	g	10.60	0.083	23	18.87	1.22	
Total lipid (fat)	g	1.40	0.071	23	2.49	0.16	
Carbohydrate, by difference	g	75.50		0	134.39	8.68	
Fiber, total dietary	g	3.2		0	5.7	0.4	
Ash	g	2.10	0.033	23	3.74	0.24	
Sugars, total	g						
Minerals:							
Calcium	mg	141		0	251	16	
Iron	mg	28.60		0	50.91	3.29	
Magnesium	mg	34		1	61	4	
Phosphorus	mg	103		1	183	12	
Potassium	mg	115		1	205	13	
Sodium	mg	15		1	27	2	
Zinc	mg	0.98		1	1.74	0.11	
Copper	mg	0.216		1	0.384	0.025	
Manganese	mg						
Selenium	µg	20.0		0	35.6	2.3	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.500		0	0.890	0.058	
Riboflavin	mg	0.200		0	0.356	0.023	
Niacin	mg	4.200		0	7.476	0.483	
Pantothenic acid	mg	0.474		0	0.844	0.055	
Vitamin B-6	mg	0.091		0	0.162	0.010	
Folate	µg	357		0	635	41	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.110		0	0.196	0.013	
Lipids:							
Saturated, total	g	0.236		0	0.420	0.027	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.001		0	0.002	0.000	
15.0	g						
16:0	g	0.221		0	0.393	0.025	
17:0	g						
18:0	g	0.014		0	0.025	0.002	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.192	0	0.342	0.022
14:1	g				
16:1	g	0.004	0	0.007	0.000
18:1	g	0.188	0	0.335	0.022
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.774	0	1.378	0.089
18:2	g	0.691	0	1.230	0.079
18:3	g	0.083	0	0.148	0.010
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.145	0	0.258	0.017
Threonine	g	0.332	0	0.591	0.038
Isoleucine	g	0.460	0	0.819	0.053
Leucine	g	0.800	0	1.424	0.092
Lysine	g	0.272	0	0.484	0.031
Methionine	g	0.196	0	0.349	0.023
Cystine	g	0.238	0	0.424	0.027
Phenylalanine	g	0.571	0	1.016	0.066
Tyrosine	g	0.335	0	0.596	0.039
Valine	g	0.513	0	0.913	0.059
Arginine	g	0.457	0	0.813	0.053
Histidine	g	0.242	0	0.431	0.028
Alanine	g	0.369	0	0.657	0.042
Aspartic acid	g	0.498	0	0.886	0.057
Glutamic acid	g	3.928	0	6.992	0.452
Glycine	g	0.408	0	0.726	0.047
Proline	g	1.289	0	2.294	0.148
Serine	g	0.596	0	1.061	0.069
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 tablespoon

NDB No. 08107 Cereals, CREAM OF WHEAT, instant, prepared with water, without salt, (wheat)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 241g	Measure 2* 15g	Measure 3* 181g
Proximates:							
Water	g	84.40		0	203.40	12.74	152.76
Energy	kcal	64		0	154	10	116
Energy	kj	268		0	646	40	485
Protein (N x 5.95)	g	1.80		0	4.34	0.27	3.26
Total lipid (fat)	g	0.20		0	0.48	0.03	0.36
Carbohydrate, by difference	g	13.10		0	31.57	1.98	23.71
Fiber, total dietary	g	1.2		0	2.9	0.2	2.2
Ash	g	0.40		0	0.96	0.06	0.72
Sugars, total	g						
Minerals:							
Calcium	mg	25		0	60	4	45
Iron	mg	5.00		0	12.05	0.76	9.05
Magnesium	mg	6		0	14	1	11
Phosphorus	mg	18		0	43	3	33
Potassium	mg	20		0	48	3	36
Sodium	mg	3		0	7	0	5
Zinc	mg	0.17		0	0.41	0.03	0.31
Copper	mg	0.038		0	0.092	0.006	0.069
Manganese	mg						
Selenium	µg	11.4		1	27.5	1.7	20.6
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.100		0	0.241	0.015	0.181
Riboflavin	mg	0.000		0	0.000	0.000	0.000
Niacin	mg	0.700		0	1.687	0.106	1.267
Pantothenic acid	mg	0.071		0	0.171	0.011	0.129
Vitamin B-6	mg	0.012		0	0.029	0.002	0.022
Folate	µg	62		0	149	9	112
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	0		0	0	0	0
Vitamin A, RE	µg	0		0	0	0	0
Vitamin E, α-TE	mg	0.013		0	0.031	0.002	0.024
Lipids:							
Saturated, total	g	0.034		0	0.082	0.005	0.062
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.032		0	0.077	0.005	0.058
17:0	g						
18:0	g	0.002		0	0.005	0.000	0.004
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.027	0	0.065	0.004	0.049
14:1	g					
16:1	g	0.001	0	0.002	0.000	0.002
18:1	g	0.027	0	0.065	0.004	0.049
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.110	0	0.265	0.017	0.199
18:2	g	0.099	0	0.239	0.015	0.179
18:3	g	0.012	0	0.029	0.002	0.022
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.025	0	0.060	0.004	0.045
Threonine	g	0.058	0	0.140	0.009	0.105
Isoleucine	g	0.080	0	0.193	0.012	0.145
Leucine	g	0.139	0	0.335	0.021	0.252
Lysine	g	0.047	0	0.113	0.007	0.085
Methionine	g	0.034	0	0.082	0.005	0.062
Cystine	g	0.041	0	0.099	0.006	0.074
Phenylalanine	g	0.099	0	0.239	0.015	0.179
Tyrosine	g	0.058	0	0.140	0.009	0.105
Valine	g	0.089	0	0.214	0.013	0.161
Arginine	g	0.079	0	0.190	0.012	0.143
Histidine	g	0.042	0	0.101	0.006	0.076
Alanine	g	0.064	0	0.154	0.010	0.116
Aspartic acid	g	0.087	0	0.210	0.013	0.157
Glutamic acid	g	0.683	0	1.646	0.103	1.236
Glycine	g	0.071	0	0.171	0.011	0.129
Proline	g	0.224	0	0.540	0.034	0.405
Serine	g	0.104	0	0.251	0.016	0.188
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 tablespoon
Measure 3: 3/4 cup

NDB No. 08108 Cereals, CREAM OF WHEAT, mix'n eat, plain, dry, (wheat, corn)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	10.70	0.094	31	3.03		
Energy	kcal	361		0	102		
Energy	kj	1510		0	428		
Protein (N x 5.95)	g	9.70	0.074	31	2.75		
Total lipid (fat)	g	1.20	0.056	31	0.34		
Carbohydrate, by difference	g	75.60		0	21.43		
Fiber, total dietary	g	2.3		0	0.7		
Ash	g	2.80	0.072	31	0.79		
Sugars, total	g						
Minerals:							
Calcium	mg	71		0	20		
Iron	mg	28.60		0	8.11		
Magnesium	mg	27		1	8		
Phosphorus	mg	71		0	20		
Potassium	mg	135		1	38		
Sodium	mg	850		1	241		
Zinc	mg	0.85		1	0.24		
Copper	mg	0.144		1	0.041		
Manganese	mg						
Selenium	µg	20.0		0	5.7		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	1.300		0	0.369		
Riboflavin	mg	0.900		0	0.255		
Niacin	mg	17.600		0	4.990		
Pantothenic acid	mg	0.462	0.027	4	0.131		
Vitamin B-6	mg	1.800		0	0.510		
Folate	µg	353		0	100		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	4409		0	1250		
Vitamin A, RE	µg	1324		0	375		
Vitamin E, α-TE	mg	0.370		0	0.105		
Lipids:							
Saturated, total	g	0.203		0	0.058		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.001		0	0.000		
15.0	g						
16:0	g	0.190		0	0.054		
17:0	g						
18:0	g	0.012		0	0.003		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.166	0	0.047
14:1	g			
16:1	g	0.003	0	0.001
18:1	g	0.163	0	0.046
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.666	0	0.189
18:2	g	0.596	0	0.169
18:3	g	0.071	0	0.020
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.134	0	0.038
Threonine	g	0.306	0	0.087
Isoleucine	g	0.425	0	0.120
Leucine	g	0.735	0	0.208
Lysine	g	0.254	0	0.072
Methionine	g	0.180	0	0.051
Cystine	g	0.218	0	0.062
Phenylalanine	g	0.524	0	0.149
Tyrosine	g	0.309	0	0.088
Valine	g	0.471	0	0.134
Arginine	g	0.431	0	0.122
Histidine	g	0.223	0	0.063
Alanine	g	0.341	0	0.097
Aspartic acid	g	0.465	0	0.132
Glutamic acid	g	3.575	0	1.014
Glycine	g	0.377	0	0.107
Proline	g	1.177	0	0.334
Serine	g	0.546	0	0.155
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 packet

NDB No. 08109 Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water, (wheat, corn)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 142g	Measure 2*	Measure 3*
Proximates:							
Water	g	82.10		0	116.58		
Energy	kcal	72		0	102		
Energy	kj	301		0	427		
Protein (N x 5.95)	g	1.90		0	2.70		
Total lipid (fat)	g	0.20		0	0.28		
Carbohydrate, by difference	g	15.10		0	21.44		
Fiber, total dietary	g	0.3		0	0.4		
Ash	g	0.60		0	0.85		
Sugars, total	g						
Minerals:							
Calcium	mg	14		0	20		
Iron	mg	5.70		0	8.09		
Magnesium	mg	5		0	7		
Phosphorus	mg	14		0	20		
Potassium	mg	27		0	38		
Sodium	mg	170		0	241		
Zinc	mg	0.17		0	0.24		
Copper	mg	0.029		0	0.041		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.300		0	0.426		
Riboflavin	mg	0.200		0	0.284		
Niacin	mg	3.500		0	4.970		
Pantothenic acid	mg	0.092		0	0.131		
Vitamin B-6	mg	0.400		0	0.568		
Folate	µg	71		0	101		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	882		0	1252		
Vitamin A, RE	µg	265		0	376		
Vitamin E, α-TE	mg	0.013		0	0.018		
Lipids:							
Saturated, total	g	0.034		0	0.048		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.032		0	0.045		
17:0	g						
18:0	g	0.002		0	0.003		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.028	0	0.040
14:1	g			
16:1	g	0.001	0	0.001
18:1	g	0.027	0	0.038
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.111	0	0.158
18:2	g	0.099	0	0.141
18:3	g	0.012	0	0.017
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.027	0	0.038
Threonine	g	0.061	0	0.087
Isoleucine	g	0.085	0	0.121
Leucine	g	0.147	0	0.209
Lysine	g	0.051	0	0.072
Methionine	g	0.036	0	0.051
Cystine	g	0.044	0	0.062
Phenylalanine	g	0.105	0	0.149
Tyrosine	g	0.062	0	0.088
Valine	g	0.095	0	0.135
Arginine	g	0.086	0	0.122
Histidine	g	0.044	0	0.062
Alanine	g	0.068	0	0.097
Aspartic acid	g	0.093	0	0.132
Glutamic acid	g	0.715	0	1.015
Glycine	g	0.075	0	0.107
Proline	g	0.236	0	0.335
Serine	g	0.109	0	0.155
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 packet, prepared

NDB No. 08110 Cereals, CREAM OF WHEAT, mix'n eat, apple, banana and maple flavored, dry

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 35g	Measure 2*	Measure 3*
Proximates:							
Water	g	8.00	0.061	65	2.83		
Energy	kcal	373		0	132		
Energy	kj	1561		0	553		
Protein (N x 5.95)	g	6.90	0.048	67	2.44		
Total lipid (fat)	g	1.10	0.035	64	0.39		
Carbohydrate, by difference	g	81.60		0	28.89		
Fiber, total dietary	g	2.5		0	0.9		
Ash	g	2.40	0.026	67	0.85		
Sugars, total	g						
Minerals:							
Calcium	mg	113		0	40		
Iron	mg	22.90		0	8.11		
Magnesium	mg	26		1	9		
Phosphorus	mg	57		0	20		
Potassium	mg	155		1	55		
Sodium	mg	680		1	241		
Zinc	mg	0.65		1	0.23		
Copper	mg	0.159		1	0.056		
Manganese	mg						
Selenium	µg	20.0		0	7.1		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	1.100		0	0.389		
Riboflavin	mg	0.700		0	0.248		
Niacin	mg	14.100		0	4.991		
Pantothenic acid	mg	0.329		0	0.116		
Vitamin B-6	mg	1.400		0	0.496		
Folate	µg	282		0	100		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	3531		0	1250		
Vitamin A, RE	µg	1060		0	375		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.096	0	0.034
Threonine	g	0.219	0	0.078
Isoleucine	g	0.303	0	0.107
Leucine	g	0.523	0	0.185
Lysine	g	0.183	0	0.065
Methionine	g	0.129	0	0.046
Cystine	g	0.155	0	0.055
Phenylalanine	g	0.373	0	0.132
Tyrosine	g	0.220	0	0.078
Valine	g	0.336	0	0.119
Arginine	g	0.311	0	0.110
Histidine	g	0.160	0	0.057
Alanine	g	0.246	0	0.087
Aspartic acid	g	0.337	0	0.119
Glutamic acid	g	2.537	0	0.898
Glycine	g	0.271	0	0.096
Proline	g	0.831	0	0.294
Serine	g	0.390	0	0.138
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 packet

NDB No. 08111 Cereals, CREAM OF WHEAT, mix'n eat, apple, banana and maple flavored, prepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 150g	Measure 2*	Measure 3*
Proximates:							
Water	g	78.30		0	117.45		
Energy	kcal	88		0	132		
Energy	kj	368		0	552		
Protein (N x 5.95)	g	1.60		0	2.40		
Total lipid (fat)	g	0.30		0	0.45		
Carbohydrate, by difference	g	19.30		0	28.95		
Fiber, total dietary	g	0.3		0	0.5		
Ash	g	0.60		0	0.90		
Sugars, total	g						
Minerals:							
Calcium	mg	27		0	41		
Iron	mg	5.40		0	8.10		
Magnesium	mg	6		0	9		
Phosphorus	mg	13		0	20		
Potassium	mg	37		0	56		
Sodium	mg	161		0	242		
Zinc	mg	0.15		0	0.23		
Copper	mg	0.038		0	0.057		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.300		0	0.450		
Riboflavin	mg	0.200		0	0.300		
Niacin	mg	3.300		0	4.950		
Pantothenic acid	mg	0.078		0	0.117		
Vitamin B-6	mg	0.300		0	0.450		
Folate	µg	67		0	101		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	834		0	1251		
Vitamin A, RE	µg	251		0	377		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.044		0	0.066		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.023	0	0.034
Threonine	g	0.052	0	0.078
Isoleucine	g	0.071	0	0.106
Leucine	g	0.124	0	0.186
Lysine	g	0.043	0	0.064
Methionine	g	0.031	0	0.047
Cystine	g	0.037	0	0.056
Phenylalanine	g	0.088	0	0.132
Tyrosine	g	0.052	0	0.078
Valine	g	0.079	0	0.119
Arginine	g	0.073	0	0.109
Histidine	g	0.038	0	0.057
Alanine	g	0.058	0	0.087
Aspartic acid	g	0.079	0	0.119
Glutamic acid	g	0.600	0	0.900
Glycine	g	0.064	0	0.096
Proline	g	0.196	0	0.294
Serine	g	0.092	0	0.138
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 packet, prepared

NDB No. 08112 Cereals, farina, enriched, dry, (wheat)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 176g	Measure 2* 11g	Measure 3*
Proximates:							
Water	g	10.50	0.164	107	18.48	1.14	
Energy	kcal	369		0	649	40	
Energy	kj	1544		0	2717	168	
Protein (N x 5.95)	g	10.60	0.074	122	18.66	1.16	
Total lipid (fat)	g	0.50	0.013	61	0.88	0.05	
Carbohydrate, by difference	g	78.00		0	137.28	8.50	
Fiber, total dietary	g	1.9		0	3.3	0.2	
Ash	g	0.40	0.034	114	0.70	0.04	
Sugars, total	g						
Minerals:							
Calcium	mg	14	0.215	16	25	2	
Iron	mg	3.72	0.231	89	6.55	0.41	
Magnesium	mg	13	0.255	16	23	1	
Phosphorus	mg	88	2.068	16	155	10	
Potassium	mg	94	4.163	16	165	10	
Sodium	mg	3	0.188	43	5	0	
Zinc	mg	0.53	0.015	22	0.93	0.06	
Copper	mg	0.079	0.009	20	0.139	0.009	
Manganese	mg	0.693		10	1.220	0.076	
Selenium	µg	23.5		1	41.4	2.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.570	0.022	113	1.003	0.062	
Riboflavin	mg	0.360	0.041	112	0.634	0.039	
Niacin	mg	4.050	0.076	112	7.128	0.441	
Pantothenic acid	mg	0.416	0.045	12	0.732	0.045	
Vitamin B-6	mg	0.058	0.016	2	0.102	0.006	
Folate	µg	173		0	304	19	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.110		0	0.194	0.012	
Lipids:							
Saturated, total	g	0.080		0	0.141	0.009	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		1	0.000	0.000	
15.0	g						
16:0	g	0.070		1	0.123	0.008	
17:0	g						
18:0	g	0.010		1	0.018	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.060	0	0.106	0.007
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.060	1	0.106	0.007
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.220	0	0.387	0.024
18:2	g	0.200	1	0.352	0.022
18:3	g	0.020	1	0.035	0.002
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.136	0	0.239	0.015
Threonine	g	0.280	0	0.493	0.031
Isoleucine	g	0.409	0	0.720	0.045
Leucine	g	0.724	0	1.274	0.079
Lysine	g	0.203	0	0.357	0.022
Methionine	g	0.165	0	0.290	0.018
Cystine	g	0.299	0	0.526	0.033
Phenylalanine	g	0.514	0	0.905	0.056
Tyrosine	g	0.278	0	0.489	0.030
Valine	g	0.451	0	0.794	0.049
Arginine	g	0.390	0	0.686	0.043
Histidine	g	0.215	0	0.378	0.023
Alanine	g	0.311	0	0.547	0.034
Aspartic acid	g	0.433	0	0.762	0.047
Glutamic acid	g	3.817	0	6.718	0.416
Glycine	g	0.335	0	0.590	0.037
Proline	g	1.165	0	2.050	0.127
Serine	g	0.499	0	0.878	0.054
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 tablespoon

NDB No. 08113 Cereals, farina, enriched, cooked with water, without salt, (wheat)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 233g	Measure 2* 15g	Measure 3* 175g
Proximates:							
Water	g	87.90		1	204.81	12.83	153.83
Energy	kcal	50		0	117	7	88
Energy	kj	209		0	487	31	366
Protein (N x 5.95)	g	1.40		1	3.26	0.20	2.45
Total lipid (fat)	g	0.10		1	0.23	0.01	0.18
Carbohydrate, by difference	g	10.60		0	24.70	1.55	18.55
Fiber, total dietary	g	1.4		0	3.3	0.2	2.4
Ash	g	0.10		1	0.23	0.01	0.18
Sugars, total	g						
Minerals:							
Calcium	mg	2		1	5	0	4
Iron	mg	0.50		1	1.17	0.07	0.88
Magnesium	mg	2		1	5	0	4
Phosphorus	mg	12		1	28	2	21
Potassium	mg	13		1	30	2	23
Sodium	mg	0		1	0	0	0
Zinc	mg	0.07		1	0.16	0.01	0.12
Copper	mg	0.011		1	0.026	0.002	0.019
Manganese	mg	0.094		1	0.219	0.014	0.164
Selenium	µg	9.1	0.893	13	21.2	1.3	15.9
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.080		1	0.186	0.012	0.140
Riboflavin	mg	0.050		1	0.117	0.007	0.088
Niacin	mg	0.550		1	1.282	0.080	0.963
Pantothenic acid	mg	0.056		1	0.130	0.008	0.098
Vitamin B-6	mg	0.010		1	0.023	0.001	0.018
Folate	µg	23		0	54	3	40
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	0		0	0	0	0
Vitamin A, RE	µg	0		0	0	0	0
Vitamin E, α-TE	mg	0.013		0	0.030	0.002	0.023
Lipids:							
Saturated, total	g	0.010		0	0.023	0.001	0.018
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		1	0.000	0.000	0.000
15.0	g						
16:0	g	0.010		1	0.023	0.001	0.018
17:0	g						
18:0	g	0.000		1	0.000	0.000	0.000
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.010	0	0.023	0.001	0.018
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.010	1	0.023	0.001	0.018
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.030	0	0.070	0.004	0.053
18:2	g	0.030	1	0.070	0.004	0.053
18:3	g	0.000	1	0.000	0.000	0.000
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.018	0	0.042	0.003	0.032
Threonine	g	0.038	0	0.089	0.006	0.066
Isoleucine	g	0.056	0	0.130	0.008	0.098
Leucine	g	0.098	0	0.228	0.014	0.172
Lysine	g	0.028	0	0.065	0.004	0.049
Methionine	g	0.022	0	0.051	0.003	0.039
Cystine	g	0.041	0	0.096	0.006	0.072
Phenylalanine	g	0.070	0	0.163	0.010	0.123
Tyrosine	g	0.038	0	0.089	0.006	0.066
Valine	g	0.061	0	0.142	0.009	0.107
Arginine	g	0.053	0	0.123	0.008	0.093
Histidine	g	0.029	0	0.068	0.004	0.051
Alanine	g	0.042	0	0.098	0.006	0.074
Aspartic acid	g	0.059	0	0.137	0.009	0.103
Glutamic acid	g	0.519	0	1.209	0.076	0.908
Glycine	g	0.046	0	0.107	0.007	0.081
Proline	g	0.158	0	0.368	0.023	0.276
Serine	g	0.068	0	0.158	0.010	0.119
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 tablespoon
Measure 3: 3/4 cup

NDB No. 08114 Cereals, MALTEX, dry, (wheat)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 151g	Measure 2* 38g	Measure 3*
Proximates:							
Water	g	7.50		6	11.32	2.85	
Energy	kcal	352		0	532	134	
Energy	kj	1473		0	2224	560	
Protein (N x 5.95)	g	11.20		6	16.91	4.26	
Total lipid (fat)	g	2.10		6	3.17	0.80	
Carbohydrate, by difference	g	77.30		0	116.72	29.37	
Fiber, total dietary	g	4.2		0	6.3	1.6	
Ash	g	1.90		6	2.87	0.72	
Sugars, total	g						
Minerals:							
Calcium	mg	36		6	54	14	
Iron	mg	3.50		6	5.29	1.33	
Magnesium	mg	111		6	168	42	
Phosphorus	mg	349		6	527	133	
Potassium	mg	521		6	787	198	
Sodium	mg	17		6	26	6	
Zinc	mg	3.64		6	5.50	1.38	
Copper	mg	0.657		6	0.992	0.250	
Manganese	mg						
Selenium	µg	70.7		0	106.8	26.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.520		6	0.785	0.198	
Riboflavin	mg	0.200		6	0.302	0.076	
Niacin	mg	4.660		6	7.037	1.771	
Pantothenic acid	mg	0.683		6	1.031	0.260	
Vitamin B-6	mg	0.150		6	0.226	0.057	
Folate	µg	57		6	86	22	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	1.800		0	2.718	0.684	
Lipids:							
Saturated, total	g	0.336		0	0.507	0.128	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.019		0	0.029	0.007	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.001		0	0.002	0.000	
15.0	g						
16:0	g	0.282		0	0.426	0.107	
17:0	g						
18:0	g	0.015		0	0.023	0.006	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.243	0	0.367	0.092
14:1	g				
16:1	g	0.015	0	0.023	0.006
18:1	g	0.229	0	0.346	0.087
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.813	0	1.228	0.309
18:2	g	0.769	0	1.161	0.292
18:3	g	0.039	0	0.059	0.015
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1/4 cup

NDB No. 08115 Cereals, MALTEX, cooked with water, without salt, (wheat)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 249g	Measure 2* 16g	Measure 3* 187g
Proximates:							
Water	g	81.00		0	201.69	12.55	151.47
Energy	kcal	72		0	179	11	135
Energy	kj	301		0	749	47	563
Protein (N x 5.95)	g	2.30		0	5.73	0.36	4.30
Total lipid (fat)	g	0.40		0	1.00	0.06	0.75
Carbohydrate, by difference	g	15.90		0	39.59	2.46	29.73
Fiber, total dietary	g	1.2		0	3.0	0.2	2.2
Ash	g	0.40		0	1.00	0.06	0.75
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	17	1	13
Iron	mg	0.72		0	1.79	0.11	1.35
Magnesium	mg	23		0	57	4	43
Phosphorus	mg	72		0	179	11	135
Potassium	mg	107		0	266	17	200
Sodium	mg	4		0	10	1	7
Zinc	mg	0.75		0	1.87	0.12	1.40
Copper	mg	0.135		0	0.336	0.021	0.252
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.100		0	0.249	0.016	0.187
Riboflavin	mg	0.040		0	0.100	0.006	0.075
Niacin	mg	0.960		0	2.390	0.149	1.795
Pantothenic acid	mg	0.093		0	0.232	0.014	0.174
Vitamin B-6	mg	0.031		0	0.077	0.005	0.058
Folate	µg	9		0	22	1	17
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	0		0	0	0	0
Vitamin A, RE	µg	0		0	0	0	0
Vitamin E, α-TE	mg	0.370		0	0.921	0.057	0.692
Lipids:							
Saturated, total	g	0.069		0	0.172	0.011	0.129
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.004		0	0.010	0.001	0.007
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.001		0	0.002	0.000	0.002
15.0	g						
16:0	g	0.058		0	0.144	0.009	0.108
17:0	g						
18:0	g	0.003		0	0.007	0.000	0.006
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.050	0	0.125	0.008	0.094
14:1	g					
16:1	g	0.003	0	0.007	0.000	0.006
18:1	g	0.047	0	0.117	0.007	0.088
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.167	0	0.416	0.026	0.312
18:2	g	0.158	0	0.393	0.024	0.295
18:3	g	0.008	0	0.020	0.001	0.015
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 tablespoon
Measure 3: 3/4 cup

NDB No. 08116 Cereals, MALT-O-MEAL, plain, dry, (wheat, barley)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 165g	Measure 2* 10g	Measure 3*
Proximates:							
Water	g	10.30	0.472	10	17.00	1.06	
Energy	kcal	368		0	607	38	
Energy	kj	1540		0	2541	159	
Protein (N x 5.95)	g	10.50	0.271	10	17.32	1.08	
Total lipid (fat)	g	0.90	0.045	10	1.49	0.09	
Carbohydrate, by difference	g	77.70		0	128.21	8.00	
Fiber, total dietary	g						
Ash	g	0.60	0.038	10	0.99	0.06	
Sugars, total	g						
Minerals:							
Calcium	mg	14		0	23	1	
Iron	mg	28.60		0	47.19	2.95	
Magnesium	mg	13		0	21	1	
Phosphorus	mg	71		0	117	7	
Potassium	mg	94		0	155	10	
Sodium	mg	7		0	12	1	
Zinc	mg	0.53		0	0.87	0.05	
Copper	mg	0.079		0	0.130	0.008	
Manganese	mg						
Selenium	µg	23.5		0	38.8	2.4	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	1.300		0	2.145	0.134	
Riboflavin	mg	0.900		0	1.485	0.093	
Niacin	mg	17.600		0	29.040	1.813	
Pantothenic acid	mg	0.416		0	0.686	0.043	
Vitamin B-6	mg	0.058		0	0.096	0.006	
Folate	µg	24		0	40	2	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g				
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g				
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 tablespoon

NDB No. 08117 Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, without salt, (wheat, barley)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 240g	Measure 2* 15g	Measure 3* 180g
Proximates:							
Water	g	87.60		0	210.24	13.14	157.68
Energy	kcal	51		0	122	8	92
Energy	kj	213		0	511	32	383
Protein (N x 5.95)	g	1.50		0	3.60	0.23	2.70
Total lipid (fat)	g	0.10		0	0.24	0.02	0.18
Carbohydrate, by difference	g	10.70		0	25.68	1.61	19.26
Fiber, total dietary	g	0.4		0	1.0	0.1	0.7
Ash	g	0.10		0	0.24	0.02	0.18
Sugars, total	g						
Minerals:							
Calcium	mg	2		0	5	0	4
Iron	mg	4.00		0	9.60	0.60	7.20
Magnesium	mg	2		0	5	0	4
Phosphorus	mg	10		0	24	2	18
Potassium	mg	13		0	31	2	23
Sodium	mg	1		0	2	0	2
Zinc	mg	0.07		0	0.17	0.01	0.13
Copper	mg	0.011		0	0.026	0.002	0.020
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.200		0	0.480	0.030	0.360
Riboflavin	mg	0.100		0	0.240	0.015	0.180
Niacin	mg	2.400		0	5.760	0.360	4.320
Pantothenic acid	mg	0.058		0	0.139	0.009	0.104
Vitamin B-6	mg	0.008		0	0.019	0.001	0.014
Folate	µg	2		0	5	0	4
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	0		0	0	0	0
Vitamin A, RE	µg	0		0	0	0	0
Vitamin E, α-TE	mg	0.013		0	0.031	0.002	0.023
Lipids:							
Saturated, total	g	0.042		0	0.101	0.006	0.076
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.021		0	0.050	0.003	0.038
17:0	g						
18:0	g	0.020		0	0.048	0.003	0.036
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.025	0	0.060	0.004	0.045
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.025	0	0.060	0.004	0.045
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.016	0	0.038	0.002	0.029
18:2	g	0.015	0	0.036	0.002	0.027
18:3	g	0.001	0	0.002	0.000	0.002
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					
Other:						
Caffeine	mg	1	0	2	0	2
Theobromine	mg	7	0	17	1	13
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 tablespoon
Measure 3: 3/4 cup

NDB No. 08118 Cereals, MAYPO, dry, (oats with other grains)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 94g	Measure 2* 47g	Measure 3*
Proximates:							
Water	g	6.30		12	5.92	2.96	
Energy	kcal	385		0	362	181	
Energy	kj	1611		0	1514	757	
Protein (N x 5.95)	g	13.20		12	12.41	6.20	
Total lipid (fat)	g	5.30		12	4.98	2.49	
Carbohydrate, by difference	g	72.00		0	67.68	33.84	
Fiber, total dietary	g	10.8		0	10.2	5.1	
Ash	g	3.20		12	3.01	1.50	
Sugars, total	g						
Minerals:							
Calcium	mg	282		0	265	133	
Iron	mg	19.00		0	17.86	8.93	
Magnesium	mg	115		12	108	54	
Phosphorus	mg	562		12	528	264	
Potassium	mg	478		12	449	225	
Sodium	mg	19		12	18	9	
Zinc	mg	3.35		12	3.15	1.57	
Copper	mg	0.360		12	0.338	0.169	
Manganese	mg						
Selenium	µg	41.7		0	39.2	19.6	
Vitamins:							
Ascorbic acid	mg	64.0		0	60.2	30.1	
Thiamin	mg	1.600		0	1.504	0.752	
Riboflavin	mg	1.800		0	1.692	0.846	
Niacin	mg	21.200		0	19.928	9.964	
Pantothenic acid	mg	0.768		12	0.722	0.361	
Vitamin B-6	mg	2.100		0	1.974	0.987	
Folate	µg	27		12	25	13	
Vitamin B-12	µg	6.30		0	5.92	2.96	
Vitamin A	IU	5291		0	4974	2487	
Vitamin A, RE	µg	1589		0	1494	747	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g				
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g				
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1/2 cup

NDB No. 08119 Cereals, MAYPO, cooked with water, without salt, (oats with other grains)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 240g	Measure 2* 15g	Measure 3* 180g
Proximates:							
Water	g	82.70		0	198.48	12.40	148.86
Energy	kcal	71		0	170	11	128
Energy	kj	297		0	713	45	535
Protein (N x 5.95)	g	2.40		0	5.76	0.36	4.32
Total lipid (fat)	g	1.00		0	2.40	0.15	1.80
Carbohydrate, by difference	g	13.30		0	31.92	2.00	23.94
Fiber, total dietary	g	2.4		0	5.8	0.4	4.3
Ash	g	0.60		0	1.44	0.09	1.08
Sugars, total	g						
Minerals:							
Calcium	mg	52		0	125	8	94
Iron	mg	3.50		0	8.40	0.53	6.30
Magnesium	mg	21		0	50	3	38
Phosphorus	mg	103		0	247	15	185
Potassium	mg	88		0	211	13	158
Sodium	mg	4		0	10	1	7
Zinc	mg	0.62		0	1.49	0.09	1.12
Copper	mg	0.066		0	0.158	0.010	0.119
Manganese	mg						
Selenium	µg	7.7		0	18.5	1.2	13.9
Vitamins:							
Ascorbic acid	mg	12.0		0	28.8	1.8	21.6
Thiamin	mg	0.300		0	0.720	0.045	0.540
Riboflavin	mg	0.300		0	0.720	0.045	0.540
Niacin	mg	3.900		0	9.360	0.585	7.020
Pantothenic acid	mg	0.141		0	0.338	0.021	0.254
Vitamin B-6	mg	0.400		0	0.960	0.060	0.720
Folate	µg	4		0	10	1	7
Vitamin B-12	µg	1.20		0	2.88	0.18	2.16
Vitamin A	IU	974		0	2338	146	1753
Vitamin A, RE	µg	293		0	703	44	527
Vitamin E, α-TE	mg	0.700		0	1.680	0.105	1.260
Lipids:							
Saturated, total	g	0.175		0	0.420	0.026	0.315
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.003		0	0.007	0.000	0.005
14:0	g	0.002		0	0.005	0.000	0.004
15.0	g						
16:0	g	0.148		0	0.355	0.022	0.266
17:0	g						
18:0	g	0.009		0	0.022	0.001	0.016
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.305	0	0.732	0.046	0.549
14:1	g					
16:1	g	0.002	0	0.005	0.000	0.004
18:1	g	0.303	0	0.727	0.045	0.545
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.368	0	0.883	0.055	0.662
18:2	g	0.351	0	0.842	0.053	0.632
18:3	g	0.003	0	0.007	0.000	0.005
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 tablespoon
Measure 3: 3/4 cup

NDB No. 08120 Cereals, oats, regular and quick and instant, without fortified, dry, (oats)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 81g	Measure 2* 27g	Measure 3*
Proximates:							
Water	g	8.80	0.093	528	7.13	2.38	
Energy	kcal	384		0	311	104	
Energy	kj	1607		0	1302	434	
Protein (N x 5.95)	g	16.00	0.052	192	12.96	4.32	
Total lipid (fat)	g	6.30	0.035	196	5.10	1.70	
Carbohydrate, by difference	g	67.00		0	54.27	18.09	
Fiber, total dietary	g	10.6		0	8.6	2.9	
Ash	g	1.90	0.000	184	1.54	0.51	
Sugars, total	g						
Minerals:							
Calcium	mg	52	0.923	33	42	14	
Iron	mg	4.20	0.000	175	3.40	1.13	
Magnesium	mg	148	0.037	31	120	40	
Phosphorus	mg	474	0.044	140	384	128	
Potassium	mg	350	0.032	48	284	95	
Sodium	mg	4	0.000	111	3	1	
Zinc	mg	3.07	0.092	29	2.49	0.83	
Copper	mg	0.343	0.033	31	0.278	0.093	
Manganese	mg	3.630	0.001	5	2.940	0.980	
Selenium	µg	34.0	4.469	12	27.5	9.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.730	0.000	173	0.591	0.197	
Riboflavin	mg	0.140	0.000	81	0.113	0.038	
Niacin	mg	0.780	0.016	71	0.632	0.211	
Pantothenic acid	mg	1.245	0.025	15	1.008	0.336	
Vitamin B-6	mg	0.120	0.000	19	0.097	0.032	
Folate	µg	32	3.485	24	26	9	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	101	5.635	5	82	27	
Vitamin A, RE	µg	10		0	8	3	
Vitamin E, α-TE	mg	0.700		0	0.567	0.189	
Lipids:							
Saturated, total	g	1.110		0	0.899	0.300	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.020		238	0.016	0.005	
14:0	g	0.010		238	0.008	0.003	
15.0	g						
16:0	g	0.940		238	0.761	0.254	
17:0	g						
18:0	g	0.060		238	0.049	0.016	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.980	0	1.604	0.535
14:1	g				
16:1	g	0.010	238	0.008	0.003
18:1	g	1.970	238	1.596	0.532
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.300	0	1.863	0.621
18:2	g	2.200	238	1.782	0.594
18:3	g	0.100	238	0.081	0.027
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.222	0	0.180	0.060
Threonine	g	0.545	0	0.441	0.147
Isoleucine	g	0.657	0	0.532	0.177
Leucine	g	1.216	0	0.985	0.328
Lysine	g	0.664	0	0.538	0.179
Methionine	g	0.295	0	0.239	0.080
Cystine	g	0.386	0	0.313	0.104
Phenylalanine	g	0.847	0	0.686	0.229
Tyrosine	g	0.543	0	0.440	0.147
Valine	g	0.888	0	0.719	0.240
Arginine	g	1.129	0	0.914	0.305
Histidine	g	0.383	0	0.310	0.103
Alanine	g	0.835	0	0.676	0.225
Aspartic acid	g	1.371	0	1.111	0.370
Glutamic acid	g	3.517	0	2.849	0.950
Glycine	g	0.797	0	0.646	0.215
Proline	g	0.885	0	0.717	0.239
Serine	g	0.711	0	0.576	0.192
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1/3 cup

NDB No. 08121 Cereals, oats, regular and quick and instant, without fortified, cooked with water, without salt, (oats)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 234g	Measure 2* 15g	Measure 3* 175g
Proximates:							
Water	g	85.30		1	199.60	12.45	149.28
Energy	kcal	62		0	145	9	109
Energy	kj	259		0	606	38	453
Protein (N x 5.95)	g	2.60		1	6.08	0.38	4.55
Total lipid (fat)	g	1.00		1	2.34	0.15	1.75
Carbohydrate, by difference	g	10.80		0	25.27	1.58	18.90
Fiber, total dietary	g	1.7		0	4.0	0.2	3.0
Ash	g	0.30		1	0.70	0.04	0.53
Sugars, total	g						
Minerals:							
Calcium	mg	8		1	19	1	14
Iron	mg	0.68		1	1.59	0.10	1.19
Magnesium	mg	24		1	56	4	42
Phosphorus	mg	76		1	178	11	133
Potassium	mg	56		1	131	8	98
Sodium	mg	1		1	2	0	2
Zinc	mg	0.49		1	1.15	0.07	0.86
Copper	mg	0.055		1	0.129	0.008	0.096
Manganese	mg	0.585		1	1.369	0.085	1.024
Selenium	µg	8.1	0.388	51	19.0	1.2	14.2
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.110		1	0.257	0.016	0.193
Riboflavin	mg	0.020		1	0.047	0.003	0.035
Niacin	mg	0.130		1	0.304	0.019	0.228
Pantothenic acid	mg	0.200		1	0.468	0.029	0.350
Vitamin B-6	mg	0.020		1	0.047	0.003	0.035
Folate	µg	4		1	9	1	7
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	16		1	37	2	28
Vitamin A, RE	µg	2		0	5	0	4
Vitamin E, α-TE	mg	0.100		0	0.234	0.015	0.175
Lipids:							
Saturated, total	g	0.180		0	0.421	0.026	0.315
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		238	0.000	0.000	0.000
14:0	g	0.000		238	0.000	0.000	0.000
15.0	g						
16:0	g	0.150		238	0.351	0.022	0.263
17:0	g						
18:0	g	0.010		238	0.023	0.001	0.018
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.320	0	0.749	0.047	0.560
14:1	g					
16:1	g	0.000	238	0.000	0.000	0.000
18:1	g	0.320	238	0.749	0.047	0.560
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.370	0	0.866	0.054	0.648
18:2	g	0.360	238	0.842	0.053	0.630
18:3	g	0.020	238	0.047	0.003	0.035
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.036	0	0.084	0.005	0.063
Threonine	g	0.088	0	0.206	0.013	0.154
Isoleucine	g	0.106	0	0.248	0.015	0.186
Leucine	g	0.196	0	0.459	0.029	0.343
Lysine	g	0.107	0	0.250	0.016	0.187
Methionine	g	0.048	0	0.112	0.007	0.084
Cystine	g	0.062	0	0.145	0.009	0.109
Phenylalanine	g	0.137	0	0.321	0.020	0.240
Tyrosine	g	0.088	0	0.206	0.013	0.154
Valine	g	0.143	0	0.335	0.021	0.250
Arginine	g	0.182	0	0.426	0.027	0.319
Histidine	g	0.062	0	0.145	0.009	0.109
Alanine	g	0.135	0	0.316	0.020	0.236
Aspartic acid	g	0.221	0	0.517	0.032	0.387
Glutamic acid	g	0.567	0	1.327	0.083	0.992
Glycine	g	0.128	0	0.300	0.019	0.224
Proline	g	0.143	0	0.335	0.021	0.250
Serine	g	0.115	0	0.269	0.017	0.201
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 tablespoon
Measure 3: 3/4 cup

NDB No. 08122 Cereals, oats, instant, fortified, plain, dry, (oats)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	9.30	0.071	64	2.60		
Energy	kcal	369		0	103		
Energy	kj	1544		0	432		
Protein (N x 5.95)	g	15.50	0.069	64	4.34		
Total lipid (fat)	g	6.10	0.043	64	1.71		
Carbohydrate, by difference	g	64.00		0	17.92		
Fiber, total dietary	g	10.9		0	3.1		
Ash	g	5.00	0.047	64	1.40		
Sugars, total	g						
Minerals:							
Calcium	mg	576	5.982	61	161		
Iron	mg	22.28	0.284	62	6.24		
Magnesium	mg	148		0	41		
Phosphorus	mg	468	2.373	62	131		
Potassium	mg	354	6.402	6	99		
Sodium	mg	1010	40.932	6	283		
Zinc	mg	3.07		0	0.86		
Copper	mg	0.343		0	0.096		
Manganese	mg	3.630		0	1.016		
Selenium	µg	34.0	4.469	12	9.5		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	1.860	0.031	62	0.521		
Riboflavin	mg	1.020	0.021	61	0.286		
Niacin	mg	19.360	0.388	61	5.421		
Pantothenic acid	mg	1.250	0.040	4	0.350		
Vitamin B-6	mg	2.614	0.053	61	0.732		
Folate	µg	531	15.222	61	149		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	5340	121.767	61	1495		
Vitamin A, RE	µg	1604		0	449		
Vitamin E, α-TE	mg	0.678		0	0.190		
Lipids:							
Saturated, total	g	1.075		0	0.301		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.019		0	0.005		
14:0	g	0.010		0	0.003		
15.0	g						
16:0	g	0.910		0	0.255		
17:0	g						
18:0	g	0.058		0	0.016		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.917	0	0.537
14:1	g			
16:1	g	0.010	0	0.003
18:1	g	1.907	0	0.534
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	2.227	0	0.624
18:2	g	2.130	0	0.596
18:3	g	0.097	0	0.027
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 packet

NDB No. 08123 Cereals, oats, instant, fortified, plain, prepared with water, (oats)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 234g	Measure 2* 501g	Measure 3* 107g
Proximates:							
Water	g	85.50		0	200.07	428.36	91.48
Energy	kcal	59		0	138	296	63
Energy	kj	247		0	578	1237	264
Protein (N x 5.95)	g	2.50		0	5.85	12.53	2.67
Total lipid (fat)	g	1.00		0	2.34	5.01	1.07
Carbohydrate, by difference	g	10.20		0	23.87	51.10	10.91
Fiber, total dietary	g	1.7		0	4.0	8.5	1.8
Ash	g	0.80		0	1.87	4.01	0.86
Sugars, total	g						
Minerals:							
Calcium	mg	92		0	215	461	98
Iron	mg	3.56		0	8.33	17.84	3.81
Magnesium	mg	24		0	56	120	26
Phosphorus	mg	75		0	176	376	80
Potassium	mg	56		0	131	281	60
Sodium	mg	161		0	377	807	172
Zinc	mg	0.49		0	1.15	2.45	0.52
Copper	mg	0.055		0	0.129	0.276	0.059
Manganese	mg	0.585		0	1.369	2.931	0.626
Selenium	µg	8.1	0.388	51	19.0	40.6	8.7
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.300		0	0.702	1.503	0.321
Riboflavin	mg	0.160		0	0.374	0.802	0.171
Niacin	mg	3.090		0	7.231	15.481	3.306
Pantothenic acid	mg	0.200		0	0.468	1.002	0.214
Vitamin B-6	mg	0.418		0	0.978	2.094	0.447
Folate	µg	85		0	199	426	91
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	853		0	1996	4274	913
Vitamin A, RE	µg	256		0	599	1283	274
Vitamin E, α-TE	mg	0.120		0	0.281	0.601	0.128
Lipids:							
Saturated, total	g	0.180		0	0.421	0.902	0.193
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.150		0	0.351	0.752	0.161
17:0	g						
18:0	g	0.010		0	0.023	0.050	0.011
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.320	0	0.749	1.603	0.342
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.320	0	0.749	1.603	0.342
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.370	0	0.866	1.854	0.396
18:2	g	0.360	0	0.842	1.804	0.385
18:3	g	0.020	0	0.047	0.100	0.021
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, cooked
Measure 2: 1 cup, dry, yields
Measure 3: 1 oz, dry, with fruit, yields

NDB No. 08124 Cereals, QUAKER, oatmeal, instant, with apples and cinnamon, 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	Samples	Measure 1* 35g	Measure 2*	Measure 3*
Proximates:							
Water	g	6.40		0	2.24		
Energy	kcal	367		0	128		
Energy	kj	1536		0	538		
Protein (N x 5.95)	g	9.40		0	3.29		
Total lipid (fat)	g	4.18		0	1.46		
Carbohydrate, by difference	g	76.97		0	26.94		
Fiber, total dietary	g	7.4		0	2.6		
Ash	g	3.03		0	1.06		
Sugars, total	g						
Minerals:							
Calcium	mg	302		0	106		
Iron	mg	11.42		0	4.00		
Magnesium	mg	86		0	30		
Phosphorus	mg	332		0	116		
Potassium	mg	310		0	109		
Sodium	mg	347		0	121		
Zinc	mg	1.97		0	0.69		
Copper	mg	0.230		0	0.081		
Manganese	mg	2.690		0	0.941		
Selenium	µg	22.5		0	7.9		
Vitamins:							
Ascorbic acid	mg	0.8		0	0.3		
Thiamin	mg	0.890		0	0.312		
Riboflavin	mg	1.020		0	0.357		
Niacin	mg	12.000		0	4.200		
Pantothenic acid	mg	0.430		0	0.151		
Vitamin B-6	mg	1.200		0	0.420		
Folate	µg	240		0	84		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	3000		0	1050		
Vitamin A, RE	µg	901		0	315		
Vitamin E, α-TE	mg	0.362		0	0.127		
Lipids:							
Saturated, total	g	0.860		0	0.301		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.013		0	0.005		
14:0	g	0.007		0	0.002		
15.0	g						
16:0	g	0.622		0	0.218		
17:0	g						
18:0	g	0.041		0	0.014		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.480	0	0.518
14:1	g			
16:1	g	0.007	0	0.002
18:1	g	1.285	0	0.450
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	1.700	0	0.595
18:2	g	1.450	0	0.507
18:3	g	0.069	0	0.024
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 packet

NDB No. 08125 Cereals, QUAKER, oatmeal, instant, with apples and cinnamon, 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	Samples	Measure 1* 149g	Measure 2*	Measure 3*
Proximates:							
Water	g	78.58		0	117.08		
Energy	kcal	84		0	125		
Energy	kj	351		0	523		
Protein (N x 5.95)	g	2.14		0	3.19		
Total lipid (fat)	g	0.95		0	1.42		
Carbohydrate, by difference	g	17.55		0	26.15		
Fiber, total dietary	g	1.7		0	2.5		
Ash	g	0.77		0	1.15		
Sugars, total	g						
Minerals:							
Calcium	mg	70		0	104		
Iron	mg	2.61		0	3.89		
Magnesium	mg	20		0	30		
Phosphorus	mg	76		0	113		
Potassium	mg	71		0	106		
Sodium	mg	81		0	121		
Zinc	mg	0.47		0	0.70		
Copper	mg	0.057		0	0.085		
Manganese	mg	0.614		0	0.915		
Selenium	µg	5.1		0	7.6		
Vitamins:							
Ascorbic acid	mg	0.2		0	0.3		
Thiamin	mg	0.200		0	0.298		
Riboflavin	mg	0.233		0	0.347		
Niacin	mg	2.736		0	4.077		
Pantothenic acid	mg	0.098		0	0.146		
Vitamin B-6	mg	0.274		0	0.408		
Folate	µg	63		0	94		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	684		0	1019		
Vitamin A, RE	µg	205		0	305		
Vitamin E, α-TE	mg	0.083		0	0.124		
Lipids:							
Saturated, total	g	0.196		0	0.292		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.003		0	0.004		
14:0	g	0.002		0	0.003		
15.0	g						
16:0	g	0.142		0	0.212		
17:0	g						
18:0	g	0.009		0	0.013		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.337	0	0.502
14:1	g			
16:1	g	0.002	0	0.003
18:1	g	0.293	0	0.437
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.388	0	0.578
18:2	g	0.331	0	0.493
18:3	g	0.016	0	0.024
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 packet, prepared

NDB No. 08126 Cereals, oats, instant, fortified, with bran and raisins, dry, (oats, wheat bran)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 43g	Measure 2*	Measure 3*
Proximates:							
Water	g	8.40	0.164	11	3.57		
Energy	kcal	371		0	158		
Energy	kj	1552		0	660		
Protein (N x 5.95)	g	11.40	0.235	11	4.84		
Total lipid (fat)	g	4.40	0.178	11	1.87		
Carbohydrate, by difference	g	71.50		0	30.39		
Fiber, total dietary	g						
Ash	g	4.30	0.107	11	1.83		
Sugars, total	g						
Minerals:							
Calcium	mg	406	17.331	11	173		
Iron	mg	17.90	0.302	11	7.61		
Magnesium	mg	133	51.130	3	57		
Phosphorus	mg	484	12.042	11	206		
Potassium	mg	554	38.049	3	235		
Sodium	mg	582	74.658	3	247		
Zinc	mg	3.17	0.180	3	1.35		
Copper	mg	0.670	0.040	3	0.285		
Manganese	mg	3.733	0.267	3	1.587		
Selenium	µg	21.5		0	9.1		
Vitamins:							
Ascorbic acid	mg	1.0		0	0.4		
Thiamin	mg	1.310	0.043	11	0.557		
Riboflavin	mg	1.490	0.175	11	0.633		
Niacin	mg	19.120	0.943	11	8.126		
Pantothenic acid	mg	1.067	0.088	3	0.453		
Vitamin B-6	mg	1.790	0.103	11	0.761		
Folate	µg	365	15.294	11	155		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	3755	219.934	11	1596		
Vitamin A, RE	µg	1128		0	479		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 packet

NDB No. 08127 Cereals, oats, instant, fortified, with bran and raisins, prepared with water, (oats, wheat bran)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 195g	Measure 2*	Measure 3*
Proximates:							
Water	g	80.00		0	156.00		
Energy	kcal	81		0	158		
Energy	kj	339		0	661		
Protein (N x 5.95)	g	2.50		0	4.88		
Total lipid (fat)	g	1.00		0	1.95		
Carbohydrate, by difference	g	15.60		0	30.42		
Fiber, total dietary	g	2.8		0	5.5		
Ash	g	0.90		0	1.75		
Sugars, total	g						
Minerals:							
Calcium	mg	89		0	174		
Iron	mg	3.91		0	7.62		
Magnesium	mg	29		0	57		
Phosphorus	mg	106		0	207		
Potassium	mg	121		0	236		
Sodium	mg	127		0	248		
Zinc	mg	0.69		0	1.35		
Copper	mg	0.146		0	0.285		
Manganese	mg	0.815		0	1.589		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.290		0	0.566		
Riboflavin	mg	0.330		0	0.644		
Niacin	mg	4.170		0	8.131		
Pantothenic acid	mg	0.233		0	0.454		
Vitamin B-6	mg	0.391		0	0.762		
Folate	µg	80		0	156		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	820		0	1599		
Vitamin A, RE	µg	246		0	480		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.182		0	0.355		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 packet, prepared

NDB No. 08128 Cereals, oats, instant, fortified, with cinnamon and spice, dry, (oats)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 46g	Measure 2*	Measure 3*
Proximates:							
Water	g	5.58		0	2.57		
Energy	kcal	373		0	172		
Energy	kj	1561		0	720		
Protein (N x 5.95)	g	8.47		0	3.90		
Total lipid (fat)	g	4.53		0	2.09		
Carbohydrate, by difference	g	77.92		0	35.92		
Fiber, total dietary	g	6.6		0	3.0		
Ash	g	3.21		0	1.48		
Sugars, total	g						
Minerals:							
Calcium	mg	413		0	190		
Iron	mg	21.25		0	9.80		
Magnesium	mg	87		0	40		
Phosphorus	mg	314		0	145		
Potassium	mg	253		0	117		
Sodium	mg	625		0	288		
Zinc	mg	1.97		0	0.91		
Copper	mg	0.210		0	0.097		
Manganese	mg	2.730		0	1.259		
Selenium	µg	21.7		0	10.0		
Vitamins:							
Ascorbic acid	mg	0.1		0	0.0		
Thiamin	mg	0.900		0	0.415		
Riboflavin	mg	0.560		0	0.258		
Niacin	mg	9.220		0	4.250		
Pantothenic acid	mg	0.440		0	0.203		
Vitamin B-6	mg	1.180		0	0.544		
Folate	µg	270		0	124		
Vitamin B-12	µg	0.18		0	0.08		
Vitamin A	IU	2487		0	1147		
Vitamin A, RE	µg	747		0	344		
Vitamin E, α-TE	mg	0.376		0	0.173		
Lipids:							
Saturated, total	g	0.860		0	0.396		
4:0	g	0.014		0	0.006		
6.0	g	0.009		0	0.004		
8:0	g	0.005		0	0.002		
10:0	g	0.011		0	0.005		
12:0	g	0.022		0	0.010		
14:0	g	0.049		0	0.023		
15.0	g						
16:0	g	0.589		0	0.272		
17:0	g						
18:0	g	0.084		0	0.039		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.650	0	0.761
14:1	g			
16:1	g	0.022	0	0.010
18:1	g	1.570	0	0.724
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	1.360	0	0.627
18:2	g	1.256	0	0.579
18:3	g	0.064	0	0.030
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 packet

NDB No. 08129 Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water, (oats)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 240g	Measure 2* 15g	Measure 3* 161g
Proximates:							
Water	g	73.20		0	175.68	10.98	117.85
Energy	kcal	110		0	264	17	177
Energy	kj	460		0	1104	69	741
Protein (N x 5.95)	g	3.00		0	7.20	0.45	4.83
Total lipid (fat)	g	1.20		0	2.88	0.18	1.93
Carbohydrate, by difference	g	21.80		0	52.32	3.27	35.10
Fiber, total dietary	g	1.6		0	3.8	0.2	2.6
Ash	g	0.90		0	2.16	0.14	1.45
Sugars, total	g						
Minerals:							
Calcium	mg	107		0	257	16	172
Iron	mg	4.12		0	9.89	0.62	6.63
Magnesium	mg	32		0	77	5	52
Phosphorus	mg	90		0	216	14	145
Potassium	mg	65		0	156	10	105
Sodium	mg	174		0	418	26	280
Zinc	mg	0.60		0	1.44	0.09	0.97
Copper	mg	0.074		0	0.178	0.011	0.119
Manganese	mg	0.915		0	2.196	0.137	1.473
Selenium	µg	6.2		0	14.9	0.9	10.0
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.350		0	0.840	0.053	0.563
Riboflavin	mg	0.210		0	0.504	0.032	0.338
Niacin	mg	3.510		0	8.424	0.527	5.651
Pantothenic acid	mg	0.238		0	0.571	0.036	0.383
Vitamin B-6	mg	0.476		0	1.142	0.071	0.766
Folate	µg	95		0	228	14	153
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	980		0	2352	147	1578
Vitamin A, RE	µg	294		0	706	44	473
Vitamin E, α-TE	mg	0.220		0	0.528	0.033	0.354
Lipids:							
Saturated, total	g	0.221		0	0.530	0.033	0.356
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.003		0	0.007	0.000	0.005
14:0	g	0.002		0	0.005	0.000	0.003
15.0	g						
16:0	g	0.178		0	0.427	0.027	0.287
17:0	g						
18:0	g	0.024		0	0.058	0.004	0.039
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.395	0	0.948	0.059	0.636
14:1	g					
16:1	g	0.002	0	0.005	0.000	0.003
18:1	g	0.393	0	0.943	0.059	0.633
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.424	0	1.018	0.064	0.683
18:2	g	0.405	0	0.972	0.061	0.652
18:3	g	0.004	0	0.010	0.001	0.006
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 tablespoon
Measure 3: 1 packet, prepared

NDB No. 08130 Cereals, QUAKER, oatmeal, instant, 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	Samples	Measure 1* 43g	Measure 2*	Measure 3*
Proximates:							
Water	g	6.06		0	2.61		
Energy	kcal	371		0	160		
Energy	kj	1552		0	667		
Protein (N x 5.95)	g	10.12		0	4.35		
Total lipid (fat)	g	4.31		0	1.85		
Carbohydrate, by difference	g	76.08		0	32.71		
Fiber, total dietary	g	6.3		0	2.7		
Ash	g	3.41		0	1.47		
Sugars, total	g						
Minerals:							
Calcium	mg	250		0	108		
Iron	mg	9.33		0	4.01		
Magnesium	mg	93		0	40		
Phosphorus	mg	321		0	138		
Potassium	mg	271		0	117		
Sodium	mg	558		0	240		
Zinc	mg	2.09		0	0.90		
Copper	mg	0.220		0	0.095		
Manganese	mg	2.910		0	1.251		
Selenium	µg	21.7		0	9.3		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.720		0	0.310		
Riboflavin	mg	0.830		0	0.357		
Niacin	mg	9.760		0	4.197		
Pantothenic acid	mg	0.820		0	0.353		
Vitamin B-6	mg	0.970		0	0.417		
Folate	µg	195		0	84		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	2442		0	1050		
Vitamin A, RE	µg	733		0	315		
Vitamin E, α-TE	mg	0.396		0	0.170		
Lipids:							
Saturated, total	g	0.850		0	0.366		
4:0	g	0.018		0	0.008		
6.0	g	0.010		0	0.004		
8:0	g	0.005		0	0.002		
10:0	g	0.012		0	0.005		
12:0	g	0.022		0	0.009		
14:0	g	0.050		0	0.022		
15.0	g						
16:0	g	0.581		0	0.250		
17:0	g						
18:0	g	0.083		0	0.036		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.510	0	0.649
14:1	g			
16:1	g	0.020	0	0.009
18:1	g	1.436	0	0.617
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	1.810	0	0.778
18:2	g	1.670	0	0.718
18:3	g	0.086	0	0.037
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 packet

NDB No. 08131 Cereals, QUAKER, oatmeal, instant, maple and brown sugar, 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	Samples	Measure 1* 155g	Measure 2*	Measure 3*
Proximates:							
Water	g	74.91		0	116.11		
Energy	kcal	99		0	153		
Energy	kj	414		0	642		
Protein (N x 5.95)	g	2.69		0	4.17		
Total lipid (fat)	g	1.15		0	1.78		
Carbohydrate, by difference	g	20.26		0	31.40		
Fiber, total dietary	g	1.7		0	2.6		
Ash	g	0.98		0	1.52		
Sugars, total	g						
Minerals:							
Calcium	mg	68		0	105		
Iron	mg	2.49		0	3.86		
Magnesium	mg	25		0	39		
Phosphorus	mg	85		0	132		
Potassium	mg	72		0	112		
Sodium	mg	151		0	234		
Zinc	mg	0.58		0	0.90		
Copper	mg	0.063		0	0.098		
Manganese	mg	0.776		0	1.203		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.192		0	0.298		
Riboflavin	mg	0.221		0	0.343		
Niacin	mg	2.599		0	4.028		
Pantothenic acid	mg	0.218		0	0.338		
Vitamin B-6	mg	0.258		0	0.400		
Folate	µg	52		0	81		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	650		0	1008		
Vitamin A, RE	µg	195		0	302		
Vitamin E, α-TE	mg	0.105		0	0.163		
Lipids:							
Saturated, total	g	0.230		0	0.357		
4:0	g	0.005		0	0.008		
6.0	g	0.003		0	0.005		
8:0	g	0.001		0	0.002		
10:0	g	0.003		0	0.005		
12:0	g	0.006		0	0.009		
14:0	g	0.013		0	0.020		
15.0	g						
16:0	g	0.155		0	0.240		
17:0	g						
18:0	g	0.022		0	0.034		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.402	0	0.623
14:1	g			
16:1	g	0.005	0	0.008
18:1	g	0.382	0	0.592
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.482	0	0.747
18:2	g	0.445	0	0.690
18:3	g	0.023	0	0.036
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 packet, prepared

NDB No. 08132 Cereals, oats, instant, fortified, with raisins and spice, dry, (oats)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 43g	Measure 2*	Measure 3*
Proximates:							
Water	g	7.54		0	3.20		
Energy	kcal	363		0	154		
Energy	kj	1519		0	646		
Protein (N x 5.95)	g	10.52		0	4.47		
Total lipid (fat)	g	4.22		0	1.79		
Carbohydrate, by difference	g	74.48		0	31.65		
Fiber, total dietary	g	6.5		0	2.8		
Ash	g	3.21		0	1.36		
Sugars, total	g						
Minerals:							
Calcium	mg	400		0	170		
Iron	mg	13.31		0	5.66		
Magnesium	mg	92		0	39		
Phosphorus	mg	300		0	128		
Potassium	mg	371		0	158		
Sodium	mg	582		0	247		
Zinc	mg	2.13		0	0.91		
Copper	mg	0.350		0	0.149		
Manganese	mg	2.830		0	1.203		
Selenium	µg	21.0		0	8.9		
Vitamins:							
Ascorbic acid	mg	0.5		0	0.2		
Thiamin	mg	0.830		0	0.353		
Riboflavin	mg	0.510		0	0.217		
Niacin	mg	8.560		0	3.638		
Pantothenic acid	mg	0.510		0	0.217		
Vitamin B-6	mg	1.140		0	0.484		
Folate	µg	258		0	110		
Vitamin B-12	µg	0.09		0	0.04		
Vitamin A	IU	2711		0	1152		
Vitamin A, RE	µg	814		0	346		
Vitamin E, α-TE	mg	0.671		0	0.285		
Lipids:							
Saturated, total	g	0.830		0	0.353		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.014		0	0.006		
14:0	g	0.009		0	0.004		
15.0	g						
16:0	g	0.681		0	0.289		
17:0	g						
18:0	g	0.047		0	0.020		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.550	0	0.659
14:1	g			
16:1	g	0.007	0	0.003
18:1	g	1.496	0	0.636
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	1.370	0	0.582
18:2	g	1.267	0	0.538
18:3	g	0.062	0	0.026
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 packet

NDB No. 08133 Cereals, oats, instant, fortified, with raisins and spice, prepared with water, (oats)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 240g	Measure 2* 15g	Measure 3* 158g
Proximates:							
Water	g	75.00		0	180.00	11.25	118.50
Energy	kcal	102		0	245	15	161
Energy	kj	427		0	1025	64	675
Protein (N x 5.95)	g	2.70		0	6.48	0.41	4.27
Total lipid (fat)	g	1.10		0	2.64	0.17	1.74
Carbohydrate, by difference	g	20.20		0	48.48	3.03	31.92
Fiber, total dietary	g	1.4		0	3.4	0.2	2.2
Ash	g	0.90		0	2.16	0.14	1.42
Sugars, total	g						
Minerals:							
Calcium	mg	105		0	252	16	166
Iron	mg	4.17		0	10.01	0.63	6.59
Magnesium	mg	23		0	55	3	36
Phosphorus	mg	84		0	202	13	133
Potassium	mg	95		0	228	14	150
Sodium	mg	143		0	343	21	226
Zinc	mg	0.45		0	1.08	0.07	0.71
Copper	mg	0.063		0	0.151	0.009	0.100
Manganese	mg						
Selenium	µg	5.7		0	13.7	0.9	9.0
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.320		0	0.768	0.048	0.506
Riboflavin	mg	0.230		0	0.552	0.035	0.363
Niacin	mg	3.470		0	8.328	0.521	5.483
Pantothenic acid	mg	0.237		0	0.569	0.036	0.374
Vitamin B-6	mg	0.472		0	1.133	0.071	0.746
Folate	µg	95		0	228	14	150
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	929		0	2230	139	1468
Vitamin A, RE	µg	279		0	670	42	441
Vitamin E, α-TE	mg	0.100		0	0.240	0.015	0.158
Lipids:							
Saturated, total	g	0.209		0	0.502	0.031	0.330
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.003		0	0.007	0.000	0.005
14:0	g	0.002		0	0.005	0.000	0.003
15.0	g						
16:0	g	0.169		0	0.406	0.025	0.267
17:0	g						
18:0	g	0.023		0	0.055	0.003	0.036
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.349	0	0.838	0.052	0.551
14:1	g					
16:1	g	0.002	0	0.005	0.000	0.003
18:1	g	0.347	0	0.833	0.052	0.548
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.386	0	0.926	0.058	0.610
18:2	g	0.366	0	0.878	0.055	0.578
18:3	g	0.006	0	0.014	0.001	0.009
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 tablespoon
Measure 3: 1 packet, prepared

NDB No. 08134 Cereals, RALSTON, dry, (wheat)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 118g	Measure 2* 30g	Measure 3*
Proximates:							
Water	g	9.90	0.191	36	11.68	2.97	
Energy	kcal	341		0	402	102	
Energy	kj	1427		0	1684	428	
Protein (N x 5.95)	g	14.10		88	16.64	4.23	
Total lipid (fat)	g	2.10		76	2.48	0.63	
Carbohydrate, by difference	g	72.10		0	85.08	21.63	
Fiber, total dietary	g	13.4		0	15.8	4.0	
Ash	g	1.70	0.046	3	2.01	0.51	
Sugars, total	g						
Minerals:							
Calcium	mg	35		50	41	11	
Iron	mg	4.20		118	4.96	1.26	
Magnesium	mg	152		109	179	46	
Phosphorus	mg	377		123	445	113	
Potassium	mg	392		49	463	118	
Sodium	mg	11		109	13	3	
Zinc	mg	3.60		93	4.25	1.08	
Copper	mg	0.508		90	0.599	0.152	
Manganese	mg						
Selenium	µg	70.7		0	83.4	21.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.540		121	0.637	0.162	
Riboflavin	mg	0.480		110	0.566	0.144	
Niacin	mg	5.220		13	6.160	1.566	
Pantothenic acid	mg	0.741		104	0.874	0.222	
Vitamin B-6	mg	0.289		95	0.341	0.087	
Folate	µg	60		104	71	18	
Vitamin B-12	µg	0.28		0	0.33	0.08	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g				
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g				
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1/4 cup

NDB No. 08135 Cereals, RALSTON, cooked with water, without salt, (wheat)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 253g	Measure 2* 16g	Measure 3* 190g
Proximates:							
Water	g	86.10		0	217.83	13.60	163.59
Energy	kcal	53		0	134	8	101
Energy	kj	222		0	562	35	422
Protein (N x 5.95)	g	2.20		0	5.57	0.35	4.18
Total lipid (fat)	g	0.30		0	0.76	0.05	0.57
Carbohydrate, by difference	g	11.20		0	28.34	1.77	21.28
Fiber, total dietary	g	2.4		0	6.1	0.4	4.6
Ash	g	0.30		0	0.76	0.05	0.57
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	13	1	10
Iron	mg	0.65		0	1.64	0.10	1.24
Magnesium	mg	23		0	58	4	44
Phosphorus	mg	58		0	147	9	110
Potassium	mg	61		0	154	10	116
Sodium	mg	2		0	5	0	4
Zinc	mg	0.56		0	1.42	0.09	1.06
Copper	mg	0.079		0	0.200	0.012	0.150
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.080		0	0.202	0.013	0.152
Riboflavin	mg	0.070		0	0.177	0.011	0.133
Niacin	mg	0.810		0	2.049	0.128	1.539
Pantothenic acid	mg	0.130		0	0.329	0.021	0.247
Vitamin B-6	mg	0.045		0	0.114	0.007	0.086
Folate	µg	7		0	18	1	13
Vitamin B-12	µg	0.04		0	0.11	0.01	0.08
Vitamin A	IU	0		0	0	0	0
Vitamin A, RE	µg	0		0	0	0	0
Vitamin E, α-TE	mg	0.100		0	0.253	0.016	0.190
Lipids:							
Saturated, total	g	0.052		0	0.132	0.008	0.099
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.002		0	0.005	0.000	0.004
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.046		0	0.116	0.007	0.087
17:0	g						
18:0	g	0.002		0	0.005	0.000	0.004
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.040	0	0.101	0.006	0.076
14:1	g					
16:1	g	0.002	0	0.005	0.000	0.004
18:1	g	0.038	0	0.096	0.006	0.072
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.146	0	0.369	0.023	0.277
18:2	g	0.135	0	0.342	0.021	0.257
18:3	g	0.012	0	0.030	0.002	0.023
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 tablespoon
Measure 3: 3/4 cup

NDB No. 08136 Cereals, ROMAN MEAL, plain, dry, (wheat with other grains)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 93g	Measure 2* 6g	Measure 3* 31g
Proximates:							
Water	g	9.10	0.677	3	8.46	0.53	2.82
Energy	kcal	322		0	299	19	100
Energy	kj	1347		0	1253	78	418
Protein (N x 5.95)	g	14.40	0.376	3	13.39	0.84	4.46
Total lipid (fat)	g	2.20	0.139	3	2.05	0.13	0.68
Carbohydrate, by difference	g	72.00		0	66.96	4.18	22.32
Fiber, total dietary	g	17.9		0	16.6	1.0	5.5
Ash	g	2.40	0.029	3	2.23	0.14	0.74
Sugars, total	g						
Minerals:							
Calcium	mg	65		1	60	4	20
Iron	mg	4.64		1	4.32	0.27	1.44
Magnesium	mg	237		1	220	14	73
Phosphorus	mg	470		1	437	27	146
Potassium	mg	660		1	614	38	205
Sodium	mg	6		1	6	0	2
Zinc	mg	3.89		1	3.62	0.23	1.21
Copper	mg	0.700		1	0.651	0.041	0.217
Manganese	mg						
Selenium	µg	44.0		0	40.9	2.6	13.6
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.500		1	0.465	0.029	0.155
Riboflavin	mg	0.250		1	0.233	0.015	0.078
Niacin	mg	6.720		1	6.250	0.390	2.083
Pantothenic acid	mg	0.810		1	0.753	0.047	0.251
Vitamin B-6	mg	0.250		1	0.233	0.015	0.078
Folate	µg	70		1	65	4	22
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	0		0	0	0	0
Vitamin A, RE	µg	0		0	0	0	0
Vitamin E, α-TE	mg	2.500		0	2.325	0.145	0.775
Lipids:							
Saturated, total	g	0.326		0	0.303	0.019	0.101
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.009		0	0.008	0.001	0.003
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.003		0	0.003	0.000	0.001
15.0	g						
16:0	g	0.286		0	0.266	0.017	0.089
17:0	g						
18:0	g	0.015		0	0.014	0.001	0.005
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.288	0	0.268	0.017	0.089
14:1	g					
16:1	g	0.012	0	0.011	0.001	0.004
18:1	g	0.274	0	0.255	0.016	0.085
20:1	g	0.003	0	0.003	0.000	0.001
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	1.005	0	0.935	0.058	0.312
18:2	g	0.918	0	0.854	0.053	0.285
18:3	g	0.085	0	0.079	0.005	0.026
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.002	0	0.002	0.000	0.001
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 tablespoon
Measure 3: 1/3 cup

NDB No. 08137 Cereals, ROMAN MEAL, plain, cooked with water, without salt, (wheat with other grains)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 241g	Measure 2* 181g	Measure 3*
Proximates:							
Water	g	82.70		0	199.31	149.69	
Energy	kcal	61		0	147	110	
Energy	kj	255		0	615	462	
Protein (N x 5.95)	g	2.70		0	6.51	4.89	
Total lipid (fat)	g	0.40		0	0.96	0.72	
Carbohydrate, by difference	g	13.70		0	33.02	24.80	
Fiber, total dietary	g	3.4		0	8.2	6.2	
Ash	g	0.50		0	1.21	0.91	
Sugars, total	g						
Minerals:							
Calcium	mg	12		0	29	22	
Iron	mg	0.88		0	2.12	1.59	
Magnesium	mg	45		0	108	81	
Phosphorus	mg	89		0	214	161	
Potassium	mg	125		0	301	226	
Sodium	mg	1		0	2	2	
Zinc	mg	0.74		0	1.78	1.34	
Copper	mg	0.133		0	0.321	0.241	
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.241	0.181	
Riboflavin	mg	0.050		0	0.121	0.091	
Niacin	mg	1.280		0	3.085	2.317	
Pantothenic acid	mg	0.154		0	0.371	0.279	
Vitamin B-6	mg	0.047		0	0.113	0.085	
Folate	µg	10		0	24	18	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.053		0	0.128	0.096	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g				
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g				
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 3/4 cup

NDB No. 08142 Cereals, WHEATENA, dry, (wheat)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 141g	Measure 2* 35g	Measure 3*
Proximates:							
Water	g	6.50		8	9.16	2.27	
Energy	kcal	357		0	503	125	
Energy	kj	1494		0	2107	523	
Protein (N x 5.95)	g	13.10		7	18.47	4.59	
Total lipid (fat)	g	2.90		7	4.09	1.01	
Carbohydrate, by difference	g	75.60		0	106.60	26.46	
Fiber, total dietary	g	12.8		0	18.0	4.5	
Ash	g	1.90		9	2.68	0.67	
Sugars, total	g						
Minerals:							
Calcium	mg	28		8	39	10	
Iron	mg	3.57		8	5.03	1.25	
Magnesium	mg	130		8	183	46	
Phosphorus	mg	384		8	541	134	
Potassium	mg	492		8	694	172	
Sodium	mg	13		8	18	5	
Zinc	mg	4.41		8	6.22	1.54	
Copper	mg	0.330		8	0.465	0.116	
Manganese	mg	5.262	0.279	2	7.419	1.842	
Selenium	µg	70.7		0	99.7	24.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		8	0.099	0.025	
Riboflavin	mg	0.140		6	0.197	0.049	
Niacin	mg	3.520		6	4.963	1.232	
Pantothenic acid	mg	0.271		6	0.382	0.095	
Vitamin B-6	mg	0.120		8	0.169	0.042	
Folate	µg	59		6	83	21	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	2.897		0	4.085	1.014	
Lipids:							
Saturated, total	g	0.430		0	0.606	0.151	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.423		0	0.596	0.148	
17:0	g						
18:0	g	0.012		0	0.017	0.004	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.410	0	0.578	0.143
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.411	0	0.580	0.144
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.460	0	2.059	0.511
18:2	g	1.353	0	1.908	0.474
18:3	g	0.109	0	0.154	0.038
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1/4 cup

NDB No. 08143 Cereals, WHEATENA, cooked with water, (wheat)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 243g	Measure 2* 182g	Measure 3*
Proximates:							
Water	g	85.40		0	207.52	155.43	
Energy	kcal	56		0	136	102	
Energy	kj	234		0	569	426	
Protein (N x 5.95)	g	2.00		0	4.86	3.64	
Total lipid (fat)	g	0.50		0	1.22	0.91	
Carbohydrate, by difference	g	11.80		0	28.67	21.48	
Fiber, total dietary	g	2.7		0	6.6	4.9	
Ash	g	0.30		0	0.73	0.55	
Sugars, total	g						
Minerals:							
Calcium	mg	4		0	10	7	
Iron	mg	0.56		0	1.36	1.02	
Magnesium	mg	20		0	49	36	
Phosphorus	mg	60		0	146	109	
Potassium	mg	77		0	187	140	
Sodium	mg	2		0	5	4	
Zinc	mg	0.69		0	1.68	1.26	
Copper	mg	0.052		0	0.126	0.095	
Manganese	mg	0.822		0	1.997	1.496	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.010		0	0.024	0.018	
Riboflavin	mg	0.020		0	0.049	0.036	
Niacin	mg	0.550		0	1.337	1.001	
Pantothenic acid	mg	0.042		0	0.102	0.076	
Vitamin B-6	mg	0.019		0	0.046	0.035	
Folate	µg	7		0	17	13	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.370		0	0.899	0.673	
Lipids:							
Saturated, total	g	0.075		0	0.182	0.137	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.073		0	0.177	0.133	
17:0	g						
18:0	g	0.002		0	0.005	0.004	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.071	0	0.173	0.129
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.071	0	0.173	0.129
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.252	0	0.612	0.459
18:2	g	0.234	0	0.569	0.426
18:3	g	0.019	0	0.046	0.035
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 3/4 cup

NDB No. 08144 Cereals, whole wheat hot natural cereal, dry, (wheat)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 94g	Measure 2* 31g	Measure 3*
Proximates:							
Water	g	9.90	0.264	18	9.31	3.07	
Energy	kcal	342		0	321	106	
Energy	kj	1431		0	1345	444	
Protein (N x 5.95)	g	11.20	0.421	18	10.53	3.47	
Total lipid (fat)	g	2.00	0.061	16	1.88	0.62	
Carbohydrate, by difference	g	75.20		0	70.69	23.31	
Fiber, total dietary	g	9.5		0	8.9	2.9	
Ash	g	1.60	0.042	16	1.50	0.50	
Sugars, total	g						
Minerals:							
Calcium	mg	40	4.500	2	38	12	
Iron	mg	3.39	0.108	17	3.19	1.05	
Magnesium	mg	122	2.283	18	115	38	
Phosphorus	mg	379	7.862	18	356	117	
Potassium	mg	389	11.910	5	366	121	
Sodium	mg	2	0.442	17	2	1	
Zinc	mg	2.66	0.066	27	2.50	0.82	
Copper	mg	0.458	0.018	26	0.431	0.142	
Manganese	mg	3.200		1	3.008	0.992	
Selenium	µg	70.7		0	66.5	21.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.400	0.023	16	0.376	0.124	
Riboflavin	mg	0.300	0.043	16	0.282	0.093	
Niacin	mg	4.900	0.183	16	4.606	1.519	
Pantothenic acid	mg	0.915	0.014	10	0.860	0.284	
Vitamin B-6	mg	0.391		0	0.368	0.121	
Folate	µg	78	1.562	10	73	24	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	1.350		0	1.269	0.419	
Lipids:							
Saturated, total	g	0.300		0	0.282	0.093	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.292		0	0.274	0.091	
17:0	g						
18:0	g	0.008		0	0.008	0.002	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.283	0	0.266	0.088
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.283	0	0.266	0.088
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.008	0	0.948	0.312
18:2	g	0.933	0	0.877	0.289
18:3	g	0.075	0	0.070	0.023
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1/3 cup

NDB No. 08145 Cereals, whole wheat hot natural cereal, cooked with water, without salt, (wheat)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 242g	Measure 2* 182g	Measure 3*
Proximates:							
Water	g	83.60		0	202.31	152.15	
Energy	kcal	62		0	150	113	
Energy	kj	259		0	627	471	
Protein (N x 5.95)	g	2.00		0	4.84	3.64	
Total lipid (fat)	g	0.40		0	0.97	0.73	
Carbohydrate, by difference	g	13.70		0	33.15	24.93	
Fiber, total dietary	g	1.6		0	3.9	2.9	
Ash	g	0.30		0	0.73	0.55	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	17	13	
Iron	mg	0.62		0	1.50	1.13	
Magnesium	mg	22		0	53	40	
Phosphorus	mg	69		0	167	126	
Potassium	mg	71		0	172	129	
Sodium	mg	0		0	0	0	
Zinc	mg	0.48		0	1.16	0.87	
Copper	mg	0.083		0	0.201	0.151	
Manganese	mg	0.583		0	1.411	1.061	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.169	0.127	
Riboflavin	mg	0.050		0	0.121	0.091	
Niacin	mg	0.890		0	2.154	1.620	
Pantothenic acid	mg	0.167		0	0.404	0.304	
Vitamin B-6	mg	0.073		0	0.177	0.133	
Folate	µg	11		0	27	20	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.200		0	0.484	0.364	
Lipids:							
Saturated, total	g	0.060		0	0.145	0.109	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.058		0	0.140	0.106	
17:0	g						
18:0	g	0.002		0	0.005	0.004	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.057	0	0.138	0.104
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.057	0	0.138	0.104
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.202	0	0.489	0.368
18:2	g	0.187	0	0.453	0.340
18:3	g	0.015	0	0.036	0.027
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 3/4 cup

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 15g	Measure 2*	Measure 3*
Proximates:							
Water	g	3.69		0	0.55		
Energy	kcal	366		0	55		
Energy	kj	1531		0	230		
Protein (N x 5.95)	g	16.26		0	2.44		
Total lipid (fat)	g	2.15		0	0.32		
Carbohydrate, by difference	g	76.39		0	11.46		
Fiber, total dietary	g	9.4		0	1.4		
Ash	g	1.50		0	0.23		
Sugars, total	g						
Minerals:							
Calcium	mg	24		0	4		
Iron	mg	4.68		0	0.70		
Magnesium	mg	133		0	20		
Phosphorus	mg	331		0	50		
Potassium	mg	364		0	55		
Sodium	mg	5		0	1		
Zinc	mg	3.07		0	0.46		
Copper	mg	0.610		0	0.092		
Manganese	mg	2.000		0	0.300		
Selenium	µg	123.1	5.634	14	18.5		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.400		0	0.060		
Riboflavin	mg	0.270		0	0.041		
Niacin	mg	11.940		0	1.791		
Pantothenic acid	mg	0.480		0	0.072		
Vitamin B-6	mg	0.130		0	0.020		
Folate	µg	34		0	5		
Vitamin B-12	µg	0.42		0	0.06		
Vitamin A	IU	11		0	2		
Vitamin A, RE	µg	1		0	0		
Vitamin E, α-TE	mg	0.670		0	0.101		
Lipids:							
Saturated, total	g	0.410		0	0.061		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.023		0	0.003		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.002		0	0.000		
15.0	g						
16:0	g	0.345		0	0.052		
17:0	g						
18:0	g	0.019		0	0.003		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.310	0	0.047
14:1	g			
16:1	g	0.012	0	0.002
18:1	g	0.289	0	0.043
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	1.070	0	0.161
18:2	g	0.991	0	0.149
18:3	g	0.045	0	0.007
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1-1/4 cup (1 NLEA serving)

NDB No. 08147 Cereals ready-to-eat, wheat, shredded, large biscuit, (wheat)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 24g	Measure 2* 25g	Measure 3* 38g
Proximates:							
Water	g	3.98		0	0.94	1.00	1.50
Energy	kcal	360		0	85	90	136
Energy	kj	1506		0	355	377	569
Protein (N x 5.95)	g	10.90		52	2.57	2.73	4.12
Total lipid (fat)	g	1.65		0	0.39	0.41	0.62
Carbohydrate, by difference	g	81.30		0	19.19	20.32	30.73
Fiber, total dietary	g	9.8		0	2.3	2.5	3.7
Ash	g	1.50	0.026	54	0.35	0.38	0.57
Sugars, total	g						
Minerals:							
Calcium	mg	41	1.485	18	10	10	15
Iron	mg	3.15	0.033	36	0.74	0.79	1.19
Magnesium	mg	170	7.557	20	40	43	64
Phosphorus	mg	363	7.666	37	86	91	137
Potassium	mg	327	2.473	17	77	82	124
Sodium	mg	2	0.259	35	0	1	1
Zinc	mg	2.51	0.036	32	0.59	0.63	0.95
Copper	mg	0.502	0.011	32	0.118	0.126	0.190
Manganese	mg	3.070	0.106	3	0.725	0.768	1.160
Selenium	µg	5.9	0.922	17	1.4	1.5	2.2
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.280	0.020	44	0.066	0.070	0.106
Riboflavin	mg	0.280	0.053	8	0.066	0.070	0.106
Niacin	mg	4.570	0.074	44	1.079	1.143	1.727
Pantothenic acid	mg	0.814	0.030	4	0.192	0.204	0.308
Vitamin B-6	mg	0.253	0.014	3	0.060	0.063	0.096
Folate	µg	50	4.050	4	12	13	19
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	0		0	0	0	0
Vitamin A, RE	µg	0		0	0	0	0
Vitamin E, α-TE	mg	0.530		0	0.125	0.133	0.200
Lipids:							
Saturated, total	g	0.277		0	0.065	0.069	0.105
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.264		0	0.062	0.066	0.100
17:0	g						
18:0	g	0.013		0	0.003	0.003	0.005
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.264	0	0.062	0.066	0.100
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.264	0	0.062	0.066	0.100
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.878	0	0.207	0.220	0.332
18:2	g	0.805	0	0.190	0.201	0.304
18:3	g	0.073	0	0.017	0.018	0.028
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.208	0	0.049	0.052	0.079
Threonine	g	0.363	0	0.086	0.091	0.137
Isoleucine	g	0.429	0	0.101	0.107	0.162
Leucine	g	0.751	0	0.177	0.188	0.284
Lysine	g	0.335	0	0.079	0.084	0.127
Methionine	g	0.189	0	0.045	0.047	0.071
Cystine	g	0.208	0	0.049	0.052	0.079
Phenylalanine	g	0.524	0	0.124	0.131	0.198
Tyrosine	g	0.318	0	0.075	0.080	0.120
Valine	g	0.537	0	0.127	0.134	0.203
Arginine	g	0.565	0	0.133	0.141	0.214
Histidine	g	0.253	0	0.060	0.063	0.096
Alanine	g	0.423	0	0.100	0.106	0.160
Aspartic acid	g	0.610	0	0.144	0.153	0.231
Glutamic acid	g	3.180	0	0.750	0.795	1.202
Glycine	g	0.466	0	0.110	0.117	0.176
Proline	g	1.080	0	0.255	0.270	0.408
Serine	g	0.603	0	0.142	0.151	0.228
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 rectangular biscuit
Measure 2: 1 oblong biscuit
Measure 3: 2 round biscuits

NDB No. 08148 Cereals ready-to-eat, wheat, shredded, small biscuit, (wheat)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2* 28g	Measure 3* 25g
Proximates:							
Water	g	5.30	0.178	21	1.59	1.50	1.31
Energy	kcal	357		0	107	101	89
Energy	kj	1494		0	448	424	371
Protein (N x 5.95)	g	11.00	0.083	21	3.30	3.12	2.73
Total lipid (fat)	g	1.65		0	0.50	0.47	0.41
Carbohydrate, by difference	g	80.40		0	24.12	22.79	19.94
Fiber, total dietary	g	9.8		0	2.9	2.8	2.4
Ash	g	1.70	0.041	21	0.51	0.48	0.42
Sugars, total	g						
Minerals:							
Calcium	mg	38	1.552	15	11	11	9
Iron	mg	4.22	0.134	16	1.27	1.20	1.05
Magnesium	mg	132	4.944	16	40	37	33
Phosphorus	mg	353	4.811	16	106	100	88
Potassium	mg	361	9.196	11	108	102	90
Sodium	mg	10	1.112	70	3	3	2
Zinc	mg	3.30	0.106	19	0.99	0.94	0.82
Copper	mg	0.664	0.039	19	0.199	0.188	0.165
Manganese	mg	3.070		0	0.921	0.870	0.761
Selenium	µg	5.9	0.922	17	1.8	1.7	1.5
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.260	0.007	19	0.078	0.074	0.064
Riboflavin	mg	0.280	0.053	8	0.084	0.079	0.069
Niacin	mg	5.250	0.084	23	1.575	1.488	1.302
Pantothenic acid	mg	0.828	0.026	4	0.248	0.235	0.205
Vitamin B-6	mg	0.253	0.014	3	0.076	0.072	0.063
Folate	µg	50	4.050	4	15	14	12
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	0		0	0	0	0
Vitamin A, RE	µg	0		0	0	0	0
Vitamin E, α-TE	mg	0.530		0	0.159	0.150	0.131
Lipids:							
Saturated, total	g	0.277		0	0.083	0.079	0.069
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.264		0	0.079	0.075	0.065
17:0	g						
18:0	g	0.013		0	0.004	0.004	0.003
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.264	0	0.079	0.075	0.065
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.264	0	0.079	0.075	0.065
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.878	0	0.263	0.249	0.218
18:2	g	0.805	0	0.242	0.228	0.200
18:3	g	0.073	0	0.022	0.021	0.018
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.210	0	0.063	0.060	0.052
Threonine	g	0.366	0	0.110	0.104	0.091
Isoleucine	g	0.433	0	0.130	0.123	0.107
Leucine	g	0.757	0	0.227	0.215	0.188
Lysine	g	0.338	0	0.101	0.096	0.084
Methionine	g	0.191	0	0.057	0.054	0.047
Cystine	g	0.210	0	0.063	0.060	0.052
Phenylalanine	g	0.529	0	0.159	0.150	0.131
Tyrosine	g	0.321	0	0.096	0.091	0.080
Valine	g	0.542	0	0.163	0.154	0.134
Arginine	g	0.570	0	0.171	0.162	0.141
Histidine	g	0.255	0	0.077	0.072	0.063
Alanine	g	0.427	0	0.128	0.121	0.106
Aspartic acid	g	0.616	0	0.185	0.175	0.153
Glutamic acid	g	3.209	0	0.963	0.910	0.796
Glycine	g	0.470	0	0.141	0.133	0.117
Proline	g	1.090	0	0.327	0.309	0.270
Serine	g	0.608	0	0.182	0.172	0.151
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 oz
Measure 3: 1 single serving box (.875 oz)

NDB No. 08152 Cereals ready-to-eat, NUTRI-GRAIN, WHEAT, see new product 08292

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	3.00		12			
Energy	kcal	360		0			
Energy	kj	1506		0			
Protein (N x 5.95)	g	8.70		12			
Total lipid (fat)	g	1.00		12			
Carbohydrate, by difference	g	84.60		0			
Fiber, total dietary	g	6.3		0			
Ash	g	2.60		12			
Sugars, total	g						
Minerals:							
Calcium	mg	28		12			
Iron	mg	2.82		12			
Magnesium	mg	78		12			
Phosphorus	mg	374		12			
Potassium	mg	272		12			
Sodium	mg	680		12			
Zinc	mg	13.20		0			
Copper	mg	0.540		12			
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	53.0		0			
Thiamin	mg	1.300		0			
Riboflavin	mg	1.500		0			
Niacin	mg	17.600		0			
Pantothenic acid	mg	1.100		0			
Vitamin B-6	mg	1.800		0			
Folate	µg	353		0			
Vitamin B-12	µg	5.30		0			
Vitamin A	IU	0		0			
Vitamin A, RE	µg	0		0			
Vitamin E, α-TE	mg	26.400		0			
Lipids:							
Saturated, total	g	0.185		0			
4:0	g	0.000		0			
6.0	g	0.000		0			
8:0	g	0.000		0			
10:0	g	0.000		0			
12:0	g	0.000		0			
14:0	g	0.001		0			
15.0	g						
16:0	g	0.174		0			
17:0	g						
18:0	g	0.009		0			
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.114	0
14:1	g		
16:1	g	0.005	0
18:1	g	0.109	0
20:1	g	0.000	0
22.1	g	0.000	0
Polyunsaturated, total	g	0.421	0
18:2	g	0.403	0
18:3	g	0.018	0
18:4	g	0.000	0
20:4	g	0.000	0
20:5	g	0.000	0
22:5	g	0.000	0
22:6	g	0.000	0
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g		
Threonine	g		
Isoleucine	g		
Leucine	g		
Lysine	g		
Methionine	g		
Cystine	g		
Phenylalanine	g		
Tyrosine	g		
Valine	g		
Arginine	g		
Histidine	g		
Alanine	g		
Aspartic acid	g		
Glutamic acid	g		
Glycine	g		
Proline	g		
Serine	g		
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 08153 Cereals ready-to-eat, 40% BRAN FLAKES, RALSTON PURINA, (wheat bran)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 49g	Measure 2* 28g	Measure 3*
Proximates:							
Water	g	2.50		1	1.23	0.71	
Energy	kcal	324		0	159	92	
Energy	kj	1356		0	664	384	
Protein (N x 5.95)	g	11.50		14	5.63	3.26	
Total lipid (fat)	g	1.40		13	0.69	0.40	
Carbohydrate, by difference	g	79.80		0	39.10	22.62	
Fiber, total dietary	g	14.1		0	6.9	4.0	
Ash	g	4.80		1	2.35	1.36	
Sugars, total	g						
Minerals:							
Calcium	mg	46		0	23	13	
Iron	mg	15.90		0	7.79	4.51	
Magnesium	mg	240		2	118	68	
Phosphorus	mg	557		5	273	158	
Potassium	mg	584		0	286	166	
Sodium	mg	931		6	456	264	
Zinc	mg	4.16		2	2.04	1.18	
Copper	mg	0.730		3	0.358	0.207	
Manganese	mg	4.592		0	2.250	1.302	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	53.0		0	26.0	15.0	
Thiamin	mg	1.300		0	0.637	0.369	
Riboflavin	mg	1.500		0	0.735	0.425	
Niacin	mg	17.600		0	8.624	4.990	
Pantothenic acid	mg	1.384		0	0.678	0.392	
Vitamin B-6	mg	1.800		0	0.882	0.510	
Folate	µg	353		0	173	100	
Vitamin B-12	µg	5.30		0	2.60	1.50	
Vitamin A	IU	4409		0	2160	1250	
Vitamin A, RE	µg	1324		0	649	375	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g				
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g				
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 oz

NDB No. 08154 Cereals, ROMAN MEAL WITH OATS, dry, (wheat with other grains)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 100g	Measure 2* 25g	Measure 3*
Proximates:							
Water	g	11.00		1	11.00	2.75	
Energy	kcal	340		0	340	85	
Energy	kj	1423		0	1423	356	
Protein (N x 5.95)	g	14.50		1	14.50	3.63	
Total lipid (fat)	g	4.00		1	4.00	1.00	
Carbohydrate, by difference	g	68.50		0	68.50	17.13	
Fiber, total dietary	g						
Ash	g	2.10		1	2.10	0.53	
Sugars, total	g						
Minerals:							
Calcium	mg	55		1	55	14	
Iron	mg	2.81		1	2.81	0.70	
Magnesium	mg	150		1	150	38	
Phosphorus	mg	472		1	472	118	
Potassium	mg	513		0	513	128	
Sodium	mg	20		1	20	5	
Zinc	mg	3.91		0	3.91	0.98	
Copper	mg	0.300		1	0.300	0.075	
Manganese	mg						
Selenium	µg	58.5		0	58.5	14.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.620		1	0.620	0.155	
Riboflavin	mg	0.440		1	0.440	0.110	
Niacin	mg	6.530		1	6.530	1.633	
Pantothenic acid	mg	0.500		1	0.500	0.125	
Vitamin B-6	mg	0.760		1	0.760	0.190	
Folate	µg	70		0	70	18	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	42		0	42	11	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g				
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g				
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1/4 cup

NDB No. 08155 Cereals, ROMAN MEAL WITH OATS, cooked with water, without salt, (wheat with other grains)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 240g	Measure 2* 180g	Measure 3*
Proximates:							
Water	g	81.50		0	195.60	146.70	
Energy	kcal	71		0	170	128	
Energy	kj	297		0	713	535	
Protein (N x 5.95)	g	3.00		0	7.20	5.40	
Total lipid (fat)	g	0.80		0	1.92	1.44	
Carbohydrate, by difference	g	14.20		0	34.08	25.56	
Fiber, total dietary	g	2.9		0	7.0	5.2	
Ash	g	0.40		0	0.96	0.72	
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	26	20	
Iron	mg	0.58		0	1.39	1.04	
Magnesium	mg	31		0	74	56	
Phosphorus	mg	98		0	235	176	
Potassium	mg	107		0	257	193	
Sodium	mg	4		0	10	7	
Zinc	mg	0.81		0	1.94	1.46	
Copper	mg	0.062		0	0.149	0.112	
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.130		0	0.312	0.234	
Riboflavin	mg	0.090		0	0.216	0.162	
Niacin	mg	1.360		0	3.264	2.448	
Pantothenic acid	mg	0.104		0	0.250	0.187	
Vitamin B-6	mg	0.158		0	0.379	0.284	
Folate	µg	10		0	24	18	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	9		0	22	16	
Vitamin A, RE	µg	1		0	2	2	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.072		0	0.173	0.130	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g				
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g				
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 3/4 cup

NDB No. 08156 Cereals ready-to-eat, rice, puffed, fortified, (rice)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 14g	Measure 2* 14g	Measure 3*
Proximates:							
Water	g	3.00	0.139	32	0.42	0.43	
Energy	kcal	402		0	56	57	
Energy	kj	1682		0	235	239	
Protein (N x 5.95)	g	6.30	0.065	32	0.88	0.89	
Total lipid (fat)	g	0.50	0.032	32	0.07	0.07	
Carbohydrate, by difference	g	89.80		0	12.57	12.75	
Fiber, total dietary	g	1.7		0	0.2	0.2	
Ash	g	0.40	0.011	32	0.06	0.06	
Sugars, total	g						
Minerals:							
Calcium	mg	6		1	1	1	
Iron	mg	31.70		0	4.44	4.50	
Magnesium	mg	25		1	4	4	
Phosphorus	mg	98		1	14	14	
Potassium	mg	113	2.482	5	16	16	
Sodium	mg	3	0.277	30	0	0	
Zinc	mg	1.03	0.021	10	0.14	0.15	
Copper	mg	0.169	0.004	10	0.024	0.024	
Manganese	mg	1.500		1	0.210	0.213	
Selenium	µg	10.5		0	1.5	1.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	2.600		0	0.364	0.369	
Riboflavin	mg	1.800		0	0.252	0.256	
Niacin	mg	35.300		0	4.942	5.013	
Pantothenic acid	mg	0.320	0.028	4	0.045	0.045	
Vitamin B-6	mg	0.075		1	0.011	0.011	
Folate	µg	19	3.354	10	3	3	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.130		0	0.018	0.018	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g				
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g				
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.094	0	0.013	0.013
Threonine	g	0.318	0	0.045	0.045
Isoleucine	g	0.336	0	0.047	0.048
Leucine	g	0.526	0	0.074	0.075
Lysine	g	0.268	0	0.038	0.038
Methionine	g	0.189	0	0.026	0.027
Cystine	g	0.108	0	0.015	0.015
Phenylalanine	g	0.270	0	0.038	0.038
Tyrosine	g	0.355	0	0.050	0.050
Valine	g	0.411	0	0.058	0.058
Arginine	g	0.519	0	0.073	0.074
Histidine	g	0.191	0	0.027	0.027
Alanine	g	0.261	0	0.037	0.037
Aspartic acid	g	0.583	0	0.082	0.083
Glutamic acid	g	1.015	0	0.142	0.144
Glycine	g	0.366	0	0.051	0.052
Proline	g	0.266	0	0.037	0.038
Serine	g	0.287	0	0.040	0.041
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1/2 oz

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	Samples	Measure 1* 12g	Measure 2* 14g	Measure 3*
Proximates:							
Water	g	3.00		28	0.36	0.43	
Energy	kcal	364		0	44	52	
Energy	kj	1523		0	183	216	
Protein (N x 5.95)	g	14.70	0.142	38	1.76	2.09	
Total lipid (fat)	g	1.20	0.048	37	0.14	0.17	
Carbohydrate, by difference	g	79.60		0	9.55	11.30	
Fiber, total dietary	g	4.4		0	0.5	0.6	
Ash	g	1.50		28	0.18	0.21	
Sugars, total	g						
Minerals:							
Calcium	mg	28	1.208	10	3	4	
Iron	mg	31.70		0	3.80	4.50	
Magnesium	mg	145	4.802	11	17	21	
Phosphorus	mg	355	17.240	10	43	50	
Potassium	mg	348	12.369	16	42	49	
Sodium	mg	4	0.438	30	0	1	
Zinc	mg	2.36	0.035	10	0.28	0.34	
Copper	mg	0.409	0.013	10	0.049	0.058	
Manganese	mg	1.755		0	0.211	0.249	
Selenium	µg	123.1		0	14.8	17.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	2.600		0	0.312	0.369	
Riboflavin	mg	1.800		0	0.216	0.256	
Niacin	mg	35.300		0	4.236	5.013	
Pantothenic acid	mg	0.518	0.022	4	0.062	0.074	
Vitamin B-6	mg	0.170		1	0.020	0.024	
Folate	µg	32	4.821	10	4	5	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.200		0	0.024	0.028	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g				
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g				
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.226	0	0.027	0.032
Threonine	g	0.450	0	0.054	0.064
Isoleucine	g	0.626	0	0.075	0.089
Leucine	g	1.064	0	0.128	0.151
Lysine	g	0.405	0	0.049	0.058
Methionine	g	0.257	0	0.031	0.036
Cystine	g	0.289	0	0.035	0.041
Phenylalanine	g	0.762	0	0.091	0.108
Tyrosine	g	0.445	0	0.053	0.063
Valine	g	0.702	0	0.084	0.100
Arginine	g	0.712	0	0.085	0.101
Histidine	g	0.380	0	0.046	0.054
Alanine	g	0.548	0	0.066	0.078
Aspartic acid	g	0.823	0	0.099	0.117
Glutamic acid	g	4.972	0	0.597	0.706
Glycine	g	0.576	0	0.069	0.082
Proline	g	1.537	0	0.184	0.218
Serine	g	0.808	0	0.097	0.115
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1/2 oz

NDB No. 08158 Cereals, corn grits, white, regular, quick, unenriched, dry, (corn)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 156g	Measure 2* 10g	Measure 3*
Proximates:							
Water	g	10.00		157	15.60	0.97	
Energy	kcal	371		0	579	36	
Energy	kj	1552		0	2421	151	
Protein (N x 5.95)	g	8.80		156	13.73	0.85	
Total lipid (fat)	g	1.20		156	1.87	0.12	
Carbohydrate, by difference	g	79.60		0	124.18	7.72	
Fiber, total dietary	g	1.6		0	2.5	0.2	
Ash	g	0.40		156	0.62	0.04	
Sugars, total	g						
Minerals:							
Calcium	mg	2		1	3	0	
Iron	mg	1.00		1	1.56	0.10	
Magnesium	mg	27		1	42	3	
Phosphorus	mg	73		1	114	7	
Potassium	mg	137	7.569	22	214	13	
Sodium	mg	1	0.076	154	2	0	
Zinc	mg	0.41	0.010	4	0.64	0.04	
Copper	mg	0.075	0.003	4	0.117	0.007	
Manganese	mg	0.106	0.005	4	0.165	0.010	
Selenium	µg	17.0		0	26.5	1.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.130		1	0.203	0.013	
Riboflavin	mg	0.040		1	0.062	0.004	
Niacin	mg	1.200		1	1.872	0.116	
Pantothenic acid	mg	0.485		0	0.757	0.047	
Vitamin B-6	mg	0.147		1	0.229	0.014	
Folate	µg	5	0.536	3	8	0	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.260		0	0.406	0.025	
Lipids:							
Saturated, total	g	0.160		0	0.250	0.016	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.130		0	0.203	0.013	
17:0	g						
18:0	g	0.020		0	0.031	0.002	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.290	0	0.452	0.028
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.290	0	0.452	0.028
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.510	0	0.796	0.049
18:2	g	0.490	0	0.764	0.048
18:3	g	0.010	0	0.016	0.001
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.062	0	0.097	0.006
Threonine	g	0.330	0	0.515	0.032
Isoleucine	g	0.314	0	0.490	0.030
Leucine	g	1.076	0	1.679	0.104
Lysine	g	0.247	0	0.385	0.024
Methionine	g	0.184	0	0.287	0.018
Cystine	g	0.158	0	0.246	0.015
Phenylalanine	g	0.431	0	0.672	0.042
Tyrosine	g	0.357	0	0.557	0.035
Valine	g	0.444	0	0.693	0.043
Arginine	g	0.437	0	0.682	0.042
Histidine	g	0.268	0	0.418	0.026
Alanine	g	0.656	0	1.023	0.064
Aspartic acid	g	0.610	0	0.952	0.059
Glutamic acid	g	1.647	0	2.569	0.160
Glycine	g	0.360	0	0.562	0.035
Proline	g	0.765	0	1.193	0.074
Serine	g	0.417	0	0.651	0.040
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 tablespoon

NDB No. 08159 Cereals, corn grits, yellow, regular, quick, enriched, dry, (corn)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 156g	Measure 2* 10g	Measure 3*
Proximates:							
Water	g	10.00		157	15.60	0.97	
Energy	kcal	371		0	579	36	
Energy	kj	1552		0	2421	151	
Protein (N x 5.95)	g	8.80		156	13.73	0.85	
Total lipid (fat)	g	1.20		156	1.87	0.12	
Carbohydrate, by difference	g	79.60		0	124.18	7.72	
Fiber, total dietary	g	1.6		0	2.5	0.2	
Ash	g	0.40		156	0.62	0.04	
Sugars, total	g						
Minerals:							
Calcium	mg	2		1	3	0	
Iron	mg	3.91	0.076	176	6.10	0.38	
Magnesium	mg	27		1	42	3	
Phosphorus	mg	73		1	114	7	
Potassium	mg	137	7.569	22	214	13	
Sodium	mg	1	0.076	154	2	0	
Zinc	mg	0.41	0.010	4	0.64	0.04	
Copper	mg	0.075	0.003	4	0.117	0.007	
Manganese	mg	0.106	0.005	4	0.165	0.010	
Selenium	µg	17.0		0	26.5	1.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.640	0.014	163	0.998	0.062	
Riboflavin	mg	0.380	0.008	169	0.593	0.037	
Niacin	mg	4.960	0.115	169	7.738	0.481	
Pantothenic acid	mg	0.485		0	0.757	0.047	
Vitamin B-6	mg	0.147		1	0.229	0.014	
Folate	µg	187		0	292	18	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	440		1	686	43	
Vitamin A, RE	µg	44		0	69	4	
Vitamin E, α-TE	mg	0.260		0	0.406	0.025	
Lipids:							
Saturated, total	g	0.160		0	0.250	0.016	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.130		0	0.203	0.013	
17:0	g						
18:0	g	0.020		0	0.031	0.002	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.290	0	0.452	0.028
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.290	0	0.452	0.028
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.510	0	0.796	0.049
18:2	g	0.490	0	0.764	0.048
18:3	g	0.010	0	0.016	0.001
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.062	0	0.097	0.006
Threonine	g	0.330	0	0.515	0.032
Isoleucine	g	0.314	0	0.490	0.030
Leucine	g	1.076	0	1.679	0.104
Lysine	g	0.247	0	0.385	0.024
Methionine	g	0.184	0	0.287	0.018
Cystine	g	0.158	0	0.246	0.015
Phenylalanine	g	0.431	0	0.672	0.042
Tyrosine	g	0.357	0	0.557	0.035
Valine	g	0.444	0	0.693	0.043
Arginine	g	0.437	0	0.682	0.042
Histidine	g	0.268	0	0.418	0.026
Alanine	g	0.656	0	1.023	0.064
Aspartic acid	g	0.610	0	0.952	0.059
Glutamic acid	g	1.647	0	2.569	0.160
Glycine	g	0.360	0	0.562	0.035
Proline	g	0.765	0	1.193	0.074
Serine	g	0.417	0	0.651	0.040
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 tablespoon

NDB No. 08160 Cereals, corn grits, yellow, regular, quick, unenriched, dry, (corn)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 156g	Measure 2* 10g	Measure 3*
Proximates:							
Water	g	10.00		157	15.60	0.97	
Energy	kcal	371		0	579	36	
Energy	kj	1552		0	2421	151	
Protein (N x 5.95)	g	8.80		156	13.73	0.85	
Total lipid (fat)	g	1.20		156	1.87	0.12	
Carbohydrate, by difference	g	79.60		0	124.18	7.72	
Fiber, total dietary	g	1.6		0	2.5	0.2	
Ash	g	0.40		156	0.62	0.04	
Sugars, total	g						
Minerals:							
Calcium	mg	2		1	3	0	
Iron	mg	1.00		1	1.56	0.10	
Magnesium	mg	27		1	42	3	
Phosphorus	mg	73		1	114	7	
Potassium	mg	137	7.569	22	214	13	
Sodium	mg	1	0.076	154	2	0	
Zinc	mg	0.41	0.010	4	0.64	0.04	
Copper	mg	0.075	0.003	4	0.117	0.007	
Manganese	mg	0.106	0.005	4	0.165	0.010	
Selenium	µg	17.0		0	26.5	1.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.130		1	0.203	0.013	
Riboflavin	mg	0.040		1	0.062	0.004	
Niacin	mg	1.200		1	1.872	0.116	
Pantothenic acid	mg	0.485		0	0.757	0.047	
Vitamin B-6	mg	0.147		1	0.229	0.014	
Folate	µg	5	0.536	3	8	0	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	440		1	686	43	
Vitamin A, RE	µg	44		0	69	4	
Vitamin E, α-TE	mg	0.260		0	0.406	0.025	
Lipids:							
Saturated, total	g	0.160		0	0.250	0.016	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.130		0	0.203	0.013	
17:0	g						
18:0	g	0.020		0	0.031	0.002	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.290	0	0.452	0.028
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.290	0	0.452	0.028
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.510	0	0.796	0.049
18:2	g	0.490	0	0.764	0.048
18:3	g	0.010	0	0.016	0.001
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.062	0	0.097	0.006
Threonine	g	0.330	0	0.515	0.032
Isoleucine	g	0.314	0	0.490	0.030
Leucine	g	1.076	0	1.679	0.104
Lysine	g	0.247	0	0.385	0.024
Methionine	g	0.184	0	0.287	0.018
Cystine	g	0.158	0	0.246	0.015
Phenylalanine	g	0.431	0	0.672	0.042
Tyrosine	g	0.357	0	0.557	0.035
Valine	g	0.444	0	0.693	0.043
Arginine	g	0.437	0	0.682	0.042
Histidine	g	0.268	0	0.418	0.026
Alanine	g	0.656	0	1.023	0.064
Aspartic acid	g	0.610	0	0.952	0.059
Glutamic acid	g	1.647	0	2.569	0.160
Glycine	g	0.360	0	0.562	0.035
Proline	g	0.765	0	1.193	0.074
Serine	g	0.417	0	0.651	0.040
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 tablespoon

NDB No. 08161 Cereals, corn grits, white, regular, quick, enriched, cooked with water, with salt, (corn)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 242g	Measure 2* 182g	Measure 3*
Proximates:							
Water	g	85.30		0	206.43	155.25	
Energy	kcal	60		0	145	109	
Energy	kj	251		0	607	457	
Protein (N x 5.95)	g	1.40		0	3.39	2.55	
Total lipid (fat)	g	0.20		0	0.48	0.36	
Carbohydrate, by difference	g	13.00		0	31.46	23.66	
Fiber, total dietary	g	0.2		0	0.5	0.4	
Ash	g	0.30		0	0.73	0.55	
Sugars, total	g						
Minerals:							
Calcium	mg	0		0	0	0	
Iron	mg	0.64		0	1.55	1.16	
Magnesium	mg	4		0	10	7	
Phosphorus	mg	12		0	29	22	
Potassium	mg	22		0	53	40	
Sodium	mg	223		0	540	406	
Zinc	mg	0.07		0	0.17	0.13	
Copper	mg	0.012		0	0.029	0.022	
Manganese	mg	0.017		0	0.041	0.031	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.242	0.182	
Riboflavin	mg	0.060		0	0.145	0.109	
Niacin	mg	0.810		0	1.960	1.474	
Pantothenic acid	mg	0.064		0	0.155	0.116	
Vitamin B-6	mg	0.024		0	0.058	0.044	
Folate	µg	31		0	75	56	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.050		0	0.121	0.091	
Lipids:							
Saturated, total	g	0.030		0	0.073	0.055	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.020		0	0.048	0.036	
17:0	g						
18:0	g	0.000		0	0.000	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.050	0	0.121	0.091
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.050	0	0.121	0.091
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.080	0	0.194	0.146
18:2	g	0.080	0	0.194	0.146
18:3	g	0.000	0	0.000	0.000
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.010	0	0.024	0.018
Threonine	g	0.054	0	0.131	0.098
Isoleucine	g	0.051	0	0.123	0.093
Leucine	g	0.175	0	0.423	0.319
Lysine	g	0.040	0	0.097	0.073
Methionine	g	0.030	0	0.073	0.055
Cystine	g	0.026	0	0.063	0.047
Phenylalanine	g	0.070	0	0.169	0.127
Tyrosine	g	0.058	0	0.140	0.106
Valine	g	0.072	0	0.174	0.131
Arginine	g	0.071	0	0.172	0.129
Histidine	g	0.044	0	0.106	0.080
Alanine	g	0.107	0	0.259	0.195
Aspartic acid	g	0.099	0	0.240	0.180
Glutamic acid	g	0.268	0	0.649	0.488
Glycine	g	0.059	0	0.143	0.107
Proline	g	0.125	0	0.303	0.228
Serine	g	0.068	0	0.165	0.124
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 3/4 cup

NDB No. 08162 Cereals, corn grits, white, regular, quick, unenriched, cooked with water, without salt, (corn)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 242g	Measure 2* 182g	Measure 3*
Proximates:							
Water	g	85.30		0	206.43	155.25	
Energy	kcal	60		0	145	109	
Energy	kj	251		0	607	457	
Protein (N x 5.95)	g	1.40		0	3.39	2.55	
Total lipid (fat)	g	0.20		0	0.48	0.36	
Carbohydrate, by difference	g	13.00		0	31.46	23.66	
Fiber, total dietary	g	0.2		0	0.5	0.4	
Ash	g	0.10		0	0.24	0.18	
Sugars, total	g						
Minerals:							
Calcium	mg	0		0	0	0	
Iron	mg	0.20		1	0.48	0.36	
Magnesium	mg	4		0	10	7	
Phosphorus	mg	12		0	29	22	
Potassium	mg	22		0	53	40	
Sodium	mg	0		0	0	0	
Zinc	mg	0.07		0	0.17	0.13	
Copper	mg	0.012		0	0.029	0.022	
Manganese	mg	0.017		0	0.041	0.031	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.020		1	0.048	0.036	
Riboflavin	mg	0.010		1	0.024	0.018	
Niacin	mg	0.200		1	0.484	0.364	
Pantothenic acid	mg	0.064		0	0.155	0.116	
Vitamin B-6	mg	0.024		0	0.058	0.044	
Folate	µg	1		0	2	2	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.050		0	0.121	0.091	
Lipids:							
Saturated, total	g	0.030		0	0.073	0.055	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.020		0	0.048	0.036	
17:0	g						
18:0	g	0.000		0	0.000	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.050	0	0.121	0.091
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.050	0	0.121	0.091
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.080	0	0.194	0.146
18:2	g	0.080	0	0.194	0.146
18:3	g	0.000	0	0.000	0.000
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.010	0	0.024	0.018
Threonine	g	0.054	0	0.131	0.098
Isoleucine	g	0.051	0	0.123	0.093
Leucine	g	0.175	0	0.423	0.319
Lysine	g	0.040	0	0.097	0.073
Methionine	g	0.030	0	0.073	0.055
Cystine	g	0.026	0	0.063	0.047
Phenylalanine	g	0.070	0	0.169	0.127
Tyrosine	g	0.058	0	0.140	0.106
Valine	g	0.072	0	0.174	0.131
Arginine	g	0.071	0	0.172	0.129
Histidine	g	0.044	0	0.106	0.080
Alanine	g	0.107	0	0.259	0.195
Aspartic acid	g	0.099	0	0.240	0.180
Glutamic acid	g	0.268	0	0.649	0.488
Glycine	g	0.059	0	0.143	0.107
Proline	g	0.125	0	0.303	0.228
Serine	g	0.068	0	0.165	0.124
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 3/4 cup

NDB No. 08163 Cereals, corn grits, white, regular, quick, unenriched, cooked with water, with salt, (corn)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 242g	Measure 2* 182g	Measure 3*
Proximates:							
Water	g	85.30		0	206.43	155.25	
Energy	kcal	60		0	145	109	
Energy	kj	251		0	607	457	
Protein (N x 5.95)	g	1.40		0	3.39	2.55	
Total lipid (fat)	g	0.20		0	0.48	0.36	
Carbohydrate, by difference	g	13.00		0	31.46	23.66	
Fiber, total dietary	g	0.2		0	0.5	0.4	
Ash	g	0.10		0	0.24	0.18	
Sugars, total	g						
Minerals:							
Calcium	mg	0		0	0	0	
Iron	mg	0.20		1	0.48	0.36	
Magnesium	mg	4		0	10	7	
Phosphorus	mg	12		0	29	22	
Potassium	mg	22		0	53	40	
Sodium	mg	223		0	540	406	
Zinc	mg	0.07		0	0.17	0.13	
Copper	mg	0.012		0	0.029	0.022	
Manganese	mg	0.017		0	0.041	0.031	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.020		1	0.048	0.036	
Riboflavin	mg	0.010		1	0.024	0.018	
Niacin	mg	0.200		1	0.484	0.364	
Pantothenic acid	mg	0.064		0	0.155	0.116	
Vitamin B-6	mg	0.024		0	0.058	0.044	
Folate	µg	1		0	2	2	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.050		0	0.121	0.091	
Lipids:							
Saturated, total	g	0.030		0	0.073	0.055	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.020		0	0.048	0.036	
17:0	g						
18:0	g	0.000		0	0.000	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.050	0	0.121	0.091
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.050	0	0.121	0.091
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.080	0	0.194	0.146
18:2	g	0.080	0	0.194	0.146
18:3	g	0.000	0	0.000	0.000
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.010	0	0.024	0.018
Threonine	g	0.054	0	0.131	0.098
Isoleucine	g	0.051	0	0.123	0.093
Leucine	g	0.175	0	0.423	0.319
Lysine	g	0.040	0	0.097	0.073
Methionine	g	0.030	0	0.073	0.055
Cystine	g	0.026	0	0.063	0.047
Phenylalanine	g	0.070	0	0.169	0.127
Tyrosine	g	0.058	0	0.140	0.106
Valine	g	0.072	0	0.174	0.131
Arginine	g	0.071	0	0.172	0.129
Histidine	g	0.044	0	0.106	0.080
Alanine	g	0.107	0	0.259	0.195
Aspartic acid	g	0.099	0	0.240	0.180
Glutamic acid	g	0.268	0	0.649	0.488
Glycine	g	0.059	0	0.143	0.107
Proline	g	0.125	0	0.303	0.228
Serine	g	0.068	0	0.165	0.124
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 3/4 cup

NDB No. 08164 Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, without salt, (corn)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 242g	Measure 2* 182g	Measure 3*
Proximates:							
Water	g	85.30		0	206.43	155.25	
Energy	kcal	60		0	145	109	
Energy	kj	251		0	607	457	
Protein (N x 5.95)	g	1.40		0	3.39	2.55	
Total lipid (fat)	g	0.20		0	0.48	0.36	
Carbohydrate, by difference	g	13.00		0	31.46	23.66	
Fiber, total dietary	g	0.2		0	0.5	0.4	
Ash	g	0.10		0	0.24	0.18	
Sugars, total	g						
Minerals:							
Calcium	mg	0		0	0	0	
Iron	mg	0.64		0	1.55	1.16	
Magnesium	mg	4		0	10	7	
Phosphorus	mg	12		0	29	22	
Potassium	mg	22		0	53	40	
Sodium	mg	0		0	0	0	
Zinc	mg	0.07		0	0.17	0.13	
Copper	mg	0.012		0	0.029	0.022	
Manganese	mg	0.017		0	0.041	0.031	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.242	0.182	
Riboflavin	mg	0.060		0	0.145	0.109	
Niacin	mg	0.810		0	1.960	1.474	
Pantothenic acid	mg	0.064		0	0.155	0.116	
Vitamin B-6	mg	0.024		0	0.058	0.044	
Folate	µg	31		0	75	56	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	60		1	145	109	
Vitamin A, RE	µg	6		0	15	11	
Vitamin E, α-TE	mg	0.050		0	0.121	0.091	
Lipids:							
Saturated, total	g	0.030		0	0.073	0.055	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.020		0	0.048	0.036	
17:0	g						
18:0	g	0.000		0	0.000	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.050	0	0.121	0.091
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.050	0	0.121	0.091
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.080	0	0.194	0.146
18:2	g	0.080	0	0.194	0.146
18:3	g	0.000	0	0.000	0.000
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.010	0	0.024	0.018
Threonine	g	0.054	0	0.131	0.098
Isoleucine	g	0.051	0	0.123	0.093
Leucine	g	0.175	0	0.423	0.319
Lysine	g	0.040	0	0.097	0.073
Methionine	g	0.030	0	0.073	0.055
Cystine	g	0.026	0	0.063	0.047
Phenylalanine	g	0.070	0	0.169	0.127
Tyrosine	g	0.058	0	0.140	0.106
Valine	g	0.072	0	0.174	0.131
Arginine	g	0.071	0	0.172	0.129
Histidine	g	0.044	0	0.106	0.080
Alanine	g	0.107	0	0.259	0.195
Aspartic acid	g	0.099	0	0.240	0.180
Glutamic acid	g	0.268	0	0.649	0.488
Glycine	g	0.059	0	0.143	0.107
Proline	g	0.125	0	0.303	0.228
Serine	g	0.068	0	0.165	0.124
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 3/4 cup

NDB No. 08165 Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt, (corn)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 242g	Measure 2* 182g	Measure 3*
Proximates:							
Water	g	85.30		0	206.43	155.25	
Energy	kcal	60		0	145	109	
Energy	kj	251		0	607	457	
Protein (N x 5.95)	g	1.40		0	3.39	2.55	
Total lipid (fat)	g	0.20		0	0.48	0.36	
Carbohydrate, by difference	g	13.00		0	31.46	23.66	
Fiber, total dietary	g	0.2		0	0.5	0.4	
Ash	g	0.30		0	0.73	0.55	
Sugars, total	g						
Minerals:							
Calcium	mg	0		0	0	0	
Iron	mg	0.64		0	1.55	1.16	
Magnesium	mg	4		0	10	7	
Phosphorus	mg	12		0	29	22	
Potassium	mg	22		0	53	40	
Sodium	mg	223		0	540	406	
Zinc	mg	0.07		0	0.17	0.13	
Copper	mg	0.012		0	0.029	0.022	
Manganese	mg	0.017		0	0.041	0.031	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.242	0.182	
Riboflavin	mg	0.060		0	0.145	0.109	
Niacin	mg	0.810		0	1.960	1.474	
Pantothenic acid	mg	0.064		0	0.155	0.116	
Vitamin B-6	mg	0.024		0	0.058	0.044	
Folate	µg	31		0	75	56	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	60		1	145	109	
Vitamin A, RE	µg	6		0	15	11	
Vitamin E, α-TE	mg	0.050		0	0.121	0.091	
Lipids:							
Saturated, total	g	0.030		0	0.073	0.055	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.020		0	0.048	0.036	
17:0	g						
18:0	g	0.000		0	0.000	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.050	0	0.121	0.091
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.050	0	0.121	0.091
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.080	0	0.194	0.146
18:2	g	0.080	0	0.194	0.146
18:3	g	0.000	0	0.000	0.000
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.010	0	0.024	0.018
Threonine	g	0.054	0	0.131	0.098
Isoleucine	g	0.051	0	0.123	0.093
Leucine	g	0.175	0	0.423	0.319
Lysine	g	0.040	0	0.097	0.073
Methionine	g	0.030	0	0.073	0.055
Cystine	g	0.026	0	0.063	0.047
Phenylalanine	g	0.070	0	0.169	0.127
Tyrosine	g	0.058	0	0.140	0.106
Valine	g	0.072	0	0.174	0.131
Arginine	g	0.071	0	0.172	0.129
Histidine	g	0.044	0	0.106	0.080
Alanine	g	0.107	0	0.259	0.195
Aspartic acid	g	0.099	0	0.240	0.180
Glutamic acid	g	0.268	0	0.649	0.488
Glycine	g	0.059	0	0.143	0.107
Proline	g	0.125	0	0.303	0.228
Serine	g	0.068	0	0.165	0.124
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 3/4 cup

NDB No. 08166 Cereals, corn grits, yellow, regular, quick, unenriched, cooked with water, without salt, (corn)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 242g	Measure 2* 182g	Measure 3*
Proximates:							
Water	g	85.30		0	206.43	155.25	
Energy	kcal	60		0	145	109	
Energy	kj	251		0	607	457	
Protein (N x 5.95)	g	1.40		0	3.39	2.55	
Total lipid (fat)	g	0.20		0	0.48	0.36	
Carbohydrate, by difference	g	13.00		0	31.46	23.66	
Fiber, total dietary	g	0.2		0	0.5	0.4	
Ash	g	0.10		0	0.24	0.18	
Sugars, total	g						
Minerals:							
Calcium	mg	0		0	0	0	
Iron	mg	0.20		1	0.48	0.36	
Magnesium	mg	4		0	10	7	
Phosphorus	mg	12		0	29	22	
Potassium	mg	22		0	53	40	
Sodium	mg	0		0	0	0	
Zinc	mg	0.07		0	0.17	0.13	
Copper	mg	0.012		0	0.029	0.022	
Manganese	mg	0.017		0	0.041	0.031	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.020		1	0.048	0.036	
Riboflavin	mg	0.010		1	0.024	0.018	
Niacin	mg	0.200		1	0.484	0.364	
Pantothenic acid	mg	0.064		0	0.155	0.116	
Vitamin B-6	mg	0.024		0	0.058	0.044	
Folate	µg	1		0	2	2	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	60		1	145	109	
Vitamin A, RE	µg	6		0	15	11	
Vitamin E, α-TE	mg	0.050		0	0.121	0.091	
Lipids:							
Saturated, total	g	0.030		0	0.073	0.055	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.020		0	0.048	0.036	
17:0	g						
18:0	g	0.000		0	0.000	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.050	0	0.121	0.091
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.050	0	0.121	0.091
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.080	0	0.194	0.146
18:2	g	0.080	0	0.194	0.146
18:3	g	0.000	0	0.000	0.000
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.010	0	0.024	0.018
Threonine	g	0.054	0	0.131	0.098
Isoleucine	g	0.051	0	0.123	0.093
Leucine	g	0.175	0	0.423	0.319
Lysine	g	0.040	0	0.097	0.073
Methionine	g	0.030	0	0.073	0.055
Cystine	g	0.026	0	0.063	0.047
Phenylalanine	g	0.070	0	0.169	0.127
Tyrosine	g	0.058	0	0.140	0.106
Valine	g	0.072	0	0.174	0.131
Arginine	g	0.071	0	0.172	0.129
Histidine	g	0.044	0	0.106	0.080
Alanine	g	0.107	0	0.259	0.195
Aspartic acid	g	0.099	0	0.240	0.180
Glutamic acid	g	0.268	0	0.649	0.488
Glycine	g	0.059	0	0.143	0.107
Proline	g	0.125	0	0.303	0.228
Serine	g	0.068	0	0.165	0.124
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 3/4 cup

NDB No. 08167 Cereals, corn grits, yellow, regular, quick, unenriched, cooked with water, with salt, (corn)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 242g	Measure 2* 182g	Measure 3*
Proximates:							
Water	g	85.30		0	206.43	155.25	
Energy	kcal	60		0	145	109	
Energy	kj	251		0	607	457	
Protein (N x 5.95)	g	1.40		0	3.39	2.55	
Total lipid (fat)	g	0.20		0	0.48	0.36	
Carbohydrate, by difference	g	13.00		0	31.46	23.66	
Fiber, total dietary	g	0.2		0	0.5	0.4	
Ash	g	0.10		0	0.24	0.18	
Sugars, total	g						
Minerals:							
Calcium	mg	0		0	0	0	
Iron	mg	0.20		1	0.48	0.36	
Magnesium	mg	4		0	10	7	
Phosphorus	mg	12		0	29	22	
Potassium	mg	22		0	53	40	
Sodium	mg	223		0	540	406	
Zinc	mg	0.07		0	0.17	0.13	
Copper	mg	0.012		0	0.029	0.022	
Manganese	mg	0.017		0	0.041	0.031	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.020		1	0.048	0.036	
Riboflavin	mg	0.010		1	0.024	0.018	
Niacin	mg	0.200		1	0.484	0.364	
Pantothenic acid	mg	0.064		0	0.155	0.116	
Vitamin B-6	mg	0.024		0	0.058	0.044	
Folate	µg	1		0	2	2	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	60		1	145	109	
Vitamin A, RE	µg	6		0	15	11	
Vitamin E, α-TE	mg	0.050		0	0.121	0.091	
Lipids:							
Saturated, total	g	0.030		0	0.073	0.055	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.020		0	0.048	0.036	
17:0	g						
18:0	g	0.000		0	0.000	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.050	0	0.121	0.091
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.050	0	0.121	0.091
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.080	0	0.194	0.146
18:2	g	0.080	0	0.194	0.146
18:3	g	0.000	0	0.000	0.000
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.010	0	0.024	0.018
Threonine	g	0.054	0	0.131	0.098
Isoleucine	g	0.051	0	0.123	0.093
Leucine	g	0.175	0	0.423	0.319
Lysine	g	0.040	0	0.097	0.073
Methionine	g	0.030	0	0.073	0.055
Cystine	g	0.026	0	0.063	0.047
Phenylalanine	g	0.070	0	0.169	0.127
Tyrosine	g	0.058	0	0.140	0.106
Valine	g	0.072	0	0.174	0.131
Arginine	g	0.071	0	0.172	0.129
Histidine	g	0.044	0	0.106	0.080
Alanine	g	0.107	0	0.259	0.195
Aspartic acid	g	0.099	0	0.240	0.180
Glutamic acid	g	0.268	0	0.649	0.488
Glycine	g	0.059	0	0.143	0.107
Proline	g	0.125	0	0.303	0.228
Serine	g	0.068	0	0.165	0.124
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 3/4 cup

NDB No. 08168 Cereals, CREAM OF RICE, cooked with water, with salt, (rice)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 244g	Measure 2* 183g	Measure 3*
Proximates:							
Water	g	87.50		0	213.50	160.13	
Energy	kcal	52		0	127	95	
Energy	kj	218		0	532	399	
Protein (N x 5.95)	g	0.90		0	2.20	1.65	
Total lipid (fat)	g	0.10		0	0.24	0.18	
Carbohydrate, by difference	g	11.50		0	28.06	21.05	
Fiber, total dietary	g	0.1		0	0.2	0.2	
Ash	g	0.30		0	0.73	0.55	
Sugars, total	g						
Minerals:							
Calcium	mg	3		0	7	5	
Iron	mg	0.20		0	0.49	0.37	
Magnesium	mg	3		0	7	5	
Phosphorus	mg	17		0	41	31	
Potassium	mg	20		0	49	37	
Sodium	mg	173		0	422	317	
Zinc	mg	0.16		0	0.39	0.29	
Copper	mg	0.034		0	0.083	0.062	
Manganese	mg	0.144		0	0.351	0.264	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.000		0	0.000	0.000	
Riboflavin	mg	0.000		0	0.000	0.000	
Niacin	mg	0.400		0	0.976	0.732	
Pantothenic acid	mg	0.076		0	0.185	0.139	
Vitamin B-6	mg	0.027		0	0.066	0.049	
Folate	µg	3		0	7	5	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.020		0	0.049	0.037	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g				
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g				
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.013	0	0.032	0.024
Threonine	g	0.044	0	0.107	0.081
Isoleucine	g	0.015	0	0.037	0.027
Leucine	g	0.073	0	0.178	0.134
Lysine	g	0.037	0	0.090	0.068
Methionine	g	0.026	0	0.063	0.048
Cystine	g	0.015	0	0.037	0.027
Phenylalanine	g	0.037	0	0.090	0.068
Tyrosine	g	0.049	0	0.120	0.090
Valine	g	0.057	0	0.139	0.104
Arginine	g	0.072	0	0.176	0.132
Histidine	g	0.026	0	0.063	0.048
Alanine	g	0.036	0	0.088	0.066
Aspartic acid	g	0.080	0	0.195	0.146
Glutamic acid	g	0.140	0	0.342	0.256
Glycine	g	0.050	0	0.122	0.092
Proline	g	0.037	0	0.090	0.068
Serine	g	0.040	0	0.098	0.073
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 3/4 cup

NDB No. 08169 Cereals, CREAM OF WHEAT, regular, cooked with water, with salt, (wheat)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 251g	Measure 2* 188g	Measure 3*
Proximates:							
Water	g	87.10		0	218.62	163.75	
Energy	kcal	53		0	133	100	
Energy	kj	222		0	557	417	
Protein (N x 5.95)	g	1.50		0	3.77	2.82	
Total lipid (fat)	g	0.20		0	0.50	0.38	
Carbohydrate, by difference	g	11.00		0	27.61	20.68	
Fiber, total dietary	g	0.7		0	1.8	1.3	
Ash	g	0.20		0	0.50	0.38	
Sugars, total	g						
Minerals:							
Calcium	mg	20		0	50	38	
Iron	mg	4.10		0	10.29	7.71	
Magnesium	mg	4		0	10	8	
Phosphorus	mg	17		0	43	32	
Potassium	mg	17		0	43	32	
Sodium	mg	134		0	336	252	
Zinc	mg	0.13		0	0.33	0.24	
Copper	mg	0.030		0	0.075	0.056	
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.251	0.188	
Riboflavin	mg	0.000		0	0.000	0.000	
Niacin	mg	0.600		0	1.506	1.128	
Pantothenic acid	mg	0.075		0	0.188	0.141	
Vitamin B-6	mg	0.014		0	0.035	0.026	
Folate	µg	18		0	45	34	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.031		0	0.078	0.058	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g				
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g				
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.021	0	0.053	0.039
Threonine	g	0.048	0	0.120	0.090
Isoleucine	g	0.067	0	0.168	0.126
Leucine	g	0.115	0	0.289	0.216
Lysine	g	0.039	0	0.098	0.073
Methionine	g	0.028	0	0.070	0.053
Cystine	g	0.034	0	0.085	0.064
Phenylalanine	g	0.082	0	0.206	0.154
Tyrosine	g	0.048	0	0.120	0.090
Valine	g	0.073	0	0.183	0.137
Arginine	g	0.066	0	0.166	0.124
Histidine	g	0.035	0	0.088	0.066
Alanine	g	0.053	0	0.133	0.100
Aspartic acid	g	0.071	0	0.178	0.133
Glutamic acid	g	0.563	0	1.413	1.058
Glycine	g	0.059	0	0.148	0.111
Proline	g	0.185	0	0.464	0.348
Serine	g	0.085	0	0.213	0.160
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 3/4 cup

NDB No. 08170 Cereals, CREAM OF WHEAT, quick, cooked with water, with salt, (wheat)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 239g	Measure 2* 179g	Measure 3*
Proximates:							
Water	g	86.60		0	206.97	155.01	
Energy	kcal	54		0	129	97	
Energy	kj	226		0	540	405	
Protein (N x 5.95)	g	1.50		0	3.59	2.69	
Total lipid (fat)	g	0.20		0	0.48	0.36	
Carbohydrate, by difference	g	11.20		0	26.77	20.05	
Fiber, total dietary	g	0.5		0	1.2	0.9	
Ash	g	0.50		0	1.20	0.90	
Sugars, total	g						
Minerals:							
Calcium	mg	21		0	50	38	
Iron	mg	4.30		0	10.28	7.70	
Magnesium	mg	5		0	12	9	
Phosphorus	mg	42		0	100	75	
Potassium	mg	19		0	45	34	
Sodium	mg	194		0	464	347	
Zinc	mg	0.14		0	0.33	0.25	
Copper	mg	0.028		0	0.067	0.050	
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.239	0.179	
Riboflavin	mg	0.000		0	0.000	0.000	
Niacin	mg	0.600		0	1.434	1.074	
Pantothenic acid	mg	0.071		0	0.170	0.127	
Vitamin B-6	mg	0.012		0	0.029	0.021	
Folate	µg	45		0	108	81	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.031		0	0.074	0.055	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g				
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g				
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.021	0	0.050	0.038
Threonine	g	0.048	0	0.115	0.086
Isoleucine	g	0.067	0	0.160	0.120
Leucine	g	0.115	0	0.275	0.206
Lysine	g	0.039	0	0.093	0.070
Methionine	g	0.028	0	0.067	0.050
Cystine	g	0.034	0	0.081	0.061
Phenylalanine	g	0.082	0	0.196	0.147
Tyrosine	g	0.048	0	0.115	0.086
Valine	g	0.074	0	0.177	0.132
Arginine	g	0.066	0	0.158	0.118
Histidine	g	0.035	0	0.084	0.063
Alanine	g	0.053	0	0.127	0.095
Aspartic acid	g	0.072	0	0.172	0.129
Glutamic acid	g	0.566	0	1.353	1.013
Glycine	g	0.059	0	0.141	0.106
Proline	g	0.186	0	0.445	0.333
Serine	g	0.086	0	0.206	0.154
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 3/4 cup

NDB No. 08171 Cereals, CREAM OF WHEAT, instant, prepared with water, with salt, (wheat)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 241g	Measure 2* 181g	Measure 3*
Proximates:							
Water	g	84.40		0	203.40	152.76	
Energy	kcal	64		0	154	116	
Energy	kj	268		0	646	485	
Protein (N x 5.95)	g	1.80		0	4.34	3.26	
Total lipid (fat)	g	0.20		0	0.48	0.36	
Carbohydrate, by difference	g	13.10		0	31.57	23.71	
Fiber, total dietary	g	1.2		0	2.9	2.2	
Ash	g	0.40		0	0.96	0.72	
Sugars, total	g						
Minerals:							
Calcium	mg	25		0	60	45	
Iron	mg	5.00		0	12.05	9.05	
Magnesium	mg	6		0	14	11	
Phosphorus	mg	18		0	43	33	
Potassium	mg	20		0	48	36	
Sodium	mg	151		0	364	273	
Zinc	mg	0.17		0	0.41	0.31	
Copper	mg	0.038		0	0.092	0.069	
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.241	0.181	
Riboflavin	mg	0.000		0	0.000	0.000	
Niacin	mg	0.700		0	1.687	1.267	
Pantothenic acid	mg	0.071		0	0.171	0.129	
Vitamin B-6	mg	0.012		0	0.029	0.022	
Folate	µg	62		0	149	112	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.031		0	0.075	0.056	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g				
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g				
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.025	0	0.060	0.045
Threonine	g	0.058	0	0.140	0.105
Isoleucine	g	0.080	0	0.193	0.145
Leucine	g	0.139	0	0.335	0.252
Lysine	g	0.047	0	0.113	0.085
Methionine	g	0.034	0	0.082	0.062
Cystine	g	0.041	0	0.099	0.074
Phenylalanine	g	0.099	0	0.239	0.179
Tyrosine	g	0.058	0	0.140	0.105
Valine	g	0.089	0	0.214	0.161
Arginine	g	0.079	0	0.190	0.143
Histidine	g	0.042	0	0.101	0.076
Alanine	g	0.064	0	0.154	0.116
Aspartic acid	g	0.087	0	0.210	0.157
Glutamic acid	g	0.683	0	1.646	1.236
Glycine	g	0.071	0	0.171	0.129
Proline	g	0.224	0	0.540	0.405
Serine	g	0.104	0	0.251	0.188
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 3/4 cup

NDB No. 08172 Cereals, farina, unenriched, dry, (wheat)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 176g	Measure 2* 11g	Measure 3*
Proximates:							
Water	g	10.50	0.164	107	18.48	1.14	
Energy	kcal	369		0	649	40	
Energy	kj	1544		0	2717	168	
Protein (N x 5.95)	g	10.60	0.074	122	18.66	1.16	
Total lipid (fat)	g	0.50	0.013	61	0.88	0.05	
Carbohydrate, by difference	g	78.00		0	137.28	8.50	
Fiber, total dietary	g	1.9		0	3.3	0.2	
Ash	g	0.40	0.034	114	0.70	0.04	
Sugars, total	g						
Minerals:							
Calcium	mg	14	0.215	16	25	2	
Iron	mg	1.50		1	2.64	0.16	
Magnesium	mg	13	0.255	16	23	1	
Phosphorus	mg	88	2.068	16	155	10	
Potassium	mg	94	4.163	16	165	10	
Sodium	mg	3	0.188	43	5	0	
Zinc	mg	0.53	0.015	22	0.93	0.06	
Copper	mg	0.079	0.009	20	0.139	0.009	
Manganese	mg	0.693		10	1.220	0.076	
Selenium	µg	23.5		0	41.4	2.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.060		1	0.106	0.007	
Riboflavin	mg	0.100		1	0.176	0.011	
Niacin	mg	0.700		1	1.232	0.076	
Pantothenic acid	mg	0.416	0.045	12	0.732	0.045	
Vitamin B-6	mg	0.058	0.016	2	0.102	0.006	
Folate	µg	24		1	42	3	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.110		0	0.194	0.012	
Lipids:							
Saturated, total	g	0.080		0	0.141	0.009	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.000		1	0.000	0.000	
15.0	g						
16:0	g	0.070		1	0.123	0.008	
17:0	g						
18:0	g	0.010		1	0.018	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.060	0	0.106	0.007
14:1	g				
16:1	g				
18:1	g	0.060	1	0.106	0.007
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.220	0	0.387	0.024
18:2	g	0.200	1	0.352	0.022
18:3	g	0.020	1	0.035	0.002
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.136	0	0.239	0.015
Threonine	g	0.280	0	0.493	0.031
Isoleucine	g	0.409	0	0.720	0.045
Leucine	g	0.724	0	1.274	0.079
Lysine	g	0.203	0	0.357	0.022
Methionine	g	0.165	0	0.290	0.018
Cystine	g	0.299	0	0.526	0.033
Phenylalanine	g	0.514	0	0.905	0.056
Tyrosine	g	0.278	0	0.489	0.030
Valine	g	0.451	0	0.794	0.049
Arginine	g	0.390	0	0.686	0.043
Histidine	g	0.215	0	0.378	0.023
Alanine	g	0.311	0	0.547	0.034
Aspartic acid	g	0.433	0	0.762	0.047
Glutamic acid	g	3.817	0	6.718	0.416
Glycine	g	0.335	0	0.590	0.037
Proline	g	1.165	0	2.050	0.127
Serine	g	0.499	0	0.878	0.054
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 tablespoon

NDB No. 08173 Cereals, farina, enriched, cooked with water, with salt, (wheat)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 233g	Measure 2* 175g	Measure 3*
Proximates:							
Water	g	87.90		1	204.81	153.83	
Energy	kcal	50		0	117	88	
Energy	kj	209		0	487	366	
Protein (N x 5.95)	g	1.40		1	3.26	2.45	
Total lipid (fat)	g	0.10		1	0.23	0.18	
Carbohydrate, by difference	g	10.60		0	24.70	18.55	
Fiber, total dietary	g	1.4		0	3.3	2.4	
Ash	g	0.40		0	0.93	0.70	
Sugars, total	g						
Minerals:							
Calcium	mg	2		1	5	4	
Iron	mg	0.50		1	1.17	0.88	
Magnesium	mg	2		1	5	4	
Phosphorus	mg	12		1	28	21	
Potassium	mg	13		1	30	23	
Sodium	mg	329		0	767	576	
Zinc	mg	0.07		1	0.16	0.12	
Copper	mg	0.011		1	0.026	0.019	
Manganese	mg	0.094		1	0.219	0.164	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		1	0.186	0.140	
Riboflavin	mg	0.050		1	0.117	0.088	
Niacin	mg	0.550		1	1.282	0.963	
Pantothenic acid	mg	0.056		1	0.130	0.098	
Vitamin B-6	mg	0.010		1	0.023	0.018	
Folate	µg	23		0	54	40	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.010		0	0.023	0.018	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.000		1	0.000	0.000	
15.0	g						
16:0	g	0.010		1	0.023	0.018	
17:0	g						
18:0	g	0.000		1	0.000	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.010	0	0.023	0.018
14:1	g				
16:1	g				
18:1	g	0.010	1	0.023	0.018
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.030	0	0.070	0.053
18:2	g	0.030	1	0.070	0.053
18:3	g	0.000	1	0.000	0.000
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.018	0	0.042	0.032
Threonine	g	0.038	0	0.089	0.066
Isoleucine	g	0.056	0	0.130	0.098
Leucine	g	0.098	0	0.228	0.172
Lysine	g	0.028	0	0.065	0.049
Methionine	g	0.022	0	0.051	0.039
Cystine	g	0.041	0	0.096	0.072
Phenylalanine	g	0.070	0	0.163	0.123
Tyrosine	g	0.038	0	0.089	0.066
Valine	g	0.061	0	0.142	0.107
Arginine	g	0.053	0	0.123	0.093
Histidine	g	0.029	0	0.068	0.051
Alanine	g	0.042	0	0.098	0.074
Aspartic acid	g	0.059	0	0.137	0.103
Glutamic acid	g	0.519	0	1.209	0.908
Glycine	g	0.046	0	0.107	0.081
Proline	g	0.158	0	0.368	0.276
Serine	g	0.068	0	0.158	0.119
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 3/4 cup

NDB No. 08174 Cereals, farina, unenriched, cooked with water, without salt, (wheat)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 233g	Measure 2* 175g	Measure 3*
Proximates:							
Water	g	87.90		1	204.81	153.83	
Energy	kcal	50		0	117	88	
Energy	kj	209		0	487	366	
Protein (N x 5.95)	g	1.40		1	3.26	2.45	
Total lipid (fat)	g	0.10		1	0.23	0.18	
Carbohydrate, by difference	g	10.60		0	24.70	18.55	
Fiber, total dietary	g	1.4		0	3.3	2.4	
Ash	g	0.10		1	0.23	0.18	
Sugars, total	g						
Minerals:							
Calcium	mg	2		1	5	4	
Iron	mg	0.02		1	0.05	0.04	
Magnesium	mg	2		1	5	4	
Phosphorus	mg	12		1	28	21	
Potassium	mg	13		1	30	23	
Sodium	mg	0		0	0	0	
Zinc	mg	0.07		1	0.16	0.12	
Copper	mg	0.011		1	0.026	0.019	
Manganese	mg	0.094		1	0.219	0.164	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.010		1	0.023	0.018	
Riboflavin	mg	0.010		1	0.023	0.018	
Niacin	mg	0.100		1	0.233	0.175	
Pantothenic acid	mg	0.056		1	0.130	0.098	
Vitamin B-6	mg	0.010		1	0.023	0.018	
Folate	µg	2		1	5	4	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.013		0	0.030	0.023	
Lipids:							
Saturated, total	g	0.010		0	0.023	0.018	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.000		1	0.000	0.000	
15.0	g						
16:0	g	0.010		1	0.023	0.018	
17:0	g						
18:0	g	0.000		1	0.000	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.010	0	0.023	0.018
14:1	g				
16:1	g				
18:1	g	0.010	1	0.023	0.018
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.030	0	0.070	0.053
18:2	g	0.030	1	0.070	0.053
18:3	g	0.000	1	0.000	0.000
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.018	0	0.042	0.032
Threonine	g	0.038	0	0.089	0.066
Isoleucine	g	0.056	0	0.130	0.098
Leucine	g	0.098	0	0.228	0.172
Lysine	g	0.028	0	0.065	0.049
Methionine	g	0.022	0	0.051	0.039
Cystine	g	0.041	0	0.096	0.072
Phenylalanine	g	0.070	0	0.163	0.123
Tyrosine	g	0.038	0	0.089	0.066
Valine	g	0.061	0	0.142	0.107
Arginine	g	0.053	0	0.123	0.093
Histidine	g	0.029	0	0.068	0.051
Alanine	g	0.042	0	0.098	0.074
Aspartic acid	g	0.059	0	0.137	0.103
Glutamic acid	g	0.519	0	1.209	0.908
Glycine	g	0.046	0	0.107	0.081
Proline	g	0.158	0	0.368	0.276
Serine	g	0.068	0	0.158	0.119
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 3/4 cup

NDB No. 08175 Cereals, farina, unenriched, cooked with water, with salt, (wheat)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 233g	Measure 2* 175g	Measure 3*
Proximates:							
Water	g	87.90		1	204.81	153.83	
Energy	kcal	50		0	117	88	
Energy	kj	209		0	487	366	
Protein (N x 5.95)	g	1.40		1	3.26	2.45	
Total lipid (fat)	g	0.10		1	0.23	0.18	
Carbohydrate, by difference	g	10.60		0	24.70	18.55	
Fiber, total dietary	g	1.4		0	3.3	2.4	
Ash	g	0.10		1	0.23	0.18	
Sugars, total	g						
Minerals:							
Calcium	mg	2		1	5	4	
Iron	mg	0.02		1	0.05	0.04	
Magnesium	mg	2		1	5	4	
Phosphorus	mg	12		1	28	21	
Potassium	mg	13		1	30	23	
Sodium	mg	329		0	767	576	
Zinc	mg	0.07		1	0.16	0.12	
Copper	mg	0.011		1	0.026	0.019	
Manganese	mg	0.094		1	0.219	0.164	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.010		1	0.023	0.018	
Riboflavin	mg	0.010		1	0.023	0.018	
Niacin	mg	0.100		1	0.233	0.175	
Pantothenic acid	mg	0.056		1	0.130	0.098	
Vitamin B-6	mg	0.010		1	0.023	0.018	
Folate	µg	2		1	5	4	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.010		0	0.023	0.018	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.000		1	0.000	0.000	
15.0	g						
16:0	g	0.010		1	0.023	0.018	
17:0	g						
18:0	g	0.000		1	0.000	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.010	0	0.023	0.018
14:1	g				
16:1	g				
18:1	g	0.010	1	0.023	0.018
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.030	0	0.070	0.053
18:2	g	0.030	1	0.070	0.053
18:3	g	0.000	1	0.000	0.000
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.018	0	0.042	0.032
Threonine	g	0.038	0	0.089	0.066
Isoleucine	g	0.056	0	0.130	0.098
Leucine	g	0.098	0	0.228	0.172
Lysine	g	0.028	0	0.065	0.049
Methionine	g	0.022	0	0.051	0.039
Cystine	g	0.041	0	0.096	0.072
Phenylalanine	g	0.070	0	0.163	0.123
Tyrosine	g	0.038	0	0.089	0.066
Valine	g	0.061	0	0.142	0.107
Arginine	g	0.053	0	0.123	0.093
Histidine	g	0.029	0	0.068	0.051
Alanine	g	0.042	0	0.098	0.074
Aspartic acid	g	0.059	0	0.137	0.103
Glutamic acid	g	0.519	0	1.209	0.908
Glycine	g	0.046	0	0.107	0.081
Proline	g	0.158	0	0.368	0.276
Serine	g	0.068	0	0.158	0.119
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 3/4 cup

NDB No. 08176 Cereals, MALTEX, cooked with water, with salt (wheat)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 249g	Measure 2* 187g	Measure 3*
Proximates:							
Water	g	81.00		0	201.69	151.47	
Energy	kcal	72		0	179	135	
Energy	kj	301		0	749	563	
Protein (N x 5.95)	g	2.30		0	5.73	4.30	
Total lipid (fat)	g	0.40		0	1.00	0.75	
Carbohydrate, by difference	g	15.90		0	39.59	29.73	
Fiber, total dietary	g	1.2		0	3.0	2.2	
Ash	g	0.40		0	1.00	0.75	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	17	13	
Iron	mg	0.72		0	1.79	1.35	
Magnesium	mg	23		0	57	43	
Phosphorus	mg	72		0	179	135	
Potassium	mg	107		0	266	200	
Sodium	mg	76		0	189	142	
Zinc	mg	0.75		0	1.87	1.40	
Copper	mg	0.135		0	0.336	0.252	
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.249	0.187	
Riboflavin	mg	0.040		0	0.100	0.075	
Niacin	mg	0.960		0	2.390	1.795	
Pantothenic acid	mg	0.093		0	0.232	0.174	
Vitamin B-6	mg	0.031		0	0.077	0.058	
Folate	µg	9		0	22	17	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.061		0	0.152	0.114	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g				
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g				
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 3/4 cup

NDB No. 08177 Cereals, MALT-O-MEAL, chocolate, dry, (wheat, barley)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 165g	Measure 2* 10g	Measure 3*
Proximates:							
Water	g	10.30	0.472	10	17.00	1.06	
Energy	kcal	368		0	607	38	
Energy	kj	1540		0	2541	159	
Protein (N x 5.95)	g	10.50	0.271	10	17.32	1.08	
Total lipid (fat)	g	0.90	0.045	10	1.49	0.09	
Carbohydrate, by difference	g	77.70		0	128.21	8.00	
Fiber, total dietary	g						
Ash	g	0.60	0.038	10	0.99	0.06	
Sugars, total	g						
Minerals:							
Calcium	mg	14		0	23	1	
Iron	mg	28.60		0	47.19	2.95	
Magnesium	mg	13		0	21	1	
Phosphorus	mg	71		0	117	7	
Potassium	mg	94		0	155	10	
Sodium	mg	10		0	17	1	
Zinc	mg	0.53		0	0.87	0.05	
Copper	mg	0.079		0	0.130	0.008	
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	1.300		0	2.145	0.134	
Riboflavin	mg	0.900		0	1.485	0.093	
Niacin	mg	17.600		0	29.040	1.813	
Pantothenic acid	mg	0.416		0	0.686	0.043	
Vitamin B-6	mg	0.058		0	0.096	0.006	
Folate	µg	24		0	40	2	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g				
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g				
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg	3	0	5	0
Theobromine	mg	97	0	160	10
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 tablespoon

NDB No. 08178 Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, with salt, (wheat, barley)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 240g	Measure 2* 180g	Measure 3*
Proximates:							
Water	g	87.60		0	210.24	157.68	
Energy	kcal	51		0	122	92	
Energy	kj	213		0	511	383	
Protein (N x 5.95)	g	1.50		0	3.60	2.70	
Total lipid (fat)	g	0.10		0	0.24	0.18	
Carbohydrate, by difference	g	10.80		0	25.92	19.44	
Fiber, total dietary	g	0.4		0	1.0	0.7	
Ash	g	0.20		0	0.48	0.36	
Sugars, total	g						
Minerals:							
Calcium	mg	2		0	5	4	
Iron	mg	4.00		0	9.60	7.20	
Magnesium	mg	2		0	5	4	
Phosphorus	mg	10		0	24	18	
Potassium	mg	13		0	31	23	
Sodium	mg	135		0	324	243	
Zinc	mg	0.07		0	0.17	0.13	
Copper	mg	0.011		0	0.026	0.020	
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.200		0	0.480	0.360	
Riboflavin	mg	0.100		0	0.240	0.180	
Niacin	mg	2.400		0	5.760	4.320	
Pantothenic acid	mg	0.058		0	0.139	0.104	
Vitamin B-6	mg	0.008		0	0.019	0.014	
Folate	µg	2		0	5	4	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.020		0	0.048	0.036	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g				
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g				
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg	1	0	2	2
Theobromine	mg	7	0	17	13
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 3/4 cup

NDB No. 08179 Cereals, MAYPO, cooked with water, with salt, (oats with other grains)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 240g	Measure 2* 180g	Measure 3*
Proximates:							
Water	g	82.70		0	198.48	148.86	
Energy	kcal	71		0	170	128	
Energy	kj	297		0	713	535	
Protein (N x 5.95)	g	2.40		0	5.76	4.32	
Total lipid (fat)	g	1.00		0	2.40	1.80	
Carbohydrate, by difference	g	13.30		0	31.92	23.94	
Fiber, total dietary	g	2.4		0	5.8	4.3	
Ash	g	0.60		0	1.44	1.08	
Sugars, total	g						
Minerals:							
Calcium	mg	52		0	125	94	
Iron	mg	3.50		0	8.40	6.30	
Magnesium	mg	21		0	50	38	
Phosphorus	mg	103		0	247	185	
Potassium	mg	88		0	211	158	
Sodium	mg	108		0	259	194	
Zinc	mg	0.62		0	1.49	1.12	
Copper	mg	0.066		0	0.158	0.119	
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	12.0		0	28.8	21.6	
Thiamin	mg	0.300		0	0.720	0.540	
Riboflavin	mg	0.300		0	0.720	0.540	
Niacin	mg	3.900		0	9.360	7.020	
Pantothenic acid	mg	0.141		0	0.338	0.254	
Vitamin B-6	mg	0.400		0	0.960	0.720	
Folate	µg	4		0	10	7	
Vitamin B-12	µg	1.20		0	2.88	2.16	
Vitamin A	IU	974		0	2338	1753	
Vitamin A, RE	µg	293		0	703	527	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.185		0	0.444	0.333	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g				
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g				
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 3/4 cup

NDB No. 08180 Cereals, oats, regular and quick and instant, without fortified, cooked with water, with salt, (oats)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 234g	Measure 2* 175g	Measure 3*
Proximates:							
Water	g	85.30		1	199.60	149.28	
Energy	kcal	62		0	145	109	
Energy	kj	259		0	606	453	
Protein (N x 5.95)	g	2.60		1	6.08	4.55	
Total lipid (fat)	g	1.00		1	2.34	1.75	
Carbohydrate, by difference	g	10.80		0	25.27	18.90	
Fiber, total dietary	g	1.7		0	4.0	3.0	
Ash	g	0.30		1	0.70	0.53	
Sugars, total	g						
Minerals:							
Calcium	mg	8		1	19	14	
Iron	mg	0.68		1	1.59	1.19	
Magnesium	mg	24		1	56	42	
Phosphorus	mg	76		1	178	133	
Potassium	mg	56		1	131	98	
Sodium	mg	160		0	374	280	
Zinc	mg	0.49		1	1.15	0.86	
Copper	mg	0.055		1	0.129	0.096	
Manganese	mg	0.585		1	1.369	1.024	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110		1	0.257	0.193	
Riboflavin	mg	0.020		1	0.047	0.035	
Niacin	mg	0.130		1	0.304	0.228	
Pantothenic acid	mg	0.200		1	0.468	0.350	
Vitamin B-6	mg	0.020		1	0.047	0.035	
Folate	µg	4		1	9	7	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	16		1	37	28	
Vitamin A, RE	µg	2		0	5	4	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.180		0	0.421	0.315	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.000		238	0.000	0.000	
14:0	g	0.000		238	0.000	0.000	
15.0	g						
16:0	g	0.150		238	0.351	0.263	
17:0	g						
18:0	g	0.010		238	0.023	0.018	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.320	0	0.749	0.560
14:1	g				
16:1	g	0.000	238	0.000	0.000
18:1	g	0.320	238	0.749	0.560
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.370	0	0.866	0.648
18:2	g	0.360	238	0.842	0.630
18:3	g	0.020	238	0.047	0.035
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.036	0	0.084	0.063
Threonine	g	0.088	0	0.206	0.154
Isoleucine	g	0.106	0	0.248	0.186
Leucine	g	0.196	0	0.459	0.343
Lysine	g	0.107	0	0.250	0.187
Methionine	g	0.048	0	0.112	0.084
Cystine	g	0.062	0	0.145	0.109
Phenylalanine	g	0.137	0	0.321	0.240
Tyrosine	g	0.088	0	0.206	0.154
Valine	g	0.143	0	0.335	0.250
Arginine	g	0.182	0	0.426	0.319
Histidine	g	0.062	0	0.145	0.109
Alanine	g	0.135	0	0.316	0.236
Aspartic acid	g	0.221	0	0.517	0.387
Glutamic acid	g	0.567	0	1.327	0.992
Glycine	g	0.128	0	0.300	0.224
Proline	g	0.143	0	0.335	0.250
Serine	g	0.115	0	0.269	0.201
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 3/4 cup

NDB No. 08181 Cereals, ROMAN MEAL, plain, cooked with water, with salt, (wheat with other grains)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 241g	Measure 2* 181g	Measure 3*
Proximates:							
Water	g	82.70		0	199.31	149.69	
Energy	kcal	61		0	147	110	
Energy	kj	255		0	615	462	
Protein (N x 5.95)	g	2.70		0	6.51	4.89	
Total lipid (fat)	g	0.40		0	0.96	0.72	
Carbohydrate, by difference	g	13.70		0	33.02	24.80	
Fiber, total dietary	g	3.4		0	8.2	6.2	
Ash	g	0.50		0	1.21	0.91	
Sugars, total	g						
Minerals:							
Calcium	mg	12		0	29	22	
Iron	mg	0.88		0	2.12	1.59	
Magnesium	mg	45		0	108	81	
Phosphorus	mg	89		0	214	161	
Potassium	mg	125		0	301	226	
Sodium	mg	82		0	198	148	
Zinc	mg	0.74		0	1.78	1.34	
Copper	mg	0.133		0	0.321	0.241	
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.241	0.181	
Riboflavin	mg	0.050		0	0.121	0.091	
Niacin	mg	1.280		0	3.085	2.317	
Pantothenic acid	mg	0.154		0	0.371	0.279	
Vitamin B-6	mg	0.047		0	0.113	0.085	
Folate	µg	10		0	24	18	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.053		0	0.128	0.096	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g				
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g				
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 3/4 cup

NDB No. 08182 Cereals, WHEATENA, cooked with water, with salt, (wheat)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 243g	Measure 2* 182g	Measure 3*
Proximates:							
Water	g	85.40		0	207.52	155.43	
Energy	kcal	56		0	136	102	
Energy	kj	234		0	569	426	
Protein (N x 5.95)	g	2.00		0	4.86	3.64	
Total lipid (fat)	g	0.50		0	1.22	0.91	
Carbohydrate, by difference	g	11.80		0	28.67	21.48	
Fiber, total dietary	g	2.7		0	6.6	4.9	
Ash	g	0.30		0	0.73	0.55	
Sugars, total	g						
Minerals:							
Calcium	mg	4		0	10	7	
Iron	mg	0.56		0	1.36	1.02	
Magnesium	mg	20		0	49	36	
Phosphorus	mg	60		0	146	109	
Potassium	mg	77		0	187	140	
Sodium	mg	238		0	578	433	
Zinc	mg	0.69		0	1.68	1.26	
Copper	mg	0.052		0	0.126	0.095	
Manganese	mg	0.822		0	1.997	1.496	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.010		0	0.024	0.018	
Riboflavin	mg	0.020		0	0.049	0.036	
Niacin	mg	0.550		0	1.337	1.001	
Pantothenic acid	mg	0.042		0	0.102	0.076	
Vitamin B-6	mg	0.019		0	0.046	0.035	
Folate	µg	7		0	17	13	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.090		0	0.219	0.164	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g				
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g				
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 3/4 cup

NDB No. 08183 Cereals, whole wheat hot natural cereal, cooked with water, with salt, (wheat)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 242g	Measure 2* 182g	Measure 3*
Proximates:							
Water	g	83.60		0	202.31	152.15	
Energy	kcal	62		0	150	113	
Energy	kj	259		0	627	471	
Protein (N x 5.95)	g	2.00		0	4.84	3.64	
Total lipid (fat)	g	0.40		0	0.97	0.73	
Carbohydrate, by difference	g	13.70		0	33.15	24.93	
Fiber, total dietary	g	1.6		0	3.9	2.9	
Ash	g	0.30		0	0.73	0.55	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	17	13	
Iron	mg	0.62		0	1.50	1.13	
Magnesium	mg	22		0	53	40	
Phosphorus	mg	69		0	167	126	
Potassium	mg	71		0	172	129	
Sodium	mg	233		0	564	424	
Zinc	mg	0.48		0	1.16	0.87	
Copper	mg	0.083		0	0.201	0.151	
Manganese	mg	0.583		0	1.411	1.061	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.169	0.127	
Riboflavin	mg	0.050		0	0.121	0.091	
Niacin	mg	0.890		0	2.154	1.620	
Pantothenic acid	mg	0.167		0	0.404	0.304	
Vitamin B-6	mg	0.073		0	0.177	0.133	
Folate	µg	11		0	27	20	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.060		0	0.145	0.109	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g				
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g				
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 3/4 cup

NDB No. 08184 Cereals, ROMAN MEAL WITH OATS, cooked with water, with salt, (wheat with other grains)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 240g	Measure 2* 180g	Measure 3*
Proximates:							
Water	g	81.50		0	195.60	146.70	
Energy	kcal	71		0	170	128	
Energy	kj	297		0	713	535	
Protein (N x 5.95)	g	3.00		0	7.20	5.40	
Total lipid (fat)	g	0.80		0	1.92	1.44	
Carbohydrate, by difference	g	14.20		0	34.08	25.56	
Fiber, total dietary	g	3.4		0	8.2	6.1	
Ash	g	0.40		0	0.96	0.72	
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	26	20	
Iron	mg	0.58		0	1.39	1.04	
Magnesium	mg	31		0	74	56	
Phosphorus	mg	98		0	235	176	
Potassium	mg	107		0	257	193	
Sodium	mg	225		0	540	405	
Zinc	mg	0.81		0	1.94	1.46	
Copper	mg	0.062		0	0.149	0.112	
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.130		0	0.312	0.234	
Riboflavin	mg	0.090		0	0.216	0.162	
Niacin	mg	1.360		0	3.264	2.448	
Pantothenic acid	mg	0.104		0	0.250	0.187	
Vitamin B-6	mg	0.158		0	0.379	0.284	
Folate	µg	10		0	24	18	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	9		0	22	16	
Vitamin A, RE	µg	1		0	2	2	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.072		0	0.173	0.130	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g				
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g				
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 3/4 cup

NDB No. 08185 Cereals, RALSTON, cooked with water, with salt, (oats)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 253g	Measure 2* 190g	Measure 3*
Proximates:							
Water	g	86.10		0	217.83	163.59	
Energy	kcal	53		0	134	101	
Energy	kj	222		0	562	422	
Protein (N x 5.95)	g	2.20		0	5.57	4.18	
Total lipid (fat)	g	0.30		0	0.76	0.57	
Carbohydrate, by difference	g	11.20		0	28.34	21.28	
Fiber, total dietary	g	2.4		0	6.1	4.6	
Ash	g	0.30		0	0.76	0.57	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	13	10	
Iron	mg	0.65		0	1.64	1.24	
Magnesium	mg	23		0	58	44	
Phosphorus	mg	58		0	147	110	
Potassium	mg	61		0	154	116	
Sodium	mg	188		0	476	357	
Zinc	mg	0.56		0	1.42	1.06	
Copper	mg	0.079		0	0.200	0.150	
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.202	0.152	
Riboflavin	mg	0.070		0	0.177	0.133	
Niacin	mg	0.810		0	2.049	1.539	
Pantothenic acid	mg	0.130		0	0.329	0.247	
Vitamin B-6	mg	0.045		0	0.114	0.086	
Folate	µg	7		0	18	13	
Vitamin B-12	µg	0.04		0	0.11	0.08	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.056		0	0.142	0.106	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g				
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g				
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 3/4 cup

NDB No. 08188 Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE-CINNAMON RICE KRISPIES

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	3.00		0	0.90		
Energy	kcal	373		0	112		
Energy	kj	1561		0	468		
Protein (N x 5.95)	g	5.10		0	1.53		
Total lipid (fat)	g	0.50		0	0.15		
Carbohydrate, by difference	g	89.00		0	26.70		
Fiber, total dietary	g	1.5		0	0.5		
Ash	g	2.30		0	0.69		
Sugars, total	g	37.90		0	11.37		
Minerals:							
Calcium	mg	7		0	2		
Iron	mg	6.20		0	1.86		
Magnesium	mg	26		0	8		
Phosphorus	mg	83		0	25		
Potassium	mg	103		0	31		
Sodium	mg	743		0	223		
Zinc	mg	1.10		0	0.33		
Copper	mg	0.100		0	0.030		
Manganese	mg	2.674		0	0.802		
Selenium	µg	15.4		0	4.6		
Vitamins:							
Ascorbic acid	mg	51.7		0	15.5		
Thiamin	mg	1.300		0	0.390		
Riboflavin	mg	1.500		0	0.450		
Niacin	mg	17.200		0	5.160		
Pantothenic acid	mg	0.927		0	0.278		
Vitamin B-6	mg	1.700		0	0.510		
Folate	µg	300		0	90		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	2586		0	776		
Vitamin A, RE	µg	777		0	233		
Vitamin E, α-TE	mg	0.446		0	0.134		
Lipids:							
Saturated, total	g	0.000		0	0.000		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.001		0	0.000		
14:0	g	0.003		0	0.001		
15.0	g						
16:0	g	0.093		0	0.028		
17:0	g						
18:0	g	0.010		0	0.003		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.000	0	0.000
14:1	g			
16:1	g	0.002	0	0.001
18:1	g	0.194	0	0.058
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.500	0	0.150
18:2	g	0.186	0	0.056
18:3	g	0.008	0	0.002
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.055	0	0.017
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3/4 cup (1 NLEA serving)

NDB No. 08189 Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 55g	Measure 2*	Measure 3*
Proximates:							
Water	g	3.50		0	1.93		
Energy	kcal	388		0	213		
Energy	kj	1623		0	893		
Protein (N x 5.95)	g	8.40		0	4.62		
Total lipid (fat)	g	5.90		0	3.25		
Carbohydrate, by difference	g	80.30		0	44.16		
Fiber, total dietary	g	5.9		0	3.2		
Ash	g	1.90		0	1.04		
Sugars, total	g	24.50		0	13.47		
Minerals:							
Calcium	mg	41		0	23		
Iron	mg	3.70		0	2.04		
Magnesium	mg	85		0	47		
Phosphorus	mg	245		0	135		
Potassium	mg	250		0	138		
Sodium	mg	245		0	135		
Zinc	mg	7.70		0	4.24		
Copper	mg	0.200		0	0.110		
Manganese	mg	2.756		0	1.516		
Selenium	µg	17.3		0	9.5		
Vitamins:							
Ascorbic acid	mg	3.0		0	1.6		
Thiamin	mg	0.800		0	0.440		
Riboflavin	mg	0.900		0	0.495		
Niacin	mg	10.200		0	5.610		
Pantothenic acid	mg	0.000		0	0.000		
Vitamin B-6	mg	1.000		0	0.550		
Folate	µg	200		0	110		
Vitamin B-12	µg	3.10		0	1.71		
Vitamin A	IU	1531		0	842		
Vitamin A, RE	µg	460		0	253		
Vitamin E, α-TE	mg	0.000		0	0.000		
Lipids:							
Saturated, total	g	0.900		0	0.495		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.005		0	0.003		
10:0	g	0.000		0	0.000		
12:0	g	0.005		0	0.003		
14:0	g	0.016		0	0.009		
15.0	g						
16:0	g	0.902		0	0.496		
17:0	g						
18:0	g	0.172		0	0.095		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.200	0	0.660
14:1	g			
16:1	g	0.015	0	0.008
18:1	g	1.791	0	0.985
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	3.800	0	2.090
18:2	g	2.647	0	1.456
18:3	g	0.151	0	0.083
18:4	g	0.000	0	0.000
20:4	g	0.001	0	0.001
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 cup (1 NLEA serving)

NDB No. 08190 Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP WITH APPLES

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 55g	Measure 2*	Measure 3*
Proximates:							
Water	g	2.44		6	1.34		
Energy	kcal	373		0	205		
Energy	kj	1561		0	859		
Protein (N x 5.95)	g	7.88		6	4.33		
Total lipid (fat)	g	3.34		6	1.84		
Carbohydrate, by difference	g	84.02		0	46.21		
Fiber, total dietary	g	8.1		6	4.5		
Ash	g	2.32		6	1.28		
Sugars, total	g	35.17		6	19.34		
Minerals:							
Calcium	mg	42		6	23		
Iron	mg	8.18		0	4.50		
Magnesium	mg	82		6	45		
Phosphorus	mg	221		6	122		
Potassium	mg	290		6	160		
Sodium	mg	512		6	282		
Zinc	mg	6.82		0	3.75		
Copper	mg	0.240		6	0.132		
Manganese	mg	2.049		0	1.127		
Selenium	µg	17.3		0	9.5		
Vitamins:							
Ascorbic acid	mg	16.4		0	9.0		
Thiamin	mg	0.680		0	0.374		
Riboflavin	mg	0.770		0	0.424		
Niacin	mg	9.090		0	5.000		
Pantothenic acid	mg	0.772		0	0.425		
Vitamin B-6	mg	0.910		0	0.501		
Folate	µg	181		0	100		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.783		0	0.431		
Lipids:							
Saturated, total	g	0.690		6	0.379		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.007		0	0.004		
14:0	g	0.004		0	0.002		
15.0	g						
16:0	g	0.355		0	0.195		
17:0	g						
18:0	g	0.033		0	0.018		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.100	6	0.605
14:1	g			
16:1	g	0.004	0	0.002
18:1	g	0.883	0	0.486
20:1	g	0.002	0	0.001
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.370	6	0.204
18:2	g	0.803	0	0.442
18:3	g	0.038	0	0.021
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (1 NLEA serving)

NDB No. 08194 Cereals ready-to-eat, GENERAL MILLS, REESE'S PEANUT BUTTER PUFFS

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	1.92		1	0.58		
Energy	kcal	431		0	129		
Energy	kj	1803		0	541		
Protein (N x 5.95)	g	8.57		1	2.57		
Total lipid (fat)	g	10.65		1	3.19		
Carbohydrate, by difference	g	76.60		0	22.98		
Fiber, total dietary	g	1.3		1	0.4		
Ash	g	2.31		1	0.69		
Sugars, total	g	38.70		1	11.61		
Minerals:							
Calcium	mg	70		1	21		
Iron	mg	15.00		0	4.50		
Magnesium	mg	53		1	16		
Phosphorus	mg	144		1	43		
Potassium	mg	205		1	62		
Sodium	mg	591		1	177		
Zinc	mg	12.50		0	3.75		
Copper	mg	0.210		1	0.063		
Manganese	mg	0.976		0	0.293		
Selenium	µg	6.5		0	2.0		
Vitamins:							
Ascorbic acid	mg	50.0		0	15.0		
Thiamin	mg	1.250		0	0.375		
Riboflavin	mg	1.420		0	0.426		
Niacin	mg	16.670		0	5.001		
Pantothenic acid	mg	0.463		0	0.139		
Vitamin B-6	mg	1.670		0	0.501		
Folate	µg	333		0	100		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	2500		0	750		
Vitamin A, RE	µg	751		0	225		
Vitamin E, α-TE	mg	1.884		0	0.565		
Lipids:							
Saturated, total	g	2.120		1	0.636		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.005		0	0.002		
14:0	g	0.009		0	0.003		
15.0	g						
16:0	g	1.081		0	0.324		
17:0	g						
18:0	g	0.362		0	0.109		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.770	1	1.431
14:1	g			
16:1	g	0.006	0	0.002
18:1	g	4.024	0	1.207
20:1	g	0.082	0	0.025
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	2.000	1	0.600
18:2	g	2.963	0	0.889
18:3	g	0.064	0	0.019
18:4	g	0.000	0	0.000
20:4	g	0.025	0	0.008
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3/4 cup (1 NLEA serving)

NDB No. 08195 Cereals ready-to-eat, HEALTHY CHOICE, KELLOGG'S Almond Crunch with Raisins

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 55g	Measure 2*	Measure 3*
Proximates:							
Water	g	5.84		0	3.21		
Energy	kcal	360		0	198		
Energy	kj	1506		0	828		
Protein (N x 5.95)	g	8.70		0	4.78		
Total lipid (fat)	g	4.66		0	2.56		
Carbohydrate, by difference	g	78.60		0	43.23		
Fiber, total dietary	g	8.4		0	4.6		
Ash	g	2.20		0	1.21		
Sugars, total	g	28.10		0	15.46		
Minerals:							
Calcium	mg	49		0	27		
Iron	mg	10.90		0	6.00		
Magnesium	mg	89		0	49		
Phosphorus	mg	236		0	130		
Potassium	mg	360		0	198		
Sodium	mg	391		0	215		
Zinc	mg	2.60		0	1.43		
Copper	mg	0.300		0	0.165		
Manganese	mg	2.191		0	1.205		
Selenium	µg	8.3		0	4.6		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.900		0	0.495		
Riboflavin	mg	1.000		0	0.550		
Niacin	mg	12.100		0	6.655		
Pantothenic acid	mg	6.000		0	3.300		
Vitamin B-6	mg	1.200		0	0.660		
Folate	µg	200		0	110		
Vitamin B-12	µg	3.60		0	1.98		
Vitamin A	IU	862		0	474		
Vitamin A, RE	µg	86		0	47		
Vitamin E, α-TE	mg	5.200		0	2.860		
Lipids:							
Saturated, total	g	0.680		0	0.374		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.004		0	0.002		
10:0	g	0.000		0	0.000		
12:0	g	0.001		0	0.001		
14:0	g	0.004		0	0.002		
15.0	g						
16:0	g	0.250		0	0.138		
17:0	g						
18:0	g	0.031		0	0.017		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.260	0	1.243
14:1	g			
16:1	g	0.007	0	0.004
18:1	g	0.392	0	0.216
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	1.420	0	0.781
18:2	g	0.731	0	0.402
18:3	g	0.047	0	0.026
18:4	g	0.000	0	0.000
20:4	g	0.001	0	0.001
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (1 NLEA serving)

NDB No. 08196 Cereals ready-to-eat, KELLOGG, POP-TARTS CRUNCH Frosted Strawberry

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	2.30		0	0.69		
Energy	kcal	393		0	118		
Energy	kj	1644		0	493		
Protein (N x 5.95)	g	4.50		0	1.35		
Total lipid (fat)	g	2.70		0	0.81		
Carbohydrate, by difference	g	89.20		0	26.76		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	1.30		0	0.39		
Sugars, total	g	51.50		0	15.45		
Minerals:							
Calcium	mg	8		0	2		
Iron	mg	13.60		0	4.08		
Magnesium	mg	32		0	10		
Phosphorus	mg	58		0	17		
Potassium	mg	91		0	27		
Sodium	mg	379		0	114		
Zinc	mg	11.40		0	3.42		
Copper	mg	0.100		0	0.030		
Manganese	mg	0.927		0	0.278		
Selenium	µg	7.3		0	2.2		
Vitamins:							
Ascorbic acid	mg	46.0		0	13.8		
Thiamin	mg	1.100		0	0.330		
Riboflavin	mg	1.300		0	0.390		
Niacin	mg	15.200		0	4.560		
Pantothenic acid	mg	0.000		0	0.000		
Vitamin B-6	mg	1.500		0	0.450		
Folate	µg	300		0	90		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	2273		0	682		
Vitamin A, RE	µg	682		0	205		
Vitamin E, α-TE	mg	0.275		0	0.083		
Lipids:							
Saturated, total	g	1.100		0	0.330		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.025		0	0.008		
10:0	g	0.025		0	0.008		
12:0	g	0.213		0	0.064		
14:0	g	0.087		0	0.026		
15.0	g						
16:0	g	0.359		0	0.108		
17:0	g						
18:0	g	0.172		0	0.052		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.800	0	0.240
14:1	g			
16:1	g	0.005	0	0.002
18:1	g	0.761	0	0.228
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.900	0	0.270
18:2	g	0.774	0	0.232
18:3	g	0.040	0	0.012
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3/4 cup (1 NLEA serving)

NDB No. 08199 Cereals ready-to-eat, HEALTHY CHOICE, KELLOGG'S Toasted Brown Sugar Squares

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 55g	Measure 2*	Measure 3*
Proximates:							
Water	g	5.00		0	2.75		
Energy	kcal	344		0	189		
Energy	kj	1439		0	791		
Protein (N x 5.95)	g	9.50		0	5.22		
Total lipid (fat)	g	1.90		0	1.04		
Carbohydrate, by difference	g	81.80		0	44.99		
Fiber, total dietary	g	9.3		0	5.1		
Ash	g	1.90		0	1.04		
Sugars, total	g	16.70		0	9.19		
Minerals:							
Calcium	mg	34		0	19		
Iron	mg	11.70		0	6.43		
Magnesium	mg	108		0	59		
Phosphorus	mg	353		0	194		
Potassium	mg	389		0	214		
Sodium	mg	3		0	2		
Zinc	mg	2.80		0	1.54		
Copper	mg	0.200		0	0.110		
Manganese	mg	2.900		0	1.595		
Selenium	µg	12.3		0	6.8		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	1.000		0	0.550		
Riboflavin	mg	1.100		0	0.605		
Niacin	mg	13.000		0	7.150		
Pantothenic acid	mg	6.500		0	3.575		
Vitamin B-6	mg	1.300		0	0.715		
Folate	µg	200		0	110		
Vitamin B-12	µg	3.90		0	2.15		
Vitamin A	IU	926		0	509		
Vitamin A, RE	µg	93		0	51		
Vitamin E, α-TE	mg	5.450		0	2.998		
Lipids:							
Saturated, total	g	0.330		0	0.182		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.016		0	0.009		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.003		0	0.002		
15.0	g						
16:0	g	0.278		0	0.153		
17:0	g						
18:0	g	0.017		0	0.009		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.280	0	0.154
14:1	g			
16:1	g	0.012	0	0.007
18:1	g	0.271	0	0.149
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.780	0	0.429
18:2	g	0.735	0	0.404
18:3	g	0.037	0	0.020
18:4	g	0.000	0	0.000
20:4	g	0.002	0	0.001
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1-1/4 cup (1 NLEA serving)

NDB No. 08200 Cereals, QUAKER, QUAKER MultiGrain Oatmeal, 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	Samples	Measure 1* 40g	Measure 2*	Measure 3*
Proximates:							
Water	g	11.07		0	4.43		
Energy	kcal	333		0	133		
Energy	kj	1393		0	557		
Protein (N x 5.95)	g	11.30		0	4.52		
Total lipid (fat)	g	2.58		0	1.03		
Carbohydrate, by difference	g	73.44		0	29.38		
Fiber, total dietary	g	12.0		0	4.8		
Ash	g	1.59		0	0.64		
Sugars, total	g						
Minerals:							
Calcium	mg	34		0	14		
Iron	mg	2.98		0	1.19		
Magnesium	mg	115		0	46		
Phosphorus	mg	346		0	138		
Potassium	mg	411		0	164		
Sodium	mg	3		0	1		
Zinc	mg	3.20		0	1.28		
Copper	mg	0.440		0	0.176		
Manganese	mg	2.620		0	1.048		
Selenium	µg	41.7		0	16.7		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.290		0	0.116		
Riboflavin	mg	0.130		0	0.052		
Niacin	mg	3.570		0	1.428		
Pantothenic acid	mg	0.500		0	0.200		
Vitamin B-6	mg	0.240		0	0.096		
Folate	µg	26		0	10		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	7		0	3		
Vitamin A, RE	µg	1		0	0		
Vitamin E, α-TE	mg	0.597		0	0.239		
Lipids:							
Saturated, total	g	0.520		0	0.208		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.003		0	0.001		
10:0	g	0.000		0	0.000		
12:0	g	0.005		0	0.002		
14:0	g	0.005		0	0.002		
15.0	g						
16:0	g	0.359		0	0.144		
17:0	g						
18:0	g	0.019		0	0.008		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.570	0	0.228
14:1	g			
16:1	g	0.008	0	0.003
18:1	g	0.551	0	0.220
20:1	g	0.004	0	0.002
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	1.280	0	0.512
18:2	g	0.952	0	0.381
18:3	g	0.083	0	0.033
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 cup (1 NLEA serving)

NDB No. 08202 Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP WITH ALMONDS

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 55g	Measure 2*	Measure 3*
Proximates:							
Water	g	2.36		6	1.30		
Energy	kcal	398		0	219		
Energy	kj	1665		0	916		
Protein (N x 5.95)	g	10.58		6	5.82		
Total lipid (fat)	g	8.36		6	4.60		
Carbohydrate, by difference	g	76.28		0	41.95		
Fiber, total dietary	g	7.9		6	4.3		
Ash	g	2.42		6	1.33		
Sugars, total	g	28.15		6	15.48		
Minerals:							
Calcium	mg	65		6	36		
Iron	mg	8.18		0	4.50		
Magnesium	mg	104		6	57		
Phosphorus	mg	262		6	144		
Potassium	mg	336		6	185		
Sodium	mg	455		6	250		
Zinc	mg	6.82		0	3.75		
Copper	mg	0.330		6	0.182		
Manganese	mg	2.014		0	1.108		
Selenium	µg	17.3		0	9.5		
Vitamins:							
Ascorbic acid	mg	16.4		0	9.0		
Thiamin	mg	0.680		0	0.374		
Riboflavin	mg	0.770		0	0.424		
Niacin	mg	9.090		0	5.000		
Pantothenic acid	mg	0.635		0	0.349		
Vitamin B-6	mg	0.910		0	0.501		
Folate	µg	181		0	100		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	5.716		0	3.144		
Lipids:							
Saturated, total	g	1.030		6	0.567		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.010		0	0.006		
14:0	g	0.035		0	0.019		
15.0	g						
16:0	g	0.802		0	0.441		
17:0	g						
18:0	g	0.132		0	0.073		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.410	6	2.426
14:1	g			
16:1	g	0.034	0	0.019
18:1	g	4.176	0	2.297
20:1	g	0.005	0	0.003
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	2.000	6	1.100
18:2	g	2.067	0	1.137
18:3	g	0.090	0	0.050
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (1 NLEA serving)

NDB No. 08203 Cereals ready-to-eat, GENERAL MILLS, SUN CRUNCHERS

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 55g	Measure 2*	Measure 3*
Proximates:							
Water	g	2.80		6	1.54		
Energy	kcal	392		0	216		
Energy	kj	1640		0	902		
Protein (N x 5.95)	g	8.83		6	4.86		
Total lipid (fat)	g	5.74		6	3.16		
Carbohydrate, by difference	g	79.53		0	43.74		
Fiber, total dietary	g	4.0		6	2.2		
Ash	g	3.08		6	1.69		
Sugars, total	g	29.97		6	16.48		
Minerals:							
Calcium	mg	155		6	85		
Iron	mg	8.18		0	4.50		
Magnesium	mg	79		6	43		
Phosphorus	mg	312		6	172		
Potassium	mg	236		6	130		
Sodium	mg	691		6	380		
Zinc	mg	1.45		0	0.80		
Copper	mg	0.290		6	0.160		
Manganese	mg	1.784		0	0.981		
Selenium	µg	10.2		0	5.6		
Vitamins:							
Ascorbic acid	mg	27.3		0	15.0		
Thiamin	mg	0.680		0	0.374		
Riboflavin	mg	0.770		0	0.424		
Niacin	mg	9.090		0	5.000		
Pantothenic acid	mg	0.811		0	0.446		
Vitamin B-6	mg	0.910		0	0.501		
Folate	µg	181		0	100		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	1363		0	750		
Vitamin A, RE	µg	409		0	225		
Vitamin E, α-TE	mg	0.102		0	0.056		
Lipids:							
Saturated, total	g	0.620		6	0.341		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.001		0	0.001		
15.0	g						
16:0	g	0.424		0	0.233		
17:0	g						
18:0	g	0.174		0	0.096		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.720	6	2.046
14:1	g			
16:1	g	0.002	0	0.001
18:1	g	2.441	0	1.343
20:1	g	0.022	0	0.012
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.600	6	0.330
18:2	g	1.789	0	0.984
18:3	g	0.040	0	0.022
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (1 NLEA serving)

NDB No. 08207 Cereals ready-to-eat, HEALTHY CHOICE from KELLOGG'S Multi-Grain Flakes

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	3.00		0	0.90		
Energy	kcal	346		0	104		
Energy	kj	1448		0	434		
Protein (N x 5.95)	g	8.50		0	2.55		
Total lipid (fat)	g	1.20		0	0.36		
Carbohydrate, by difference	g	84.10		0	25.23		
Fiber, total dietary	g	9.4		0	2.8		
Ash	g	3.20		0	0.96		
Sugars, total	g	20.70		0	6.21		
Minerals:							
Calcium	mg	29		0	9		
Iron	mg	21.00		0	6.30		
Magnesium	mg	97		0	29		
Phosphorus	mg	288		0	86		
Potassium	mg	334		0	100		
Sodium	mg	580		0	174		
Zinc	mg	5.00		0	1.50		
Copper	mg	0.200		0	0.060		
Manganese	mg	2.900		0	0.870		
Selenium	µg	10.3		0	3.1		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	1.800		0	0.540		
Riboflavin	mg	2.000		0	0.600		
Niacin	mg	23.300		0	6.990		
Pantothenic acid	mg	11.700		0	3.510		
Vitamin B-6	mg	2.300		0	0.690		
Folate	µg	300		0	90		
Vitamin B-12	µg	7.00		0	2.10		
Vitamin A	IU	1667		0	500		
Vitamin A, RE	µg	467		0	140		
Vitamin E, α-TE	mg	10.000		0	3.000		
Lipids:							
Saturated, total	g	0.100		0	0.030		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.001		0	0.000		
15.0	g						
16:0	g	0.089		0	0.027		
17:0	g						
18:0	g	0.007		0	0.002		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.500	0	0.150
14:1	g			
16:1	g	0.007	0	0.002
18:1	g	0.493	0	0.148
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.600	0	0.180
18:2	g	0.566	0	0.170
18:3	g	0.034	0	0.010
18:4	g	0.000	0	0.000
20:4	g	0.001	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (1 NLEA serving)

NDB No. 08208 Cereals ready-to-eat, KELLOGG, TEMPTATIONS, French Vanilla Almond

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	2.80		0	0.84		
Energy	kcal	398		0	119		
Energy	kj	1665		0	500		
Protein (N x 5.95)	g	7.10		0	2.13		
Total lipid (fat)	g	5.50		0	1.65		
Carbohydrate, by difference	g	82.40		0	24.72		
Fiber, total dietary	g	2.6		0	0.8		
Ash	g	2.20		0	0.66		
Sugars, total	g	29.20		0	8.76		
Minerals:							
Calcium	mg	36		0	11		
Iron	mg	17.30		0	5.19		
Magnesium	mg	23		0	7		
Phosphorus	mg	68		0	20		
Potassium	mg	136		0	41		
Sodium	mg	690		0	207		
Zinc	mg	0.70		0	0.21		
Copper	mg	0.100		0	0.030		
Manganese	mg	0.457		0	0.137		
Selenium	µg	14.5		0	4.3		
Vitamins:							
Ascorbic acid	mg	57.7		0	17.3		
Thiamin	mg	1.400		0	0.420		
Riboflavin	mg	1.600		0	0.480		
Niacin	mg	19.200		0	5.760		
Pantothenic acid	mg	0.000		0	0.000		
Vitamin B-6	mg	1.900		0	0.570		
Folate	µg	400		0	120		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	2885		0	866		
Vitamin A, RE	µg	866		0	260		
Vitamin E, α-TE	mg	2.760		0	0.828		
Lipids:							
Saturated, total	g	3.500		0	1.050		
4:0	g	0.058		0	0.017		
6.0	g	0.038		0	0.011		
8:0	g	0.080		0	0.024		
10:0	g	0.113		0	0.034		
12:0	g	0.908		0	0.272		
14:0	g	0.482		0	0.145		
15.0	g						
16:0	g	0.918		0	0.275		
17:0	g						
18:0	g	0.386		0	0.116		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.200	0	0.360
14:1	g			
16:1	g	0.042	0	0.013
18:1	g	1.961	0	0.588
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.800	0	0.240
18:2	g	0.756	0	0.227
18:3	g	0.055	0	0.017
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3/4 cup (1 NLEA serving)

NDB No. 08209 Cereals ready-to-eat, KELLOGG, TEMPTATIONS, Honey Roasted Pecan

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	2.80		0	0.84		
Energy	kcal	408		0	122		
Energy	kj	1707		0	512		
Protein (N x 5.95)	g	6.00		0	1.80		
Total lipid (fat)	g	7.50		0	2.25		
Carbohydrate, by difference	g	81.40		0	24.42		
Fiber, total dietary	g	2.3		0	0.7		
Ash	g	2.40		0	0.72		
Sugars, total	g	32.20		0	9.66		
Minerals:							
Calcium	mg	2		0	1		
Iron	mg	15.50		0	4.65		
Magnesium	mg	9		0	3		
Phosphorus	mg	25		0	8		
Potassium	mg	96		0	29		
Sodium	mg	828		0	248		
Zinc	mg	0.40		0	0.12		
Copper	mg	0.000		0	0.000		
Manganese	mg	0.551		0	0.165		
Selenium	µg	5.1		0	1.5		
Vitamins:							
Ascorbic acid	mg	51.7		0	15.5		
Thiamin	mg	1.300		0	0.390		
Riboflavin	mg	1.500		0	0.450		
Niacin	mg	17.200		0	5.160		
Pantothenic acid	mg	0.000		0	0.000		
Vitamin B-6	mg	1.700		0	0.510		
Folate	µg	300		0	90		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	2586		0	776		
Vitamin A, RE	µg	776		0	233		
Vitamin E, α-TE	mg	0.461		0	0.138		
Lipids:							
Saturated, total	g	1.700		0	0.510		
4:0	g	0.067		0	0.020		
6.0	g	0.040		0	0.012		
8:0	g	0.023		0	0.007		
10:0	g	0.052		0	0.016		
12:0	g	0.059		0	0.018		
14:0	g	0.210		0	0.063		
15.0	g						
16:0	g	0.946		0	0.284		
17:0	g						
18:0	g	0.340		0	0.102		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.900	0	1.170
14:1	g			
16:1	g	0.071	0	0.021
18:1	g	3.749	0	1.125
20:1	g	0.034	0	0.010
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	1.900	0	0.570
18:2	g	1.566	0	0.470
18:3	g	0.091	0	0.027
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (1 NLEA serving)

NDB No. 08210 Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 50g	Measure 2*	Measure 3*
Proximates:							
Water	g	4.00		0	2.00		
Energy	kcal	379		0	190		
Energy	kj	1586		0	793		
Protein (N x 5.95)	g	8.71		0	4.36		
Total lipid (fat)	g	3.47		0	1.74		
Carbohydrate, by difference	g	80.80		0	40.40		
Fiber, total dietary	g	5.9		0	3.0		
Ash	g	3.00		0	1.50		
Sugars, total	g						
Minerals:							
Calcium	mg	269		0	135		
Iron	mg	15.08		0	7.54		
Magnesium	mg	83		0	42		
Phosphorus	mg	362		0	181		
Potassium	mg	226		0	113		
Sodium	mg	440		0	220		
Zinc	mg	12.57		0	6.29		
Copper	mg	0.220		0	0.110		
Manganese	mg	3.260		0	1.630		
Selenium	µg	23.6		0	11.8		
Vitamins:							
Ascorbic acid	mg	0.2		0	0.1		
Thiamin	mg	1.250		0	0.625		
Riboflavin	mg	1.420		0	0.710		
Niacin	mg	16.760		0	8.380		
Pantothenic acid	mg	0.570		0	0.285		
Vitamin B-6	mg	1.670		0	0.835		
Folate	µg	335		0	168		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	31		0	16		
Vitamin A, RE	µg	3		0	2		
Vitamin E, α-TE	mg	0.450		0	0.225		
Lipids:							
Saturated, total	g	0.650		0	0.325		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.007		0	0.004		
14:0	g	0.004		0	0.002		
15.0	g						
16:0	g	0.539		0	0.270		
17:0	g						
18:0	g	0.046		0	0.023		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.140	0	0.570
14:1	g			
16:1	g	0.005	0	0.003
18:1	g	1.101	0	0.551
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	1.540	0	0.770
18:2	g	1.431	0	0.716
18:3	g	0.062	0	0.031
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (1 NLEA serving)

NDB No. 08211 Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 27g	Measure 2*	Measure 3*
Proximates:							
Water	g	1.70		0	0.46		
Energy	kcal	414		0	112		
Energy	kj	1732		0	468		
Protein (N x 5.95)	g	5.00		0	1.35		
Total lipid (fat)	g	7.07		0	1.91		
Carbohydrate, by difference	g	84.24		0	22.74		
Fiber, total dietary	g	2.6		0	0.7		
Ash	g	1.98		0	0.53		
Sugars, total	g						
Minerals:							
Calcium	mg	46		0	12		
Iron	mg	16.72		0	4.51		
Magnesium	mg	47		0	13		
Phosphorus	mg	155		0	42		
Potassium	mg	167		0	45		
Sodium	mg	659		0	178		
Zinc	mg	13.93		0	3.76		
Copper	mg	0.160		0	0.043		
Manganese	mg	0.680		0	0.184		
Selenium	µg	8.5		0	2.3		
Vitamins:							
Ascorbic acid	mg	44.6		0	12.0		
Thiamin	mg	1.390		0	0.375		
Riboflavin	mg	1.580		0	0.427		
Niacin	mg	18.580		0	5.017		
Pantothenic acid	mg	0.310		0	0.084		
Vitamin B-6	mg	1.850		0	0.500		
Folate	µg	372		0	100		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	3717		0	1004		
Vitamin A, RE	µg	1116		0	301		
Vitamin E, α-TE	mg	0.403		0	0.109		
Lipids:							
Saturated, total	g	2.038		0	0.550		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.005		0	0.001		
12:0	g	0.005		0	0.001		
14:0	g	0.036		0	0.010		
15.0	g						
16:0	g	1.169		0	0.316		
17:0	g						
18:0	g	0.741		0	0.200		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.941	0	1.064
14:1	g			
16:1	g	0.066	0	0.018
18:1	g	3.758	0	1.015
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	1.024	0	0.276
18:2	g	0.952	0	0.257
18:3	g	0.044	0	0.012
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3/4 cup (1 NLEA serving)

NDB No. 08212 Cereals ready-to-eat, QUAKER, SUN COUNTRY Granola with Almonds

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 57g	Measure 2*	Measure 3*
Proximates:							
Water	g	1.37		0	0.78		
Energy	kcal	467		0	266		
Energy	kj	1954		0	1114		
Protein (N x 5.95)	g	11.77		0	6.71		
Total lipid (fat)	g	18.02		0	10.27		
Carbohydrate, by difference	g	67.20		0	38.30		
Fiber, total dietary	g	5.2		0	3.0		
Ash	g	1.62		0	0.92		
Sugars, total	g						
Minerals:							
Calcium	mg	86		0	49		
Iron	mg	4.35		0	2.48		
Magnesium	mg	91		0	52		
Phosphorus	mg	294		0	168		
Potassium	mg	388		0	221		
Sodium	mg	33		0	19		
Zinc	mg	2.00		0	1.14		
Copper	mg	0.290		0	0.165		
Manganese	mg	2.680		0	1.528		
Selenium	µg	17.3		0	9.9		
Vitamins:							
Ascorbic acid	mg	0.1		0	0.1		
Thiamin	mg	0.310		0	0.177		
Riboflavin	mg	0.180		0	0.103		
Niacin	mg	0.950		0	0.542		
Pantothenic acid	mg	0.570		0	0.325		
Vitamin B-6	mg	0.120		0	0.068		
Folate	µg	34		0	19		
Vitamin B-12	µg	0.07		0	0.04		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	2.094		0	1.194		
Lipids:							
Saturated, total	g	2.220		0	1.265		
4:0	g	0.002		0	0.001		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.001		0	0.001		
12:0	g	0.019		0	0.011		
14:0	g	0.036		0	0.021		
15.0	g						
16:0	g	1.609		0	0.917		
17:0	g						
18:0	g	0.404		0	0.230		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.840	0	3.329
14:1	g			
16:1	g	0.047	0	0.027
18:1	g	5.596	0	3.190
20:1	g	0.003	0	0.002
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	3.180	0	1.813
18:2	g	2.912	0	1.660
18:3	g	0.166	0	0.095
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 cup (1 NLEA serving)

NDB No. 08213 Cereals ready-to-eat, QUAKER, SUN COUNTRY Granola, Raisin and Date

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 31g	Measure 2*	Measure 3*
Proximates:							
Water	g	2.82		0	0.87		
Energy	kcal	436		0	135		
Energy	kj	1824		0	565		
Protein (N x 5.95)	g	9.74		0	3.02		
Total lipid (fat)	g	13.63		0	4.23		
Carbohydrate, by difference	g	72.20		0	22.38		
Fiber, total dietary	g	6.0		0	1.9		
Ash	g	1.59		0	0.49		
Sugars, total	g						
Minerals:							
Calcium	mg	77		0	24		
Iron	mg	4.16		0	1.29		
Magnesium	mg	84		0	26		
Phosphorus	mg	296		0	92		
Potassium	mg	428		0	133		
Sodium	mg	25		0	8		
Zinc	mg	1.60		0	0.50		
Copper	mg	0.270		0	0.084		
Manganese	mg	2.320		0	0.719		
Selenium	µg	17.3		0	5.4		
Vitamins:							
Ascorbic acid	mg	0.4		0	0.1		
Thiamin	mg	0.280		0	0.087		
Riboflavin	mg	0.210		0	0.065		
Niacin	mg	0.830		0	0.257		
Pantothenic acid	mg	0.540		0	0.167		
Vitamin B-6	mg	0.130		0	0.040		
Folate	µg	31		0	10		
Vitamin B-12	µg	0.20		0	0.06		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	1.557		0	0.483		
Lipids:							
Saturated, total	g	2.070		0	0.642		
4:0	g	0.002		0	0.001		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.001		0	0.000		
12:0	g	0.018		0	0.006		
14:0	g	0.021		0	0.007		
15.0	g						
16:0	g	1.498		0	0.464		
17:0	g						
18:0	g	0.394		0	0.122		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.590	0	1.423
14:1	g			
16:1	g	0.036	0	0.011
18:1	g	4.410	0	1.367
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	2.590	0	0.803
18:2	g	2.363	0	0.733
18:3	g	0.145	0	0.045
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 cup (1 NLEA serving)

NDB No. 08214 Cereals ready-to-eat, QUAKER, QUAKER OATMEAL SQUARES

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 56g	Measure 2*	Measure 3*
Proximates:							
Water	g	2.39		0	1.34		
Energy	kcal	386		0	216		
Energy	kj	1615		0	904		
Protein (N x 5.95)	g	12.99		0	7.27		
Total lipid (fat)	g	4.62		0	2.59		
Carbohydrate, by difference	g	77.35		0	43.32		
Fiber, total dietary	g	7.6		0	4.3		
Ash	g	2.63		0	1.47		
Sugars, total	g						
Minerals:							
Calcium	mg	64		0	36		
Iron	mg	28.00		0	15.68		
Magnesium	mg	125		0	70		
Phosphorus	mg	332		0	186		
Potassium	mg	407		0	228		
Sodium	mg	470		0	263		
Zinc	mg	7.54		0	4.22		
Copper	mg	0.420		0	0.235		
Manganese	mg	3.530		0	1.977		
Selenium	µg	17.3		0	9.7		
Vitamins:							
Ascorbic acid	mg	12.1		0	6.8		
Thiamin	mg	0.750		0	0.420		
Riboflavin	mg	0.850		0	0.476		
Niacin	mg	10.050		0	5.628		
Pantothenic acid	mg	0.780		0	0.437		
Vitamin B-6	mg	1.000		0	0.560		
Folate	µg	201		0	113		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	1005		0	563		
Vitamin A, RE	µg	302		0	169		
Vitamin E, α-TE	mg	4.067		0	2.278		
Lipids:							
Saturated, total	g	0.850		0	0.476		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.014		0	0.008		
14:0	g	0.009		0	0.005		
15.0	g						
16:0	g	0.712		0	0.399		
17:0	g						
18:0	g	0.044		0	0.025		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.440	0	0.806
14:1	g			
16:1	g	0.007	0	0.004
18:1	g	1.390	0	0.778
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	1.870	0	1.047
18:2	g	1.734	0	0.971
18:3	g	0.080	0	0.045
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (1 NLEA serving)

NDB No. 08215 Cereals ready-to-eat, QUAKER, QUAKER CINNAMON OATMEAL SQUARES

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 60g	Measure 2*	Measure 3*
Proximates:							
Water	g	1.91		0	1.15		
Energy	kcal	386		0	232		
Energy	kj	1615		0	969		
Protein (N x 5.95)	g	12.61		0	7.57		
Total lipid (fat)	g	4.28		0	2.57		
Carbohydrate, by difference	g	78.59		0	47.15		
Fiber, total dietary	g	7.6		0	4.6		
Ash	g	2.59		0	1.55		
Sugars, total	g						
Minerals:							
Calcium	mg	69		0	41		
Iron	mg	24.25		0	14.55		
Magnesium	mg	117		0	70		
Phosphorus	mg	303		0	182		
Potassium	mg	417		0	250		
Sodium	mg	444		0	266		
Zinc	mg	6.85		0	4.11		
Copper	mg	0.343		0	0.206		
Manganese	mg	3.220		0	1.932		
Selenium	µg	17.3		0	10.4		
Vitamins:							
Ascorbic acid	mg	11.0		0	6.6		
Thiamin	mg	0.680		0	0.408		
Riboflavin	mg	0.770		0	0.462		
Niacin	mg	9.140		0	5.484		
Pantothenic acid	mg	0.710		0	0.426		
Vitamin B-6	mg	0.910		0	0.546		
Folate	µg	183		0	110		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	914		0	548		
Vitamin A, RE	µg	275		0	165		
Vitamin E, α-TE	mg	3.698		0	2.219		
Lipids:							
Saturated, total	g	0.840		0	0.504		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.014		0	0.008		
14:0	g	0.009		0	0.005		
15.0	g						
16:0	g	0.712		0	0.427		
17:0	g						
18:0	g	0.044		0	0.026		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.440	0	0.864
14:1	g			
16:1	g	0.007	0	0.004
18:1	g	1.390	0	0.834
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	1.790	0	1.074
18:2	g	1.734	0	1.040
18:3	g	0.080	0	0.048
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (1 NLEA serving)

NDB No. 08216 Cereals ready-to-eat, QUAKER, QUAKER Oat Bran Cereal

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 57g	Measure 2*	Measure 3*
Proximates:							
Water	g	4.00		0	2.28		
Energy	kcal	373		0	213		
Energy	kj	1561		0	890		
Protein (N x 5.95)	g	14.98		0	8.54		
Total lipid (fat)	g	5.17		0	2.95		
Carbohydrate, by difference	g	72.62		0	41.39		
Fiber, total dietary	g	10.5		0	6.0		
Ash	g	3.21		0	1.83		
Sugars, total	g						
Minerals:							
Calcium	mg	53		0	30		
Iron	mg	28.00		0	15.96		
Magnesium	mg	174		0	99		
Phosphorus	mg	537		0	306		
Potassium	mg	451		0	257		
Sodium	mg	360		0	205		
Zinc	mg	6.82		0	3.89		
Copper	mg	0.310		0	0.177		
Manganese	mg	3.960		0	2.257		
Selenium	µg	30.5		0	17.4		
Vitamins:							
Ascorbic acid	mg	10.9		0	6.2		
Thiamin	mg	0.680		0	0.388		
Riboflavin	mg	0.770		0	0.439		
Niacin	mg	9.100		0	5.187		
Pantothenic acid	mg	0.850		0	0.484		
Vitamin B-6	mg	0.910		0	0.519		
Folate	µg	182		0	104		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	910		0	519		
Vitamin A, RE	µg	273		0	156		
Vitamin E, α-TE	mg	3.678		0	2.096		
Lipids:							
Saturated, total	g	0.950		0	0.542		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.015		0	0.009		
14:0	g	0.010		0	0.006		
15.0	g						
16:0	g	0.795		0	0.453		
17:0	g						
18:0	g	0.051		0	0.029		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.690	0	0.963
14:1	g			
16:1	g	0.009	0	0.005
18:1	g	1.630	0	0.929
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	2.130	0	1.214
18:2	g	1.976	0	1.126
18:3	g	0.091	0	0.052
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1-1/4 cup (1 NLEA serving)

NDB No. 08218 Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 51g	Measure 2*	Measure 3*
Proximates:							
Water	g	4.30		0	2.19		
Energy	kcal	428		0	218		
Energy	kj	1791		0	913		
Protein (N x 5.95)	g	9.49		0	4.84		
Total lipid (fat)	g	14.28		0	7.28		
Carbohydrate, by difference	g	70.25		0	35.83		
Fiber, total dietary	g	7.2		0	3.7		
Ash	g	1.66		0	0.85		
Sugars, total	g						
Minerals:							
Calcium	mg	76		0	39		
Iron	mg	3.28		0	1.67		
Magnesium	mg	94		0	48		
Phosphorus	mg	294		0	150		
Potassium	mg	419		0	214		
Sodium	mg	22		0	11		
Zinc	mg	2.12		0	1.08		
Copper	mg	0.550		0	0.281		
Manganese	mg	2.340		0	1.193		
Selenium	µg	17.3		0	8.8		
Vitamins:							
Ascorbic acid	mg	0.6		0	0.3		
Thiamin	mg	0.280		0	0.143		
Riboflavin	mg	0.170		0	0.087		
Niacin	mg	1.510		0	0.770		
Pantothenic acid	mg	0.550		0	0.281		
Vitamin B-6	mg	0.150		0	0.077		
Folate	µg	23		0	12		
Vitamin B-12	µg	0.10		0	0.05		
Vitamin A	IU	7		0	4		
Vitamin A, RE	µg	1		0	1		
Vitamin E, α-TE	mg	0.990		0	0.505		
Lipids:							
Saturated, total	g	6.260		0	3.193		
4:0	g	0.005		0	0.003		
6.0	g	0.002		0	0.001		
8:0	g	0.002		0	0.001		
10:0	g	0.003		0	0.002		
12:0	g	0.035		0	0.018		
14:0	g	0.097		0	0.049		
15.0	g						
16:0	g	4.139		0	2.111		
17:0	g						
18:0	g	1.713		0	0.874		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.220	0	3.172
14:1	g			
16:1	g	0.006	0	0.003
18:1	g	6.008	0	3.064
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	1.610	0	0.821
18:2	g	1.450	0	0.740
18:3	g	0.100	0	0.051
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	1	0	1
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 cup (1 NLEA serving)

NDB No. 08219 Cereals ready-to-eat, QUAKER, QUAKER Toasted Oatmeal Cereal, Honey Nut

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 49g	Measure 2*	Measure 3*
Proximates:							
Water	g	2.50		0	1.23		
Energy	kcal	389		0	191		
Energy	kj	1628		0	798		
Protein (N x 5.95)	g	9.98		0	4.89		
Total lipid (fat)	g	5.53		0	2.71		
Carbohydrate, by difference	g	79.50		0	38.95		
Fiber, total dietary	g	6.8		0	3.3		
Ash	g	2.47		0	1.21		
Sugars, total	g						
Minerals:							
Calcium	mg	55		0	27		
Iron	mg	9.18		0	4.50		
Magnesium	mg	109		0	53		
Phosphorus	mg	339		0	166		
Potassium	mg	377		0	185		
Sodium	mg	338		0	166		
Zinc	mg	8.00		0	3.92		
Copper	mg	0.340		0	0.167		
Manganese	mg	2.940		0	1.441		
Selenium	µg	17.3		0	8.5		
Vitamins:							
Ascorbic acid	mg	12.2		0	6.0		
Thiamin	mg	0.760		0	0.372		
Riboflavin	mg	0.860		0	0.421		
Niacin	mg	10.200		0	4.998		
Pantothenic acid	mg	0.670		0	0.328		
Vitamin B-6	mg	1.020		0	0.500		
Folate	µg	204		0	100		
Vitamin B-12	µg	0.03		0	0.01		
Vitamin A	IU	1021		0	500		
Vitamin A, RE	µg	307		0	150		
Vitamin E, α-TE	mg	4.107		0	2.012		
Lipids:							
Saturated, total	g	1.060		0	0.519		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.009		0	0.004		
14:0	g	0.013		0	0.006		
15.0	g						
16:0	g	0.772		0	0.378		
17:0	g						
18:0	g	0.212		0	0.104		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.350	0	1.151
14:1	g			
16:1	g	0.005	0	0.002
18:1	g	2.275	0	1.115
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	1.530	0	0.750
18:2	g	1.408	0	0.690
18:3	g	0.077	0	0.038
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	1	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (1 NLEA serving)

NDB No. 08220 Cereals ready-to-eat, QUAKER, QUAKER Low Fat 100% Natural Crispy Wholegrain Cereal with Raisins

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 50g	Measure 2*	Measure 3*
Proximates:							
Water	g	3.87		0	1.94		
Energy	kcal	389		0	195		
Energy	kj	1628		0	814		
Protein (N x 5.95)	g	8.30		0	4.15		
Total lipid (fat)	g	5.33		0	2.67		
Carbohydrate, by difference	g	80.68		0	40.34		
Fiber, total dietary	g	6.0		0	3.0		
Ash	g	1.79		0	0.90		
Sugars, total	g						
Minerals:							
Calcium	mg	60		0	30		
Iron	mg	2.58		0	1.29		
Magnesium	mg	79		0	40		
Phosphorus	mg	237		0	119		
Potassium	mg	338		0	169		
Sodium	mg	258		0	129		
Zinc	mg	1.84		0	0.92		
Copper	mg	0.300		0	0.150		
Manganese	mg	2.050		0	1.025		
Selenium	µg	17.3		0	8.7		
Vitamins:							
Ascorbic acid	mg	0.7		0	0.4		
Thiamin	mg	0.290		0	0.145		
Riboflavin	mg	0.110		0	0.055		
Niacin	mg	1.820		0	0.910		
Pantothenic acid	mg	0.450		0	0.225		
Vitamin B-6	mg	0.140		0	0.070		
Folate	µg	23		0	12		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	18		0	9		
Vitamin A, RE	µg	2		0	1		
Vitamin E, α-TE	mg	0.550		0	0.275		
Lipids:							
Saturated, total	g	1.500		0	0.750		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.012		0	0.006		
14:0	g	0.019		0	0.010		
15.0	g						
16:0	g	1.077		0	0.539		
17:0	g						
18:0	g	0.308		0	0.154		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.520	0	1.260
14:1	g			
16:1	g	0.004	0	0.002
18:1	g	2.436	0	1.218
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	1.070	0	0.535
18:2	g	0.979	0	0.489
18:3	g	0.058	0	0.029
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	1	0	1
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 cup (1 NLEA serving)

NDB No. 08221 Cereals, QUAKER, corn grits, instant, butter flavor, 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	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	8.81		0	2.47		
Energy	kcal	359		0	101		
Energy	kj	1502		0	421		
Protein (N x 5.95)	g	8.25		0	2.31		
Total lipid (fat)	g	4.84		0	1.36		
Carbohydrate, by difference	g	74.45		0	20.85		
Fiber, total dietary	g	4.5		0	1.3		
Ash	g	3.63		0	1.02		
Sugars, total	g	0.80		0	0.22		
Minerals:							
Calcium	mg	7		0	2		
Iron	mg	28.93		0	8.10		
Magnesium	mg	27		0	8		
Phosphorus	mg	88		0	25		
Potassium	mg	194		0	54		
Sodium	mg	1152		0	323		
Zinc	mg	0.40		0	0.11		
Copper	mg	0.070		0	0.020		
Manganese	mg	0.090		0	0.025		
Selenium	µg	16.0		0	4.5		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.630		0	0.176		
Riboflavin	mg	0.720		0	0.202		
Niacin	mg	8.460		0	2.369		
Pantothenic acid	mg	0.410		0	0.115		
Vitamin B-6	mg	0.120		0	0.034		
Folate	µg	168		0	47		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	192		0	54		
Vitamin A, RE	µg	58		0	16		
Vitamin E, α-TE	mg	0.730		0	0.204		
Lipids:							
Saturated, total	g	1.020		0	0.286		
4:0	g	0.059		0	0.017		
6.0	g	0.008		0	0.002		
8:0	g	0.011		0	0.003		
10:0	g	0.017		0	0.005		
12:0	g	0.013		0	0.004		
14:0	g	0.105		0	0.029		
15.0	g						
16:0	g	0.543		0	0.152		
17:0	g						
18:0	g	0.175		0	0.049		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.000	0	0.280
14:1	g			
16:1	g	0.035	0	0.010
18:1	g	0.922	0	0.258
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.920	0	0.258
18:2	g	0.843	0	0.236
18:3	g	0.037	0	0.010
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 packet

NDB No. 08223 Cereals, QUAKER, oatmeal, instant, POWER RANGERS fruit punch flavor, 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	Samples	Measure 1* 40g	Measure 2*	Measure 3*
Proximates:							
Water	g	6.10		0	2.44		
Energy	kcal	373		0	149		
Energy	kj	1561		0	624		
Protein (N x 5.95)	g	8.87		0	3.55		
Total lipid (fat)	g	5.12		0	2.05		
Carbohydrate, by difference	g	76.53		0	30.61		
Fiber, total dietary	g	6.4		0	2.6		
Ash	g	3.37		0	1.35		
Sugars, total	g						
Minerals:							
Calcium	mg	440		0	176		
Iron	mg	15.46		0	6.18		
Magnesium	mg	87		0	35		
Phosphorus	mg	302		0	121		
Potassium	mg	247		0	99		
Sodium	mg	412		0	165		
Zinc	mg	1.99		0	0.80		
Copper	mg	0.210		0	0.084		
Manganese	mg	2.760		0	1.104		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.880		0	0.352		
Riboflavin	mg	0.560		0	0.224		
Niacin	mg	9.580		0	3.832		
Pantothenic acid	mg	0.410		0	0.164		
Vitamin B-6	mg	1.040		0	0.416		
Folate	µg	270		0	108		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	3182		0	1273		
Vitamin A, RE	µg	956		0	382		
Vitamin E, α-TE	mg	0.376		0	0.150		
Lipids:							
Saturated, total	g	0.990		0	0.396		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.014		0	0.006		
14:0	g	0.007		0	0.003		
15.0	g						
16:0	g	0.771		0	0.308		
17:0	g						
18:0	g	0.113		0	0.045		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.000	0	0.800
14:1	g			
16:1	g	0.006	0	0.002
18:1	g	1.933	0	0.773
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	1.450	0	0.580
18:2	g	1.346	0	0.538
18:3	g	0.059	0	0.024
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 packet

NDB No. 08224 Cereals, QUAKER, oatmeal, instant, CINNAMAGIC, 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	Samples	Measure 1* 40g	Measure 2*	Measure 3*
Proximates:							
Water	g	8.19		0	3.28		
Energy	kcal	360		0	144		
Energy	kj	1506		0	602		
Protein (N x 5.95)	g	9.45		0	3.78		
Total lipid (fat)	g	4.89		0	1.96		
Carbohydrate, by difference	g	73.98		0	29.59		
Fiber, total dietary	g	7.4		0	3.0		
Ash	g	3.48		0	1.39		
Sugars, total	g						
Minerals:							
Calcium	mg	444		0	178		
Iron	mg	15.72		0	6.29		
Magnesium	mg	93		0	37		
Phosphorus	mg	324		0	130		
Potassium	mg	295		0	118		
Sodium	mg	412		0	165		
Zinc	mg	2.13		0	0.85		
Copper	mg	0.230		0	0.092		
Manganese	mg	2.950		0	1.180		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.3		0	0.1		
Thiamin	mg	0.900		0	0.360		
Riboflavin	mg	0.570		0	0.228		
Niacin	mg	9.620		0	3.848		
Pantothenic acid	mg	0.450		0	0.180		
Vitamin B-6	mg	1.060		0	0.424		
Folate	µg	258		0	103		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	3187		0	1275		
Vitamin A, RE	µg	957		0	383		
Vitamin E, α-TE	mg	0.403		0	0.161		
Lipids:							
Saturated, total	g	0.920		0	0.368		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.013		0	0.005		
14:0	g	0.009		0	0.004		
15.0	g						
16:0	g	0.746		0	0.298		
17:0	g						
18:0	g	0.075		0	0.030		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.770	0	0.708
14:1	g			
16:1	g	0.015	0	0.006
18:1	g	1.702	0	0.681
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	1.470	0	0.588
18:2	g	1.334	0	0.534
18:3	g	0.091	0	0.036
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 packet

NDB No. 08225 Cereals, QUAKER, oatmeal, instant, fruit and cream variety, 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	Samples	Measure 1* 35g	Measure 2*	Measure 3*
Proximates:							
Water	g	6.32		0	2.21		
Energy	kcal	385		0	135		
Energy	kj	1611		0	564		
Protein (N x 5.95)	g	8.17		0	2.86		
Total lipid (fat)	g	7.18		0	2.51		
Carbohydrate, by difference	g	75.12		0	26.29		
Fiber, total dietary	g	6.2		0	2.2		
Ash	g	3.21		0	1.12		
Sugars, total	g						
Minerals:							
Calcium	mg	303		0	106		
Iron	mg	11.42		0	4.00		
Magnesium	mg	79		0	28		
Phosphorus	mg	299		0	105		
Potassium	mg	278		0	97		
Sodium	mg	482		0	169		
Zinc	mg	1.75		0	0.61		
Copper	mg	0.190		0	0.067		
Manganese	mg	2.380		0	0.833		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.4		0	0.1		
Thiamin	mg	0.890		0	0.312		
Riboflavin	mg	1.020		0	0.357		
Niacin	mg	12.000		0	4.200		
Pantothenic acid	mg	0.380		0	0.133		
Vitamin B-6	mg	1.200		0	0.420		
Folate	µg	240		0	84		
Vitamin B-12	µg	0.04		0	0.01		
Vitamin A	IU	3000		0	1050		
Vitamin A, RE	µg	901		0	315		
Vitamin E, α-TE	mg	0.329		0	0.115		
Lipids:							
Saturated, total	g	1.560		0	0.546		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.018		0	0.006		
14:0	g	0.013		0	0.005		
15.0	g						
16:0	g	1.176		0	0.412		
17:0	g						
18:0	g	0.236		0	0.083		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.160	0	0.756
14:1	g			
16:1	g	0.014	0	0.005
18:1	g	1.990	0	0.697
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	1.590	0	0.557
18:2	g	1.509	0	0.528
18:3	g	0.099	0	0.035
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 packet

NDB No. 08227 Cereals, QUAKER, oatmeal, instant, fruit and cream variety, 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	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	71.17		0			
Energy	kcal	118		0			
Energy	kj	494		0			
Protein (N x 5.95)	g	2.51		0			
Total lipid (fat)	g	2.20		0			
Carbohydrate, by difference	g	23.06		0			
Fiber, total dietary	g	1.9		0			
Ash	g	1.05		0			
Sugars, total	g						
Minerals:							
Calcium	mg	94		0			
Iron	mg	3.51		0			
Magnesium	mg	25		0			
Phosphorus	mg	92		0			
Potassium	mg	85		0			
Sodium	mg	150		0			
Zinc	mg	0.56		0			
Copper	mg	0.062		0			
Manganese	mg	0.731		0			
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.1		0			
Thiamin	mg	0.273		0			
Riboflavin	mg	0.313		0			
Niacin	mg	3.684		0			
Pantothenic acid	mg	0.117		0			
Vitamin B-6	mg	0.368		0			
Folate	µg	74		0			
Vitamin B-12	µg	0.01		0			
Vitamin A	IU	921		0			
Vitamin A, RE	µg	277		0			
Vitamin E, α-TE	mg	0.101		0			
Lipids:							
Saturated, total	g	0.480		0			
4:0	g	0.000		0			
6.0	g	0.000		0			
8:0	g	0.000		0			
10:0	g	0.000		0			
12:0	g	0.006		0			
14:0	g	0.004		0			
15.0	g						
16:0	g	0.361		0			
17:0	g						
18:0	g	0.072		0			
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.663	0
14:1	g		
16:1	g	0.004	0
18:1	g	0.611	0
20:1	g	0.000	0
22.1	g	0.000	0
Polyunsaturated, total	g	0.488	0
18:2	g	0.463	0
18:3	g	0.030	0
18:4	g	0.000	0
20:4	g	0.000	0
20:5	g	0.000	0
22:5	g	0.000	0
22:6	g	0.000	0
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g		
Threonine	g		
Isoleucine	g		
Leucine	g		
Lysine	g		
Methionine	g		
Cystine	g		
Phenylalanine	g		
Tyrosine	g		
Valine	g		
Arginine	g		
Histidine	g		
Alanine	g		
Aspartic acid	g		
Glutamic acid	g		
Glycine	g		
Proline	g		
Serine	g		
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 08228 Cereals, QUAKER, oatmeal, instant, raisins, dates and walnuts, 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	Samples	Measure 1* 37g	Measure 2*	Measure 3*
Proximates:							
Water	g	8.12		0	3.00		
Energy	kcal	365		0	135		
Energy	kj	1527		0	565		
Protein (N x 5.95)	g	8.87		0	3.28		
Total lipid (fat)	g	5.50		0	2.04		
Carbohydrate, by difference	g	73.69		0	27.27		
Fiber, total dietary	g	6.6		0	2.4		
Ash	g	3.82		0	1.41		
Sugars, total	g						
Minerals:							
Calcium	mg	288		0	107		
Iron	mg	10.82		0	4.00		
Magnesium	mg	90		0	33		
Phosphorus	mg	295		0	109		
Potassium	mg	350		0	130		
Sodium	mg	641		0	237		
Zinc	mg	1.94		0	0.72		
Copper	mg	0.260		0	0.096		
Manganese	mg	2.660		0	0.984		
Selenium	µg	21.2		0	7.8		
Vitamins:							
Ascorbic acid	mg	0.6		0	0.2		
Thiamin	mg	0.840		0	0.311		
Riboflavin	mg	0.960		0	0.355		
Niacin	mg	11.350		0	4.199		
Pantothenic acid	mg	0.440		0	0.163		
Vitamin B-6	mg	1.140		0	0.422		
Folate	µg	227		0	84		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	2838		0	1050		
Vitamin A, RE	µg	852		0	315		
Vitamin E, α-TE	mg	0.413		0	0.153		
Lipids:							
Saturated, total	g	0.940		0	0.348		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.014		0	0.005		
14:0	g	0.012		0	0.004		
15.0	g						
16:0	g	0.744		0	0.275		
17:0	g						
18:0	g	0.065		0	0.024		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.730	0	0.640
14:1	g			
16:1	g	0.010	0	0.004
18:1	g	1.635	0	0.605
20:1	g	0.010	0	0.004
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	2.110	0	0.781
18:2	g	1.861	0	0.689
18:3	g	0.177	0	0.065
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 packet

NDB No. 08229 Cereals, QUAKER, oatmeal, instant, low sodium, 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	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	9.09		0	2.55		
Energy	kcal	368		0	103		
Energy	kj	1540		0	431		
Protein (N x 5.95)	g	14.22		0	3.98		
Total lipid (fat)	g	7.09		0	1.99		
Carbohydrate, by difference	g	66.07		0	18.50		
Fiber, total dietary	g	9.0		0	2.5		
Ash	g	3.50		0	0.98		
Sugars, total	g						
Minerals:							
Calcium	mg	383		0	107		
Iron	mg	29.40		0	8.23		
Magnesium	mg	134		0	38		
Phosphorus	mg	451		0	126		
Potassium	mg	374		0	105		
Sodium	mg	278		0	78		
Zinc	mg	3.00		0	0.84		
Copper	mg	0.300		0	0.084		
Manganese	mg	4.180		0	1.170		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	1.110		0	0.311		
Riboflavin	mg	1.270		0	0.356		
Niacin	mg	15.010		0	4.203		
Pantothenic acid	mg	0.620		0	0.174		
Vitamin B-6	mg	1.500		0	0.420		
Folate	µg	301		0	84		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	3750		0	1050		
Vitamin A, RE	µg	1126		0	315		
Vitamin E, α-TE	mg	0.577		0	0.162		
Lipids:							
Saturated, total	g	1.350		0	0.378		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.021		0	0.006		
14:0	g	0.021		0	0.006		
15.0	g						
16:0	g	1.106		0	0.310		
17:0	g						
18:0	g	0.075		0	0.021		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.570	0	0.720
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	2.481	0	0.695
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	2.830	0	0.792
18:2	g	2.615	0	0.732
18:3	g	0.119	0	0.033
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 packet

NDB No. 08230 Cereals, QUAKER, farina, Creamy Wheat, 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	Samples	Measure 1* 44g	Measure 2*	Measure 3*
Proximates:							
Water	g	11.66		0	5.13		
Energy	kcal	349		0	154		
Energy	kj	1460		0	642		
Protein (N x 5.95)	g	10.82		0	4.76		
Total lipid (fat)	g	0.95		0	0.42		
Carbohydrate, by difference	g	76.13		0	33.50		
Fiber, total dietary	g	2.9		0	1.3		
Ash	g	0.42		0	0.18		
Sugars, total	g	0.30		0	0.13		
Minerals:							
Calcium	mg	12		0	5		
Iron	mg	30.00		0	13.20		
Magnesium	mg	17		0	7		
Phosphorus	mg	85		0	37		
Potassium	mg	98		0	43		
Sodium	mg	2		0	1		
Zinc	mg	0.61		0	0.27		
Copper	mg	0.120		0	0.053		
Manganese	mg	0.280		0	0.123		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.440		0	0.194		
Riboflavin	mg	0.260		0	0.114		
Niacin	mg	3.520		0	1.549		
Pantothenic acid	mg	0.430		0	0.189		
Vitamin B-6	mg	0.050		0	0.022		
Folate	µg	154		0	68		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.140		0	0.062		
Lipids:							
Saturated, total	g	0.240		0	0.106		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.080	0	0.035
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.480	0	0.211
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/4 cup (1 NLEA serving)

NDB No. 08231 Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, 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	Samples	Measure 1* 40g	Measure 2*	Measure 3*
Proximates:							
Water	g	8.90		0	3.56		
Energy	kcal	364		0	146		
Energy	kj	1523		0	609		
Protein (N x 5.95)	g	17.03		0	6.81		
Total lipid (fat)	g	7.97		0	3.19		
Carbohydrate, by difference	g	62.94		0	25.18		
Fiber, total dietary	g	14.3		0	5.7		
Ash	g	3.14		0	1.26		
Sugars, total	g						
Minerals:							
Calcium	mg	79		0	32		
Iron	mg	8.07		0	3.23		
Magnesium	mg	241		0	96		
Phosphorus	mg	694		0	278		
Potassium	mg	579		0	232		
Sodium	mg	5		0	2		
Zinc	mg	4.20		0	1.68		
Copper	mg	0.300		0	0.120		
Manganese	mg	5.700		0	2.280		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.970		0	0.388		
Riboflavin	mg	0.300		0	0.120		
Niacin	mg	0.800		0	0.320		
Pantothenic acid	mg	0.850		0	0.340		
Vitamin B-6	mg	0.110		0	0.044		
Folate	µg	38		0	15		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	100		0	40		
Vitamin A, RE	µg	10		0	4		
Vitamin E, α-TE	mg	0.389		0	0.156		
Lipids:							
Saturated, total	g	1.430		0	0.572		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.025		0	0.010		
14:0	g	0.012		0	0.005		
15.0	g						
16:0	g	1.175		0	0.470		
17:0	g						
18:0	g	0.075		0	0.030		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.610	0	1.044
14:1	g			
16:1	g	0.013	0	0.005
18:1	g	2.519	0	1.008
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	3.030	0	1.212
18:2	g	2.811	0	1.124
18:3	g	0.128	0	0.051
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 cup (1 NLEA serving)

NDB No. 08232 Cereals, QUAKER, Scotch Barley, regular and quick, 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	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	9.65		0			
Energy	kcal	346		0			
Energy	kj	1448		0			
Protein (N x 5.95)	g	10.74		0			
Total lipid (fat)	g	2.24		0			
Carbohydrate, by difference	g	76.38		0			
Fiber, total dietary	g	10.4		0			
Ash	g	0.97		0			
Sugars, total	g						
Minerals:							
Calcium	mg	28		0			
Iron	mg	1.99		0			
Magnesium	mg	60		0			
Phosphorus	mg	221		0			
Potassium	mg	261		0			
Sodium	mg	7		0			
Zinc	mg	1.46		0			
Copper	mg	0.380		0			
Manganese	mg	1.260		0			
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0			
Thiamin	mg	0.250		0			
Riboflavin	mg	0.090		0			
Niacin	mg	4.520		0			
Pantothenic acid	mg	0.280		0			
Vitamin B-6	mg	0.260		0			
Folate	µg	23		0			
Vitamin B-12	µg	0.00		0			
Vitamin A	IU	22		0			
Vitamin A, RE	µg	2		0			
Vitamin E, α-TE	mg	0.235		0			
Lipids:							
Saturated, total	g	0.470		0			
4:0	g	0.000		0			
6.0	g	0.000		0			
8:0	g	0.000		0			
10:0	g	0.000		0			
12:0	g	0.006		0			
14:0	g	0.010		0			
15.0	g						
16:0	g	0.389		0			
17:0	g						
18:0	g	0.016		0			
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.200	0
14:1	g		
16:1	g	0.004	0
18:1	g	0.158	0
20:1	g	0.000	0
22.1	g	0.000	0
Polyunsaturated, total	g	1.030	0
18:2	g	0.910	0
18:3	g	0.099	0
18:4	g	0.000	0
20:4	g	0.000	0
20:5	g	0.000	0
22:5	g	0.000	0
22:6	g	0.000	0
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g		
Threonine	g		
Isoleucine	g		
Leucine	g		
Lysine	g		
Methionine	g		
Cystine	g		
Phenylalanine	g		
Tyrosine	g		
Valine	g		
Arginine	g		
Histidine	g		
Alanine	g		
Aspartic acid	g		
Glutamic acid	g		
Glycine	g		
Proline	g		
Serine	g		
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 08233 Cereals, QUAKER, oatmeal, instant, POWER RANGERS fruit punch flavor, 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	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	76.23		0			
Energy	kcal	94		0			
Energy	kj	393		0			
Protein (N x 5.95)	g	2.24		0			
Total lipid (fat)	g	1.29		0			
Carbohydrate, by difference	g	19.31		0			
Fiber, total dietary	g	1.6		0			
Ash	g	0.93		0			
Sugars, total	g						
Minerals:							
Calcium	mg	112		0			
Iron	mg	3.91		0			
Magnesium	mg	23		0			
Phosphorus	mg	76		0			
Potassium	mg	62		0			
Sodium	mg	106		0			
Zinc	mg	0.52		0			
Copper	mg	0.057		0			
Manganese	mg	0.697		0			
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0			
Thiamin	mg	0.222		0			
Riboflavin	mg	0.141		0			
Niacin	mg	2.418		0			
Pantothenic acid	mg	0.103		0			
Vitamin B-6	mg	0.262		0			
Folate	µg	68		0			
Vitamin B-12	µg	0.00		0			
Vitamin A	IU	803		0			
Vitamin A, RE	µg	241		0			
Vitamin E, α-TE	mg	0.095		0			
Lipids:							
Saturated, total	g	0.250		0			
4:0	g	0.000		0			
6.0	g	0.000		0			
8:0	g	0.000		0			
10:0	g	0.000		0			
12:0	g	0.004		0			
14:0	g	0.002		0			
15.0	g						
16:0	g	0.195		0			
17:0	g						
18:0	g	0.029		0			
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.505	0
14:1	g		
16:1	g	0.002	0
18:1	g	0.488	0
20:1	g	0.000	0
22.1	g	0.000	0
Polyunsaturated, total	g	0.366	0
18:2	g	0.340	0
18:3	g	0.015	0
18:4	g	0.000	0
20:4	g	0.000	0
20:5	g	0.000	0
22:5	g	0.000	0
22:6	g	0.000	0
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g		
Threonine	g		
Isoleucine	g		
Leucine	g		
Lysine	g		
Methionine	g		
Cystine	g		
Phenylalanine	g		
Tyrosine	g		
Valine	g		
Arginine	g		
Histidine	g		
Alanine	g		
Aspartic acid	g		
Glutamic acid	g		
Glycine	g		
Proline	g		
Serine	g		
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 08234 Cereals, QUAKER, oatmeal, instant, low sodium, 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	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	76.98		0			
Energy	kcal	93		0			
Energy	kj	389		0			
Protein (N x 5.95)	g	3.59		0			
Total lipid (fat)	g	1.79		0			
Carbohydrate, by difference	g	16.67		0			
Fiber, total dietary	g	2.3		0			
Ash	g	0.96		0			
Sugars, total	g						
Minerals:							
Calcium	mg	98		0			
Iron	mg	7.43		0			
Magnesium	mg	35		0			
Phosphorus	mg	114		0			
Potassium	mg	94		0			
Sodium	mg	72		0			
Zinc	mg	0.78		0			
Copper	mg	0.080		0			
Manganese	mg	1.056		0			
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0			
Thiamin	mg	0.280		0			
Riboflavin	mg	0.321		0			
Niacin	mg	3.788		0			
Pantothenic acid	mg	0.156		0			
Vitamin B-6	mg	0.379		0			
Folate	µg	76		0			
Vitamin B-12	µg	0.00		0			
Vitamin A	IU	946		0			
Vitamin A, RE	µg	284		0			
Vitamin E, α-TE	mg	0.146		0			
Lipids:							
Saturated, total	g	0.341		0			
4:0	g	0.000		0			
6.0	g	0.000		0			
8:0	g	0.000		0			
10:0	g	0.000		0			
12:0	g	0.005		0			
14:0	g	0.005		0			
15.0	g						
16:0	g	0.279		0			
17:0	g						
18:0	g	0.019		0			
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.649	0
14:1	g		
16:1	g	0.000	0
18:1	g	0.626	0
20:1	g	0.000	0
22.1	g	0.000	0
Polyunsaturated, total	g	0.714	0
18:2	g	0.660	0
18:3	g	0.030	0
18:4	g	0.000	0
20:4	g	0.000	0
20:5	g	0.000	0
22:5	g	0.000	0
22:6	g	0.000	0
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g		
Threonine	g		
Isoleucine	g		
Leucine	g		
Lysine	g		
Methionine	g		
Cystine	g		
Phenylalanine	g		
Tyrosine	g		
Valine	g		
Arginine	g		
Histidine	g		
Alanine	g		
Aspartic acid	g		
Glutamic acid	g		
Glycine	g		
Proline	g		
Serine	g		
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 08235 Cereals, QUAKER, oatmeal, instant, raisins, dates and walnuts, 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	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	70.63		0			
Energy	kcal	116		0			
Energy	kj	485		0			
Protein (N x 5.95)	g	2.83		0			
Total lipid (fat)	g	1.75		0			
Carbohydrate, by difference	g	23.50		0			
Fiber, total dietary	g	2.1		0			
Ash	g	1.29		0			
Sugars, total	g						
Minerals:							
Calcium	mg	93		0			
Iron	mg	3.46		0			
Magnesium	mg	29		0			
Phosphorus	mg	94		0			
Potassium	mg	112		0			
Sodium	mg	207		0			
Zinc	mg	0.64		0			
Copper	mg	0.087		0			
Manganese	mg	0.849		0			
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.2		0			
Thiamin	mg	0.268		0			
Riboflavin	mg	0.306		0			
Niacin	mg	3.620		0			
Pantothenic acid	mg	0.140		0			
Vitamin B-6	mg	0.364		0			
Folate	µg	72		0			
Vitamin B-12	µg	0.00		0			
Vitamin A	IU	905		0			
Vitamin A, RE	µg	272		0			
Vitamin E, α-TE	mg	0.132		0			
Lipids:							
Saturated, total	g	0.300		0			
4:0	g	0.000		0			
6.0	g	0.000		0			
8:0	g	0.000		0			
10:0	g	0.000		0			
12:0	g	0.004		0			
14:0	g	0.004		0			
15.0	g						
16:0	g	0.237		0			
17:0	g						
18:0	g	0.021		0			
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.552	0
14:1	g		
16:1	g	0.003	0
18:1	g	0.522	0
20:1	g	0.003	0
22.1	g	0.000	0
Polyunsaturated, total	g	0.673	0
18:2	g	0.594	0
18:3	g	0.056	0
18:4	g	0.000	0
20:4	g	0.000	0
20:5	g	0.000	0
22:5	g	0.000	0
22:6	g	0.000	0
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g		
Threonine	g		
Isoleucine	g		
Leucine	g		
Lysine	g		
Methionine	g		
Cystine	g		
Phenylalanine	g		
Tyrosine	g		
Valine	g		
Arginine	g		
Histidine	g		
Alanine	g		
Aspartic acid	g		
Glutamic acid	g		
Glycine	g		
Proline	g		
Serine	g		
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 08236 Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, prepared with water, no 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	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	89.07		0			
Energy	kcal	43		0			
Energy	kj	180		0			
Protein (N x 5.95)	g	2.03		0			
Total lipid (fat)	g	0.95		0			
Carbohydrate, by difference	g	7.49		0			
Fiber, total dietary	g	1.7		0			
Ash	g	0.46		0			
Sugars, total	g						
Minerals:							
Calcium	mg	11		0			
Iron	mg	0.97		0			
Magnesium	mg	30		0			
Phosphorus	mg	83		0			
Potassium	mg	69		0			
Sodium	mg	3		0			
Zinc	mg	0.53		0			
Copper	mg	0.041		0			
Manganese	mg	0.679		0			
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0			
Thiamin	mg	0.115		0			
Riboflavin	mg	0.036		0			
Niacin	mg	0.096		0			
Pantothenic acid	mg	0.101		0			
Vitamin B-6	mg	0.013		0			
Folate	µg	5		0			
Vitamin B-12	µg	0.00		0			
Vitamin A	IU	12		0			
Vitamin A, RE	µg	1		0			
Vitamin E, α-TE	mg	0.046		0			
Lipids:							
Saturated, total	g	0.170		0			
4:0	g	0.000		0			
6.0	g	0.000		0			
8:0	g	0.000		0			
10:0	g	0.000		0			
12:0	g	0.003		0			
14:0	g	0.001		0			
15.0	g						
16:0	g	0.140		0			
17:0	g						
18:0	g	0.009		0			
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.310	0
14:1	g		
16:1	g	0.002	0
18:1	g	0.300	0
20:1	g	0.000	0
22.1	g	0.000	0
Polyunsaturated, total	g	0.360	0
18:2	g	0.334	0
18:3	g	0.015	0
18:4	g	0.000	0
20:4	g	0.000	0
20:5	g	0.000	0
22:5	g	0.000	0
22:6	g	0.000	0
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g		
Threonine	g		
Isoleucine	g		
Leucine	g		
Lysine	g		
Methionine	g		
Cystine	g		
Phenylalanine	g		
Tyrosine	g		
Valine	g		
Arginine	g		
Histidine	g		
Alanine	g		
Aspartic acid	g		
Glutamic acid	g		
Glycine	g		
Proline	g		
Serine	g		
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 08237 Cereals, QUAKER, Creamy Wheat, farina, enriched, prepared with water, no 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	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	86.99		0			
Energy	kcal	51		0			
Energy	kj	213		0			
Protein (N x 5.95)	g	1.53		0			
Total lipid (fat)	g	0.07		0			
Carbohydrate, by difference	g	11.26		0			
Fiber, total dietary	g	0.4		0			
Ash	g	0.15		0			
Sugars, total	g						
Minerals:							
Calcium	mg	4		0			
Iron	mg	4.73		0			
Magnesium	mg	3		0			
Phosphorus	mg	13		0			
Potassium	mg	14		0			
Sodium	mg	3		0			
Zinc	mg	0.10		0			
Copper	mg	0.015		0			
Manganese	mg	0.041		0			
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0			
Thiamin	mg	0.069		0			
Riboflavin	mg	0.048		0			
Niacin	mg	0.778		0			
Pantothenic acid	mg	0.053		0			
Vitamin B-6	mg	0.007		0			
Folate	µg	23		0			
Vitamin B-12	µg	0.00		0			
Vitamin A	IU	0		0			
Vitamin A, RE	µg	0		0			
Vitamin E, α-TE	mg	0.014		0			
Lipids:							
Saturated, total	g	0.010		0			
4:0	g	0.000		0			
6.0	g	0.000		0			
8:0	g	0.000		0			
10:0	g	0.000		0			
12:0	g	0.000		0			
14:0	g	0.000		0			
15.0	g						
16:0	g	0.009		0			
17:0	g						
18:0	g	0.001		0			
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.040	0
14:1	g		
16:1	g	0.000	0
18:1	g	0.039	0
20:1	g	0.000	0
22.1	g	0.000	0
Polyunsaturated, total	g	0.022	0
18:2	g	0.019	0
18:3	g	0.002	0
18:4	g	0.000	0
20:4	g	0.000	0
20:5	g	0.000	0
22:5	g	0.000	0
22:6	g	0.000	0
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g		
Threonine	g		
Isoleucine	g		
Leucine	g		
Lysine	g		
Methionine	g		
Cystine	g		
Phenylalanine	g		
Tyrosine	g		
Valine	g		
Arginine	g		
Histidine	g		
Alanine	g		
Aspartic acid	g		
Glutamic acid	g		
Glycine	g		
Proline	g		
Serine	g		
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 08238 Cereals, QUAKER, corn grits, instant, butter flavor, 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	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	82.49		0			
Energy	kcal	69		0			
Energy	kj	289		0			
Protein (N x 5.95)	g	1.58		0			
Total lipid (fat)	g	0.93		0			
Carbohydrate, by difference	g	14.23		0			
Fiber, total dietary	g	0.9		0			
Ash	g	0.77		0			
Sugars, total	g						
Minerals:							
Calcium	mg	3		0			
Iron	mg	5.63		0			
Magnesium	mg	6		0			
Phosphorus	mg	17		0			
Potassium	mg	37		0			
Sodium	mg	223		0			
Zinc	mg	0.10		0			
Copper	mg	0.018		0			
Manganese	mg	0.018		0			
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0			
Thiamin	mg	0.103		0			
Riboflavin	mg	0.057		0			
Niacin	mg	0.950		0			
Pantothenic acid	mg	0.078		0			
Vitamin B-6	mg	0.023		0			
Folate	µg	32		0			
Vitamin B-12	µg	0.00		0			
Vitamin A	IU	37		0			
Vitamin A, RE	µg	11		0			
Vitamin E, α-TE	mg	0.094		0			
Lipids:							
Saturated, total	g	0.190		0			
4:0	g	0.011		0			
6.0	g	0.002		0			
8:0	g	0.002		0			
10:0	g	0.003		0			
12:0	g	0.002		0			
14:0	g	0.020		0			
15.0	g						
16:0	g	0.104		0			
17:0	g						
18:0	g	0.033		0			
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.191	0
14:1	g		
16:1	g	0.007	0
18:1	g	0.176	0
20:1	g	0.000	0
22.1	g	0.000	0
Polyunsaturated, total	g	0.176	0
18:2	g	0.161	0
18:3	g	0.007	0
18:4	g	0.000	0
20:4	g	0.000	0
20:5	g	0.000	0
22:5	g	0.000	0
22:6	g	0.000	0
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g		
Threonine	g		
Isoleucine	g		
Leucine	g		
Lysine	g		
Methionine	g		
Cystine	g		
Phenylalanine	g		
Tyrosine	g		
Valine	g		
Arginine	g		
Histidine	g		
Alanine	g		
Aspartic acid	g		
Glutamic acid	g		
Glycine	g		
Proline	g		
Serine	g		
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 08240 Cereals, Oat Bran, QUAKER, QUAKER/MOTHER'S Oat Bran, prepared with water, 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	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	88.98		0			
Energy	kcal	43		0			
Energy	kj	180		0			
Protein (N x 5.95)	g	2.03		0			
Total lipid (fat)	g	0.95		0			
Carbohydrate, by difference	g	7.49		0			
Fiber, total dietary	g	1.7		0			
Ash	g	0.57		0			
Sugars, total	g						
Minerals:							
Calcium	mg	11		0			
Iron	mg	0.97		0			
Magnesium	mg	30		0			
Phosphorus	mg	82		0			
Potassium	mg	69		0			
Sodium	mg	46		0			
Zinc	mg	0.53		0			
Copper	mg	0.041		0			
Manganese	mg	0.678		0			
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0			
Thiamin	mg	0.115		0			
Riboflavin	mg	0.036		0			
Niacin	mg	0.095		0			
Pantothenic acid	mg	0.101		0			
Vitamin B-6	mg	0.013		0			
Folate	µg	5		0			
Vitamin B-12	µg	0.00		0			
Vitamin A	IU	12		0			
Vitamin A, RE	µg	1		0			
Vitamin E, α-TE	mg	0.046		0			
Lipids:							
Saturated, total	g	0.170		0			
4:0	g	0.000		0			
6.0	g	0.000		0			
8:0	g	0.000		0			
10:0	g	0.000		0			
12:0	g	0.003		0			
14:0	g	0.001		0			
15.0	g						
16:0	g	0.140		0			
17:0	g						
18:0	g	0.009		0			
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.310	0
14:1	g		
16:1	g	0.002	0
18:1	g	0.299	0
20:1	g	0.000	0
22.1	g	0.000	0
Polyunsaturated, total	g	0.360	0
18:2	g	0.334	0
18:3	g	0.015	0
18:4	g	0.000	0
20:4	g	0.000	0
20:5	g	0.000	0
22:5	g	0.000	0
22:6	g	0.000	0
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g		
Threonine	g		
Isoleucine	g		
Leucine	g		
Lysine	g		
Methionine	g		
Cystine	g		
Phenylalanine	g		
Tyrosine	g		
Valine	g		
Arginine	g		
Histidine	g		
Alanine	g		
Aspartic acid	g		
Glutamic acid	g		
Glycine	g		
Proline	g		
Serine	g		
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 08241 Cereals, QUAKER, Creamy Wheat, farina, enriched, prepared with water, 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	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	86.87		0			
Energy	kcal	51		0			
Energy	kj	213		0			
Protein (N x 5.95)	g	1.53		0			
Total lipid (fat)	g	0.07		0			
Carbohydrate, by difference	g	11.24		0			
Fiber, total dietary	g	0.4		0			
Ash	g	0.29		0			
Sugars, total	g						
Minerals:							
Calcium	mg	4		0			
Iron	mg	4.72		0			
Magnesium	mg	3		0			
Phosphorus	mg	13		0			
Potassium	mg	14		0			
Sodium	mg	55		0			
Zinc	mg	0.10		0			
Copper	mg	0.015		0			
Manganese	mg	0.041		0			
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0			
Thiamin	mg	0.069		0			
Riboflavin	mg	0.048		0			
Niacin	mg	0.777		0			
Pantothenic acid	mg	0.053		0			
Vitamin B-6	mg	0.007		0			
Folate	µg	23		0			
Vitamin B-12	µg	0.00		0			
Vitamin A	IU	0		0			
Vitamin A, RE	µg	0		0			
Vitamin E, α-TE	mg	0.014		0			
Lipids:							
Saturated, total	g	0.010		0			
4:0	g	0.000		0			
6.0	g	0.000		0			
8:0	g	0.000		0			
10:0	g	0.000		0			
12:0	g	0.000		0			
14:0	g	0.000		0			
15.0	g						
16:0	g	0.009		0			
17:0	g						
18:0	g	0.001		0			
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.040	0
14:1	g		
16:1	g	0.000	0
18:1	g	0.039	0
20:1	g	0.000	0
22.1	g	0.000	0
Polyunsaturated, total	g	0.022	0
18:2	g	0.019	0
18:3	g	0.002	0
18:4	g	0.000	0
20:4	g	0.000	0
20:5	g	0.000	0
22:5	g	0.000	0
22:6	g	0.000	0
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g		
Threonine	g		
Isoleucine	g		
Leucine	g		
Lysine	g		
Methionine	g		
Cystine	g		
Phenylalanine	g		
Tyrosine	g		
Valine	g		
Arginine	g		
Histidine	g		
Alanine	g		
Aspartic acid	g		
Glutamic acid	g		
Glycine	g		
Proline	g		
Serine	g		
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 08242 Cereals ready-to-eat, KELLOGG, KELLOGG'S JUST RIGHT with Crunchy Nuggets

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 55g	Measure 2*	Measure 3*
Proximates:							
Water	g	3.20		0	1.76		
Energy	kcal	371		0	204		
Energy	kj	1552		0	854		
Protein (N x 5.95)	g	7.70		0	4.24		
Total lipid (fat)	g	2.70		0	1.49		
Carbohydrate, by difference	g	83.70		0	46.03		
Fiber, total dietary	g	5.1		0	2.8		
Ash	g	2.60		0	1.43		
Sugars, total	g	21.20		0	11.66		
Minerals:							
Calcium	mg	26		0	14		
Iron	mg	29.50		0	16.23		
Magnesium	mg	62		0	34		
Phosphorus	mg	193		0	106		
Potassium	mg	220		0	121		
Sodium	mg	614		0	338		
Zinc	mg	1.60		0	0.88		
Copper	mg	0.100		0	0.055		
Manganese	mg	2.089		0	1.149		
Selenium	µg	5.1		0	2.8		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.700		0	0.385		
Riboflavin	mg	0.800		0	0.440		
Niacin	mg	9.100		0	5.005		
Pantothenic acid	mg	0.000		0	0.000		
Vitamin B-6	mg	0.900		0	0.495		
Folate	µg	186		0	102		
Vitamin B-12	µg	2.70		0	1.49		
Vitamin A	IU	2273		0	1250		
Vitamin A, RE	µg	683		0	376		
Vitamin E, α-TE	mg	4.070		0	2.239		
Lipids:							
Saturated, total	g	0.200		0	0.110		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.001		0	0.001		
10:0	g	0.000		0	0.000		
12:0	g	0.002		0	0.001		
14:0	g	0.002		0	0.001		
15.0	g						
16:0	g	0.163		0	0.090		
17:0	g						
18:0	g	0.014		0	0.008		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.500	0	0.275
14:1	g			
16:1	g	0.004	0	0.002
18:1	g	0.475	0	0.261
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	1.900	0	1.045
18:2	g	1.749	0	0.962
18:3	g	0.073	0	0.040
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (1 NLEA serving)

NDB No. 08243 Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 55g	Measure 2*	Measure 3*
Proximates:							
Water	g	2.52		1	1.39		
Energy	kcal	387		0	213		
Energy	kj	1619		0	890		
Protein (N x 5.95)	g	9.90		1	5.45		
Total lipid (fat)	g	6.33		1	3.48		
Carbohydrate, by difference	g	78.90		0	43.40		
Fiber, total dietary	g	7.7		1	4.2		
Ash	g	2.38		1	1.31		
Sugars, total	g	26.40		0	14.52		
Minerals:							
Calcium	mg	130		1	72		
Iron	mg	8.18		0	4.50		
Magnesium	mg	94		1	52		
Phosphorus	mg	278		1	153		
Potassium	mg	310		1	171		
Sodium	mg	435		1	239		
Zinc	mg	1.90		1	1.04		
Copper	mg	0.300		1	0.165		
Manganese	mg	4.916		0	2.704		
Selenium	µg	10.7		0	5.9		
Vitamins:							
Ascorbic acid	mg	16.4		0	9.0		
Thiamin	mg	0.680		0	0.374		
Riboflavin	mg	0.770		0	0.424		
Niacin	mg	9.100		0	5.005		
Pantothenic acid	mg	1.147		0	0.631		
Vitamin B-6	mg	0.910		0	0.501		
Folate	µg	182		0	100		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	5.381		0	2.960		
Lipids:							
Saturated, total	g	0.721		0	0.397		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.001		0	0.001		
14:0	g	0.029		0	0.016		
15.0	g						
16:0	g	0.555		0	0.305		
17:0	g						
18:0	g	0.106		0	0.058		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.230	0	1.777
14:1	g			
16:1	g	0.033	0	0.018
18:1	g	3.165	0	1.741
20:1	g	0.004	0	0.002
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.700	0	0.385
18:2	g	0.658	0	0.362
18:3	g	0.040	0	0.022
18:4	g	0.000	0	0.000
20:4	g	0.001	0	0.001
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (1 NLEA serving)

NDB No. 08244 Cereals ready-to-eat, GENERAL MILLS, FIBER ONE

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	3.82		3	1.15		
Energy	kcal	205		0	62		
Energy	kj	858		0	257		
Protein (N x 5.95)	g	9.26		3	2.78		
Total lipid (fat)	g	2.81		3	0.84		
Carbohydrate, by difference	g	80.02		0	24.01		
Fiber, total dietary	g	47.5		3	14.3		
Ash	g	4.09		3	1.23		
Sugars, total	g	1.91		0	0.57		
Minerals:							
Calcium	mg	195		3	59		
Iron	mg	15.00		0	4.50		
Magnesium	mg	227		3	68		
Phosphorus	mg	561		3	168		
Potassium	mg	723		3	217		
Sodium	mg	475		3	143		
Zinc	mg	4.13		3	1.24		
Copper	mg	0.630		3	0.189		
Manganese	mg	5.576		0	1.673		
Selenium	µg	9.0		0	2.7		
Vitamins:							
Ascorbic acid	mg	30.0		0	9.0		
Thiamin	mg	1.250		0	0.375		
Riboflavin	mg	1.420		0	0.426		
Niacin	mg	16.670		0	5.001		
Pantothenic acid	mg	1.111		0	0.333		
Vitamin B-6	mg	1.670		0	0.501		
Folate	µg	333		0	100		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	1.107		0	0.332		
Lipids:							
Saturated, total	g	0.440		0	0.132		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.001		0	0.000		
14:0	g	0.003		0	0.001		
15.0	g						
16:0	g	0.384		0	0.115		
17:0	g						
18:0	g	0.032		0	0.010		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.460	0	0.138
14:1	g			
16:1	g	0.008	0	0.002
18:1	g	0.452	0	0.136
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.200	0	0.060
18:2	g	0.187	0	0.056
18:3	g	0.013	0	0.004
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 cup (1 NLEA serving)

NDB No. 08245 Cereals ready-to-eat, GENERAL MILLS, Oatmeal Raisin Crisp

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 55g	Measure 2*	Measure 3*
Proximates:							
Water	g	5.91		7	3.25		
Energy	kcal	371		0	204		
Energy	kj	1552		0	854		
Protein (N x 5.95)	g	7.91		7	4.35		
Total lipid (fat)	g	4.45		7	2.45		
Carbohydrate, by difference	g	79.46		0	43.70		
Fiber, total dietary	g	6.4		7	3.5		
Ash	g	2.28		7	1.25		
Sugars, total	g	34.44		7	18.94		
Minerals:							
Calcium	mg	69		7	38		
Iron	mg	8.18		0	4.50		
Magnesium	mg	81		7	45		
Phosphorus	mg	213		7	117		
Potassium	mg	385		7	212		
Sodium	mg	407		7	224		
Zinc	mg	6.82		0	3.75		
Copper	mg	0.330		7	0.182		
Manganese	mg	0.000		7	0.000		
Selenium	µg	17.3		0	9.5		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.680		0	0.374		
Riboflavin	mg	0.770		0	0.424		
Niacin	mg	9.100		0	5.005		
Pantothenic acid	mg	0.619		0	0.340		
Vitamin B-6	mg	0.910		0	0.501		
Folate	µg	182		0	100		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	1364		0	750		
Vitamin A, RE	µg	410		0	226		
Vitamin E, α-TE	mg	2.464		0	1.355		
Lipids:							
Saturated, total	g	0.700		0	0.385		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.008		0	0.004		
14:0	g	0.019		0	0.010		
15.0	g						
16:0	g	0.561		0	0.309		
17:0	g						
18:0	g	0.074		0	0.041		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.100	0	1.155
14:1	g			
16:1	g	0.016	0	0.009
18:1	g	2.071	0	1.139
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.660	0	0.363
18:2	g	0.628	0	0.345
18:3	g	0.030	0	0.017
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (1 NLEA serving)

NDB No. 08246 Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	2.56		2	0.77		
Energy	kcal	373		0	112		
Energy	kj	1561		0	468		
Protein (N x 5.95)	g	6.05		2	1.82		
Total lipid (fat)	g	1.61		2	0.48		
Carbohydrate, by difference	g	85.55		0	25.66		
Fiber, total dietary	g	2.5		2	0.8		
Ash	g	4.25		2	1.27		
Sugars, total	g						
Minerals:							
Calcium	mg	790		2	237		
Iron	mg	60.00		0	18.00		
Magnesium	mg	26		2	8		
Phosphorus	mg	366		2	110		
Potassium	mg	113		2	34		
Sodium	mg	676		2	203		
Zinc	mg	50.00		0	15.00		
Copper	mg	0.000		2	0.000		
Manganese	mg	0.096		0	0.029		
Selenium	µg	5.1		0	1.5		
Vitamins:							
Ascorbic acid	mg	200.0		0	60.0		
Thiamin	mg	5.000		0	1.500		
Riboflavin	mg	5.670		0	1.701		
Niacin	mg	67.000		0	20.100		
Pantothenic acid	mg	39.250		2	11.775		
Vitamin B-6	mg	6.670		0	2.001		
Folate	µg	1333		0	400		
Vitamin B-12	µg	27.10		2	8.13		
Vitamin A	IU	4167		0	1250		
Vitamin A, RE	µg	1251		0	375		
Vitamin E, α-TE	mg	100.000		0	30.000		
Lipids:							
Saturated, total	g	0.520		0	0.156		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.003		0	0.001		
14:0	g	0.003		0	0.001		
15.0	g						
16:0	g	0.432		0	0.130		
17:0	g						
18:0	g	0.059		0	0.018		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.260	0	0.078
14:1	g			
16:1	g	0.003	0	0.001
18:1	g	0.252	0	0.076
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.080	0	0.024
18:2	g	0.076	0	0.023
18:3	g	0.002	0	0.001
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1-1/3 cup (1 NLEA serving)

NDB No. 08247 Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 55g	Measure 2*	Measure 3*
Proximates:							
Water	g	9.16		0	5.04		
Energy	kcal	324		0	178		
Energy	kj	1356		0	746		
Protein (N x 5.95)	g	7.27		0	4.00		
Total lipid (fat)	g	1.83		0	1.01		
Carbohydrate, by difference	g	77.73		0	42.75		
Fiber, total dietary	g	9.1		0	5.0		
Ash	g	2.77		0	1.52		
Sugars, total	g	33.99		0	18.69		
Minerals:							
Calcium	mg	433		0	238		
Iron	mg	32.73		0	18.00		
Magnesium	mg	81		0	45		
Phosphorus	mg	470		0	259		
Potassium	mg	522		0	287		
Sodium	mg	436		0	240		
Zinc	mg	27.27		0	15.00		
Copper	mg	0.340		0	0.187		
Manganese	mg	4.637		0	2.550		
Selenium	µg	7.0		0	3.9		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	2.730		0	1.502		
Riboflavin	mg	3.090		0	1.699		
Niacin	mg	36.400		0	20.020		
Pantothenic acid	mg	17.610		0	9.685		
Vitamin B-6	mg	3.640		0	2.002		
Folate	µg	727		0	400		
Vitamin B-12	µg	11.55		0	6.35		
Vitamin A	IU	2273		0	1250		
Vitamin A, RE	µg	682		0	375		
Vitamin E, α-TE	mg	54.500		0	29.975		
Lipids:							
Saturated, total	g	0.420		0	0.231		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.001		0	0.001		
14:0	g	0.006		0	0.003		
15.0	g						
16:0	g	0.369		0	0.203		
17:0	g						
18:0	g	0.029		0	0.016		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.310	0	0.171
14:1	g			
16:1	g	0.008	0	0.004
18:1	g	0.302	0	0.166
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.310	0	0.171
18:2	g	0.283	0	0.156
18:3	g	0.026	0	0.014
18:4	g	0.000	0	0.000
20:4	g	0.001	0	0.001
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (1 NLEA serving)

NDB No. 08248 Cereals ready-to-eat, GENERAL MILLS, TRIPLES

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	3.13		8	0.94		
Energy	kcal	387		0	116		
Energy	kj	1619		0	486		
Protein (N x 5.95)	g	7.93		8	2.38		
Total lipid (fat)	g	3.37		8	1.01		
Carbohydrate, by difference	g	83.28		0	24.98		
Fiber, total dietary	g	2.8		8	0.8		
Ash	g	2.30		8	0.69		
Sugars, total	g	20.36		8	6.11		
Minerals:							
Calcium	mg	137		8	41		
Iron	mg	27.00		0	8.10		
Magnesium	mg	23		8	7		
Phosphorus	mg	118		8	35		
Potassium	mg	102		8	31		
Sodium	mg	638		8	191		
Zinc	mg	12.50		0	3.75		
Copper	mg	1.650		8	0.495		
Manganese	mg	1.470		0	0.441		
Selenium	µg	4.4		0	1.3		
Vitamins:							
Ascorbic acid	mg	50.0		0	15.0		
Thiamin	mg	1.250		0	0.375		
Riboflavin	mg	1.420		0	0.426		
Niacin	mg	16.670		0	5.001		
Pantothenic acid	mg	0.665		0	0.200		
Vitamin B-6	mg	1.670		0	0.501		
Folate	µg	333		0	100		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	4167		0	1250		
Vitamin A, RE	µg	1251		0	375		
Vitamin E, α-TE	mg	0.470		0	0.141		
Lipids:							
Saturated, total	g	0.970		0	0.291		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.009		0	0.003		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.004		0	0.001		
15.0	g						
16:0	g	0.684		0	0.205		
17:0	g						
18:0	g	0.258		0	0.077		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.900	0	0.270
14:1	g			
16:1	g	0.003	0	0.001
18:1	g	0.879	0	0.264
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.100	0	0.030
18:2	g	0.093	0	0.028
18:3	g	0.005	0	0.002
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (1 NLEA serving)

NDB No. 08249 Cereals, QUAKER, QUAKER MultiGrain Oatmeal, prepared with water, no 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	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	83.58		0			
Energy	kcal	61		0			
Energy	kj	255		0			
Protein (N x 5.95)	g	2.08		0			
Total lipid (fat)	g	0.47		0			
Carbohydrate, by difference	g	13.49		0			
Fiber, total dietary	g	2.2		0			
Ash	g	0.37		0			
Sugars, total	g						
Minerals:							
Calcium	mg	8		0			
Iron	mg	0.56		0			
Magnesium	mg	22		0			
Phosphorus	mg	64		0			
Potassium	mg	75		0			
Sodium	mg	3		0			
Zinc	mg	0.61		0			
Copper	mg	0.086		0			
Manganese	mg	0.482		0			
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0			
Thiamin	mg	0.053		0			
Riboflavin	mg	0.024		0			
Niacin	mg	0.656		0			
Pantothenic acid	mg	0.092		0			
Vitamin B-6	mg	0.044		0			
Folate	µg	5		0			
Vitamin B-12	µg	0.00		0			
Vitamin A	IU	1		0			
Vitamin A, RE	µg	0		0			
Vitamin E, α-TE	mg	0.110		0			
Lipids:							
Saturated, total	g	0.096		0			
4:0	g	0.000		0			
6.0	g	0.000		0			
8:0	g	0.001		0			
10:0	g	0.000		0			
12:0	g	0.001		0			
14:0	g	0.001		0			
15.0	g						
16:0	g	0.066		0			
17:0	g						
18:0	g	0.003		0			
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.105	0
14:1	g		
16:1	g	0.001	0
18:1	g	0.101	0
20:1	g	0.001	0
22.1	g	0.000	0
Polyunsaturated, total	g	0.235	0
18:2	g	0.175	0
18:3	g	0.015	0
18:4	g	0.000	0
20:4	g	0.000	0
20:5	g	0.000	0
22:5	g	0.000	0
22:6	g	0.000	0
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g		
Threonine	g		
Isoleucine	g		
Leucine	g		
Lysine	g		
Methionine	g		
Cystine	g		
Phenylalanine	g		
Tyrosine	g		
Valine	g		
Arginine	g		
Histidine	g		
Alanine	g		
Aspartic acid	g		
Glutamic acid	g		
Glycine	g		
Proline	g		
Serine	g		
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 08250 Cereals, QUAKER, oatmeal, instant, CINNAMAGIC, 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	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	76.76		0			
Energy	kcal	91		0			
Energy	kj	381		0			
Protein (N x 5.95)	g	2.38		0			
Total lipid (fat)	g	1.23		0			
Carbohydrate, by difference	g	18.67		0			
Fiber, total dietary	g	1.9		0			
Ash	g	0.95		0			
Sugars, total	g						
Minerals:							
Calcium	mg	114		0			
Iron	mg	3.97		0			
Magnesium	mg	24		0			
Phosphorus	mg	82		0			
Potassium	mg	74		0			
Sodium	mg	106		0			
Zinc	mg	0.56		0			
Copper	mg	0.063		0			
Manganese	mg	0.745		0			
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.1		0			
Thiamin	mg	0.227		0			
Riboflavin	mg	0.144		0			
Niacin	mg	2.428		0			
Pantothenic acid	mg	0.114		0			
Vitamin B-6	mg	0.268		0			
Folate	µg	65		0			
Vitamin B-12	µg	0.00		0			
Vitamin A	IU	804		0			
Vitamin A, RE	µg	242		0			
Vitamin E, α-TE	mg	0.102		0			
Lipids:							
Saturated, total	g	0.230		0			
4:0	g	0.000		0			
6.0	g	0.000		0			
8:0	g	0.000		0			
10:0	g	0.000		0			
12:0	g	0.003		0			
14:0	g	0.002		0			
15.0	g						
16:0	g	0.188		0			
17:0	g						
18:0	g	0.019		0			
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.447	0
14:1	g		
16:1	g	0.004	0
18:1	g	0.430	0
20:1	g	0.000	0
22.1	g	0.000	0
Polyunsaturated, total	g	0.371	0
18:2	g	0.337	0
18:3	g	0.023	0
18:4	g	0.000	0
20:4	g	0.000	0
20:5	g	0.000	0
22:5	g	0.000	0
22:6	g	0.000	0
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g		
Threonine	g		
Isoleucine	g		
Leucine	g		
Lysine	g		
Methionine	g		
Cystine	g		
Phenylalanine	g		
Tyrosine	g		
Valine	g		
Arginine	g		
Histidine	g		
Alanine	g		
Aspartic acid	g		
Glutamic acid	g		
Glycine	g		
Proline	g		
Serine	g		
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 08252 Cereals, QUAKER, QUAKER MultiGrain Oatmeal, prepared with water, 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	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	83.44		0			
Energy	kcal	61		0			
Energy	kj	255		0			
Protein (N x 5.95)	g	2.07		0			
Total lipid (fat)	g	0.47		0			
Carbohydrate, by difference	g	13.47		0			
Fiber, total dietary	g	2.2		0			
Ash	g	0.54		0			
Sugars, total	g						
Minerals:							
Calcium	mg	8		0			
Iron	mg	0.56		0			
Magnesium	mg	22		0			
Phosphorus	mg	63		0			
Potassium	mg	75		0			
Sodium	mg	70		0			
Zinc	mg	0.61		0			
Copper	mg	0.086		0			
Manganese	mg	0.481		0			
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0			
Thiamin	mg	0.053		0			
Riboflavin	mg	0.024		0			
Niacin	mg	0.655		0			
Pantothenic acid	mg	0.092		0			
Vitamin B-6	mg	0.044		0			
Folate	µg	5		0			
Vitamin B-12	µg	0.00		0			
Vitamin A	IU	1		0			
Vitamin A, RE	µg	0		0			
Vitamin E, α-TE	mg	0.109		0			
Lipids:							
Saturated, total	g	0.095		0			
4:0	g	0.000		0			
6.0	g	0.000		0			
8:0	g	0.001		0			
10:0	g	0.000		0			
12:0	g	0.001		0			
14:0	g	0.001		0			
15.0	g						
16:0	g	0.066		0			
17:0	g						
18:0	g	0.003		0			
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.105	0
14:1	g		
16:1	g	0.001	0
18:1	g	0.101	0
20:1	g	0.001	0
22.1	g	0.000	0
Polyunsaturated, total	g	0.235	0
18:2	g	0.175	0
18:3	g	0.015	0
18:4	g	0.000	0
20:4	g	0.000	0
20:5	g	0.000	0
22:5	g	0.000	0
22:6	g	0.000	0
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g		
Threonine	g		
Isoleucine	g		
Leucine	g		
Lysine	g		
Methionine	g		
Cystine	g		
Phenylalanine	g		
Tyrosine	g		
Valine	g		
Arginine	g		
Histidine	g		
Alanine	g		
Aspartic acid	g		
Glutamic acid	g		
Glycine	g		
Proline	g		
Serine	g		
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 08253 Cereals, ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN WITH EXTRA FIBER

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	3.70		0	1.11		
Energy	kcal	176		0	53		
Energy	kj	736		0	221		
Protein (N x 5.95)	g	12.30		0	3.69		
Total lipid (fat)	g	3.10		0	0.93		
Carbohydrate, by difference	g	75.60		0	22.68		
Fiber, total dietary	g	51.1		0	15.3		
Ash	g	5.30		0	1.59		
Sugars, total	g	1.60		0	0.48		
Minerals:							
Calcium	mg	385		0	116		
Iron	mg	17.30		0	5.19		
Magnesium	mg	399		0	120		
Phosphorus	mg	958		0	287		
Potassium	mg	1000		0	300		
Sodium	mg	423		0	127		
Zinc	mg	14.40		0	4.32		
Copper	mg	1.000		0	0.300		
Manganese	mg	7.258		0	2.177		
Selenium	µg	9.4		0	2.8		
Vitamins:							
Ascorbic acid	mg	57.7		0	17.3		
Thiamin	mg	1.400		0	0.420		
Riboflavin	mg	1.600		0	0.480		
Niacin	mg	19.200		0	5.760		
Pantothenic acid	mg	1.591		0	0.477		
Vitamin B-6	mg	1.900		0	0.570		
Folate	µg	400		0	120		
Vitamin B-12	µg	5.80		0	1.74		
Vitamin A	IU	2885		0	866		
Vitamin A, RE	µg	866		0	260		
Vitamin E, α-TE	mg	2.139		0	0.642		
Lipids:							
Saturated, total	g	0.563		0	0.169		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.001		0	0.000		
14:0	g	0.005		0	0.002		
15.0	g						
16:0	g	0.498		0	0.149		
17:0	g						
18:0	g	0.035		0	0.011		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.596	0	0.179
14:1	g			
16:1	g	0.014	0	0.004
18:1	g	0.582	0	0.175
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	1.941	0	0.582
18:2	g	1.798	0	0.539
18:3	g	0.138	0	0.041
18:4	g	0.000	0	0.000
20:4	g	0.004	0	0.001
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 cup (1 NLEA serving)

NDB No. 08254 Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE CINNAMON SQUARES MINI-WHEATS

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 55g	Measure 2*	Measure 3*
Proximates:							
Water	g	9.50		0	5.22		
Energy	kcal	331		0	182		
Energy	kj	1385		0	762		
Protein (N x 5.95)	g	7.20		0	3.96		
Total lipid (fat)	g	1.80		0	0.99		
Carbohydrate, by difference	g	80.10		0	44.05		
Fiber, total dietary	g	8.6		0	4.7		
Ash	g	1.40		0	0.77		
Sugars, total	g	21.20		0	11.66		
Minerals:							
Calcium	mg	38		0	21		
Iron	mg	29.50		0	16.23		
Magnesium	mg	88		0	48		
Phosphorus	mg	280		0	154		
Potassium	mg	302		0	166		
Sodium	mg	36		0	20		
Zinc	mg	2.70		0	1.49		
Copper	mg	0.200		0	0.110		
Manganese	mg	3.092		0	1.701		
Selenium	µg	4.1		0	2.3		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.700		0	0.385		
Riboflavin	mg	0.800		0	0.440		
Niacin	mg	9.100		0	5.005		
Pantothenic acid	mg	0.641		0	0.353		
Vitamin B-6	mg	0.900		0	0.495		
Folate	µg	200		0	110		
Vitamin B-12	µg	2.70		0	1.49		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	1.074		0	0.591		
Lipids:							
Saturated, total	g	0.400		0	0.220		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.020		0	0.011		
10:0	g	0.000		0	0.000		
12:0	g	0.004		0	0.002		
14:0	g	0.014		0	0.008		
15.0	g						
16:0	g	0.376		0	0.207		
17:0	g						
18:0	g	0.035		0	0.019		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.500	0	0.275
14:1	g			
16:1	g	0.018	0	0.010
18:1	g	0.309	0	0.170
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.900	0	0.495
18:2	g	0.953	0	0.524
18:3	g	0.051	0	0.028
18:4	g	0.000	0	0.000
20:4	g	0.002	0	0.001
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3/4 cup (1 NLEA serving)

NDB No. 08255 Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE RAISIN CRISP

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 55g	Measure 2*	Measure 3*
Proximates:							
Water	g	5.30		0	2.92		
Energy	kcal	336		0	185		
Energy	kj	1406		0	773		
Protein (N x 5.95)	g	6.30		0	3.46		
Total lipid (fat)	g	0.90		0	0.50		
Carbohydrate, by difference	g	84.90		0	46.70		
Fiber, total dietary	g	8.0		0	4.4		
Ash	g	2.60		0	1.43		
Sugars, total	g	28.30		0	15.56		
Minerals:							
Calcium	mg	27		0	15		
Iron	mg	3.40		0	1.87		
Magnesium	mg	18		0	10		
Phosphorus	mg	156		0	86		
Potassium	mg	155		0	85		
Sodium	mg	679		0	373		
Zinc	mg	2.80		0	1.54		
Copper	mg	0.100		0	0.055		
Manganese	mg	1.413		0	0.777		
Selenium	µg	9.1		0	5.0		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.700		0	0.385		
Riboflavin	mg	0.800		0	0.440		
Niacin	mg	9.400		0	5.170		
Pantothenic acid	mg	0.676		0	0.372		
Vitamin B-6	mg	0.900		0	0.495		
Folate	µg	200		0	110		
Vitamin B-12	µg	2.80		0	1.54		
Vitamin A	IU	1415		0	778		
Vitamin A, RE	µg	425		0	234		
Vitamin E, α-TE	mg	0.831		0	0.457		
Lipids:							
Saturated, total	g	0.200		0	0.110		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.001		0	0.001		
14:0	g	0.003		0	0.002		
15.0	g						
16:0	g	0.160		0	0.088		
17:0	g						
18:0	g	0.014		0	0.008		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.300	0	0.165
14:1	g			
16:1	g	0.004	0	0.002
18:1	g	0.267	0	0.147
20:1	g	0.003	0	0.002
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.400	0	0.220
18:2	g	0.402	0	0.221
18:3	g	0.042	0	0.023
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (1 NLEA serving)

NDB No. 08257 Cereals ready-to-eat, KELLOGG, KELLOGG'S CINNAMON MINI BUNS

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	2.30		0	0.69		
Energy	kcal	384		0	115		
Energy	kj	1607		0	482		
Protein (N x 5.95)	g	4.90		0	1.47		
Total lipid (fat)	g	2.10		0	0.63		
Carbohydrate, by difference	g	88.70		0	26.61		
Fiber, total dietary	g	2.2		0	0.7		
Ash	g	2.00		0	0.60		
Sugars, total	g	40.00		0	12.00		
Minerals:							
Calcium	mg	13		0	4		
Iron	mg	15.00		0	4.50		
Magnesium	mg	37		0	11		
Phosphorus	mg	80		0	24		
Potassium	mg	122		0	37		
Sodium	mg	692		0	208		
Zinc	mg	12.50		0	3.75		
Copper	mg	0.100		0	0.030		
Manganese	mg	0.437		0	0.131		
Selenium	µg	12.0		0	3.6		
Vitamins:							
Ascorbic acid	mg	50.0		0	15.0		
Thiamin	mg	1.300		0	0.390		
Riboflavin	mg	1.400		0	0.420		
Niacin	mg	16.700		0	5.010		
Pantothenic acid	mg	0.322		0	0.097		
Vitamin B-6	mg	1.700		0	0.510		
Folate	µg	300		0	90		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	2500		0	750		
Vitamin A, RE	µg	751		0	225		
Vitamin E, α-TE	mg	0.178		0	0.053		
Lipids:							
Saturated, total	g	0.500		0	0.150		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.328		0	0.098		
17:0	g						
18:0	g	0.034		0	0.010		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.600	0	0.180
14:1	g			
16:1	g	0.002	0	0.001
18:1	g	0.597	0	0.179
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	1.000	0	0.300
18:2	g	1.084	0	0.325
18:3	g	0.040	0	0.012
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3/4 cup (1 NLEA serving)

NDB No. 08258 Cereals ready-to-eat, KELLOGG, KELLOGG'S COMMON SENSE Oat Bran Flakes

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	3.30		0	0.99		
Energy	kcal	363		0	109		
Energy	kj	1519		0	456		
Protein (N x 5.95)	g	12.90		0	3.87		
Total lipid (fat)	g	4.00		0	1.20		
Carbohydrate, by difference	g	77.40		0	23.22		
Fiber, total dietary	g	13.2		0	4.0		
Ash	g	2.40		0	0.72		
Sugars, total	g	21.10		0	6.33		
Minerals:							
Calcium	mg	49		0	15		
Iron	mg	28.00		0	8.40		
Magnesium	mg	159		0	48		
Phosphorus	mg	509		0	153		
Potassium	mg	400		0	120		
Sodium	mg	899		0	270		
Zinc	mg	12.50		0	3.75		
Copper	mg	0.300		0	0.090		
Manganese	mg	3.983		0	1.195		
Selenium	µg	17.0		0	5.1		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	1.300		0	0.390		
Riboflavin	mg	1.400		0	0.420		
Niacin	mg	16.700		0	5.010		
Pantothenic acid	mg	1.056		0	0.317		
Vitamin B-6	mg	1.700		0	0.510		
Folate	µg	300		0	90		
Vitamin B-12	µg	5.00		0	1.50		
Vitamin A	IU	2500		0	750		
Vitamin A, RE	µg	751		0	225		
Vitamin E, α-TE	mg	1.233		0	0.370		
Lipids:							
Saturated, total	g	1.200		0	0.360		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.007		0	0.002		
10:0	g	0.000		0	0.000		
12:0	g	0.013		0	0.004		
14:0	g	0.010		0	0.003		
15.0	g						
16:0	g	0.694		0	0.208		
17:0	g						
18:0	g	0.043		0	0.013		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.900	0	0.570
14:1	g			
16:1	g	0.012	0	0.004
18:1	g	1.325	0	0.398
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.800	0	0.240
18:2	g	1.666	0	0.500
18:3	g	0.078	0	0.023
18:4	g	0.000	0	0.000
20:4	g	0.001	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3/4 cup (1 NLEA serving)

NDB No. 08259 Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 29g	Measure 2*	Measure 3*
Proximates:							
Water	g	3.00		0	0.87		
Energy	kcal	374		0	108		
Energy	kj	1565		0	454		
Protein (N x 5.95)	g	7.40		0	2.15		
Total lipid (fat)	g	1.00		0	0.29		
Carbohydrate, by difference	g	86.20		0	25.00		
Fiber, total dietary	g	2.2		0	0.6		
Ash	g	2.40		0	0.70		
Sugars, total	g	10.30		0	2.99		
Minerals:							
Calcium	mg	12		0	3		
Iron	mg	6.20		0	1.80		
Magnesium	mg	24		0	7		
Phosphorus	mg	92		0	27		
Potassium	mg	121		0	35		
Sodium	mg	828		0	240		
Zinc	mg	5.20		0	1.51		
Copper	mg	0.200		0	0.058		
Manganese	mg	1.819		0	0.528		
Selenium	µg	10.9		0	3.2		
Vitamins:							
Ascorbic acid	mg	51.7		0	15.0		
Thiamin	mg	1.300		0	0.377		
Riboflavin	mg	1.500		0	0.435		
Niacin	mg	17.200		0	4.988		
Pantothenic acid	mg	0.924		0	0.268		
Vitamin B-6	mg	1.700		0	0.493		
Folate	µg	300		0	87		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	2586		0	750		
Vitamin A, RE	µg	777		0	225		
Vitamin E, α-TE	mg	0.411		0	0.119		
Lipids:							
Saturated, total	g	0.300		0	0.087		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.004		0	0.001		
14:0	g	0.002		0	0.001		
15.0	g						
16:0	g	0.144		0	0.042		
17:0	g						
18:0	g	0.017		0	0.005		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.200	0	0.058
14:1	g			
16:1	g	0.002	0	0.001
18:1	g	0.309	0	0.090
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.400	0	0.116
18:2	g	0.406	0	0.118
18:3	g	0.014	0	0.004
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (1 NLEA serving)

NDB No. 08260 Cereals ready-to-eat, KELLOGG, KELLOGG'S BLUEBERRY SQUARES MINI-WHEATS

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 55g	Measure 2*	Measure 3*
Proximates:							
Water	g	9.50		0	5.22		
Energy	kcal	330		0	182		
Energy	kj	1381		0	760		
Protein (N x 5.95)	g	7.60		0	4.18		
Total lipid (fat)	g	1.80		0	0.99		
Carbohydrate, by difference	g	79.60		0	43.78		
Fiber, total dietary	g	8.8		0	4.8		
Ash	g	1.40		0	0.77		
Sugars, total	g	20.50		0	11.28		
Minerals:							
Calcium	mg	35		0	19		
Iron	mg	30.00		0	16.50		
Magnesium	mg	93		0	51		
Phosphorus	mg	294		0	162		
Potassium	mg	333		0	183		
Sodium	mg	37		0	20		
Zinc	mg	2.80		0	1.54		
Copper	mg	0.200		0	0.110		
Manganese	mg	2.315		0	1.273		
Selenium	µg	4.1		0	2.3		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.700		0	0.385		
Riboflavin	mg	0.800		0	0.440		
Niacin	mg	9.300		0	5.115		
Pantothenic acid	mg	0.614		0	0.338		
Vitamin B-6	mg	0.900		0	0.495		
Folate	µg	200		0	110		
Vitamin B-12	µg	2.80		0	1.54		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	1.544		0	0.849		
Lipids:							
Saturated, total	g	0.400		0	0.220		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.018		0	0.010		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.004		0	0.002		
15.0	g						
16:0	g	0.291		0	0.160		
17:0	g						
18:0	g	0.018		0	0.010		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.400	0	0.220
14:1	g			
16:1	g	0.014	0	0.008
18:1	g	0.221	0	0.122
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	1.000	0	0.550
18:2	g	0.748	0	0.411
18:3	g	0.043	0	0.024
18:4	g	0.000	0	0.000
20:4	g	0.002	0	0.001
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3/4 cup (1 NLEA serving)

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 55g	Measure 2*	Measure 3*
Proximates:							
Water	g	4.50		3	2.48		
Energy	kcal	380		0	209		
Energy	kj	1590		0	875		
Protein (N x 5.95)	g	9.39		3	5.16		
Total lipid (fat)	g	8.00		3	4.40		
Carbohydrate, by difference	g	75.37		0	41.45		
Fiber, total dietary	g	9.2		3	5.1		
Ash	g	2.66		3	1.46		
Sugars, total	g	29.07		3	15.99		
Minerals:							
Calcium	mg	134		3	74		
Iron	mg	8.18		0	4.50		
Magnesium	mg	98		3	54		
Phosphorus	mg	296		3	163		
Potassium	mg	397		3	218		
Sodium	mg	447		3	246		
Zinc	mg	2.01		3	1.11		
Copper	mg	0.410		3	0.225		
Manganese	mg	2.373		0	1.305		
Selenium	µg	7.0		0	3.9		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.680		0	0.374		
Riboflavin	mg	0.770		0	0.424		
Niacin	mg	9.090		0	5.000		
Pantothenic acid	mg	0.613		0	0.337		
Vitamin B-6	mg	0.910		0	0.501		
Folate	µg	181		0	100		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	3.695		0	2.032		
Lipids:							
Saturated, total	g	1.300		3	0.715		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.008		0	0.004		
10:0	g	0.000		0	0.000		
12:0	g	0.004		0	0.002		
14:0	g	0.026		0	0.014		
15.0	g						
16:0	g	0.881		0	0.485		
17:0	g						
18:0	g	0.351		0	0.193		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.500	3	1.925
14:1	g			
16:1	g	0.016	0	0.009
18:1	g	3.104	0	1.707
20:1	g	0.002	0	0.001
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.830	3	0.456
18:2	g	1.149	0	0.632
18:3	g	0.071	0	0.039
18:4	g	0.000	0	0.000
20:4	g	0.001	0	0.001
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (1 NLEA serving)

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 55g	Measure 2*	Measure 3*
Proximates:							
Water	g	7.14		1	3.93		
Energy	kcal	365		0	201		
Energy	kj	1527		0	840		
Protein (N x 5.95)	g	7.60		1	4.18		
Total lipid (fat)	g	5.16		1	2.84		
Carbohydrate, by difference	g	76.30		0	41.97		
Fiber, total dietary	g	6.1		1	3.4		
Ash	g	3.85		1	2.12		
Sugars, total	g	22.80		1	12.54		
Minerals:							
Calcium	mg	563		1	310		
Iron	mg	8.18		0	4.50		
Magnesium	mg	73		1	40		
Phosphorus	mg	421		1	232		
Potassium	mg	294		1	162		
Sodium	mg	587		1	323		
Zinc	mg	6.82		0	3.75		
Copper	mg	0.300		1	0.165		
Manganese	mg	1.659		0	0.912		
Selenium	µg	17.0		0	9.3		
Vitamins:							
Ascorbic acid	mg	27.2		0	15.0		
Thiamin	mg	0.680		0	0.374		
Riboflavin	mg	0.770		0	0.424		
Niacin	mg	9.090		0	5.000		
Pantothenic acid	mg	0.531		0	0.292		
Vitamin B-6	mg	0.910		0	0.501		
Folate	µg	181		0	100		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	2272		0	1250		
Vitamin A, RE	µg	682		0	375		
Vitamin E, α-TE	mg	1.229		0	0.676		
Lipids:							
Saturated, total	g	0.770		1	0.424		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.004		0	0.002		
14:0	g	0.014		0	0.008		
15.0	g						
16:0	g	0.580		0	0.319		
17:0	g						
18:0	g	0.209		0	0.115		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.800	1	0.990
14:1	g			
16:1	g	0.010	0	0.006
18:1	g	1.780	0	0.979
20:1	g	0.009	0	0.005
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	2.000	1	1.100
18:2	g	0.795	0	0.437
18:3	g	0.122	0	0.067
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (1 NLEA serving)

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	2.51		1	0.75		
Energy	kcal	393		0	118		
Energy	kj	1644		0	493		
Protein (N x 5.95)	g	6.20		1	1.86		
Total lipid (fat)	g	5.44		1	1.63		
Carbohydrate, by difference	g	83.50		0	25.05		
Fiber, total dietary	g	5.3		1	1.6		
Ash	g	2.30		1	0.69		
Sugars, total	g	43.80		1	13.14		
Minerals:							
Calcium	mg	118		1	35		
Iron	mg	15.00		0	4.50		
Magnesium	mg	67		1	20		
Phosphorus	mg	217		1	65		
Potassium	mg	200		1	60		
Sodium	mg	501		1	150		
Zinc	mg	12.50		0	3.75		
Copper	mg	0.200		1	0.060		
Manganese	mg	1.414		0	0.424		
Selenium	µg	37.5		0	11.3		
Vitamins:							
Ascorbic acid	mg	50.0		0	15.0		
Thiamin	mg	1.250		0	0.375		
Riboflavin	mg	1.420		0	0.426		
Niacin	mg	16.670		0	5.001		
Pantothenic acid	mg	0.515		0	0.155		
Vitamin B-6	mg	1.670		0	0.501		
Folate	µg	333		0	100		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	2500		0	750		
Vitamin A, RE	µg	751		0	225		
Vitamin E, α-TE	mg	0.988		0	0.296		
Lipids:							
Saturated, total	g	1.000		1	0.300		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.009		0	0.003		
14:0	g	0.012		0	0.004		
15.0	g						
16:0	g	0.703		0	0.211		
17:0	g						
18:0	g	0.224		0	0.067		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.140	1	0.642
14:1	g			
16:1	g	0.003	0	0.001
18:1	g	1.848	0	0.554
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.700	1	0.210
18:2	g	0.966	0	0.290
18:3	g	0.057	0	0.017
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3/4 cup (1 NLEA serving)

NDB No. 08264 Cereals ready-to-eat, GENERAL MILLS, S'MORES GRAHAMS

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	2.79		1	0.84		
Energy	kcal	390		0	117		
Energy	kj	1632		0	490		
Protein (N x 5.95)	g	5.59		1	1.68		
Total lipid (fat)	g	4.00		1	1.20		
Carbohydrate, by difference	g	85.30		0	25.59		
Fiber, total dietary	g	2.8		1	0.8		
Ash	g	2.28		1	0.68		
Sugars, total	g	41.40		0	12.42		
Minerals:							
Calcium	mg	48		1	14		
Iron	mg	15.00		0	4.50		
Magnesium	mg	36		1	11		
Phosphorus	mg	135		1	41		
Potassium	mg	160		1	48		
Sodium	mg	708		1	212		
Zinc	mg	12.50		0	3.75		
Copper	mg	0.200		1	0.060		
Manganese	mg	0.993		0	0.298		
Selenium	µg	15.1		0	4.5		
Vitamins:							
Ascorbic acid	mg	50.0		0	15.0		
Thiamin	mg	1.250		0	0.375		
Riboflavin	mg	1.420		0	0.426		
Niacin	mg	16.670		0	5.001		
Pantothenic acid	mg	0.329		0	0.099		
Vitamin B-6	mg	1.670		0	0.501		
Folate	µg	333		0	100		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	2500		0	750		
Vitamin A, RE	µg	751		0	225		
Vitamin E, α-TE	mg	0.726		0	0.218		
Lipids:							
Saturated, total	g	0.590		1	0.177		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.003		0	0.001		
10:0	g	0.000		0	0.000		
12:0	g	0.002		0	0.001		
14:0	g	0.007		0	0.002		
15.0	g						
16:0	g	0.423		0	0.127		
17:0	g						
18:0	g	0.168		0	0.050		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.310	1	0.393
14:1	g			
16:1	g	0.003	0	0.001
18:1	g	1.146	0	0.344
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.500	1	0.150
18:2	g	0.587	0	0.176
18:3	g	0.033	0	0.010
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3/4 cup (1 NLEA serving)

NDB No. 08265 Cereals ready-to-eat, GENERAL MILLS, MULTIGRAIN CHEERIOS

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	2.68		1	0.80		
Energy	kcal	373		0	112		
Energy	kj	1561		0	468		
Protein (N x 5.95)	g	8.52		1	2.56		
Total lipid (fat)	g	3.63		1	1.09		
Carbohydrate, by difference	g	81.50		0	24.45		
Fiber, total dietary	g	6.4		1	1.9		
Ash	g	3.62		1	1.09		
Sugars, total	g	20.90		1	6.27		
Minerals:							
Calcium	mg	190		1	57		
Iron	mg	27.00		0	8.10		
Magnesium	mg	99		1	30		
Phosphorus	mg	381		1	114		
Potassium	mg	324		1	97		
Sodium	mg	847		1	254		
Zinc	mg	12.50		0	3.75		
Copper	mg	0.240		1	0.072		
Manganese	mg	2.014		0	0.604		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	50.0		0	15.0		
Thiamin	mg	1.250		0	0.375		
Riboflavin	mg	1.420		0	0.426		
Niacin	mg	16.670		0	5.001		
Pantothenic acid	mg	0.660		0	0.198		
Vitamin B-6	mg	1.670		0	0.501		
Folate	µg	333		0	100		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	2500		0	750		
Vitamin A, RE	µg	751		0	225		
Vitamin E, α-TE	mg	0.635		0	0.191		
Lipids:							
Saturated, total	g	0.830		1	0.249		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.002		0	0.001		
10:0	g	0.000		0	0.000		
12:0	g	0.004		0	0.001		
14:0	g	0.008		0	0.002		
15.0	g						
16:0	g	0.429		0	0.129		
17:0	g						
18:0	g	0.107		0	0.032		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.990	1	0.297
14:1	g			
16:1	g	0.005	0	0.002
18:1	g	0.964	0	0.289
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.500	1	0.150
18:2	g	0.737	0	0.221
18:3	g	0.045	0	0.013
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (1 NLEA serving)

NDB No. 08266 Cereals ready-to-eat, GENERAL MILLS, HONEY FROSTED WHEATIES

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	2.68		1	0.80		
Energy	kcal	365		0	110		
Energy	kj	1527		0	458		
Protein (N x 5.95)	g	5.70		1	1.71		
Total lipid (fat)	g	0.98		1	0.29		
Carbohydrate, by difference	g	88.00		0	26.40		
Fiber, total dietary	g	5.0		1	1.5		
Ash	g	2.43		1	0.73		
Sugars, total	g	31.40		1	9.42		
Minerals:							
Calcium	mg	26		1	8		
Iron	mg	15.00		0	4.50		
Magnesium	mg	36		1	11		
Phosphorus	mg	181		1	54		
Potassium	mg	186		1	56		
Sodium	mg	703		1	211		
Zinc	mg	12.50		0	3.75		
Copper	mg	0.100		1	0.030		
Manganese	mg	1.016		0	0.305		
Selenium	µg	4.7		0	1.4		
Vitamins:							
Ascorbic acid	mg	50.0		0	15.0		
Thiamin	mg	1.250		0	0.375		
Riboflavin	mg	1.420		0	0.426		
Niacin	mg	16.670		0	5.001		
Pantothenic acid	mg	0.354		0	0.106		
Vitamin B-6	mg	1.670		0	0.501		
Folate	µg	333		0	100		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	2500		0	750		
Vitamin A, RE	µg	751		0	225		
Vitamin E, α-TE	mg	0.385		0	0.116		
Lipids:							
Saturated, total	g	0.250		1	0.075		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.001		0	0.000		
15.0	g						
16:0	g	0.075		0	0.023		
17:0	g						
18:0	g	0.007		0	0.002		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.160	1	0.048
14:1	g			
16:1	g	0.003	0	0.001
18:1	g	0.103	0	0.031
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.100	1	0.030
18:2	g	0.234	0	0.070
18:3	g	0.009	0	0.003
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3/4 cup (1 NLEA serving)

NDB No. 08267 Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	2.22		6			
Energy	kcal	382		0			
Energy	kj	1598		0			
Protein (N x 5.95)	g	6.57		6			
Total lipid (fat)	g	3.32		6			
Carbohydrate, by difference	g	85.12		0			
Fiber, total dietary	g	5.2		6			
Ash	g	2.77		6			
Sugars, total	g	45.53		6			
Minerals:							
Calcium	mg	108		6			
Iron	mg	15.00		0			
Magnesium	mg	60		6			
Phosphorus	mg	220		6			
Potassium	mg	194		6			
Sodium	mg	640		6			
Zinc	mg	12.50		0			
Copper	mg	0.190		0			
Manganese	mg	1.384		0			
Selenium	µg	37.5		0			
Vitamins:							
Ascorbic acid	mg	50.0		0			
Thiamin	mg	1.250		0			
Riboflavin	mg	1.420		0			
Niacin	mg	16.670		0			
Pantothenic acid	mg	0.502		0			
Vitamin B-6	mg	1.670		0			
Folate	µg	333		0			
Vitamin B-12	µg	0.00		0			
Vitamin A	IU	2500		0			
Vitamin A, RE	µg	751		0			
Vitamin E, α-TE	mg	0.554		0			
Lipids:							
Saturated, total	g	0.680		0			
4:0	g	0.000		0			
6.0	g	0.000		0			
8:0	g	0.000		0			
10:0	g	0.000		0			
12:0	g	0.008		0			
14:0	g	0.004		0			
15.0	g						
16:0	g	0.458		0			
17:0	g						
18:0	g	0.042		0			
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.250	6
14:1	g		
16:1	g	0.009	0
18:1	g	1.381	0
20:1	g	0.000	0
22.1	g	0.000	0
Polyunsaturated, total	g	1.210	6
18:2	g	1.163	0
18:3	g	0.044	0
18:4	g	0.000	0
20:4	g	0.000	0
20:5	g	0.000	0
22:5	g	0.000	0
22:6	g	0.000	0
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g		
Threonine	g		
Isoleucine	g		
Leucine	g		
Lysine	g		
Methionine	g		
Cystine	g		
Phenylalanine	g		
Tyrosine	g		
Valine	g		
Arginine	g		
Histidine	g		
Alanine	g		
Aspartic acid	g		
Glutamic acid	g		
Glycine	g		
Proline	g		
Serine	g		
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 08268 Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	1.91		2	0.57		
Energy	kcal	390		0	117		
Energy	kj	1632		0	490		
Protein (N x 5.95)	g	3.26		2	0.98		
Total lipid (fat)	g	1.71		2	0.51		
Carbohydrate, by difference	g	90.90		0	27.27		
Fiber, total dietary	g	0.6		2	0.2		
Ash	g	2.19		2	0.66		
Sugars, total	g	48.50		2	14.55		
Minerals:							
Calcium	mg	82		2	25		
Iron	mg	15.00		0	4.50		
Magnesium	mg	9		2	3		
Phosphorus	mg	94		2	28		
Potassium	mg	53		2	16		
Sodium	mg	695		2	209		
Zinc	mg	12.50		0	3.75		
Copper	mg	0.080		2	0.024		
Manganese	mg	0.134		0	0.040		
Selenium	µg	19.8		0	5.9		
Vitamins:							
Ascorbic acid	mg	50.0		0	15.0		
Thiamin	mg	1.250		0	0.375		
Riboflavin	mg	1.420		0	0.426		
Niacin	mg	16.670		0	5.001		
Pantothenic acid	mg	0.118		0	0.035		
Vitamin B-6	mg	1.670		0	0.501		
Folate	µg	333		0	100		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.275		0	0.083		
Lipids:							
Saturated, total	g	0.290		2	0.087		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.001		0	0.000		
14:0	g	0.003		0	0.001		
15.0	g						
16:0	g	0.163		0	0.049		
17:0	g						
18:0	g	0.067		0	0.020		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.530	2	0.159
14:1	g			
16:1	g	0.001	0	0.000
18:1	g	0.446	0	0.134
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.090	2	0.027
18:2	g	0.203	0	0.061
18:3	g	0.012	0	0.004
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (1 NLEA serving)

NDB No. 08269 Cereals ready-to-eat, GENERAL MILLS, Country Corn Flakes

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	2.61		3	0.78		
Energy	kcal	380		0	114		
Energy	kj	1590		0	477		
Protein (N x 5.95)	g	6.10		3	1.83		
Total lipid (fat)	g	1.68		3	0.50		
Carbohydrate, by difference	g	86.53		0	25.96		
Fiber, total dietary	g	1.5		3	0.5		
Ash	g	3.07		3	0.92		
Sugars, total	g	8.33		3	2.50		
Minerals:							
Calcium	mg	178		3	53		
Iron	mg	27.00		0	8.10		
Magnesium	mg	24		3	7		
Phosphorus	mg	131		3	39		
Potassium	mg	135		3	41		
Sodium	mg	946		3	284		
Zinc	mg	12.50		0	3.75		
Copper	mg	0.100		3	0.030		
Manganese	mg	0.104		0	0.031		
Selenium	µg	5.1		0	1.5		
Vitamins:							
Ascorbic acid	mg	50.0		0	15.0		
Thiamin	mg	1.250		0	0.375		
Riboflavin	mg	1.420		0	0.426		
Niacin	mg	16.670		0	5.001		
Pantothenic acid	mg	0.245		0	0.074		
Vitamin B-6	mg	1.670		0	0.501		
Folate	µg	333		0	100		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	2500		0	750		
Vitamin A, RE	µg	751		0	225		
Vitamin E, α-TE	mg	0.256		0	0.077		
Lipids:							
Saturated, total	g	0.500		3	0.150		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.001		0	0.000		
14:0	g	0.001		0	0.000		
15.0	g						
16:0	g	0.124		0	0.037		
17:0	g						
18:0	g	0.017		0	0.005		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.290	3	0.087
14:1	g			
16:1	g	0.003	0	0.001
18:1	g	0.270	0	0.081
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.100	3	0.030
18:2	g	0.457	0	0.137
18:3	g	0.013	0	0.004
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (1 NLEA serving)

NDB No. 08270 Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	1.84		0	0.55		
Energy	kcal	391		0	117		
Energy	kj	1636		0	491		
Protein (N x 5.95)	g	4.71		1	1.41		
Total lipid (fat)	g	2.88		1	0.86		
Carbohydrate, by difference	g	88.10		0	26.43		
Fiber, total dietary	g	1.5		1	0.5		
Ash	g	2.49		1	0.75		
Sugars, total	g	41.70		1	12.51		
Minerals:							
Calcium	mg	95		1	29		
Iron	mg	15.00		0	4.50		
Magnesium	mg	31		1	9		
Phosphorus	mg	135		1	41		
Potassium	mg	209		1	63		
Sodium	mg	696		1	209		
Zinc	mg	12.50		0	3.75		
Copper	mg	0.260		1	0.078		
Manganese	mg	0.119		0	0.036		
Selenium	µg	6.5		0	2.0		
Vitamins:							
Ascorbic acid	mg	50.0		0	15.0		
Thiamin	mg	1.250		0	0.375		
Riboflavin	mg	1.420		0	0.426		
Niacin	mg	16.670		0	5.001		
Pantothenic acid	mg	0.111		0	0.033		
Vitamin B-6	mg	1.670		0	0.501		
Folate	µg	333		0	100		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.391		0	0.117		
Lipids:							
Saturated, total	g	0.750		1	0.225		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.001		0	0.000		
14:0	g	0.006		0	0.002		
15.0	g						
16:0	g	0.328		0	0.098		
17:0	g						
18:0	g	0.177		0	0.053		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.920	1	0.276
14:1	g			
16:1	g	0.001	0	0.000
18:1	g	0.870	0	0.261
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.100	1	0.030
18:2	g	0.333	0	0.100
18:3	g	0.019	0	0.006
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg	3	0	1
Theobromine	mg	95	0	29
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (1 NLEA serving)

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	1.89		2	0.57		
Energy	kcal	396		0	119		
Energy	kj	1657		0	497		
Protein (N x 5.95)	g	3.80		2	1.14		
Total lipid (fat)	g	3.01		2	0.90		
Carbohydrate, by difference	g	89.05		0	26.71		
Fiber, total dietary	g	0.6		2	0.2		
Ash	g	2.27		2	0.68		
Sugars, total	g	45.90		2	13.77		
Minerals:							
Calcium	mg	110		2	33		
Iron	mg	15.00		0	4.50		
Magnesium	mg	22		2	7		
Phosphorus	mg	142		2	43		
Potassium	mg	174		2	52		
Sodium	mg	602		2	181		
Zinc	mg	12.50		0	3.75		
Copper	mg	0.140		2	0.042		
Manganese	mg	0.109		0	0.033		
Selenium	µg	6.5		0	2.0		
Vitamins:							
Ascorbic acid	mg	50.0		0	15.0		
Thiamin	mg	1.250		0	0.375		
Riboflavin	mg	1.420		0	0.426		
Niacin	mg	16.670		0	5.001		
Pantothenic acid	mg	0.113		0	0.034		
Vitamin B-6	mg	1.670		0	0.501		
Folate	µg	333		0	100		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.456		0	0.137		
Lipids:							
Saturated, total	g	0.680		2	0.204		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.002		0	0.001		
14:0	g	0.007		0	0.002		
15.0	g						
16:0	g	0.366		0	0.110		
17:0	g						
18:0	g	0.163		0	0.049		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.160	2	0.348
14:1	g			
16:1	g	0.001	0	0.000
18:1	g	1.052	0	0.316
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.150	2	0.045
18:2	g	0.378	0	0.113
18:3	g	0.024	0	0.007
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg	2	0	1
Theobromine	mg	22	0	7
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (1 NLEA serving)

NDB No. 08272 Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	2.09		5	0.63		
Energy	kcal	414		0	124		
Energy	kj	1732		0	520		
Protein (N x 5.95)	g	5.60		5	1.68		
Total lipid (fat)	g	10.14		5	3.04		
Carbohydrate, by difference	g	79.46		0	23.84		
Fiber, total dietary	g	5.0		5	1.5		
Ash	g	2.71		5	0.81		
Sugars, total	g	35.60		5	10.68		
Minerals:							
Calcium	mg	141		5	42		
Iron	mg	15.00		0	4.50		
Magnesium	mg	45		5	14		
Phosphorus	mg	248		5	74		
Potassium	mg	147		5	44		
Sodium	mg	701		5	210		
Zinc	mg	12.50		0	3.75		
Copper	mg	0.200		5	0.060		
Manganese	mg	2.737		0	0.821		
Selenium	µg	4.3		0	1.3		
Vitamins:							
Ascorbic acid	mg	50.0		0	15.0		
Thiamin	mg	1.250		0	0.375		
Riboflavin	mg	1.420		0	0.426		
Niacin	mg	16.670		0	5.001		
Pantothenic acid	mg	0.778		0	0.233		
Vitamin B-6	mg	1.670		0	0.501		
Folate	µg	333		0	100		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	2500		0	750		
Vitamin A, RE	µg	751		0	225		
Vitamin E, α-TE	mg	0.929		0	0.279		
Lipids:							
Saturated, total	g	1.670		5	0.501		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.001		0	0.000		
14:0	g	0.019		0	0.006		
15.0	g						
16:0	g	0.690		0	0.207		
17:0	g						
18:0	g	0.442		0	0.133		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.100	5	0.930
14:1	g			
16:1	g	0.077	0	0.023
18:1	g	0.002	0	0.001
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	1.760	5	0.528
18:2	g	1.999	0	0.600
18:3	g	0.000	0	0.000
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	1.257	0	0.377
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3/4 cup (1 NLEA serving)

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	1.69		2	0.51		
Energy	kcal	388		0	116		
Energy	kj	1623		0	487		
Protein (N x 5.95)	g	3.22		2	0.97		
Total lipid (fat)	g	1.77		2	0.53		
Carbohydrate, by difference	g	91.10		0	27.33		
Fiber, total dietary	g	1.3		2	0.4		
Ash	g	2.22		2	0.67		
Sugars, total	g	49.75		2	14.93		
Minerals:							
Calcium	mg	68		2	20		
Iron	mg	15.00		0	4.50		
Magnesium	mg	9		2	3		
Phosphorus	mg	103		2	31		
Potassium	mg	59		2	18		
Sodium	mg	712		2	214		
Zinc	mg	12.50		0	3.75		
Copper	mg	0.040		2	0.012		
Manganese	mg	0.050		0	0.015		
Selenium	µg	6.5		0	2.0		
Vitamins:							
Ascorbic acid	mg	50.0		0	15.0		
Thiamin	mg	1.250		0	0.375		
Riboflavin	mg	1.420		0	0.426		
Niacin	mg	16.670		0	5.001		
Pantothenic acid	mg	0.100		0	0.030		
Vitamin B-6	mg	1.670		0	0.501		
Folate	µg	333		0	100		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.102		0	0.031		
Lipids:							
Saturated, total	g	0.310		2	0.093		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.112		0	0.034		
17:0	g						
18:0	g	0.077		0	0.023		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.550	2	0.165
14:1	g			
16:1	g	0.001	0	0.000
18:1	g	0.597	0	0.179
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.090	2	0.027
18:2	g	0.130	0	0.039
18:3	g	0.004	0	0.001
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (1 NLEA serving)

NDB No. 08274 Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	2.32		1	0.70		
Energy	kcal	400		0	120		
Energy	kj	1674		0	502		
Protein (N x 5.95)	g	4.36		1	1.31		
Total lipid (fat)	g	3.87		1	1.16		
Carbohydrate, by difference	g	87.10		0	26.13		
Fiber, total dietary	g	0.6		1	0.2		
Ash	g	2.37		1	0.71		
Sugars, total	g	30.00		1	9.00		
Minerals:							
Calcium	mg	220		1	66		
Iron	mg	15.00		0	4.50		
Magnesium	mg	19		1	6		
Phosphorus	mg	124		1	37		
Potassium	mg	79		1	24		
Sodium	mg	615		1	185		
Zinc	mg	12.50		0	3.75		
Copper	mg	0.080		1	0.024		
Manganese	mg	0.520		0	0.156		
Selenium	µg	20.1		0	6.0		
Vitamins:							
Ascorbic acid	mg	50.0		0	15.0		
Thiamin	mg	1.250		0	0.375		
Riboflavin	mg	1.420		0	0.426		
Niacin	mg	16.670		0	5.001		
Pantothenic acid	mg	0.277		0	0.083		
Vitamin B-6	mg	1.670		0	0.501		
Folate	µg	333		0	100		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	2500		0	750		
Vitamin A, RE	µg	751		0	225		
Vitamin E, α-TE	mg	0.569		0	0.171		
Lipids:							
Saturated, total	g	0.650		1	0.195		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.003		0	0.001		
14:0	g	0.008		0	0.002		
15.0	g						
16:0	g	0.434		0	0.130		
17:0	g						
18:0	g	0.165		0	0.050		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.540	1	0.462
14:1	g			
16:1	g	0.002	0	0.001
18:1	g	1.183	0	0.355
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.200	1	0.060
18:2	g	0.560	0	0.168
18:3	g	0.033	0	0.010
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3/4 cup (1 NLEA serving)

NDB No. 08275 Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY Cinnamon & Raisins Granola

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 55g	Measure 2*	Measure 3*
Proximates:							
Water	g	5.43		4	2.99		
Energy	kcal	428		0	235		
Energy	kj	1791		0	985		
Protein (N x 5.95)	g	8.94		4	4.92		
Total lipid (fat)	g	14.00		4	7.70		
Carbohydrate, by difference	g	69.87		0	38.43		
Fiber, total dietary	g	5.2		4	2.9		
Ash	g	1.76		4	0.97		
Sugars, total	g	24.60		4	13.53		
Minerals:							
Calcium	mg	78		4	43		
Iron	mg	2.37		4	1.30		
Magnesium	mg	100		4	55		
Phosphorus	mg	291		4	160		
Potassium	mg	343		4	189		
Sodium	mg	160		4	88		
Zinc	mg	1.66		4	0.91		
Copper	mg	0.250		4	0.138		
Manganese	mg	2.263		0	1.245		
Selenium	µg	17.3		0	9.5		
Vitamins:							
Ascorbic acid	mg	0.0		4	0.0		
Thiamin	mg	0.330		4	0.182		
Riboflavin	mg	0.080		4	0.044		
Niacin	mg	1.020		4	0.561		
Pantothenic acid	mg	0.752		0	0.414		
Vitamin B-6	mg	0.148		0	0.081		
Folate	µg	15		0	8		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		4	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	5.226		0	2.874		
Lipids:							
Saturated, total	g	1.840		4	1.012		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.010		0	0.006		
14:0	g	0.010		0	0.006		
15.0	g						
16:0	g	1.031		0	0.567		
17:0	g						
18:0	g	0.517		0	0.284		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.690	4	4.779
14:1	g			
16:1	g	0.010	0	0.006
18:1	g	9.585	0	5.272
20:1	g	0.095	0	0.052
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	3.230	4	1.777
18:2	g	2.178	0	1.198
18:3	g	0.104	0	0.057
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3/4 cup (1 NLEA serving)

NDB No. 08276 Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY Fruit n' Nut Granola

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 55g	Measure 2*	Measure 3*
Proximates:							
Water	g	5.01		4	2.76		
Energy	kcal	460		0	253		
Energy	kj	1925		0	1059		
Protein (N x 5.95)	g	10.65		4	5.86		
Total lipid (fat)	g	20.30		4	11.16		
Carbohydrate, by difference	g	62.30		0	34.27		
Fiber, total dietary	g	6.1		4	3.4		
Ash	g	1.74		4	0.96		
Sugars, total	g	22.70		4	12.48		
Minerals:							
Calcium	mg	83		4	46		
Iron	mg	3.09		4	1.70		
Magnesium	mg	101		4	56		
Phosphorus	mg	284		4	156		
Potassium	mg	352		4	194		
Sodium	mg	140		4	77		
Zinc	mg	1.97		4	1.08		
Copper	mg	0.340		4	0.187		
Manganese	mg	2.177		0	1.197		
Selenium	µg	17.3		0	9.5		
Vitamins:							
Ascorbic acid	mg	0.0		4	0.0		
Thiamin	mg	0.350		4	0.193		
Riboflavin	mg	0.170		4	0.094		
Niacin	mg	1.170		4	0.643		
Pantothenic acid	mg	0.779		0	0.428		
Vitamin B-6	mg	0.121		0	0.067		
Folate	µg	18		0	10		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		4	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	10.647		0	5.856		
Lipids:							
Saturated, total	g	3.470		4	1.909		
4:0	g	0.000		0	0.000		
6.0	g	0.001		0	0.001		
8:0	g	0.016		0	0.009		
10:0	g	0.013		0	0.007		
12:0	g	0.112		0	0.062		
14:0	g	0.069		0	0.038		
15.0	g						
16:0	g	1.296		0	0.713		
17:0	g						
18:0	g	0.717		0	0.394		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	12.860	4	7.073
14:1	g			
16:1	g	0.030	0	0.017
18:1	g	14.643	0	8.054
20:1	g	0.133	0	0.073
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	3.740	4	2.057
18:2	g	2.569	0	1.413
18:3	g	0.123	0	0.068
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 2/3 cup (1 NLEA serving)

NDB No. 08277 Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 55g	Measure 2*	Measure 3*
Proximates:							
Water	g	4.40		1	2.42		
Energy	kcal	386		0	212		
Energy	kj	1615		0	888		
Protein (N x 5.95)	g	8.37		1	4.60		
Total lipid (fat)	g	5.38		1	2.96		
Carbohydrate, by difference	g	79.60		0	43.78		
Fiber, total dietary	g	6.2		1	3.4		
Ash	g	2.27		1	1.25		
Sugars, total	g	34.54		0	19.00		
Minerals:							
Calcium	mg	72		1	40		
Iron	mg	2.57		1	1.41		
Magnesium	mg	34		1	19		
Phosphorus	mg	328		1	180		
Potassium	mg	294		1	162		
Sodium	mg	373		1	205		
Zinc	mg	1.59		1	0.87		
Copper	mg	0.260		1	0.143		
Manganese	mg	2.007		0	1.104		
Selenium	µg	17.3		0	9.5		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.170		1	0.094		
Riboflavin	mg	0.090		1	0.050		
Niacin	mg	1.720		1	0.946		
Pantothenic acid	mg	0.745		0	0.410		
Vitamin B-6	mg	0.111		0	0.061		
Folate	µg	13		0	7		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	1.535		0	0.844		
Lipids:							
Saturated, total	g	0.660		1	0.363		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.009		0	0.005		
14:0	g	0.005		0	0.003		
15.0	g						
16:0	g	0.486		0	0.267		
17:0	g						
18:0	g	0.110		0	0.061		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.550	1	1.403
14:1	g			
16:1	g	0.004	0	0.002
18:1	g	2.416	0	1.329
20:1	g	0.018	0	0.010
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	1.000	1	0.550
18:2	g	1.024	0	0.563
18:3	g	0.049	0	0.027
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 2/3 cup (1 NLEA serving)

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	3.49		1	1.05		
Energy	kcal	392		0	118		
Energy	kj	1640		0	492		
Protein (N x 5.95)	g	8.62		1	2.59		
Total lipid (fat)	g	3.80		1	1.14		
Carbohydrate, by difference	g	80.75		0	24.23		
Fiber, total dietary	g	5.0		1	1.5		
Ash	g	3.35		1	1.00		
Sugars, total	g	24.63		1	7.39		
Minerals:							
Calcium	mg	168		1	50		
Iron	mg	27.00		0	8.10		
Magnesium	mg	63		1	19		
Phosphorus	mg	293		1	88		
Potassium	mg	200		1	60		
Sodium	mg	918		1	275		
Zinc	mg	12.50		0	3.75		
Copper	mg	0.190		1	0.057		
Manganese	mg	1.634		0	0.490		
Selenium	µg	20.1		0	6.0		
Vitamins:							
Ascorbic acid	mg	50.0		0	15.0		
Thiamin	mg	1.250		0	0.375		
Riboflavin	mg	1.420		0	0.426		
Niacin	mg	16.670		0	5.001		
Pantothenic acid	mg	0.597		0	0.179		
Vitamin B-6	mg	1.670		0	0.501		
Folate	µg	333		0	100		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	2500		0	750		
Vitamin A, RE	µg	751		0	225		
Vitamin E, α-TE	mg	0.357		0	0.107		
Lipids:							
Saturated, total	g	0.820		1	0.246		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.009		0	0.003		
14:0	g	0.005		0	0.002		
15.0	g						
16:0	g	0.435		0	0.131		
17:0	g						
18:0	g	0.029		0	0.009		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.330	1	0.399
14:1	g			
16:1	g	0.005	0	0.002
18:1	g	0.913	0	0.274
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.400	1	0.120
18:2	g	1.054	0	0.316
18:3	g	0.046	0	0.014
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1-1/4 cup (1 NLEA serving)

NDB No. 08279 Cereals ready-to-eat, GENERAL MILLS, BODY BUDDIES

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	2.44		1	0.73		
Energy	kcal	384		0	115		
Energy	kj	1607		0	482		
Protein (N x 5.95)	g	5.10		1	1.53		
Total lipid (fat)	g	3.16		1	0.95		
Carbohydrate, by difference	g	86.10		0	25.83		
Fiber, total dietary	g	3.1		1	0.9		
Ash	g	3.23		1	0.97		
Sugars, total	g	18.50		1	5.55		
Minerals:							
Calcium	mg	165		1	50		
Iron	mg	27.00		0	8.10		
Magnesium	mg	22		1	7		
Phosphorus	mg	165		1	50		
Potassium	mg	88		1	26		
Sodium	mg	961		1	288		
Zinc	mg	12.50		0	3.75		
Copper	mg	1.140		1	0.342		
Manganese	mg	0.159		0	0.048		
Selenium	µg	20.1		0	6.0		
Vitamins:							
Ascorbic acid	mg	50.0		0	15.0		
Thiamin	mg	1.250		0	0.375		
Riboflavin	mg	1.420		0	0.426		
Niacin	mg	16.670		0	5.001		
Pantothenic acid	mg	3.330		0	0.999		
Vitamin B-6	mg	1.670		0	0.501		
Folate	µg	333		0	100		
Vitamin B-12	µg	5.00		0	1.50		
Vitamin A	IU	2500		0	750		
Vitamin A, RE	µg	751		0	225		
Vitamin E, α-TE	mg	0.176		0	0.053		
Lipids:							
Saturated, total	g	0.570		1	0.171		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.001		0	0.000		
14:0	g	0.001		0	0.000		
15.0	g						
16:0	g	0.219		0	0.066		
17:0	g						
18:0	g	0.147		0	0.044		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.150	1	0.345
14:1	g			
16:1	g	0.002	0	0.001
18:1	g	1.154	0	0.346
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.060	1	0.018
18:2	g	0.246	0	0.074
18:3	g	0.009	0	0.003
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (1 NLEA serving)

NDB No. 08280 Cereals ready-to-eat, KELLOGG, KELLOGG'S DOUBLE DIP CRUNCH

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	3.00		0	0.90		
Energy	kcal	382		0	115		
Energy	kj	1598		0	479		
Protein (N x 5.95)	g	3.40		0	1.02		
Total lipid (fat)	g	0.40		0	0.12		
Carbohydrate, by difference	g	91.00		0	27.30		
Fiber, total dietary	g	1.5		0	0.5		
Ash	g	2.10		0	0.63		
Sugars, total	g	37.90		0	11.37		
Minerals:							
Calcium	mg	7		0	2		
Iron	mg	6.20		0	1.86		
Magnesium	mg	17		0	5		
Phosphorus	mg	64		0	19		
Potassium	mg	71		0	21		
Sodium	mg	586		0	176		
Zinc	mg	5.20		0	1.56		
Copper	mg	0.000		0	0.000		
Manganese	mg	0.100		0	0.030		
Selenium	µg	4.5		0	1.4		
Vitamins:							
Ascorbic acid	mg	51.7		0	15.5		
Thiamin	mg	1.300		0	0.390		
Riboflavin	mg	1.500		0	0.450		
Niacin	mg	17.200		0	5.160		
Pantothenic acid	mg	0.124		0	0.037		
Vitamin B-6	mg	1.700		0	0.510		
Folate	µg	300		0	90		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	2586		0	776		
Vitamin A, RE	µg	777		0	233		
Vitamin E, α-TE	mg	0.120		0	0.036		
Lipids:							
Saturated, total	g	0.000		0	0.000		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.057		0	0.017		
17:0	g						
18:0	g	0.007		0	0.002		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.000	0	0.000
14:1	g			
16:1	g	0.002	0	0.001
18:1	g	0.125	0	0.038
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.400	0	0.120
18:2	g	0.204	0	0.061
18:3	g	0.006	0	0.002
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3/4 cup (1 NLEA serving)

NDB No. 08281 Cereals ready-to-eat, KELLOGG, KELLOGG'S FRUITY MARSHMALLOW KRISPIES

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	3.00		0	0.90		
Energy	kcal	378		0	113		
Energy	kj	1582		0	475		
Protein (N x 5.95)	g	4.60		0	1.38		
Total lipid (fat)	g	0.30		0	0.09		
Carbohydrate, by difference	g	90.30		0	27.09		
Fiber, total dietary	g	1.0		0	0.3		
Ash	g	1.80		0	0.54		
Sugars, total	g	47.00		0	14.10		
Minerals:							
Calcium	mg	5		0	2		
Iron	mg	6.40		0	1.92		
Magnesium	mg	21		0	6		
Phosphorus	mg	66		0	20		
Potassium	mg	59		0	18		
Sodium	mg	596		0	179		
Zinc	mg	0.90		0	0.27		
Copper	mg	0.200		0	0.060		
Manganese	mg	0.520		0	0.156		
Selenium	µg	13.7		0	4.1		
Vitamins:							
Ascorbic acid	mg	53.6		0	16.1		
Thiamin	mg	1.300		0	0.390		
Riboflavin	mg	1.500		0	0.450		
Niacin	mg	17.900		0	5.370		
Pantothenic acid	mg	0.480		0	0.144		
Vitamin B-6	mg	1.800		0	0.540		
Folate	µg	400		0	120		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	2679		0	804		
Vitamin A, RE	µg	805		0	242		
Vitamin E, α-TE	mg	0.000		0	0.000		
Lipids:							
Saturated, total	g	0.000		0	0.000		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.002		0	0.001		
15.0	g						
16:0	g	0.081		0	0.024		
17:0	g						
18:0	g	0.006		0	0.002		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.000	0	0.000
14:1	g			
16:1	g	0.016	0	0.005
18:1	g	0.001	0	0.000
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.300	0	0.090
18:2	g	0.102	0	0.031
18:3	g	0.000	0	0.000
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.074	0	0.022
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3/4 cup (1 NLEA serving)

NDB No. 08282 Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED BRAN

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	3.00		0	0.90		
Energy	kcal	338		0	101		
Energy	kj	1414		0	424		
Protein (N x 5.95)	g	7.90		0	2.37		
Total lipid (fat)	g	1.10		0	0.33		
Carbohydrate, by difference	g	84.70		0	25.41		
Fiber, total dietary	g	11.2		0	3.4		
Ash	g	3.40		0	1.02		
Sugars, total	g	31.50		0	9.45		
Minerals:							
Calcium	mg	31		0	9		
Iron	mg	14.50		0	4.35		
Magnesium	mg	126		0	38		
Phosphorus	mg	308		0	92		
Potassium	mg	407		0	122		
Sodium	mg	688		0	206		
Zinc	mg	12.10		0	3.63		
Copper	mg	0.300		0	0.090		
Manganese	mg	1.951		0	0.585		
Selenium	µg	9.4		0	2.8		
Vitamins:							
Ascorbic acid	mg	48.4		0	14.5		
Thiamin	mg	1.200		0	0.360		
Riboflavin	mg	1.400		0	0.420		
Niacin	mg	16.100		0	4.830		
Pantothenic acid	mg	0.530		0	0.159		
Vitamin B-6	mg	1.600		0	0.480		
Folate	µg	300		0	90		
Vitamin B-12	µg	4.80		0	1.44		
Vitamin A	IU	2419		0	726		
Vitamin A, RE	µg	726		0	218		
Vitamin E, α-TE	mg	0.762		0	0.229		
Lipids:							
Saturated, total	g	0.100		0	0.030		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.009		0	0.003		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.001		0	0.000		
15.0	g						
16:0	g	0.205		0	0.061		
17:0	g						
18:0	g	0.016		0	0.005		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.300	0	0.090
14:1	g			
16:1	g	0.007	0	0.002
18:1	g	0.243	0	0.073
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.700	0	0.210
18:2	g	0.589	0	0.177
18:3	g	0.023	0	0.007
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3/4 cup (1 NLEA serving)

NDB No. 08283 Cereals ready-to-eat, KELLOGG, JUST RIGHT Fruit & Nut

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 55g	Measure 2*	Measure 3*
Proximates:							
Water	g	6.90		0	3.80		
Energy	kcal	350		0	193		
Energy	kj	1464		0	805		
Protein (N x 5.95)	g	7.50		0	4.13		
Total lipid (fat)	g	2.90		0	1.60		
Carbohydrate, by difference	g	80.50		0	44.27		
Fiber, total dietary	g	5.0		0	2.8		
Ash	g	2.20		0	1.21		
Sugars, total	g	25.00		0	13.75		
Minerals:							
Calcium	mg	0		0	0		
Iron	mg	27.00		0	14.85		
Magnesium	mg	60		0	33		
Phosphorus	mg	198		0	109		
Potassium	mg	283		0	156		
Sodium	mg	483		0	266		
Zinc	mg	1.90		0	1.04		
Copper	mg	0.100		0	0.055		
Manganese	mg						
Selenium	µg	5.1		0	2.8		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.600		0	0.330		
Riboflavin	mg	0.700		0	0.385		
Niacin	mg	8.300		0	4.565		
Pantothenic acid	mg	0.000		0	0.000		
Vitamin B-6	mg	0.800		0	0.440		
Folate	µg	200		0	110		
Vitamin B-12	µg	2.50		0	1.38		
Vitamin A	IU	2083		0	1146		
Vitamin A, RE	µg	626		0	344		
Vitamin E, α-TE	mg	5.450		0	2.998		
Lipids:							
Saturated, total	g	0.500		0	0.275		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.004		0	0.002		
10:0	g	0.000		0	0.000		
12:0	g	0.005		0	0.003		
14:0	g	0.007		0	0.004		
15.0	g						
16:0	g	0.339		0	0.186		
17:0	g						
18:0	g	0.032		0	0.018		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.400	0	0.770
14:1	g			
16:1	g	0.010	0	0.006
18:1	g	0.981	0	0.540
20:1	g	0.001	0	0.001
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	1.000	0	0.550
18:2	g	0.849	0	0.467
18:3	g	0.039	0	0.021
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (1 NLEA serving)

NDB No. 08284 Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 55g	Measure 2*	Measure 3*
Proximates:							
Water	g	5.40		0	2.97		
Energy	kcal	367		0	202		
Energy	kj	1536		0	845		
Protein (N x 5.95)	g	8.20		0	4.51		
Total lipid (fat)	g	5.00		0	2.75		
Carbohydrate, by difference	g	79.40		0	43.67		
Fiber, total dietary	g	6.0		0	3.3		
Ash	g	2.00		0	1.10		
Sugars, total	g	29.20		0	16.06		
Minerals:							
Calcium	mg	44		0	24		
Iron	mg	3.50		0	1.93		
Magnesium	mg	83		0	46		
Phosphorus	mg	231		0	127		
Potassium	mg	283		0	156		
Sodium	mg	225		0	124		
Zinc	mg	6.30		0	3.46		
Copper	mg	0.200		0	0.110		
Manganese	mg						
Selenium	µg	17.3		0	9.5		
Vitamins:							
Ascorbic acid	mg	3.0		0	1.6		
Thiamin	mg	0.600		0	0.330		
Riboflavin	mg	0.700		0	0.385		
Niacin	mg	8.300		0	4.565		
Pantothenic acid	mg	0.000		0	0.000		
Vitamin B-6	mg	0.800		0	0.440		
Folate	µg	200		0	110		
Vitamin B-12	µg	2.50		0	1.38		
Vitamin A	IU	1250		0	688		
Vitamin A, RE	µg	375		0	206		
Vitamin E, α-TE	mg	10.060		0	5.533		
Lipids:							
Saturated, total	g	1.700		0	0.935		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.002		0	0.001		
10:0	g	0.000		0	0.000		
12:0	g	0.005		0	0.003		
14:0	g	0.014		0	0.008		
15.0	g						
16:0	g	0.706		0	0.388		
17:0	g						
18:0	g	0.121		0	0.067		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.200	0	0.660
14:1	g			
16:1	g	0.013	0	0.007
18:1	g	1.550	0	0.853
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	2.100	0	1.155
18:2	g	1.964	0	1.080
18:3	g	0.109	0	0.060
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 2/3 cup (1 NLEA serving)

NDB No. 08285 Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX Apple & Almond Crunch

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 55g	Measure 2*	Measure 3*
Proximates:							
Water	g	4.10		0	2.25		
Energy	kcal	383		0	211		
Energy	kj	1602		0	881		
Protein (N x 5.95)	g	9.80		0	5.39		
Total lipid (fat)	g	9.00		0	4.95		
Carbohydrate, by difference	g	74.30		0	40.87		
Fiber, total dietary	g	8.5		0	4.7		
Ash	g	2.80		0	1.54		
Sugars, total	g	16.90		0	9.29		
Minerals:							
Calcium	mg	61		0	34		
Iron	mg	8.50		0	4.67		
Magnesium	mg	114		0	63		
Phosphorus	mg	319		0	175		
Potassium	mg	380		0	209		
Sodium	mg	491		0	270		
Zinc	mg	5.70		0	3.13		
Copper	mg	0.100		0	0.055		
Manganese	mg	2.369		0	1.303		
Selenium	µg	17.3		0	9.5		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.700		0	0.385		
Riboflavin	mg	0.800		0	0.440		
Niacin	mg	9.400		0	5.170		
Pantothenic acid	mg	3.800		0	2.090		
Vitamin B-6	mg	0.900		0	0.495		
Folate	µg	200		0	110		
Vitamin B-12	µg	2.30		0	1.26		
Vitamin A	IU	1415		0	778		
Vitamin A, RE	µg	425		0	234		
Vitamin E, α-TE	mg	10.500		0	5.775		
Lipids:							
Saturated, total	g	1.900		0	1.045		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.001		0	0.001		
10:0	g	0.000		0	0.000		
12:0	g	0.012		0	0.007		
14:0	g	0.034		0	0.019		
15.0	g						
16:0	g	1.152		0	0.634		
17:0	g						
18:0	g	0.308		0	0.169		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.700	0	2.585
14:1	g			
16:1	g	0.025	0	0.014
18:1	g	4.335	0	2.384
20:1	g	0.003	0	0.002
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	1.900	0	1.045
18:2	g	2.153	0	1.184
18:3	g	0.109	0	0.060
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3/4 cup (1 NLEA serving)

NDB No. 08286 Cereals ready-to-eat, KELLOGG'S MUESLIX Raisin & Almond Crunch with Dates

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 55g	Measure 2*	Measure 3*
Proximates:							
Water	g	10.28		0	5.65		
Energy	kcal	364		0	200		
Energy	kj	1523		0	838		
Protein (N x 5.95)	g	8.10		0	4.46		
Total lipid (fat)	g	5.90		0	3.25		
Carbohydrate, by difference	g	73.60		0	40.48		
Fiber, total dietary	g	6.8		0	3.7		
Ash	g	2.12		0	1.17		
Sugars, total	g	3.03		0	1.67		
Minerals:							
Calcium	mg	36		0	20		
Iron	mg	8.20		0	4.51		
Magnesium	mg	85		0	47		
Phosphorus	mg	241		0	133		
Potassium	mg	418		0	230		
Sodium	mg	291		0	160		
Zinc	mg	6.80		0	3.74		
Copper	mg	0.200		0	0.110		
Manganese	mg	2.177		0	1.197		
Selenium	µg	17.3		0	9.5		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.700		0	0.385		
Riboflavin	mg	0.800		0	0.440		
Niacin	mg	9.100		0	5.005		
Pantothenic acid	mg	4.500		0	2.475		
Vitamin B-6	mg	0.000		0	0.000		
Folate	µg	200		0	110		
Vitamin B-12	µg	2.70		0	1.49		
Vitamin A	IU	364		0	200		
Vitamin A, RE	µg	109		0	60		
Vitamin E, α-TE	mg	10.064		0	5.535		
Lipids:							
Saturated, total	g	0.700		0	0.385		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.003		0	0.002		
10:0	g	0.000		0	0.000		
12:0	g	0.004		0	0.002		
14:0	g	0.027		0	0.015		
15.0	g						
16:0	g	0.547		0	0.301		
17:0	g						
18:0	g	0.097		0	0.053		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.500	0	1.925
14:1	g			
16:1	g	0.029	0	0.016
18:1	g	3.019	0	1.660
20:1	g	0.004	0	0.002
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	1.700	0	0.935
18:2	g	1.474	0	0.811
18:3	g	0.069	0	0.038
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 2/3 cup (1 NLEA serving)

NDB No. 08287 Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN SQUARES MINI-WHEATS

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 55g	Measure 2*	Measure 3*
Proximates:							
Water	g	9.50		0	5.22		
Energy	kcal	340		0	187		
Energy	kj	1423		0	783		
Protein (N x 5.95)	g	8.00		0	4.40		
Total lipid (fat)	g	2.80		0	1.54		
Carbohydrate, by difference	g	78.00		0	42.90		
Fiber, total dietary	g	9.4		0	5.2		
Ash	g	1.60		0	0.88		
Sugars, total	g	21.20		0	11.66		
Minerals:							
Calcium	mg	34		0	19		
Iron	mg	30.60		0	16.83		
Magnesium	mg	87		0	48		
Phosphorus	mg	290		0	160		
Potassium	mg	472		0	260		
Sodium	mg	6		0	3		
Zinc	mg	2.80		0	1.54		
Copper	mg	0.200		0	0.110		
Manganese	mg	2.315		0	1.273		
Selenium	µg	4.1		0	2.3		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.700		0	0.385		
Riboflavin	mg	0.800		0	0.440		
Niacin	mg	9.400		0	5.170		
Pantothenic acid	mg	0.000		0	0.000		
Vitamin B-6	mg	0.900		0	0.495		
Folate	µg	200		0	110		
Vitamin B-12	µg	2.80		0	1.54		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.530		0	0.292		
Lipids:							
Saturated, total	g	0.300		0	0.165		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.003		0	0.002		
10:0	g	0.000		0	0.000		
12:0	g	0.001		0	0.001		
14:0	g	0.003		0	0.002		
15.0	g						
16:0	g	0.254		0	0.140		
17:0	g						
18:0	g	0.018		0	0.010		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.200	0	0.110
14:1	g			
16:1	g	0.008	0	0.004
18:1	g	0.253	0	0.139
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.900	0	0.495
18:2	g	0.832	0	0.458
18:3	g	0.067	0	0.037
18:4	g	0.000	0	0.000
20:4	g	0.002	0	0.001
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3/4 cup (1 NLEA serving)

NDB No. 08288 Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS 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	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	3.50		0	1.05		
Energy	kcal	401		0	120		
Energy	kj	1678		0	503		
Protein (N x 5.95)	g	3.70		0	1.11		
Total lipid (fat)	g	5.30		0	1.59		
Carbohydrate, by difference	g	85.50		0	25.65		
Fiber, total dietary	g	1.0		0	0.3		
Ash	g	2.00		0	0.60		
Sugars, total	g	28.80		0	8.64		
Minerals:							
Calcium	mg	6		0	2		
Iron	mg	6.00		0	1.80		
Magnesium	mg	21		0	6		
Phosphorus	mg	68		0	20		
Potassium	mg	63		0	19		
Sodium	mg	633		0	190		
Zinc	mg	1.00		0	0.30		
Copper	mg	0.100		0	0.030		
Manganese	mg	0.587		0	0.176		
Selenium	µg	12.1		0	3.6		
Vitamins:							
Ascorbic acid	mg	50.0		0	15.0		
Thiamin	mg	1.300		0	0.390		
Riboflavin	mg	1.400		0	0.420		
Niacin	mg	16.700		0	5.010		
Pantothenic acid	mg	0.000		0	0.000		
Vitamin B-6	mg	1.700		0	0.510		
Folate	µg	300		0	90		
Vitamin B-12	µg	5.00		0	1.50		
Vitamin A	IU	2500		0	750		
Vitamin A, RE	µg	751		0	225		
Vitamin E, α-TE	mg	0.130		0	0.039		
Lipids:							
Saturated, total	g	1.200		0	0.360		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.005		0	0.002		
14:0	g	0.022		0	0.007		
15.0	g						
16:0	g	0.968		0	0.290		
17:0	g						
18:0	g	0.437		0	0.131		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.300	0	0.990
14:1	g			
16:1	g	0.001	0	0.000
18:1	g	2.763	0	0.829
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.800	0	0.240
18:2	g	0.720	0	0.216
18:3	g	0.070	0	0.021
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3/4 cup (1 NLEA serving)

NDB No. 08289 Cereals ready-to-eat, KELLOGG, KELLOGG'S STRAWBERRY SQUARES MINI-WHEATS

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 55g	Measure 2*	Measure 3*
Proximates:							
Water	g	8.60		0	4.73		
Energy	kcal	340		0	187		
Energy	kj	1423		0	783		
Protein (N x 5.95)	g	8.00		0	4.40		
Total lipid (fat)	g	2.40		0	1.32		
Carbohydrate, by difference	g	79.00		0	43.45		
Fiber, total dietary	g	9.2		0	5.1		
Ash	g	2.00		0	1.10		
Sugars, total	g	17.40		0	9.57		
Minerals:							
Calcium	mg	40		0	22		
Iron	mg	32.40		0	17.82		
Magnesium	mg	120		0	66		
Phosphorus	mg	308		0	169		
Potassium	mg	340		0	187		
Sodium	mg	30		0	17		
Zinc	mg	3.00		0	1.65		
Copper	mg	0.300		0	0.165		
Manganese	mg	2.315		0	1.273		
Selenium	µg	4.1		0	2.3		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.800		0	0.440		
Riboflavin	mg	0.900		0	0.495		
Niacin	mg	10.000		0	5.500		
Pantothenic acid	mg	0.000		0	0.000		
Vitamin B-6	mg	1.000		0	0.550		
Folate	µg	200		0	110		
Vitamin B-12	µg	3.00		0	1.65		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.530		0	0.292		
Lipids:							
Saturated, total	g	0.400		0	0.220		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.002		0	0.001		
10:0	g	0.000		0	0.000		
12:0	g	0.001		0	0.001		
14:0	g	0.004		0	0.002		
15.0	g						
16:0	g	0.314		0	0.173		
17:0	g						
18:0	g	0.021		0	0.012		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.500	0	0.275
14:1	g			
16:1	g	0.010	0	0.006
18:1	g	0.340	0	0.187
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	1.500	0	0.825
18:2	g	1.118	0	0.615
18:3	g	0.093	0	0.051
18:4	g	0.000	0	0.000
20:4	g	0.003	0	0.002
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (1 NLEA serving)

NDB No. 08291 Cereals ready-to-eat, KELLOGG, KELLOGG'S NUTRI-GRAIN Almond and Raisin

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	6.20		0			
Energy	kcal	367		0			
Energy	kj	1536		0			
Protein (N x 5.95)	g	8.00		0			
Total lipid (fat)	g	5.70		0			
Carbohydrate, by difference	g	77.60		0			
Fiber, total dietary	g	8.0		0			
Ash	g	2.50		0			
Sugars, total	g	14.30		0			
Minerals:							
Calcium	mg	305		0			
Iron	mg	2.50		0			
Magnesium	mg	23		0			
Phosphorus	mg	341		0			
Potassium	mg	357		0			
Sodium	mg	355		0			
Zinc	mg	6.80		0			
Copper	mg	0.100		0			
Manganese	mg	2.190		0			
Selenium	µg	10.2		0			
Vitamins:							
Ascorbic acid	mg	0.0		0			
Thiamin	mg	0.700		0			
Riboflavin	mg	0.800		0			
Niacin	mg	9.100		0			
Pantothenic acid	mg	0.000		0			
Vitamin B-6	mg	0.900		0			
Folate	µg	200		0			
Vitamin B-12	µg	2.70		0			
Vitamin A	IU	0		0			
Vitamin A, RE	µg	0		0			
Vitamin E, α-TE	mg	10.000		0			
Lipids:							
Saturated, total	g	0.200		0			
4:0	g	0.000		0			
6.0	g	0.000		0			
8:0	g	0.000		0			
10:0	g	0.000		0			
12:0	g	0.001		0			
14:0	g	0.002		0			
15.0	g						
16:0	g	0.166		0			
17:0	g						
18:0	g	0.026		0			
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.600	0
14:1	g		
16:1	g	0.024	0
18:1	g	2.579	0
20:1	g	0.000	0
22.1	g	0.000	0
Polyunsaturated, total	g	2.900	0
18:2	g	2.827	0
18:3	g	0.073	0
18:4	g	0.000	0
20:4	g	0.000	0
20:5	g	0.000	0
22:5	g	0.000	0
22:6	g	0.000	0
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g		
Threonine	g		
Isoleucine	g		
Leucine	g		
Lysine	g		
Methionine	g		
Cystine	g		
Phenylalanine	g		
Tyrosine	g		
Valine	g		
Arginine	g		
Histidine	g		
Alanine	g		
Aspartic acid	g		
Glutamic acid	g		
Glycine	g		
Proline	g		
Serine	g		
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 08292 Cereals ready-to-eat, KELLOGG, KELLOGG'S NUTRI-GRAIN Wheat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	3.70		0	1.11		
Energy	kcal	335		0	101		
Energy	kj	1402		0	421		
Protein (N x 5.95)	g	10.10		0	3.03		
Total lipid (fat)	g	3.30		0	0.99		
Carbohydrate, by difference	g	80.00		0	24.00		
Fiber, total dietary	g	12.6		0	3.8		
Ash	g	2.90		0	0.87		
Sugars, total	g	1.20		0	0.36		
Minerals:							
Calcium	mg	32		0	10		
Iron	mg	3.30		0	0.99		
Magnesium	mg	81		0	24		
Phosphorus	mg	361		0	108		
Potassium	mg	365		0	110		
Sodium	mg	736		0	221		
Zinc	mg	12.50		0	3.75		
Copper	mg	0.200		0	0.060		
Manganese	mg	2.190		0	0.657		
Selenium	µg	10.5		0	3.1		
Vitamins:							
Ascorbic acid	mg	50.0		0	15.0		
Thiamin	mg	1.300		0	0.390		
Riboflavin	mg	1.400		0	0.420		
Niacin	mg	16.700		0	5.010		
Pantothenic acid	mg	0.000		0	0.000		
Vitamin B-6	mg	1.700		0	0.510		
Folate	µg	300		0	90		
Vitamin B-12	µg	5.00		0	1.50		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	18.000		0	5.400		
Lipids:							
Saturated, total	g	0.200		0	0.060		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.172		0	0.052		
17:0	g						
18:0	g	0.028		0	0.008		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.800	0	0.240
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.800	0	0.240
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	2.300	0	0.690
18:2	g	2.273	0	0.682
18:3	g	0.000	0	0.000
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3/4 cup (1 NLEA serving)

NDB No. 08293 Cereals ready-to-eat, QUAKER, QUAKER APPLE ZAPS

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	2.50		0	0.75		
Energy	kcal	392		0	118		
Energy	kj	1640		0	492		
Protein (N x 5.95)	g	4.01		0	1.20		
Total lipid (fat)	g	3.34		0	1.00		
Carbohydrate, by difference	g	88.47		0	26.54		
Fiber, total dietary	g	2.3		0	0.7		
Ash	g	1.67		0	0.50		
Sugars, total	g	47.00		0	14.10		
Minerals:							
Calcium	mg	9		0	3		
Iron	mg	15.03		0	4.51		
Magnesium	mg	50		0	15		
Phosphorus	mg	149		0	45		
Potassium	mg	176		0	53		
Sodium	mg	439		0	132		
Zinc	mg	12.52		0	3.76		
Copper	mg	0.140		0	0.042		
Manganese	mg	0.370		0	0.111		
Selenium	µg	20.1		0	6.0		
Vitamins:							
Ascorbic acid	mg	40.1		0	12.0		
Thiamin	mg	1.250		0	0.375		
Riboflavin	mg	1.420		0	0.426		
Niacin	mg	16.700		0	5.010		
Pantothenic acid	mg	0.320		0	0.096		
Vitamin B-6	mg	1.670		0	0.501		
Folate	µg	334		0	100		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	3341		0	1002		
Vitamin A, RE	µg	1003		0	301		
Vitamin E, α-TE	mg	0.860		0	0.258		
Lipids:							
Saturated, total	g	0.940		0	0.282		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.004		0	0.001		
14:0	g	0.010		0	0.003		
15.0	g						
16:0	g	0.541		0	0.162		
17:0	g						
18:0	g	0.211		0	0.063		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.770	0	0.531
14:1	g			
16:1	g	0.003	0	0.001
18:1	g	1.487	0	0.446
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.750	0	0.225
18:2	g	0.722	0	0.217
18:3	g	0.042	0	0.013
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3/4 cup (1 NLEA serving)

NDB No. 08294 Cereals ready-to-eat, QUAKER, QUAKER COCOA BLASTS

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 33g	Measure 2*	Measure 3*
Proximates:							
Water	g	2.50		0	0.83		
Energy	kcal	392		0	129		
Energy	kj	1640		0	541		
Protein (N x 5.95)	g	3.87		0	1.28		
Total lipid (fat)	g	3.58		0	1.18		
Carbohydrate, by difference	g	88.29		0	29.14		
Fiber, total dietary	g	2.5		0	0.8		
Ash	g	1.74		0	0.57		
Sugars, total	g						
Minerals:							
Calcium	mg	27		0	9		
Iron	mg	15.00		0	4.95		
Magnesium	mg	56		0	18		
Phosphorus	mg	167		0	55		
Potassium	mg	216		0	71		
Sodium	mg	403		0	133		
Zinc	mg	12.50		0	4.13		
Copper	mg	0.220		0	0.073		
Manganese	mg	0.320		0	0.106		
Selenium	µg	6.5		0	2.1		
Vitamins:							
Ascorbic acid	mg	40.0		0	13.2		
Thiamin	mg	1.250		0	0.413		
Riboflavin	mg	1.410		0	0.465		
Niacin	mg	16.660		0	5.498		
Pantothenic acid	mg	0.270		0	0.089		
Vitamin B-6	mg	1.660		0	0.548		
Folate	µg	333		0	110		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	3333		0	1100		
Vitamin A, RE	µg	1001		0	330		
Vitamin E, α-TE	mg	0.780		0	0.257		
Lipids:							
Saturated, total	g	1.150		0	0.379		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.003		0	0.001		
14:0	g	0.011		0	0.004		
15.0	g						
16:0	g	0.633		0	0.209		
17:0	g						
18:0	g	0.346		0	0.114		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.910	0	0.630
14:1	g			
16:1	g	0.002	0	0.001
18:1	g	1.674	0	0.552
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.640	0	0.211
18:2	g	0.623	0	0.206
18:3	g	0.036	0	0.012
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg	21	0	7
Theobromine	mg	188	0	62
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (1 NLEA serving)

NDB No. 08295 Cereals ready-to-eat, QUAKER, QUAKER CORN BLASTS

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 33g	Measure 2*	Measure 3*
Proximates:							
Water	g	2.50		0	0.83		
Energy	kcal	402		0	133		
Energy	kj	1682		0	555		
Protein (N x 5.95)	g	4.29		0	1.42		
Total lipid (fat)	g	5.77		0	1.90		
Carbohydrate, by difference	g	84.95		0	28.03		
Fiber, total dietary	g	2.2		0	0.7		
Ash	g	2.47		0	0.82		
Sugars, total	g	36.17		0	11.94		
Minerals:							
Calcium	mg	33		0	11		
Iron	mg	15.00		0	4.95		
Magnesium	mg	53		0	17		
Phosphorus	mg	182		0	60		
Potassium	mg	193		0	64		
Sodium	mg	727		0	240		
Zinc	mg	12.50		0	4.13		
Copper	mg	0.140		0	0.046		
Manganese	mg	0.390		0	0.129		
Selenium	µg	20.1		0	6.6		
Vitamins:							
Ascorbic acid	mg	40.0		0	13.2		
Thiamin	mg	1.250		0	0.413		
Riboflavin	mg	1.410		0	0.465		
Niacin	mg	16.660		0	5.498		
Pantothenic acid	mg	0.340		0	0.112		
Vitamin B-6	mg	1.660		0	0.548		
Folate	µg	333		0	110		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	3334		0	1100		
Vitamin A, RE	µg	1001		0	330		
Vitamin E, α-TE	mg	0.920		0	0.304		
Lipids:							
Saturated, total	g	1.540		0	0.508		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.006		0	0.002		
14:0	g	0.011		0	0.004		
15.0	g						
16:0	g	0.981		0	0.324		
17:0	g						
18:0	g	0.479		0	0.158		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.130	0	1.033
14:1	g			
16:1	g	0.002	0	0.001
18:1	g	3.033	0	1.001
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	1.040	0	0.343
18:2	g	0.963	0	0.318
18:3	g	0.048	0	0.016
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (1 NLEA serving)

NDB No. 08296 Cereals ready-to-eat, QUAKER, QUAKER FROSTED FLAKERS

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 31g	Measure 2*	Measure 3*
Proximates:							
Water	g	2.50		0	0.78		
Energy	kcal	376		0	117		
Energy	kj	1573		0	488		
Protein (N x 5.95)	g	4.62		0	1.43		
Total lipid (fat)	g	0.71		0	0.22		
Carbohydrate, by difference	g	90.24		0	27.97		
Fiber, total dietary	g	2.8		0	0.9		
Ash	g	1.91		0	0.59		
Sugars, total	g	42.18		0	13.08		
Minerals:							
Calcium	mg	3		0	1		
Iron	mg	15.00		0	4.65		
Magnesium	mg	27		0	8		
Phosphorus	mg	56		0	17		
Potassium	mg	109		0	34		
Sodium	mg	906		0	281		
Zinc	mg	0.48		0	0.15		
Copper	mg	0.050		0	0.016		
Manganese	mg	0.070		0	0.022		
Selenium	µg	5.1		0	1.6		
Vitamins:							
Ascorbic acid	mg	48.4		0	15.0		
Thiamin	mg	1.210		0	0.375		
Riboflavin	mg	1.370		0	0.425		
Niacin	mg	16.130		0	5.000		
Pantothenic acid	mg	0.250		0	0.078		
Vitamin B-6	mg	1.610		0	0.499		
Folate	µg	323		0	100		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	2420		0	750		
Vitamin A, RE	µg	727		0	225		
Vitamin E, α-TE	mg	0.090		0	0.028		
Lipids:							
Saturated, total	g	0.090		0	0.028		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.076		0	0.024		
17:0	g						
18:0	g	0.010		0	0.003		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.170	0	0.053
14:1	g			
16:1	g	0.001	0	0.000
18:1	g	0.167	0	0.052
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.300	0	0.093
18:2	g	0.285	0	0.088
18:3	g	0.008	0	0.002
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3/4 cup (1 NLEA serving)

NDB No. 08297 Cereals ready-to-eat, QUAKER, QUAKER FRUITANGY OH!S

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 31g	Measure 2*	Measure 3*
Proximates:							
Water	g	2.50		0	0.78		
Energy	kcal	392		0	122		
Energy	kj	1640		0	508		
Protein (N x 5.95)	g	4.87		0	1.51		
Total lipid (fat)	g	3.49		0	1.08		
Carbohydrate, by difference	g	87.21		0	27.04		
Fiber, total dietary	g	2.6		0	0.8		
Ash	g	1.92		0	0.60		
Sugars, total	g	43.25		0	13.41		
Minerals:							
Calcium	mg	9		0	3		
Iron	mg	15.01		0	4.65		
Magnesium	mg	58		0	18		
Phosphorus	mg	176		0	55		
Potassium	mg	189		0	59		
Sodium	mg	491		0	152		
Zinc	mg	12.51		0	3.88		
Copper	mg	0.150		0	0.046		
Manganese	mg	0.660		0	0.205		
Selenium	µg	20.1		0	6.2		
Vitamins:							
Ascorbic acid	mg	40.0		0	12.4		
Thiamin	mg	1.250		0	0.388		
Riboflavin	mg	1.410		0	0.437		
Niacin	mg	16.680		0	5.171		
Pantothenic acid	mg	0.340		0	0.105		
Vitamin B-6	mg	1.660		0	0.515		
Folate	µg	334		0	104		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	3336		0	1034		
Vitamin A, RE	µg	1002		0	311		
Vitamin E, α-TE	mg	0.890		0	0.276		
Lipids:							
Saturated, total	g	0.920		0	0.285		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.002		0	0.001		
14:0	g	0.005		0	0.002		
15.0	g						
16:0	g	0.525		0	0.163		
17:0	g						
18:0	g	0.215		0	0.067		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.730	0	0.536
14:1	g			
16:1	g	0.002	0	0.001
18:1	g	1.781	0	0.552
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.850	0	0.263
18:2	g	0.920	0	0.285
18:3	g	0.039	0	0.012
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (1 NLEA serving)

NDB No. 08298 Cereals ready-to-eat, QUAKER, QUAKER MARSHMALLOW SAFARI

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	2.10		0	0.63		
Energy	kcal	396		0	119		
Energy	kj	1657		0	497		
Protein (N x 5.95)	g	5.79		0	1.74		
Total lipid (fat)	g	5.02		0	1.51		
Carbohydrate, by difference	g	84.27		0	25.28		
Fiber, total dietary	g	4.2		0	1.3		
Ash	g	2.80		0	0.84		
Sugars, total	g	47.27		0	14.18		
Minerals:							
Calcium	mg	87		0	26		
Iron	mg	15.00		0	4.50		
Magnesium	mg	56		0	17		
Phosphorus	mg	195		0	59		
Potassium	mg	139		0	42		
Sodium	mg	640		0	192		
Zinc	mg	12.50		0	3.75		
Copper	mg	0.210		0	0.063		
Manganese	mg	1.930		0	0.579		
Selenium	µg	19.8		0	5.9		
Vitamins:							
Ascorbic acid	mg	40.0		0	12.0		
Thiamin	mg	1.250		0	0.375		
Riboflavin	mg	1.410		0	0.423		
Niacin	mg	16.670		0	5.001		
Pantothenic acid	mg	0.380		0	0.114		
Vitamin B-6	mg	1.660		0	0.498		
Folate	µg	333		0	100		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	3334		0	1000		
Vitamin A, RE	µg	1001		0	300		
Vitamin E, α-TE	mg	0.000		0	0.000		
Lipids:							
Saturated, total	g	1.250		0	0.375		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.010		0	0.003		
14:0	g	0.015		0	0.004		
15.0	g						
16:0	g	0.831		0	0.249		
17:0	g						
18:0	g	0.271		0	0.081		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.500	0	0.750
14:1	g			
16:1	g	0.003	0	0.001
18:1	g	2.211	0	0.663
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	1.250	0	0.375
18:2	g	1.120	0	0.336
18:3	g	0.065	0	0.020
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3/4 cup (1 NLEA serving)

NDB No. 08299 Cereals ready-to-eat, QUAKER, QUAKER SWEET PUFFS

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	2.22		0			
Energy	kcal	391		0			
Energy	kj	1636		0			
Protein (N x 5.95)	g	6.76		0			
Total lipid (fat)	g	1.93		0			
Carbohydrate, by difference	g	87.99		0			
Fiber, total dietary	g	3.4		0			
Ash	g	1.09		0			
Sugars, total	g						
Minerals:							
Calcium	mg	10		0			
Iron	mg	1.92		0			
Magnesium	mg	57		0			
Phosphorus	mg	141		0			
Potassium	mg	148		0			
Sodium	mg	236		0			
Zinc	mg	1.24		0			
Copper	mg	0.230		0			
Manganese	mg	0.890		0			
Selenium	µg	123.0		0			
Vitamins:							
Ascorbic acid	mg	0.0		0			
Thiamin	mg	0.140		0			
Riboflavin	mg	0.110		0			
Niacin	mg	4.350		0			
Pantothenic acid	mg	0.310		0			
Vitamin B-6	mg	0.050		0			
Folate	µg	19		0			
Vitamin B-12	µg	0.15		0			
Vitamin A	IU	4		0			
Vitamin A, RE	µg	0		0			
Vitamin E, α-TE	mg	1.550		0			
Lipids:							
Saturated, total	g	0.360		0			
4:0	g	0.000		0			
6.0	g	0.000		0			
8:0	g	0.000		0			
10:0	g	0.000		0			
12:0	g	0.000		0			
14:0	g	0.000		0			
15.0	g						
16:0	g	0.318		0			
17:0	g						
18:0	g	0.047		0			
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.430	0
14:1	g		
16:1	g	0.000	0
18:1	g	0.375	0
20:1	g	0.000	0
22.1	g	0.000	0
Polyunsaturated, total	g	0.930	0
18:2	g	0.882	0
18:3	g	0.046	0
18:4	g	0.000	0
20:4	g	0.000	0
20:5	g	0.000	0
22:5	g	0.000	0
22:6	g	0.000	0
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g		
Threonine	g		
Isoleucine	g		
Leucine	g		
Lysine	g		
Methionine	g		
Cystine	g		
Phenylalanine	g		
Tyrosine	g		
Valine	g		
Arginine	g		
Histidine	g		
Alanine	g		
Aspartic acid	g		
Glutamic acid	g		
Glycine	g		
Proline	g		
Serine	g		
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 08300 Cereals, QUAKER, oatmeal, microwave, QUICK 'N HEARTY Apple Spice

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 45g	Measure 2*	Measure 3*
Proximates:							
Water	g	6.34		0	2.85		
Energy	kcal	368		0	166		
Energy	kj	1540		0	693		
Protein (N x 5.95)	g	8.18		0	3.68		
Total lipid (fat)	g	4.51		0	2.03		
Carbohydrate, by difference	g	77.43		0	34.84		
Fiber, total dietary	g	6.7		0	3.0		
Ash	g	3.51		0	1.58		
Sugars, total	g	33.79		0	15.21		
Minerals:							
Calcium	mg	240		0	108		
Iron	mg	8.82		0	3.97		
Magnesium	mg	81		0	36		
Phosphorus	mg	293		0	132		
Potassium	mg	306		0	138		
Sodium	mg	680		0	306		
Zinc	mg	1.85		0	0.83		
Copper	mg	0.220		0	0.099		
Manganese	mg	2.530		0	1.138		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.8		0	0.4		
Thiamin	mg	0.690		0	0.311		
Riboflavin	mg	0.790		0	0.356		
Niacin	mg	9.330		0	4.199		
Pantothenic acid	mg	0.450		0	0.203		
Vitamin B-6	mg	0.930		0	0.419		
Folate	µg	187		0	84		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	2333		0	1050		
Vitamin A, RE	µg	701		0	315		
Vitamin E, α-TE	mg	0.600		0	0.270		
Lipids:							
Saturated, total	g	0.830		0	0.374		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.550	0	0.698
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.400	0	0.630
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 packet

NDB No. 08301 Cereals, QUAKER, oatmeal, microwave, QUICK 'N HEARTY, Brown Sugar Cinnamon

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 42g	Measure 2*	Measure 3*
Proximates:							
Water	g	7.05		0	2.96		
Energy	kcal	369		0	155		
Energy	kj	1544		0	648		
Protein (N x 5.95)	g	9.37		0	3.94		
Total lipid (fat)	g	5.13		0	2.15		
Carbohydrate, by difference	g	74.69		0	31.37		
Fiber, total dietary	g	6.2		0	2.6		
Ash	g	3.74		0	1.57		
Sugars, total	g	27.62		0	11.60		
Minerals:							
Calcium	mg	257		0	108		
Iron	mg	9.45		0	3.97		
Magnesium	mg	96		0	40		
Phosphorus	mg	333		0	140		
Potassium	mg	298		0	125		
Sodium	mg	608		0	255		
Zinc	mg	2.14		0	0.90		
Copper	mg	0.220		0	0.092		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.2		0	0.1		
Thiamin	mg	0.740		0	0.311		
Riboflavin	mg	0.850		0	0.357		
Niacin	mg	10.000		0	4.200		
Pantothenic acid	mg	0.480		0	0.202		
Vitamin B-6	mg	1.000		0	0.420		
Folate	µg	200		0	84		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	2500		0	1050		
Vitamin A, RE	µg	751		0	315		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.950		0	0.399		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.800	0	0.756
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.580	0	0.664
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 packet

NDB No. 08302 Cereals, QUAKER, oatmeal, microwave, QUICK 'N HEARTY, Cinnamon Double Raisin

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 47g	Measure 2*	Measure 3*
Proximates:							
Water	g	8.89		0	4.18		
Energy	kcal	359		0	169		
Energy	kj	1502		0	706		
Protein (N x 5.95)	g	8.39		0	3.94		
Total lipid (fat)	g	4.70		0	2.21		
Carbohydrate, by difference	g	74.43		0	34.98		
Fiber, total dietary	g	6.1		0	2.9		
Ash	g	3.58		0	1.68		
Sugars, total	g	32.94		0	15.48		
Minerals:							
Calcium	mg	230		0	108		
Iron	mg	8.44		0	3.97		
Magnesium	mg	84		0	39		
Phosphorus	mg	295		0	139		
Potassium	mg	399		0	188		
Sodium	mg	585		0	275		
Zinc	mg	1.79		0	0.84		
Copper	mg	0.250		0	0.118		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.0		0	0.5		
Thiamin	mg	0.660		0	0.310		
Riboflavin	mg	0.760		0	0.357		
Niacin	mg	8.930		0	4.197		
Pantothenic acid	mg	0.400		0	0.188		
Vitamin B-6	mg	0.890		0	0.418		
Folate	µg	179		0	84		
Vitamin B-12	µg						
Vitamin A	IU	2234		0	1050		
Vitamin A, RE	µg	671		0	315		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.870		0	0.409		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.590	0	0.747
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.530	0	0.719
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 packet

NDB No. 08303 Cereals, QUAKER, oatmeal, microwave, QUICK 'N HEARTY, Honey Bran

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 41g	Measure 2*	Measure 3*
Proximates:							
Water	g	6.99		0	2.87		
Energy	kcal	368		0	151		
Energy	kj	1540		0	631		
Protein (N x 5.95)	g	9.53		0	3.91		
Total lipid (fat)	g	5.15		0	2.11		
Carbohydrate, by difference	g	74.61		0	30.59		
Fiber, total dietary	g	6.6		0	2.7		
Ash	g	3.69		0	1.51		
Sugars, total	g	27.74		0	11.37		
Minerals:							
Calcium	mg	263		0	108		
Iron	mg	9.68		0	3.97		
Magnesium	mg	101		0	41		
Phosphorus	mg	347		0	142		
Potassium	mg	288		0	118		
Sodium	mg	617		0	253		
Zinc	mg	2.20		0	0.90		
Copper	mg	0.230		0	0.094		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.760		0	0.312		
Riboflavin	mg	0.870		0	0.357		
Niacin	mg	10.240		0	4.198		
Pantothenic acid	mg	0.520		0	0.213		
Vitamin B-6	mg	1.020		0	0.418		
Folate	µg	205		0	84		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	2561		0	1050		
Vitamin A, RE	µg	769		0	315		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.950		0	0.389		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.790	0	0.734
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.600	0	0.656
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 packet

NDB No. 08304 Cereals, QUAKER, oatmeal, microwave, QUICK 'N HEARTY, Regular Flavor

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 29g	Measure 2*	Measure 3*
Proximates:							
Water	g	9.51		0	2.76		
Energy	kcal	365		0	106		
Energy	kj	1527		0	443		
Protein (N x 5.95)	g	13.24		0	3.84		
Total lipid (fat)	g	7.39		0	2.14		
Carbohydrate, by difference	g	65.69		0	19.05		
Fiber, total dietary	g	8.4		0	2.4		
Ash	g	4.14		0	1.20		
Sugars, total	g	1.16		0	0.34		
Minerals:							
Calcium	mg	372		0	108		
Iron	mg	29.40		0	8.53		
Magnesium	mg	133		0	39		
Phosphorus	mg	470		0	136		
Potassium	mg	380		0	110		
Sodium	mg	526		0	153		
Zinc	mg	2.98		0	0.86		
Copper	mg	0.300		0	0.087		
Manganese	mg	4.150		0	1.204		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	1.070		0	0.310		
Riboflavin	mg	1.230		0	0.357		
Niacin	mg	14.480		0	4.199		
Pantothenic acid	mg	0.690		0	0.200		
Vitamin B-6	mg	1.450		0	0.421		
Folate	µg	290		0	84		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	3621		0	1050		
Vitamin A, RE	µg	1087		0	315		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.360		0	0.394		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.560	0	0.742
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	2.300	0	0.667
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 packet

NDB No. 08305 Cereals ready-to-eat, POST, WAFFLE CRISP

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	2.50		0	0.75		
Energy	kcal	427		0	128		
Energy	kj	1787		0	536		
Protein (N x 5.95)	g	5.50		0	1.65		
Total lipid (fat)	g	9.20		0	2.76		
Carbohydrate, by difference	g	81.10		0	24.33		
Fiber, total dietary	g	1.6		0	0.5		
Ash	g	1.70		0	0.51		
Sugars, total	g						
Minerals:							
Calcium	mg	21		0	6		
Iron	mg	6.00		0	1.80		
Magnesium	mg	36		0	11		
Phosphorus	mg	105		0	32		
Potassium	mg	113		0	34		
Sodium	mg	400		0	120		
Zinc	mg	5.00		0	1.50		
Copper	mg	0.115		0	0.035		
Manganese	mg	1.415		0	0.425		
Selenium	µg	5.4		0	1.6		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	1.250		0	0.375		
Riboflavin	mg	1.410		0	0.423		
Niacin	mg	16.660		0	4.998		
Pantothenic acid	mg	0.470		0	0.141		
Vitamin B-6	mg	1.660		0	0.498		
Folate	µg	333		0	100		
Vitamin B-12	µg	5.00		0	1.50		
Vitamin A	IU	2500		0	750		
Vitamin A, RE	µg	775		0	233		
Vitamin E, α-TE	mg	0.098		0	0.029		
Lipids:							
Saturated, total	g	1.300		0	0.390		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.005		0	0.002		
14:0	g	0.004		0	0.001		
15.0	g						
16:0	g	0.810		0	0.243		
17:0	g						
18:0	g	0.408		0	0.122		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.900	0	1.170
14:1	g			
16:1	g	0.004	0	0.001
18:1	g	3.838	0	1.151
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	3.500	0	1.050
18:2	g	3.310	0	0.993
18:3	g	0.097	0	0.029
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (1 NLEA serving)

NDB No. 08309 Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	3.00		0	0.90		
Energy	kcal	383		0	115		
Energy	kj	1602		0	481		
Protein (N x 5.95)	g	6.30		0	1.89		
Total lipid (fat)	g	2.90		0	0.87		
Carbohydrate, by difference	g	85.20		0	25.56		
Fiber, total dietary	g	2.2		0	0.7		
Ash	g	2.70		0	0.81		
Sugars, total	g	32.90		0	9.87		
Minerals:							
Calcium	mg	14		0	4		
Iron	mg	6.00		0	1.80		
Magnesium	mg	24		0	7		
Phosphorus	mg	54		0	16		
Potassium	mg	102		0	31		
Sodium	mg	720		0	216		
Zinc	mg	0.60		0	0.18		
Copper	mg	0.100		0	0.030		
Manganese	mg	0.150		0	0.045		
Selenium	µg	5.1		0	1.5		
Vitamins:							
Ascorbic acid	mg	50.0		0	15.0		
Thiamin	mg	1.300		0	0.390		
Riboflavin	mg	1.400		0	0.420		
Niacin	mg	16.700		0	5.010		
Pantothenic acid	mg	0.217		0	0.065		
Vitamin B-6	mg	1.700		0	0.510		
Folate	µg	300		0	90		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	2500		0	750		
Vitamin A, RE	µg	751		0	225		
Vitamin E, α-TE	mg	2.018		0	0.605		
Lipids:							
Saturated, total	g	0.300		0	0.090		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.001		0	0.000		
14:0	g	0.011		0	0.003		
15.0	g						
16:0	g	0.242		0	0.073		
17:0	g						
18:0	g	0.052		0	0.016		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.700	0	0.510
14:1	g			
16:1	g	0.014	0	0.004
18:1	g	1.426	0	0.428
20:1	g	0.002	0	0.001
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.900	0	0.270
18:2	g	0.818	0	0.245
18:3	g	0.026	0	0.008
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3/4 cup (1 NLEA serving)

NDB No. 08310 Cereals ready-to-eat, GENERAL MILLS, Betty Crocker Cinnamon Streusel

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	2.65		1	0.80		
Energy	kcal	401		0	120		
Energy	kj	1678		0	503		
Protein (N x 5.95)	g	6.57		1	1.97		
Total lipid (fat)	g	4.33		1	1.30		
Carbohydrate, by difference	g	83.89		0	25.17		
Fiber, total dietary	g	3.1		1	0.9		
Ash	g	2.56		1	0.77		
Sugars, total	g	30.87		1	9.26		
Minerals:							
Calcium	mg	113		1	34		
Iron	mg	15.00		0	4.50		
Magnesium	mg	48		1	14		
Phosphorus	mg	222		1	67		
Potassium	mg	194		1	58		
Sodium	mg	557		1	167		
Zinc	mg	12.50		0	3.75		
Copper	mg	0.133		1	0.040		
Manganese	mg	0.000		1	0.000		
Selenium	µg	19.3		0	5.8		
Vitamins:							
Ascorbic acid	mg	50.0		0	15.0		
Thiamin	mg	1.250		0	0.375		
Riboflavin	mg	1.420		0	0.426		
Niacin	mg	16.670		0	5.001		
Pantothenic acid	mg	0.809		0	0.243		
Vitamin B-6	mg	1.670		0	0.501		
Folate	µg	333		0	100		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	2500		0	750		
Vitamin A, RE	µg	751		0	225		
Vitamin E, α-TE	mg	0.586		0	0.176		
Lipids:							
Saturated, total	g	0.987		0	0.296		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.001		0	0.000		
14:0	g	0.017		0	0.005		
15.0	g						
16:0	g	0.620		0	0.186		
17:0	g						
18:0	g	0.343		0	0.103		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.961	0	0.588
14:1	g			
16:1	g	0.004	0	0.001
18:1	g	1.957	0	0.587
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	1.033	0	0.310
18:2	g	0.973	0	0.292
18:3	g	0.061	0	0.018
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3/4 cup (1 NLEA serving)

NDB No. 08311 Cereals ready-to-eat, GENERAL MILLS, Betty Crocker Dutch Apple

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 55g	Measure 2*	Measure 3*
Proximates:							
Water	g	2.56		1	1.41		
Energy	kcal	398		0	219		
Energy	kj	1665		0	916		
Protein (N x 5.95)	g	7.05		1	3.88		
Total lipid (fat)	g	3.65		1	2.01		
Carbohydrate, by difference	g	84.26		0	46.34		
Fiber, total dietary	g	3.0		1	1.6		
Ash	g	2.78		1	1.53		
Sugars, total	g	31.68		1	17.42		
Minerals:							
Calcium	mg	104		1	57		
Iron	mg	8.18		0	4.50		
Magnesium	mg	44		1	24		
Phosphorus	mg	183		1	101		
Potassium	mg	183		1	101		
Sodium	mg	561		1	309		
Zinc	mg	8.82		0	4.85		
Copper	mg	0.100		1	0.055		
Manganese	mg	0.000		1	0.000		
Selenium	µg	13.7		0	7.5		
Vitamins:							
Ascorbic acid	mg	27.3		0	15.0		
Thiamin	mg	0.680		0	0.374		
Riboflavin	mg	0.770		0	0.424		
Niacin	mg	9.090		0	5.000		
Pantothenic acid	mg	0.000		0	0.000		
Vitamin B-6	mg	0.910		0	0.501		
Folate	µg	181		0	100		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	1364		0	750		
Vitamin A, RE	µg	410		0	226		
Vitamin E, α-TE	mg	0.582		0	0.320		
Lipids:							
Saturated, total	g	0.753		0	0.414		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.004		0	0.002		
14:0	g	0.011		0	0.006		
15.0	g						
16:0	g	0.521		0	0.287		
17:0	g						
18:0	g	0.198		0	0.109		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.355	0	0.745
14:1	g			
16:1	g	0.005	0	0.003
18:1	g	1.349	0	0.742
20:1	g	0.001	0	0.001
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	1.183	0	0.651
18:2	g	1.117	0	0.614
18:3	g	0.065	0	0.036
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (1 NLEA serving)

NDB No. 08312 Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA FROSTED FLAKES

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 31g	Measure 2*	Measure 3*
Proximates:							
Water	g	2.60		0	0.81		
Energy	kcal	387		0	120		
Energy	kj	1619		0	502		
Protein (N x 5.95)	g	3.90		0	1.21		
Total lipid (fat)	g	1.60		0	0.50		
Carbohydrate, by difference	g	90.00		0	27.90		
Fiber, total dietary	g	0.8		0	0.2		
Ash	g	1.90		0	0.59		
Sugars, total	g	42.40		0	13.14		
Minerals:							
Calcium	mg	2		0	1		
Iron	mg	14.50		0	4.50		
Magnesium	mg	10		0	3		
Phosphorus	mg	33		0	10		
Potassium	mg	63		0	20		
Sodium	mg	672		0	208		
Zinc	mg	0.20		0	0.06		
Copper	mg	0.100		0	0.031		
Manganese	mg	0.070		0	0.022		
Selenium	µg	4.4		0	1.4		
Vitamins:							
Ascorbic acid	mg	48.4		0	15.0		
Thiamin	mg	1.200		0	0.372		
Riboflavin	mg	1.400		0	0.434		
Niacin	mg	16.100		0	4.991		
Pantothenic acid	mg	0.000		0	0.000		
Vitamin B-6	mg	1.600		0	0.496		
Folate	µg	300		0	93		
Vitamin B-12	µg	4.80		0	1.49		
Vitamin A	IU	2419		0	750		
Vitamin A, RE	µg	726		0	225		
Vitamin E, α-TE	mg	0.000		0	0.000		
Lipids:							
Saturated, total	g	1.200		0	0.372		
4:0	g	0.000		0	0.000		
6.0	g	0.005		0	0.002		
8:0	g	0.076		0	0.024		
10:0	g	0.062		0	0.019		
12:0	g	0.451		0	0.140		
14:0	g	0.170		0	0.053		
15.0	g						
16:0	g	0.281		0	0.087		
17:0	g						
18:0	g	0.147		0	0.046		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.100	0	0.031
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.100	0	0.031
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.300	0	0.093
18:2	g	0.287	0	0.089
18:3	g	0.013	0	0.004
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg	0	0	0
Theobromine	mg	0	0	0
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3/4 cup (1 NLEA serving)

NDB No. 08313 Cereals ready-to-eat, KELLOGG, KELLOGG RAZZLE DAZZLE RICE KRISPIES

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	2.30		0			
Energy	kcal	387		0			
Energy	kj	1619		0			
Protein (N x 5.95)	g	5.10		0			
Total lipid (fat)	g	0.90		0			
Carbohydrate, by difference	g	89.90		0			
Fiber, total dietary	g	0.3		0			
Ash	g	1.80		0			
Sugars, total	g	35.50		0			
Minerals:							
Calcium	mg	7		0			
Iron	mg	6.40		0			
Magnesium	mg	29		0			
Phosphorus	mg	98		0			
Potassium	mg	96		0			
Sodium	mg	594		0			
Zinc	mg	2.10		0			
Copper	mg	0.100		0			
Manganese	mg	0.900		0			
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	53.6		0			
Thiamin	mg	1.300		0			
Riboflavin	mg	1.500		0			
Niacin	mg	17.900		0			
Pantothenic acid	mg	0.000		0			
Vitamin B-6	mg	1.800		0			
Folate	µg	400		0			
Vitamin B-12	µg	5.40		0			
Vitamin A	IU	1786		0			
Vitamin A, RE	µg	536		0			
Vitamin E, α-TE	mg	7.918		0			
Lipids:							
Saturated, total	g	0.300		0			
4:0	g	0.000		0			
6.0	g	0.000		0			
8:0	g	0.000		0			
10:0	g	0.000		0			
12:0	g	0.000		0			
14:0	g	0.006		0			
15.0	g						
16:0	g	0.269		0			
17:0	g						
18:0	g	0.021		0			
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.300	0
14:1	g		
16:1	g	0.004	0
18:1	g	0.296	0
20:1	g	0.000	0
22.1	g	0.000	0
Polyunsaturated, total	g	0.300	0
18:2	g	0.248	0
18:3	g	0.052	0
18:4	g	0.000	0
20:4	g	0.000	0
20:5	g	0.000	0
22:5	g	0.000	0
22:6	g	0.000	0
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g		
Threonine	g		
Isoleucine	g		
Leucine	g		
Lysine	g		
Methionine	g		
Cystine	g		
Phenylalanine	g		
Tyrosine	g		
Valine	g		
Arginine	g		
Histidine	g		
Alanine	g		
Aspartic acid	g		
Glutamic acid	g		
Glycine	g		
Proline	g		
Serine	g		
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 08314 Cereals, QUAKER, hominy grits, white, quick, 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	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	10.48		0			
Energy	kcal	347		0			
Energy	kj	1452		0			
Protein (N x 5.95)	g	8.53		0			
Total lipid (fat)	g	1.36		0			
Carbohydrate, by difference	g	79.16		0			
Fiber, total dietary	g	4.8		0			
Ash	g	0.44		0			
Sugars, total	g	1.00		0			
Minerals:							
Calcium	mg	4		0			
Iron	mg	3.52		0			
Magnesium	mg	49		0			
Phosphorus	mg	166		0			
Potassium	mg	146		0			
Sodium	mg	2		0			
Zinc	mg	0.92		0			
Copper	mg	0.110		0			
Manganese	mg	0.220		0			
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0			
Thiamin	mg	0.580		0			
Riboflavin	mg	0.330		0			
Niacin	mg	4.810		0			
Pantothenic acid	mg	0.310		0			
Vitamin B-6	mg	0.270		0			
Folate	µg	154		0			
Vitamin B-12	µg	0.00		0			
Vitamin A	IU	0		0			
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.260		0			
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.200	0
14:1	g		
16:1	g		
18:1	g		
20:1	g		
22.1	g		
Polyunsaturated, total	g	0.680	0
18:2	g		
18:3	g		
18:4	g		
20:4	g		
20:5	g		
22:5	g		
22:6	g		
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g		
Threonine	g		
Isoleucine	g		
Leucine	g		
Lysine	g		
Methionine	g		
Cystine	g		
Phenylalanine	g		
Tyrosine	g		
Valine	g		
Arginine	g		
Histidine	g		
Alanine	g		
Aspartic acid	g		
Glutamic acid	g		
Glycine	g		
Proline	g		
Serine	g		
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 08315 Cereals, QUAKER, hominy grits, yellow, quick, 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	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	11.74		0			
Energy	kcal	337		0			
Energy	kj	1410		0			
Protein (N x 5.95)	g	8.26		0			
Total lipid (fat)	g	1.66		0			
Carbohydrate, by difference	g	77.76		0			
Fiber, total dietary	g	5.6		0			
Ash	g	0.79		0			
Sugars, total	g	0.95		0			
Minerals:							
Calcium	mg	4		0			
Iron	mg	4.11		0			
Magnesium	mg	40		0			
Phosphorus	mg	124		0			
Potassium	mg	167		0			
Sodium	mg	2		0			
Zinc	mg	0.72		0			
Copper	mg	0.070		0			
Manganese	mg	0.100		0			
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0			
Thiamin	mg	0.510		0			
Riboflavin	mg	0.370		0			
Niacin	mg	4.310		0			
Pantothenic acid	mg	0.310		0			
Vitamin B-6	mg	0.250		0			
Folate	µg	154		0			
Vitamin B-12	µg	0.00		0			
Vitamin A	IU	569		0			
Vitamin A, RE	µg						
Vitamin E, α-TE	mg	0.220		0			
Lipids:							
Saturated, total	g	0.450		0			
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.550	0
14:1	g		
16:1	g		
18:1	g		
20:1	g		
22.1	g		
Polyunsaturated, total	g	0.710	0
18:2	g		
18:3	g		
18:4	g		
20:4	g		
20:5	g		
22:5	g		
22:6	g		
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g		
Threonine	g		
Isoleucine	g		
Leucine	g		
Lysine	g		
Methionine	g		
Cystine	g		
Phenylalanine	g		
Tyrosine	g		
Valine	g		
Arginine	g		
Histidine	g		
Alanine	g		
Aspartic acid	g		
Glutamic acid	g		
Glycine	g		
Proline	g		
Serine	g		
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 08316 Cereals, QUAKER, hominy grits, white, regular, 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	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	10.48		0			
Energy	kcal	347		0			
Energy	kj	1452		0			
Protein (N x 5.95)	g	8.53		0			
Total lipid (fat)	g	1.36		0			
Carbohydrate, by difference	g	79.16		0			
Fiber, total dietary	g	4.8		0			
Ash	g	0.44		0			
Sugars, total	g	1.00		0			
Minerals:							
Calcium	mg	4		0			
Iron	mg	3.52		0			
Magnesium	mg	49		0			
Phosphorus	mg	166		0			
Potassium	mg	146		0			
Sodium	mg	2		0			
Zinc	mg	0.92		0			
Copper	mg	0.110		0			
Manganese	mg	0.220		0			
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0			
Thiamin	mg	0.580		0			
Riboflavin	mg	0.330		0			
Niacin	mg	4.810		0			
Pantothenic acid	mg	0.310		0			
Vitamin B-6	mg	0.270		0			
Folate	µg	154		0			
Vitamin B-12	µg	0.00		0			
Vitamin A	IU	0		0			
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.260		0			
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.200	0
14:1	g		
16:1	g		
18:1	g		
20:1	g		
22.1	g		
Polyunsaturated, total	g	0.680	0
18:2	g		
18:3	g		
18:4	g		
20:4	g		
20:5	g		
22:5	g		
22:6	g		
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g		
Threonine	g		
Isoleucine	g		
Leucine	g		
Lysine	g		
Methionine	g		
Cystine	g		
Phenylalanine	g		
Tyrosine	g		
Valine	g		
Arginine	g		
Histidine	g		
Alanine	g		
Aspartic acid	g		
Glutamic acid	g		
Glycine	g		
Proline	g		
Serine	g		
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 08317 Cereals, QUAKER, farina, enriched cinnamon flavor, 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	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	12.14		0			
Energy	kcal	346		0			
Energy	kj	1448		0			
Protein (N x 5.95)	g	12.11		0			
Total lipid (fat)	g	0.79		0			
Carbohydrate, by difference	g	74.54		0			
Fiber, total dietary	g	3.7		0			
Ash	g	0.40		0			
Sugars, total	g	0.29		0			
Minerals:							
Calcium	mg	33		0			
Iron	mg	30.00		0			
Magnesium	mg	14		0			
Phosphorus	mg	88		0			
Potassium	mg	104		0			
Sodium	mg	3		0			
Zinc	mg	0.55		0			
Copper	mg	0.070		0			
Manganese	mg	0.270		0			
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.4		0			
Thiamin	mg	0.440		0			
Riboflavin	mg	0.260		0			
Niacin	mg	3.520		0			
Pantothenic acid	mg	0.360		0			
Vitamin B-6	mg	0.050		0			
Folate	µg	154		0			
Vitamin B-12	µg	0.00		0			
Vitamin A	IU	4		0			
Vitamin A, RE	µg						
Vitamin E, α-TE	mg	0.140		0			
Lipids:							
Saturated, total	g	0.280		0			
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.070	0
14:1	g		
16:1	g		
18:1	g		
20:1	g		
22.1	g		
Polyunsaturated, total	g	0.580	0
18:2	g		
18:3	g		
18:4	g		
20:4	g		
20:5	g		
22:5	g		
22:6	g		
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g		
Threonine	g		
Isoleucine	g		
Leucine	g		
Lysine	g		
Methionine	g		
Cystine	g		
Phenylalanine	g		
Tyrosine	g		
Valine	g		
Arginine	g		
Histidine	g		
Alanine	g		
Aspartic acid	g		
Glutamic acid	g		
Glycine	g		
Proline	g		
Serine	g		
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 08318 Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START 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	Samples	Measure 1* 50g	Measure 2*	Measure 3*
Proximates:							
Water	g	4.20		0	2.10		
Energy	kcal	365		0	183		
Energy	kj	1527		0	764		
Protein (N x 5.95)	g	6.70		0	3.35		
Total lipid (fat)	g	1.40		0	0.70		
Carbohydrate, by difference	g	85.40		0	42.70		
Fiber, total dietary	g	4.7		0	2.4		
Ash	g	2.30		0	1.15		
Sugars, total	g	30.20		0	15.10		
Minerals:							
Calcium	mg	21		0	11		
Iron	mg	36.00		0	18.00		
Magnesium	mg	59		0	30		
Phosphorus	mg	188		0	94		
Potassium	mg	203		0	102		
Sodium	mg	625		0	313		
Zinc	mg	30.00		0	15.00		
Copper	mg	0.200		0	0.100		
Manganese	mg	2.191		0	1.095		
Selenium	µg	21.4		0	10.7		
Vitamins:							
Ascorbic acid	mg	30.0		0	15.0		
Thiamin	mg	3.000		0	1.500		
Riboflavin	mg	3.400		0	1.700		
Niacin	mg	40.000		0	20.000		
Pantothenic acid	mg	20.000		0	10.000		
Vitamin B-6	mg	4.000		0	2.000		
Folate	µg	800		0	400		
Vitamin B-12	µg	12.00		0	6.00		
Vitamin A	IU	1500		0	750		
Vitamin A, RE	µg	450		0	225		
Vitamin E, α-TE	mg	44.400		0	22.200		
Lipids:							
Saturated, total	g	0.300		0	0.150		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.002		0	0.001		
14:0	g	0.007		0	0.004		
15.0	g						
16:0	g	0.265		0	0.133		
17:0	g						
18:0	g	0.026		0	0.013		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.400	0	0.200
14:1	g			
16:1	g	0.005	0	0.003
18:1	g	0.395	0	0.198
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.700	0	0.350
18:2	g	0.667	0	0.334
18:3	g	0.033	0	0.017
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 08319 Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, bite size

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 55g	Measure 2*	Measure 3*
Proximates:							
Water	g	5.30		0	2.92		
Energy	kcal	340		0	187		
Energy	kj	1423		0	783		
Protein (N x 5.95)	g	9.40		0	5.17		
Total lipid (fat)	g	1.70		0	0.94		
Carbohydrate, by difference	g	81.40		0	44.77		
Fiber, total dietary	g	10.7		0	5.9		
Ash	g	1.20		0	0.66		
Sugars, total	g	20.30		0	11.16		
Minerals:							
Calcium	mg	0		0	0		
Iron	mg	28.00		0	15.40		
Magnesium	mg	101		0	56		
Phosphorus	mg	290		0	160		
Potassium	mg	339		0	186		
Sodium	mg	3		0	2		
Zinc	mg	2.50		0	1.38		
Copper	mg	0.300		0	0.165		
Manganese	mg	2.788		0	1.533		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.600		0	0.330		
Riboflavin	mg	0.700		0	0.385		
Niacin	mg	8.500		0	4.675		
Pantothenic acid	mg	0.000		0	0.000		
Vitamin B-6	mg	0.800		0	0.440		
Folate	µg	200		0	110		
Vitamin B-12	µg	2.50		0	1.38		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.000		0	0.000		
Lipids:							
Saturated, total	g	0.400		0	0.220		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.021		0	0.012		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.319		0	0.175		
15.0	g						
16:0	g	0.018		0	0.010		
17:0	g						
18:0	g	0.016		0	0.009		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.300	0	0.165
14:1	g			
16:1	g	0.268	0	0.147
18:1	g	0.000	0	0.000
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	1.100	0	0.605
18:2	g	0.984	0	0.541
18:3	g	0.051	0	0.028
18:4	g	0.000	0	0.000
20:4	g	0.002	0	0.001
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, bite size