NDB No. 43584
AMARANTH FLAKES

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.00				1		1.14		
Energy	kcal	353				1		134		
Energy	kj	1477				1		561		
Protein	g	15.54		0	RA	4		5.90		
Total lipid (fat)	g	7.00		0	RA	4		2.66		
Ash	g	3.27		0	RA	4		1.24		
Carbohydrate, by difference	g	71.15		0	RA	4		27.04		
Fiber, total dietary	g	9.5				1		3.6		
Sugars, total	g	0.42		0	BFZN	4		0.16		
Starch	g									
Minerals:										
Calcium, Ca	mg	17				1		6		
Iron, Fe	mg	1.76				1		0.67		
Magnesium, Mg	mg	25				1		10		
Phosphorus, P	mg	331				1		126		
Potassium, K	mg	353				1		134		
Sodium, Na	mg	35				1		13		
Zinc, Zn	mg	0.25				1		0.10		
Copper, Cu	mg	0.214				1		0.081		
Manganese, Mn	mg									
Selenium, Se	mcg	70.7		0	BFZN	4		26.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.5				1		1.0		
Thiamin	mg	0.070				1		0.027		
Riboflavin	mg	0.110				1		0.042		
Niacin	mg	2.610				1		0.992		
Pantothenic acid	mg									
Vitamin B-6	mg	0.070				1		0.027		
Folate, total	mcg	11				1		4		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	11				1		4		
Folate, DFE	mcg_DFE	11		0	NC	4		4		
Vitamin B-12	mcg	0.00				1		0.00		
Vitamin A, IU	IU	0		0	RA	4		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	RA	4		0		
Vitamin E (alpha-tocopherol)	mg	1.31		0	BFZN	4		0.50		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.4		0	BFZN	4		0.9		
Lipids:										
Fatty acids, total saturated	g	1.232		0	NC	4		0.468		
4:0	g	0.000				4		0.000		
6:0	g	0.000				4		0.000		
8:0	g	0.000				4		0.000		
10:0	g	0.000				4		0.000		
12:0	g	0.019				4		0.007		
13:0	g									
14:0	g	0.013				4		0.005		
15:0	g									
16:0	g	1.110				4		0.422		
17:0	g									
18:0	g	0.090				4		0.034		
20:0	g									
22:0	g									
24:0	g									

NDB No. 43584
AMARANTH FLAKES

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

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

Common Measures:

Measure 1 = 38g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 43510
Cereal ready-to-eat, CRISPY BROWN RICE

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.00				4		0.96		
Energy	kcal	388				1		124		
Energy	kj	1623				1		519		
Protein	g	7.10				1		2.27		
Total lipid (fat)	g	3.50				1		1.12		
Ash	g	0.80		0	NC	4		0.26		
Carbohydrate, by difference	g	86.00			NC	4		27.52		
Fiber, total dietary	g	7.3				1		2.3		
Sugars, total	g	9.10		0	BFZN	4		2.91		
Starch	g									
Minerals:										
Calcium, Ca	mg	28				1		9		
Iron, Fe	mg	1.15				1		0.37		
Magnesium, Mg	mg	88				4		28		
Phosphorus, P	mg	283				4		91		
Potassium, K	mg	238				1		76		
Sodium, Na	mg	12				1		4		
Zinc, Zn	mg	1.50				4		0.48		
Copper, Cu	mg	0.240				4		0.077		
Manganese, Mn	mg									
Selenium, Se	mcg	15.4		0	BFZN	4		4.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0				1		0.0		
Thiamin	mg	0.090				1		0.029		
Riboflavin	mg	0.040				1		0.013		
Niacin	mg	2.050				1		0.656		
Pantothenic acid	mg									
Vitamin B-6	mg	0.080				4		0.026		
Folate, total	mcg	19				4		6		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	19				4		6		
Folate, DFE	mcg_DFE	19		0	NC	4		6		
Vitamin B-12	mcg	0.00				7		0.00		
Vitamin A, IU	IU	0				1		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.10		0	NR	4		0.03		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	BFZN	4		0.0		
Lipids:										
Fatty acids, total saturated	g	0.688				4		0.220		
4:0	g	0.000				4		0.000		
6:0	g	0.000				4		0.000		
8:0	g	0.000				4		0.000		
10:0	g	0.000				4		0.000		
12:0	g	0.002				4		0.001		
13:0	g									
14:0	g	0.008				4		0.003		
15:0	g									
16:0	g	0.532				4		0.170		
17:0	g									
18:0	g	0.106				4		0.034		
20:0	g									
22:0	g									
24:0	g									

NDB No. 43510
Cereal ready-to-eat, CRISPY BROWN RICE

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

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

Common Measures:

Measure 1 = 32g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.90				4		2.32		
Energy	kcal	388				1		473		
Energy	kj	1623				1		1981		
Protein	g	9.50				1		11.59		
Total lipid (fat)	g	6.30				1		7.69		
Ash	g	8.50		0	NC	4		10.37		
Carbohydrate, by difference	g	73.80			NC	4		90.04		
Fiber, total dietary	g	8.5				4		10.4		
Sugars, total	g	26.20		0	LC	8		31.96		
Starch	g									
Minerals:										
Calcium, Ca	mg	173				1		211		
Iron, Fe	mg	2.78				4		3.39		
Magnesium, Mg	mg	317				1		387		
Phosphorus, P	mg	337				4		411		
Potassium, K	mg	494				4		603		
Sodium, Na	mg	50				4		61		
Zinc, Zn	mg	1.92				4		2.34		
Copper, Cu	mg	0.407				4		0.497		
Manganese, Mn	mg									
Selenium, Se	mcg	17.3		0	BFZN	4		21.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.6				4		0.7		
Thiamin	mg	0.320				4		0.390		
Riboflavin	mg	0.550				4		0.671		
Niacin	mg	1.800				4		2.196		
Pantothenic acid	mg									
Vitamin B-6	mg	0.100				4		0.122		
Folate, total	mcg	16				4		20		
Folic acid	mcg	0		0	NC	4		0		
Folate, food	mcg	16		0	NC	4		20		
Folate, DFE	mcg_DFE	16		0	NC	4		20		
Vitamin B-12	mcg	0.29				4		0.35		
Vitamin A, IU	IU	6		0	FLM	4		8		
Vitamin A, RAE	mcg_RAE	1		0	FLM	4		1		
Retinol	mcg	0		0	FLM	4		0		
Vitamin E (alpha-tocopherol)	mg	1.16		0	FLM	4		1.41		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	3.8		0	FLM	4		4.6		
Lipids:										
Fatty acids, total saturated	g	0.711				4		0.867		
4:0	g	0.000				4		0.000		
6:0	g	0.000				4		0.000		
8:0	g	0.003				4		0.004		
10:0	g	0.000				4		0.000		
12:0	g	0.003				4		0.004		
13:0	g									
14:0	g	0.014				4		0.017		
15:0	g									
16:0	g	0.567				4		0.692		
17:0	g									
18:0	g	0.095				4		0.116		
20:0	g									
22:0	g									
24:0	g									

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

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

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

Common Measures:

Measure 1 = 122g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08345

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

General Mills Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.00		1	MA	12		0.98		
Energy	kcal	338		0	MC	9		166		
Energy	kj	1414		0	MC	9		693		
Protein (N x 6.25)	g	7.00		1	MA	12		3.43		
Total lipid (fat)	g	2.50		0	NR	4		1.23		
Ash	g	3.42		1	MA	12		1.68		
Carbohydrate, by difference	g	84.00		0	MC	9		41.16		
Fiber, total dietary	g	13.0		1	MA	12		6.4		
Sugars, total	g	22.00		1	MA	12		10.78		
Starch	g									
Minerals:										
* Calcium, Ca	mg	182		0	MC	9		89		
* Iron, Fe	mg	29.50		0	MC	9		14.46		
Magnesium, Mg	mg	109		0	MC	9		53		
Phosphorus, P	mg	364		0	MC	9		178		
Potassium, K	mg	387		1	MA	12		190		
Sodium, Na	mg	657		1	MA	12		322		
* Zinc, Zn	mg	6.80		0	MC	9		3.33		
Copper, Cu	mg	0.145		0	MC	9		0.071		
Manganese, Mn	mg	1.548		0	FLM	4		0.759		
Selenium, Se	mcg	7.9		0	FLM	4		3.9		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	11.0		0	MC	9		5.4		
* Thiamin	mg	0.680		0	MC	9		0.333		
* Riboflavin	mg	0.770		0	MC	9		0.377		
* Niacin	mg	9.100		0	MC	9		4.459		
Pantothenic acid	mg	0.000		0	MC	9		0.000		
* Vitamin B-6	mg	0.910		0	MC	9		0.446		
* Folate, total	mcg	727		0	MC	9		356		
Folic acid	mcg	686		0	NC	4		336		
Folate, food	mcg	41		0	CAAN	4		20		
Folate, DFE	mcg_DFE	1207		0	NC	4		592		
* Vitamin B-12	mcg	2.70		0	MC	9		1.32		
* Vitamin A, IU	IU	909		0	MC	9		445		
Vitamin A, RAE	mcg_RAE	273		0	NC	4		134		
Retinol	mcg	231		0	NC	4		113		
Vitamin E (alpha-tocopherol)	mg	0.31		1	A	1		0.15		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
* Vitamin D	IU	73.000		0	MC	9		35.770		
Vitamin K (phylloquinone)	mcg	0.4		0	FLA	4		0.2		
Lipids:										
Fatty acids, total saturated	g	0.500		1	MA	12		0.245		
4:0	g	0.000		0	FLA	4		0.000		
6:0	g	0.000		0	FLA	4		0.000		
8:0	g	0.000		0	FLA	4		0.000		
10:0	g	0.000		0	FLA	4		0.000		
12:0	g	0.001		0	FLA	4		0.001		
13:0	g									
14:0	g	0.006		0	FLA	4		0.003		
15:0	g									
16:0	g	0.428		0	FLA	4		0.210		
17:0	g									
18:0	g	0.048		0	FLA	4		0.023		
20:0	g									
22:0	g									
24:0	g									

NDB No. 08345
Cereals ready-to-eat, GENERAL MILLS, Multi-Bran CHEX

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

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

Common Measures:

Measure 1 = 49g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

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

General Mills Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.00		1	MA	12		0.60		
Energy	kcal	392		0	MC	9		118		
Energy	kj	1640		0	MC	9		492		
Protein (N x 6.25)	g	6.00		1	MA	12		1.80		
Total lipid (fat)	g	5.10		0	NR	4		1.53		
Ash	g	2.44		1	MA	12		0.73		
Carbohydrate, by difference	g	84.00		0	MC	9		25.20		
Fiber, total dietary	g	4.3		1	MA	12		1.3		
Sugars, total	g	42.00		1	MA	12		12.60		
Starch	g									
Minerals:										
* Calcium, Ca	mg	333		0	MC	9		100		
* Iron, Fe	mg	15.00		0	MC	9		4.50		
Magnesium, Mg	mg	67		1	MA	12		20		
Phosphorus, P	mg	217		1	MA	12		65		
Potassium, K	mg	192		1	MA	12		58		
Sodium, Na	mg	401		1	MA	12		120		
* Zinc, Zn	mg	12.50		0	MC	9		3.75		
Copper, Cu	mg	0.200		1	MA	12		0.060		
Manganese, Mn	mg	1.414		0	FLM	4		0.424		
Selenium, Se	mcg	37.5		0	BFZN	4		11.3		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	20.0		0	MC	9		6.0		
* Thiamin	mg	1.250		0	MC	9		0.375		
* Riboflavin	mg	1.420		0	MC	9		0.426		
* Niacin	mg	16.700		0	MC	9		5.010		
Pantothenic acid	mg	0.515		0	FLM	4		0.155		
* Vitamin B-6	mg	1.670		0	MC	9		0.501		
* Folate, total	mcg	667		0	MC	9		200		
Folic acid	mcg	648		0	NC	4		194		
Folate, food	mcg	19		0	CAAN	4		6		
Folate, DFE	mcg_DFE	1121		0	NC	4		336		
* Vitamin B-12	mcg	5.00		0	MC	9		1.50		
* Vitamin A, IU	IU	1667		0	MC	9		500		
Vitamin A, RAE	mcg_RAE	501		0	NC	4		150		
Retinol	mcg	501		0	NC	4		150		
Vitamin E (alpha-tocopherol)	mg	0.50		0	FLA	4		0.15		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
* Vitamin D	IU	133.000		0	MC	9		39.900		
Vitamin K (phylloquinone)	mcg	1.8		0	FLA	4		0.6		
Lipids:										
Fatty acids, total saturated	g	0.990		1	MA	12		0.297		
4:0	g	0.000		0	FLA	4		0.000		
6:0	g	0.000		0	FLA	4		0.000		
8:0	g	0.000		0	FLA	4		0.000		
10:0	g	0.000		0	FLA	4		0.000		
12:0	g	0.007		0	FLA	4		0.002		
13:0	g									
14:0	g	0.007		0	FLA	4		0.002		
15:0	g									
16:0	g	0.730		0	FLA	4		0.219		
17:0	g									
18:0	g	0.216		0	FLA	4		0.065		
20:0	g									
22:0	g									

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

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

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

Common Measures:

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08262

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

General Mills Inc.

Refuse: 0%

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

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

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

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

Common Measures:

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

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08274
Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX

General Mills Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.36		1	MA	12		0.71		
Energy	kcal	393		0	MC	9		118		
Energy	kj	1644		0	MC	9		493		
Protein (N x 6.25)	g	4.00		1	MA	12		1.20		
Total lipid (fat)	g	4.30		0	NR	4		1.29		
Ash	g	2.13		1	MA	12		0.64		
Carbohydrate, by difference	g	87.00		0	MC	9		26.10		
Fiber, total dietary	g	2.5		1	MA	12		0.8		
Sugars, total	g	31.00		1	MA	12		9.30		
Starch	g									
Minerals:										
* Calcium, Ca	mg	167		0	MC	9		50		
* Iron, Fe	mg	15.00		0	MC	9		4.50		
Magnesium, Mg	mg	19		1	MA	12		6		
Phosphorus, P	mg	124		1	MA	12		37		
Potassium, K	mg	82		1	MA	12		25		
Sodium, Na	mg	593		1	MA	12		178		
* Zinc, Zn	mg	12.50		0	MC	9		3.75		
Copper, Cu	mg	0.080		1	MA	12		0.024		
Manganese, Mn	mg	0.520		0	FLM	4		0.156		
Selenium, Se	mcg	6.5		0	RA	4		2.0		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	20.0		0	MC	9		6.0		
* Thiamin	mg	1.250		0	MC	9		0.375		
* Riboflavin	mg	1.420		0	MC	9		0.426		
* Niacin	mg	16.700		0	MC	9		5.010		
Pantothenic acid	mg	0.277		0	FLM	4		0.083		
* Vitamin B-6	mg	1.670		0	MC	9		0.501		
* Folate, total	mcg	333		0	MC	9		100		
Folic acid	mcg	314		0	NC	4		94		
Folate, food	mcg	19		0	CAAN	4		6		
Folate, DFE	mcg_DFE	553		0	NC	4		166		
* Vitamin B-12	mcg	5.00		0	MC	9		1.50		
* Vitamin A, IU	IU	1667		0	MC	9		500		
Vitamin A, RAE	mcg_RAE	501		0	NC	4		150		
Retinol	mcg	501		0	NC	4		150		
Vitamin E (alpha-tocopherol)	mg	0.52		0	FLA	4		0.16		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
* Vitamin D	IU	133.000		0	MC	9		39.900		
Vitamin K (phylloquinone)	mcg	1.2		0	FLA	4		0.4		
Lipids:										
Fatty acids, total saturated	g	0.700		1	MA	12		0.210		
4:0	g	0.000		0	FLA	4		0.000		
6:0	g	0.000		0	FLA	4		0.000		
8:0	g	0.000		0	FLA	4		0.000		
10:0	g	0.000		0	FLA	4		0.000		
12:0	g	0.002		0	FLA	4		0.001		
13:0	g									
14:0	g	0.010		0	FLA	4		0.003		
15:0	g									
16:0	g	0.554		0	FLA	4		0.166		
17:0	g									
18:0	g	0.124		0	FLA	4		0.037		
20:0	g									
22:0	g									

NDB No. 08274
Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX

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

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

Common Measures:

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08273

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

General Mills Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.48		1	MA	12		0.74		
Energy	kcal	393		0	MC	9		118		
Energy	kj	1644		0	MC	9		493		
Protein (N x 6.25)	g	3.00		1	MA	12		0.90		
Total lipid (fat)	g	2.60		0	NR	4		0.78		
Ash	g	2.18		1	MA	12		0.65		
Carbohydrate, by difference	g	90.00		0	MC	9		27.00		
Fiber, total dietary	g	0.9		1	MA	12		0.3		
Sugars, total	g	47.00		1	MA	12		14.10		
Starch	g									
Minerals:										
* Calcium, Ca	mg	67		0	MC	9		20		
* Iron, Fe	mg	15.00		0	MC	9		4.50		
Magnesium, Mg	mg	9		2	MA	12		3		
Phosphorus, P	mg	67		0	MC	9		20		
Potassium, K	mg	46		1	MA	12		14		
Sodium, Na	mg	704		1	MA	12		211		
* Zinc, Zn	mg	12.50		0	MC	9		3.75		
Copper, Cu	mg	0.040		2	MA	12		0.012		
Manganese, Mn	mg	0.050		0	FLM	4		0.015		
Selenium, Se	mcg	6.5		0	BFZN	4		2.0		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	20.0		0	MC	9		6.0		
* Thiamin	mg	1.250		0	MC	9		0.375		
* Riboflavin	mg	1.420		0	MC	9		0.426		
* Niacin	mg	16.700		0	MC	9		5.010		
Pantothenic acid	mg	0.100		0	FLM	4		0.030		
* Vitamin B-6	mg	1.670		0	MC	9		0.501		
* Folate, total	mcg	333		0	MC	9		100		
Folic acid	mcg	314		0	NC	4		94		
Folate, food	mcg	19		0	CAAN	4		6		
Folate, DFE	mcg_DFE	553		0	NC	4		166		
* Vitamin B-12	mcg	5.00		0	MC	9		1.50		
Vitamin A, IU	IU	0		0	Z	7		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.29		0	FLA	4		0.09		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
* Vitamin D	IU	0.000		0	MC	9		0.000		
Vitamin K (phylloquinone)	mcg	0.8		0	FLA	4		0.2		
Lipids:										
Fatty acids, total saturated	g	0.400		1	MA	12		0.120		
4:0	g	0.000		0	FLA	4		0.000		
6:0	g	0.000		0	FLA	4		0.000		
8:0	g	0.000		0	FLA	4		0.000		
10:0	g	0.000		0	FLA	4		0.000		
12:0	g	0.001		0	FLA	4		0.000		
13:0	g									
14:0	g	0.003		0	FLA	4		0.001		
15:0	g									
16:0	g	0.378		0	FLA	4		0.113		
17:0	g									
18:0	g	0.140		0	FLA	4		0.042		
20:0	g									
22:0	g									
24:0	g									

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

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

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

Common Measures:

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08013

Cereals ready-to-eat, GENERAL MILLS, CHEERIOS

General Mills Inc.

Refuse: 0%

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

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

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

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

Common Measures:

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08272

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

General Mills Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.56		1	MA	12		0.77		
Energy	kcal	422		0	MC	9		127		
Energy	kj	1766		0	MC	9		530		
Protein (N x 6.25)	g	5.00		1	MA	12		1.50		
Total lipid (fat)	g	11.00		0	NR	4		3.30		
Ash	g	3.09		1	MA	12		0.93		
Carbohydrate, by difference	g	79.00		0	MC	9		23.70		
Fiber, total dietary	g	4.0		1	MA	12		1.2		
Sugars, total	g	34.00		1	MA	12		10.20		
Starch	g									
Minerals:										
* Calcium, Ca	mg	333		0	MC	9		100		
* Iron, Fe	mg	15.00		0	MC	9		4.50		
Magnesium, Mg	mg	27		1	MA	12		8		
Phosphorus, P	mg	267		0	MC	9		80		
Potassium, K	mg	142		1	MA	12		43		
Sodium, Na	mg	687		1	MA	12		206		
* Zinc, Zn	mg	12.50		0	MC	9		3.75		
Copper, Cu	mg	0.200		5	MA	12		0.060		
Manganese, Mn	mg	2.737		0	FLM	4		0.821		
Selenium, Se	mcg	4.3		0	RA	4		1.3		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	20.0		0	MC	9		6.0		
* Thiamin	mg	1.250		0	MC	9		0.375		
* Riboflavin	mg	1.420		0	MC	9		0.426		
* Niacin	mg	16.700		0	MC	9		5.010		
Pantothenic acid	mg	0.778		0	FLM	4		0.233		
* Vitamin B-6	mg	1.670		0	MC	9		0.501		
* Folate, total	mcg	333		0	MC	9		100		
Folic acid	mcg	314		0	NC	4		94		
Folate, food	mcg	19		0	CAAN	4		6		
Folate, DFE	mcg_DFE	553		0	NC	4		166		
* Vitamin B-12	mcg	5.00		0	MC	9		1.50		
* Vitamin A, IU	IU	1667		0	MC	9		500		
Vitamin A, RAE	mcg_RAE	501		0	NC	4		150		
Retinol	mcg	501		0	NR	4		150		
Vitamin E (alpha-tocopherol)	mg	1.14		0	FLA	4		0.34		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
* Vitamin D	IU	133.000		0	MC	9		39.900		
Vitamin K (phylloquinone)	mcg	6.3		0	FLA	4		1.9		
Lipids:										
Fatty acids, total saturated	g	1.800		1	MA	12		0.540		
4:0	g	0.000		0	FLA	4		0.000		
6:0	g	0.000		0	FLA	4		0.000		
8:0	g	0.005		0	FLA	4		0.002		
10:0	g	0.000		0	FLA	4		0.000		
12:0	g	0.001		0	FLA	4		0.000		
13:0	g									
14:0	g	0.016		0	FLA	4		0.005		
15:0	g									
16:0	g	1.268		0	FLA	4		0.380		
17:0	g									
18:0	g	0.504		0	FLA	4		0.151		
20:0	g									
22:0	g									
24:0	g									

NDB No. 08272
Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH

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

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

Common Measures:

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08271

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

General Mills Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.56		1	MA	12		0.77		
Energy	kcal	390		0	MC	9		117		
Energy	kj	1632		0	MC	9		490		
Protein (N x 6.25)	g	4.00		1	MA	12		1.20		
Total lipid (fat)	g	3.20		0	NR	4		0.96		
Ash	g	2.82		1	MA	12		0.85		
Carbohydrate, by difference	g	88.00		0	MC	9		26.40		
Fiber, total dietary	g	2.3		1	MA	12		0.7		
Sugars, total	g	47.00		1	MA	12		14.10		
Starch	g									
Minerals:										
* Calcium, Ca	mg	333		0	MC	9		100		
* Iron, Fe	mg	15.00		0	MC	9		4.50		
Magnesium, Mg	mg	27		0	MC	9		8		
Phosphorus, P	mg	67		0	MC	9		20		
Potassium, K	mg	168		1	MA	12		50		
Sodium, Na	mg	571		1	MA	12		171		
* Zinc, Zn	mg	12.50		0	MC	9		3.75		
Copper, Cu	mg	0.140		2	MA	12		0.042		
Manganese, Mn	mg	0.109		0	FLM	4		0.033		
Selenium, Se	mcg	6.5		0	BFZN	4		2.0		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	20.0		0	MC	9		6.0		
* Thiamin	mg	1.250		0	MC	9		0.375		
* Riboflavin	mg	1.420		0	MC	9		0.426		
* Niacin	mg	16.700		0	MC	9		5.010		
Pantothenic acid	mg	0.113		0	FLM	4		0.034		
* Vitamin B-6	mg	1.670		0	MC	9		0.501		
* Folate, total	mcg	333		0	MC	9		100		
Folic acid	mcg	314		0	NC	4		94		
Folate, food	mcg	19		0	CAAN	4		6		
Folate, DFE	mcg_DFE	553		0	NC	4		166		
* Vitamin B-12	mcg	5.00		0	MC	9		1.50		
Vitamin A, IU	IU	0		0	AS	1		0		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.21		0	FLM	4		0.06		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.6		0	FLM	4		0.2		
Lipids:										
Fatty acids, total saturated	g	0.700		1	MA	12		0.210		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.000		0	FLM	4		0.000		
13:0	g									
14:0	g	0.003		0	FLM	4		0.001		
15:0	g									
16:0	g	0.396		0	FLM	4		0.119		
17:0	g									
18:0	g	0.292		0	FLM	4		0.088		
20:0	g									
22:0	g									
24:0	g									

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

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

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

Common Measures:

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08017

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

General Mills Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.39		1	MA	12		0.72		
Energy	kcal	389		0	MC	9		117		
Energy	kj	1628		0	MC	9		488		
Protein (N x 6.25)	g	4.00		1	MA	12		1.20		
Total lipid (fat)	g	3.00		0	NR	4		0.90		
Ash	g	2.61		1	MA	12		0.78		
Carbohydrate, by difference	g	88.00		0	MC	9		26.40		
Fiber, total dietary	g	1.5		1	MA	12		0.5		
Sugars, total	g	42.00		0	MA	12		12.60		
Starch	g									
Minerals:										
* Calcium, Ca	mg	333		0	MC	9		100		
* Iron, Fe	mg	15.00		0	MC	9		4.50		
Magnesium, Mg	mg	28		5		1		8		
Phosphorus, P	mg	133		0	MC	9		40		
Potassium, K	mg	90		1	MA	12		27		
Sodium, Na	mg	594		1	MA	12		178		
* Zinc, Zn	mg	12.50		0	MC	9		3.75		
Copper, Cu	mg	0.300		10		1		0.090		
Manganese, Mn	mg	0.786		0		4		0.236		
Selenium, Se	mcg	7.3		0	BFZN	4		2.2		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	20.0		0	MC	9		6.0		
* Thiamin	mg	1.250		0	MC	9		0.375		
* Riboflavin	mg	1.420		0	MC	9		0.426		
* Niacin	mg	16.700		0	MC	9		5.010		
Pantothenic acid	mg	0.212		15		1		0.064		
* Vitamin B-6	mg	1.670		0	MC	9		0.501		
* Folate, total	mcg	333		0	MC	9		100		
Folic acid	mcg	314		0	NC	4		94		
Folate, food	mcg	19		0	CAAN	4		6		
Folate, DFE	mcg_DFE	553		0	NC	4		166		
* Vitamin B-12	mcg	5.00		0	MC	9		1.50		
* Vitamin A, IU	IU	1667		0	MC	9		500		
Vitamin A, RAE	mcg_RAE	501		0	NC	4		150		
Retinol	mcg	472		0	NC	4		142		
Vitamin E (alpha-tocopherol)	mg	0.26		0	FLA	4		0.08		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
* Vitamin D	IU	133.000		0	MC	9		39.900		
Vitamin K (phylloquinone)	mcg	0.7		0	FLA	4		0.2		
Lipids:										
Fatty acids, total saturated	g	0.600		1	MA	12		0.180		
4:0	g	0.000		0	FLA	4		0.000		
6:0	g	0.000		0	FLA	4		0.000		
8:0	g	0.000		0	FLA	4		0.000		
10:0	g	0.000		0	FLA	4		0.000		
12:0	g	0.001		0	FLA	4		0.000		
13:0	g									
14:0	g	0.004		0	FLA	4		0.001		
15:0	g									
16:0	g	0.421		0	FLA	4		0.126		
17:0	g									
18:0	g	0.166		0	FLA	4		0.050		
20:0	g									
22:0	g									
24:0	g									

NDB No. 08017
Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP

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

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

Common Measures:

Measure 1 = 30g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08270

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

General Mills Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.71		1	MA	12		0.51		
Energy	kcal	395		0	MC	9		119		
Energy	kj	1653		0	MC	9		496		
Protein (N x 6.25)	g	4.00		1	MA	12		1.20		
Total lipid (fat)	g	3.60		0	NR	4		1.08		
Ash	g	2.09		1	MA	12		0.63		
Carbohydrate, by difference	g	88.00		0	MA	12		26.40		
Fiber, total dietary	g	1.8		1	MA	12		0.5		
Sugars, total	g	47.00		1	MA	12		14.10		
Starch	g									
Minerals:										
* Calcium, Ca	mg	67		0	MC	9		20		
* Iron, Fe	mg	15.00		0	MC	9		4.50		
Magnesium, Mg	mg	31		1	MA	12		9		
Phosphorus, P	mg	67		0	MC	9		20		
Potassium, K	mg	135		1	MA	12		41		
Sodium, Na	mg	584		1	MA	12		175		
* Zinc, Zn	mg	12.50		0	MC	9		3.75		
Copper, Cu	mg	0.133		0	MC	9		0.040		
Manganese, Mn	mg	0.119		0	FLM	4		0.036		
Selenium, Se	mcg	6.5		0	BFZN	4		2.0		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	20.0		0	MC	9		6.0		
* Thiamin	mg	1.250		0	MC	9		0.375		
* Riboflavin	mg	1.420		0	MC	9		0.426		
* Niacin	mg	16.700		0	MC	9		5.010		
Pantothenic acid	mg	0.111		0	FLM	4		0.033		
* Vitamin B-6	mg	1.670		0	MC	9		0.501		
* Folate, total	mcg	333		0	MC	9		100		
Folic acid	mcg	314		0	NC	4		94		
Folate, food	mcg	19		0	CAAN	4		6		
Folate, DFE	mcg_DFE	553		0	NC	4		166		
* Vitamin B-12	mcg	5.00		0	MC	9		1.50		
Vitamin A, IU	IU	0		0	ML	5		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.30		0	FLA	4		0.09		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.8		0	FLA	4		0.3		
Lipids:										
Fatty acids, total saturated	g	0.700		1	MA	12		0.210		
4:0	g	0.000		0	FLA	4		0.000		
6:0	g	0.000		0	FLA	4		0.000		
8:0	g	0.000		0	FLA	4		0.000		
10:0	g	0.000		0	FLA	4		0.000		
12:0	g	0.001		0	FLA	4		0.000		
13:0	g									
14:0	g	0.004		0	FLA	4		0.001		
15:0	g									
16:0	g	0.458		0	FLA	4		0.137		
17:0	g									
18:0	g	0.230		0	FLA	4		0.069		
20:0	g									
22:0	g									
24:0	g									

NDB No. 08270
Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA

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

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

Common Measures:

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08139

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

General Mills Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.63		1	MA	12		0.79		
Energy	kcal	378		0	MC	9		113		
Energy	kj	1582		0	MC	9		474		
Protein (N x 6.25)	g	5.00		1	MA	12		1.50		
Total lipid (fat)	g	2.80		0	NR	4		0.84		
Ash	g	3.21		1	MA	12		0.96		
Carbohydrate, by difference	g	86.00		0	MC	9		25.80		
Fiber, total dietary	g	3.2		1	MA	12		1.0		
Sugars, total	g	38.00		1	MA	12		11.40		
Starch	g									
Minerals:										
* Calcium, Ca	mg	333		0	MC	9		100		
* Iron, Fe	mg	15.00		0	MC	9		4.50		
Magnesium, Mg	mg	27		0	MC	9		8		
Phosphorus, P	mg	67		0	MC	9		20		
Potassium, K	mg	147		1	MA	12		44		
Sodium, Na	mg	789		1	MA	12		237		
* Zinc, Zn	mg	12.50		0	MC	9		3.75		
Copper, Cu	mg	0.087		0	MC	9		0.026		
Manganese, Mn	mg	0.000		0	MC	9		0.000		
Selenium, Se	mcg	4.4		0	FLC	4		1.3		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	20.0		0	MC	9		6.0		
* Thiamin	mg	1.250		0	MC	9		0.375		
* Riboflavin	mg	1.420		0	MC	9		0.426		
* Niacin	mg	16.700		0	MC	9		5.010		
Pantothenic acid	mg	0.000		0	MC	9		0.000		
* Vitamin B-6	mg	1.670		0	MC	9		0.501		
* Folate, total	mcg	333		0	MC	9		100		
Folic acid	mcg	314		0	NC	4		94		
Folate, food	mcg	19		0	CAAN	4		6		
Folate, DFE	mcg_DFE	553		0	NC	4		166		
* Vitamin B-12	mcg	5.00		0	MC	9		1.50		
* Vitamin A, IU	IU	1667		0	MC	9		500		
Vitamin A, RAE	mcg_RAE	501		0	NC	4		150		
Retinol	mcg	501		0	NC	4		150		
Vitamin E (alpha-tocopherol)	mg	0.31		0	FLA	4		0.09		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
* Vitamin D	IU	133.000		0	MC	9		39.900		
Vitamin K (phylloquinone)	mcg	0.8		0	FLA	4		0.2		
Lipids:										
Fatty acids, total saturated	g	0.500		1	MA	12		0.150		
4:0	g	0.001		0	FLA	4		0.000		
6:0	g	0.000		0	FLA	4		0.000		
8:0	g	0.002		0	FLA	4		0.001		
10:0	g	0.000		0	FLA	4		0.000		
12:0	g	0.001		0	FLA	4		0.000		
13:0	g									
14:0	g	0.005		0	FLA	4		0.001		
15:0	g									
16:0	g	0.351		0	FLA	4		0.105		
17:0	g									
18:0	g	0.133		0	FLA	4		0.040		
20:0	g									
22:0	g									
24:0	g									

NDB No. 08139
Cereals ready-to-eat, GENERAL MILLS, Cinnamon Grahams

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

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

Common Measures:

Measure 1 = 30g: .75 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08019

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

General Mills Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.20		1	MA	12		0.66		
Energy	kcal	373		0	MC	9		112		
Energy	kj	1561		0	MC	9		468		
Protein (N x 6.25)	g	7.00		1	MA	12		2.10		
Total lipid (fat)	g	0.90		0	NR	4		0.27		
Ash	g	3.26		1	MA	12		0.98		
Carbohydrate, by difference	g	86.00		0	MC	9		25.80		
Fiber, total dietary	g	2.0		1	MA	12		0.6		
Sugars, total	g	10.77		0	MC	9		3.23		
Starch	g									
Minerals:										
* Calcium, Ca	mg	333		0	MC	9		100		
* Iron, Fe	mg	30.00		0	MC	9		9.00		
Magnesium, Mg	mg	28		0	MC	9		8		
Phosphorus, P	mg	72		0	MC	9		22		
Potassium, K	mg	83		1	MA	12		25		
Sodium, Na	mg	959		1	MA	12		288		
* Zinc, Zn	mg	12.50		0	MC	9		3.75		
Copper, Cu	mg	0.773		0	FLM	4		0.232		
Manganese, Mn	mg	0.637		0	FLM	4		0.191		
Selenium, Se	mcg	9.7		0	FLM	4		2.9		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	20.0		0	MC	9		6.0		
* Thiamin	mg	1.250		0	MC	9		0.375		
* Riboflavin	mg	1.420		0	MC	9		0.426		
* Niacin	mg	16.700		0	MC	9		5.010		
Pantothenic acid	mg	0.000		0	ML	5		0.000		
* Vitamin B-6	mg	1.670		0	MC	9		0.501		
* Folate, total	mcg	667		0	MC	9		200		
Folic acid	mcg	648		0	NC	4		194		
Folate, food	mcg	19		0	CAZN	4		6		
Folate, DFE	mcg_DFE	1121		0	NC	4		336		
* Vitamin B-12	mcg	5.00		0	MC	9		1.50		
Vitamin A, IU	IU	1671		0	FLA	4		501		
Vitamin A, RAE	mcg_RAE	502		0	NC	4		151		
Retinol	mcg	448		0	FLA	4		134		
Vitamin E (alpha-tocopherol)	mg	0.18		0	FLA	4		0.05		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.4		0	FLA	4		0.1		
Lipids:										
Fatty acids, total saturated	g	0.200		1	MA	12		0.060		
4:0	g	0.000		0	FLA	4		0.000		
6:0	g	0.000		0	FLA	4		0.000		
8:0	g	0.000		0	FLA	4		0.000		
10:0	g	0.000		0	FLA	4		0.000		
12:0	g	0.000		0	FLA	4		0.000		
13:0	g									
14:0	g	0.001		0	FLA	4		0.000		
15:0	g									
16:0	g	0.145		0	FLA	4		0.043		
17:0	g									
18:0	g	0.050		0	FLA	4		0.015		
20:0	g									
22:0	g									
24:0	g									

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

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

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

Common Measures:

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08269

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

General Mills Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.80		1	MA	12		0.54		
Energy	kcal	371		0	MC	9		111		
Energy	kj	1552		0	MC	9		466		
Protein (N x 6.25)	g	6.00		1	MA	12		1.80		
Total lipid (fat)	g	1.30		0	NR	4		0.39		
Ash	g	4.10		1	MA	12		1.23		
Carbohydrate, by difference	g	85.00		0	MC	9		25.50		
Fiber, total dietary	g	1.7		1	MA	12		0.5		
Sugars, total	g	8.00		1	MA	12		2.40		
Starch	g									
Minerals:										
Calcium, Ca	mg	833		0	MC	9		250		
* Iron, Fe	mg	27.00		0	MC	9		8.10		
Magnesium, Mg	mg	24		3	MA	12		7		
Phosphorus, P	mg	67		0	MC	9		20		
Potassium, K	mg	105		1	MA	12		32		
Sodium, Na	mg	877		1	MA	12		263		
* Zinc, Zn	mg	12.50		0	MC	9		3.75		
Copper, Cu	mg	0.100		3	MA	12		0.030		
Manganese, Mn	mg	0.104		0	FLM	4		0.031		
Selenium, Se	mcg	5.1		0	BFZN	4		1.5		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	20.0		0	MC	9		6.0		
* Thiamin	mg	1.250		0	MC	9		0.375		
* Riboflavin	mg	1.420		0	MC	9		0.426		
* Niacin	mg	16.700		0	MC	9		5.010		
Pantothenic acid	mg	0.245		0	FLM	4		0.074		
* Vitamin B-6	mg	1.670		0	MC	9		0.501		
* Folate, total	mcg	667		0	MC	9		200		
Folic acid	mcg	648		0	NC	4		194		
Folate, food	mcg	19		0	CAAN	4		6		
Folate, DFE	mcg_DFE	1121		0	NC	4		336		
* Vitamin B-12	mcg	5.00		0	MC	9		1.50		
* Vitamin A, IU	IU	1667		0	MC	9		500		
Vitamin A, RAE	mcg_RAE	501		0	NC	4		150		
Retinol	mcg	501		0	NC	4		150		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
* Vitamin D	IU	133.000		0	MC	9		39.900		
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.400		1	MA	12		0.120		
4:0	g	0.000		0	FLA	4		0.000		
6:0	g	0.000		0	FLA	4		0.000		
8:0	g	0.000		0	FLA	4		0.000		
10:0	g	0.000		0	FLA	4		0.000		
12:0	g	0.002		0	FLA	4		0.001		
13:0	g									
14:0	g	0.002		0	FLA	4		0.001		
15:0	g									
16:0	g	0.331		0	FLA	4		0.099		
17:0	g									
18:0	g	0.044		0	FLA	4		0.013		
20:0	g									
22:0	g									
24:0	g									

NDB No. 08269
Cereals ready-to-eat, GENERAL MILLS, Country Corn Flakes

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.244		0	FLA	4		0.073		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0	FLA	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.241		0	FLA	4		0.072		
20:1.....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.420		0	FLA	4		0.126		
18:2 undifferentiated.....g	0.408		0	FLA	4		0.122		
18:3 undifferentiated.....g	0.012		0	FLA	4		0.004		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:5 n-3.....g	0.000		0	FLA	4		0.000		
22:5 n-3.....g	0.000		0	FLA	4		0.000		
22:6 n-3.....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08244

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

General Mills Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.64		1	MA	12		1.09		
Energy	kcal	197		0	MC	9		59		
Energy	kj	824		0	MC	9		247		
Protein (N x 6.25)	g	8.00		1	MA	12		2.40		
Total lipid (fat)	g	2.70		0	NR	4		0.81		
Ash	g	4.07		1	MA	12		1.22		
Carbohydrate, by difference	g	81.00		0	MC	9		24.30		
Fiber, total dietary	g	48.0		1	MA	12		14.4		
Sugars, total	g	0.00		1	MA	12		0.00		
Starch	g									
Minerals:										
* Calcium, Ca	mg	333		0	MC	9		100		
* Iron, Fe	mg	15.00		0	MC	9		4.50		
Magnesium, Mg	mg	200		0	MC	9		60		
Phosphorus, P	mg	500		0	MC	9		150		
Potassium, K	mg	774		1	MA	12		232		
Sodium, Na	mg	429		1	MA	12		129		
* Zinc, Zn	mg	12.50		0	MC	9		3.75		
Copper, Cu	mg	0.533		0	MC	9		0.160		
Manganese, Mn	mg	5.576		0	FLC	4		1.673		
Selenium, Se	mcg	9.0		0	BFZN	4		2.7		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	20.0		0	MC	9		6.0		
* Thiamin	mg	1.250		0	MC	9		0.375		
* Riboflavin	mg	1.420		0	MC	9		0.426		
* Niacin	mg	16.700		0	MC	9		5.010		
Pantothenic acid	mg	1.111		0	FLC	4		0.333		
* Vitamin B-6	mg	1.670		0	MC	9		0.501		
* Folate, total	mcg	333		0	MC	9		100		
Folic acid	mcg	314		0	NC	4		94		
Folate, food	mcg	19		0	CAAN	4		6		
Folate, DFE	mcg_DFE	553		0	NC	4		166		
* Vitamin B-12	mcg	5.00		0	MC	9		1.50		
Vitamin A, IU	IU	0		0	ML	5		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.71		0	FLM	4		0.21		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.8		0	FLM	4		0.3		
Lipids:										
Fatty acids, total saturated	g	0.400		1	MA	12		0.120		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.001		0	FLM	4		0.000		
13:0	g									
14:0	g	0.004		0	FLM	4		0.001		
15:0	g									
16:0	g	0.349		0	FLM	4		0.105		
17:0	g									
18:0	g	0.025		0	FLM	4		0.008		
20:0	g									
22:0	g									
24:0	g									

NDB No. 08244
Cereals ready-to-eat, GENERAL MILLS, FIBER ONE

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

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

Common Measures:

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08268
Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY

General Mills Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.24		1	MA	12		0.67		
Energy	kcal	392		0	MC	9		118		
Energy	kj	1640		0	MC	9		492		
Protein (N x 6.25)	g	3.00		1	MA	12		0.90		
Total lipid (fat)	g	2.60		0	NR	4		0.78		
Ash	g	2.13		1	MA	12		0.64		
Carbohydrate, by difference	g	90.00		0	MC	9		27.00		
Fiber, total dietary	g	0.9		1	MA	12		0.3		
Sugars, total	g	47.00		1	MA	12		14.10		
Starch	g									
Minerals:										
* Calcium, Ca	mg	67		0	MC	9		20		
* Iron, Fe	mg	15.00		0	MC	9		4.50		
Magnesium, Mg	mg	9		2	MA	12		3		
Phosphorus, P	mg	67		1	MA	12		20		
Potassium, K	mg	46		1	MA	12		14		
Sodium, Na	mg	711		1	MA	12		213		
* Zinc, Zn	mg	12.50		0	MC	9		3.75		
Copper, Cu	mg	0.080		2	MA	12		0.024		
Manganese, Mn	mg	0.134		0	FLM	4		0.040		
Selenium, Se	mcg	19.8		0	BFZN	4		5.9		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	20.0		0	MC	9		6.0		
* Thiamin	mg	1.250		0	MC	9		0.375		
* Riboflavin	mg	1.420		0	MC	9		0.426		
* Niacin	mg	16.700		0	MC	9		5.010		
Pantothenic acid	mg	0.118		0	FLM	4		0.035		
* Vitamin B-6	mg	1.670		0	MC	9		0.501		
* Folate, total	mcg	333		0	MC	9		100		
Folic acid	mcg	314		0	NC	4		94		
Folate, food	mcg	19		0	CAAN	4		6		
Folate, DFE	mcg_DFE	553		0	NC	4		166		
* Vitamin B-12	mcg	5.00		0	MC	9		1.50		
Vitamin A, IU	IU	0		0	ML	5		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.22		0	FLA	4		0.07		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.6		0	FLA	4		0.2		
Lipids:										
Fatty acids, total saturated	g	0.400		1	MA	12		0.120		
4:0	g	0.000		0	FLA	4		0.000		
6:0	g	0.000		0	FLA	4		0.000		
8:0	g	0.000		0	FLA	4		0.000		
10:0	g	0.000		0	FLA	4		0.000		
12:0	g	0.000		0	FLA	4		0.000		
13:0	g									
14:0	g	0.003		0	FLA	4		0.001		
15:0	g									
16:0	g	0.277		0	FLA	4		0.083		
17:0	g									
18:0	g	0.117		0	FLA	4		0.035		
20:0	g									
22:0	g									

NDB No. 08268
Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY

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

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

Common Measures:

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08267

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

General Mills Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.51		1	MA	12		0.75		
Energy	kcal	382		0	MC	9		115		
Energy	kj	1598		0	MC	9		479		
Protein (N x 6.25)	g	5.00		1	MA	12		1.50		
Total lipid (fat)	g	2.90		0	NR	4		0.87		
Ash	g	3.34		1	MA	12		1.00		
Carbohydrate, by difference	g	86.00		0	MC	9		25.80		
Fiber, total dietary	g	3.0		1	MA	12		0.9		
Sugars, total	g	44.00		1	MA	12		13.20		
Starch	g									
Minerals:										
* Calcium, Ca	mg	333		0	MC	9		100		
* Iron, Fe	mg	15.00		0	MC	9		4.50		
Magnesium, Mg	mg	53		0	MC	9		16		
Phosphorus, P	mg	133		0	MC	9		40		
Potassium, K	mg	141		1	MA	12		42		
Sodium, Na	mg	699		1	MA	12		210		
* Zinc, Zn	mg	12.50		0	MC	9		3.75		
Copper, Cu	mg	0.190		0	FLM	4		0.057		
Manganese, Mn	mg	1.384		0	FLM	4		0.415		
Selenium, Se	mcg	37.5		0	BFZN	4		11.3		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	20.0		0	MC	9		6.0		
* Thiamin	mg	1.250		0	MC	9		0.375		
* Riboflavin	mg	1.420		0	MC	9		0.426		
* Niacin	mg	16.700		0	MC	9		5.010		
Pantothenic acid	mg	0.502		0	FLM	4		0.151		
* Vitamin B-6	mg	1.670		0	MC	9		0.501		
* Folate, total	mcg	667		0	MC	9		200		
Folic acid	mcg	648		0	NC	4		194		
Folate, food	mcg	19		0	CAAN	4		6		
Folate, DFE	mcg_DFE	1121		0	NC	4		336		
* Vitamin B-12	mcg	5.00		0	MC	9		1.50		
* Vitamin A, IU	IU	1667		0	MC	9		500		
Vitamin A, RAE	mcg_RAE	501		0	NC	4		150		
Retinol	mcg	501		0	NC	4		150		
Vitamin E (alpha-tocopherol)	mg	0.29		0	FLM	4		0.09		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
* Vitamin D	IU	133.000		0	MC	9		39.900		
Vitamin K (phylloquinone)	mcg	1.0		0	FLM	4		0.3		
Lipids:										
Fatty acids, total saturated	g	0.700		1	MA	12		0.210		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.006		0	FLM	4		0.002		
13:0	g									
14:0	g	0.005		0	FLM	4		0.002		
15:0	g									
16:0	g	0.548		0	FLM	4		0.164		
17:0	g									
18:0	g	0.112		0	FLM	4		0.033		
20:0	g									
22:0	g									
24:0	g									

NDB No. 08267
Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS

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

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

Common Measures:

Measure 1 = 30g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08266
Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES

General Mills Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.68		1	MA	12		0.80		
Energy	kcal	373		0	MC	9		112		
Energy	kj	1561		0	MC	9		468		
Protein (N x 6.25)	g	5.00		1	MA	12		1.50		
Total lipid (fat)	g	1.00		0	NR	4		0.30		
Ash	g	3.06		1	MA	12		0.92		
Carbohydrate, by difference	g	89.00		0	MC	9		26.70		
Fiber, total dietary	g	2.0		1	MA	12		0.6		
Sugars, total	g	39.00		1	MA	12		11.70		
Starch	g									
Minerals:										
Calcium, Ca	mg	333		0	MC	9		100		
* Iron, Fe	mg	27.00		0	MC	9		8.10		
Magnesium, Mg	mg	36		1	MA	12		11		
Phosphorus, P	mg	67		0	MC	9		20		
Potassium, K	mg	110		1	MA	12		33		
Sodium, Na	mg	679		1	MA	12		204		
* Zinc, Zn	mg	25.00		0	MC	9		7.50		
Copper, Cu	mg	0.100		1	MA	12		0.030		
Manganese, Mn	mg	1.016		0	FLM	4		0.305		
Selenium, Se	mcg	4.7		0	BFZN	4		1.4		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	20.0		0	MC	9		6.0		
* Thiamin	mg	2.500		0	MC	9		0.750		
* Riboflavin	mg	2.830		0	MC	9		0.849		
* Niacin	mg	33.300		0	MC	9		9.990		
Pantothenic acid	mg	0.354		0	FLM	4		0.106		
* Vitamin B-6	mg	3.330		0	MC	9		0.999		
* Folate, total	mcg	1333		0	MC	9		400		
Folic acid	mcg	1314		0	NC	4		394		
Folate, food	mcg	19		0	CAAN	4		6		
Folate, DFE	mcg_DFE	2253		0	NC	4		676		
* Vitamin B-12	mcg	10.00		0	MC	9		3.00		
* Vitamin A, IU	IU	1667		0	MC	9		500		
Vitamin A, RAE	mcg_RAE	501		0	NC	4		150		
Retinol	mcg	501		0	NC	4		150		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
* Vitamin D	IU	133.000		1	MC	9		39.900		
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.200		1	MA	12		0.060		
4:0	g	0.000		0	FLA	4		0.000		
6:0	g	0.000		0	FLA	4		0.000		
8:0	g	0.005		0	FLA	4		0.002		
10:0	g	0.000		0	FLA	4		0.000		
12:0	g	0.000		0	FLA	4		0.000		
13:0	g									
14:0	g	0.001		0	FLA	4		0.000		
15:0	g									
16:0	g	0.167		0	FLA	4		0.050		
17:0	g									
18:0	g	0.016		0	FLA	4		0.005		
20:0	g									
22:0	g									

NDB No. 08266
Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES

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

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

Common Measures:

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08086
Cereals ready-to-eat, GENERAL MILLS, French Toast Crunch

General Mills Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.24		1	MA	12				
Energy	kcal	390		0	MC	9				
Energy	kj	1632		0	MC	9				
Protein (N x 6.25)	g	4.00		0	MA	12				
Total lipid (fat)	g	3.20		0	NR	4				
Ash	g	2.26		1	MA	12				
Carbohydrate, by difference	g	88.00		0	MC	9				
Fiber, total dietary	g	1.0		1	MA	12				
Sugars, total	g	40.00		0	MC	9				
Starch	g									
Minerals:										
* Calcium, Ca	mg	267		0	MC	9				
* Iron, Fe	mg	15.00		0	MC	9				
Magnesium, Mg	mg	10		8	MA	12				
Phosphorus, P	mg	200		0	MA	12				
Potassium, K	mg	73		1	MA	12				
Sodium, Na	mg	593		1	MA	12				
* Zinc, Zn	mg	12.50		0	MC	9				
Copper, Cu	mg	0.000		8	MA	12				
Manganese, Mn	mg	0.065		0	FLA	4				
Selenium, Se	mcg	3.9		0	FLA	4				
Vitamins:										
* Vitamin C, total ascorbic acid	mg	20.0		0	MC	9				
* Thiamin	mg	1.250		0	MC	9				
* Riboflavin	mg	1.420		0	MC	9				
* Niacin	mg	16.700			MC	9				
Pantothenic acid	mg	0.000		8	MA	12				
* Vitamin B-6	mg	1.670		0	MC	9				
* Folate, total	mcg	333		0	MC	9				
Folic acid	mcg	314		0	NC	4				
Folate, food	mcg	19		0	CAAN	4				
Folate, DFE	mcg_DFE	553		0	NC	4				
* Vitamin B-12	mcg	5.00		0	MC	9				
* Vitamin A, IU	IU	1667		0	MC	9				
Vitamin A, RAE	mcg_RAE	501		0	NC	4				
Retinol	mcg	467		0	NC	4				
Vitamin E (alpha-tocopherol)	mg	1.04		0	NR	4				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
* Vitamin D	IU	133.000		0	MC	9				
Vitamin K (phylloquinone)	mcg	0.8		0	FLA	4				
Lipids:										
Fatty acids, total saturated	g	0.600		1	MA	12				
4:0	g	0.000		0	FLA	4				
6:0	g	0.000		0	FLA	4				
8:0	g	0.000		0	FLA	4				
10:0	g	0.000		0	FLA	4				
12:0	g	0.001		0	FLA	4				
13:0	g									
14:0	g	0.004		0	FLA	4				
15:0	g									
16:0	g	0.419		0	FLA	4				
17:0	g									
18:0	g	0.169		0	FLA	4				
20:0	g									
22:0	g									

NDB No. 08086
Cereals ready-to-eat, GENERAL MILLS, French Toast Crunch

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

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

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08397

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

General Mills Inc.

Refuse: 0%

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

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

Common Measures:

*Vitamin or mineral added for enrichment or fortification

NDB No. 08397
Cereals ready-to-eat, GENERAL MILLS, Frosted Corn Flakes

Calories Factors:	**Protein**	**Fat**	**Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08398

Cereals ready-to-eat, GENERAL MILLS, HARMONY

General Mills Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.83		1	MA	12				
Energy	kcal	365		0	MC	9				
Energy	kj	1527		0	MC	9				
Protein (N x 6.25)	g	11.00		1	MA	12				
Total lipid (fat)	g	2.20		0	MC	9				
Ash	g	4.64		1	MA	12				
Carbohydrate, by difference	g	79.00		0	MC	9				
Fiber, total dietary	g	4.0		1	MA	12				
Sugars, total	g	24.00		0	LC	8				
Starch	g									
Minerals:										
* Calcium, Ca	mg	1091		0	MC	9				
* Iron, Fe	mg	16.40		0	MC	9				
Magnesium, Mg	mg	44		0	MC	9				
Phosphorus, P	mg	182		0	MC	9				
Potassium, K	mg	166		1	MA	12				
Sodium, Na	mg	645		1	MA	12				
* Zinc, Zn	mg	13.60		0	MC	9				
Copper, Cu	mg	0.145		0	MC	9				
Manganese, Mn	mg	1.359		0	FLM	4				
Selenium, Se	mcg	21.8		0	FLM	4				
Vitamins:										
* Vitamin C, total ascorbic acid	mg	55.0		0	MC	9				
* Thiamin	mg	2.730		0	MC	9				
* Riboflavin	mg	1.550		0	MC	9				
* Niacin	mg	18.200		0	MC	9				
Pantothenic acid	mg									
* Vitamin B-6	mg	1.820		0	MC	9				
* Folate, total	mcg	727		0	MC	9				
Folic acid	mcg	708		0	NC	4				
Folate, food	mcg	19		0	NC	4				
Folate, DFE	mcg_DFE	1223		0	NC	4				
* Vitamin B-12	mcg	7.60		0	MC	9				
* Vitamin A, IU	IU	909		0	MC	9				
Vitamin A, RAE	mcg_RAE	273		0	NC	4				
Retinol	mcg	273		0	NR	4				
* Vitamin E (alpha-tocopherol)	mg	24.54		0	MC	9				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
* Vitamin D	IU	73.000		0	MC	9				
Vitamin K (phylloquinone)	mcg	0.5		0	FLM	4				
Lipids:										
Fatty acids, total saturated	g	0.500		1	MA	12				
4:0	g	0.001		0	FLM	4				
6:0	g	0.000		0	FLM	4				
8:0	g	0.007		0	FLM	4				
10:0	g	0.000		0	FLM	4				
12:0	g	0.001		0	FLM	4				
13:0	g	0.000		0	FLM	4				
14:0	g	0.007		0	FLM	4				
15:0	g	0.000		0	FLM	4				
16:0	g	0.414		0	FLM	4				
17:0	g	0.000		0	FLM	4				
18:0	g	0.057		0	FLM	4				
20:0	g	0.000		0	FLM	4				
22:0	g	0.000		0	FLM	4				
24:0	g	0.000		0	FLM	4				

NDB No. 08398
Cereals ready-to-eat, GENERAL MILLS, HARMONY

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

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

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16-1 (2004)

NDB No. 08035

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

General Mills Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.52		1	MA	12		0.76		
Energy	kcal	372		0	MC	9		112		
Energy	kj	1556		0	MC	9		467		
Protein (N x 6.25)	g	5.00		1	MA	12		1.50		
Total lipid (fat)	g	3.50		0	NR	4		1.05		
Ash	g	5.74		1	MA	12		1.72		
Carbohydrate, by difference	g	83.00		0	MC	9		24.90		
Fiber, total dietary	g	3.0		1	MA	12		0.9		
Sugars, total	g	35.00		1	MA	12		10.50		
Starch	g									
Minerals:										
* Calcium, Ca	mg	1167		0	MC	9		350		
* Iron, Fe	mg	15.00		0	MC	9		4.50		
Magnesium, Mg	mg	27		0	MC	9		8		
Phosphorus, P	mg	667		0	MC	9		200		
Potassium, K	mg	165		1	MA	12		50		
Sodium, Na	mg	895		1	MA	12		269		
* Zinc, Zn	mg	12.50		0	MC	9		3.75		
Copper, Cu	mg	0.160		3	MA	12		0.048		
Manganese, Mn	mg	0.711		0	FLM	4		0.213		
Selenium, Se	mcg	5.6		0	RA	4		1.7		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	20.0		0	MC	9		6.0		
* Thiamin	mg	1.250		0	MC	9		0.375		
* Riboflavin	mg	1.420		0	MC	9		0.426		
* Niacin	mg	16.700		0	MC	9		5.010		
Pantothenic acid	mg	0.294		0	FLM	4		0.088		
* Vitamin B-6	mg	1.670		0	MC	9		0.501		
* Folate, total	mcg	333		0	MC	9		100		
Folic acid	mcg	314		0	NC	4		94		
Folate, food	mcg	19		0	CAAN	4		6		
Folate, DFE	mcg_DFE	553		0	NC	4		166		
* Vitamin B-12	mcg	5.00		0	MC	9		1.50		
* Vitamin A, IU	IU	1667		0	MC	9		500		
Vitamin A, RAE	mcg_RAE	501		0	NC	4		150		
Retinol	mcg	501		0	NC	4		150		
Vitamin E (alpha-tocopherol)	mg	0.37		0	FLA	4		0.11		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
* Vitamin D	IU	133.000		0	MC	9		39.900		
Vitamin K (phylloquinone)	mcg	1.0		0	FLA	4		0.3		
Lipids:										
Fatty acids, total saturated	g	0.600		1	MA	12		0.180		
4:0	g	0.001		0	FLA	4		0.000		
6:0	g	0.000		0	FLA	4		0.000		
8:0	g	0.002		0	FLA	4		0.001		
10:0	g	0.000		0	FLA	4		0.000		
12:0	g	0.001		0	FLA	4		0.000		
13:0	g									
14:0	g	0.006		0	FLA	4		0.002		
15:0	g									
16:0	g	0.414		0	FLA	4		0.124		
17:0	g									
18:0	g	0.169		0	FLA	4		0.051		
20:0	g									
22:0	g									
24:0	g									

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

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

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

Common Measures:

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08045

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

General Mills Inc.

Refuse: 0%

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

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

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

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

Common Measures:

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08243

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

General Mills Inc.

Refuse: 0%

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

NDB No. 08243
Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS

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

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

Common Measures:

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08057

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

General Mills Inc.

Refuse: 0%

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

NDB No. 08057
Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX

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

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

Common Measures:

Measure 1 = 30g: .75 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.44		1	MA	12		0.73		
Energy	kcal	383		0	MC	9		115		
Energy	kj	1602		0	MC	9		481		
Protein (N x 6.25)	g	9.00		1	MA	12		2.70		
Total lipid (fat)	g	3.70		0	NR	4		1.11		
Ash	g	3.86		1	MA	12		1.16		
Carbohydrate, by difference	g	81.00		0	MC	9		24.30		
Fiber, total dietary	g	6.0		1	MA	12		1.8		
Sugars, total	g	20.00		1	MA	12		6.00		
Starch	g									
Minerals:										
* Calcium, Ca	mg	333		0	MC	9		100		
* Iron, Fe	mg	27.00		0	MC	9		8.10		
Magnesium, Mg	mg	53		0	MC	9		16		
Phosphorus, P	mg	267		0	MC	9		80		
Potassium, K	mg	210		1	MA	12		63		
Sodium, Na	mg	950		1	MA	12		285		
* Zinc, Zn	mg	12.50		0	MC	9		3.75		
Copper, Cu	mg	0.190		1	MA	12		0.057		
Manganese, Mn	mg	1.634		0	FLM	4		0.490		
Selenium, Se	mcg	6.5		0	RA	4		2.0		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	20.0		0	MC	9		6.0		
* Thiamin	mg	1.250		0	MC	9		0.375		
* Riboflavin	mg	1.420		0	MC	9		0.426		
* Niacin	mg	16.700		0	MC	9		5.010		
Pantothenic acid	mg	0.597		0	FLM	4		0.179		
* Vitamin B-6	mg	1.670		0	MC	9		0.501		
* Folate, total	mcg	667		0	MC	9		200		
Folic acid	mcg	648		0	NC	4		194		
Folate, food	mcg	19		0	CAAN	4		6		
Folate, DFE	mcg_DFE	1121		0	NC	4		336		
* Vitamin B-12	mcg	5.00		0	MC	9		1.50		
* Vitamin A, IU	IU	1667		0	MC	9		500		
Vitamin A, RAE	mcg_RAE	501		0	NC	4		150		
Retinol	mcg	501		0	NC	4		150		
Vitamin E (alpha-tocopherol)	mg	0.31		0	FLA	4		0.09		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
* Vitamin D	IU	133.000		0	MC	9		39.900		
Vitamin K (phylloquinone)	mcg	1.3		0	FLA	4		0.4		
Lipids:										
Fatty acids, total saturated	g	0.900		1	MA	12		0.270		
4:0	g	0.000		0	FLA	4		0.000		
6:0	g	0.000		0	FLA	4		0.000		
8:0	g	0.000		0	FLA	4		0.000		
10:0	g	0.000		0	FLA	4		0.000		
12:0	g	0.015		0	FLA	4		0.004		
13:0	g									
14:0	g	0.008		0	FLA	4		0.002		
15:0	g									
16:0	g	0.759		0	FLA	4		0.228		
17:0	g									
18:0	g	0.057		0	FLA	4		0.017		
20:0	g									
22:0	g									
24:0	g									

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

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

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

Common Measures:

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.16		1	MA	12		0.65		
Energy	kcal	377		0	MC	9		113		
Energy	kj	1577		0	MC	9		473		
Protein (N x 6.25)	g	6.00		1	MA	12		1.80		
Total lipid (fat)	g	2.00		0	NR	4		0.60		
Ash	g	3.81		1	MA	12		1.14		
Carbohydrate, by difference	g	86.00		0	MC	9		25.80		
Fiber, total dietary	g	3.0		1	MA	12		0.9		
Sugars, total	g	11.00		1	MA	12		3.30		
Starch	g									
Minerals:										
* Calcium, Ca	mg	500		0	MC	9		150		
* Iron, Fe	mg	27.00		0	MC	9		8.10		
Magnesium, Mg	mg	27		0	MC	9		8		
Phosphorus, P	mg	133		0	MC	9		40		
Potassium, K	mg	117		1	MA	12		35		
Sodium, Na	mg	891		1	MA	12		267		
* Zinc, Zn	mg	12.50		0	MC	9		3.75		
Copper, Cu	mg	0.100		5	MA	12		0.030		
Manganese, Mn	mg	0.962		0	FLM	4		0.289		
Selenium, Se	mcg	6.5		0	BFZN	4		2.0		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	21.0		0	MC	9		6.3		
* Thiamin	mg	1.250		0	MC	9		0.375		
* Riboflavin	mg	1.420		0	MC	9		0.426		
* Niacin	mg	16.700		0	MC	9		5.010		
Pantothenic acid	mg	0.403		0	FLM	4		0.121		
* Vitamin B-6	mg	1.670		0	MC	9		0.501		
* Folate, total	mcg	667		0	MC	9		200		
Folic acid	mcg	648		0	NC	4		194		
Folate, food	mcg	19		0	CAAN	4		6		
Folate, DFE	mcg_DFE	1121		0	NC	4		336		
* Vitamin B-12	mcg	5.00		0	MC	9		1.50		
Vitamin A, IU	IU	1771		0	FLA	4		531		
Vitamin A, RAE	mcg_RAE	532		0	NC	4		160		
Retinol	mcg	504		0	FLA	4		151		
Vitamin E (alpha-tocopherol)	mg	0.22		0	FLA	4		0.07		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
* Vitamin D	IU	141.000		0	MC	9		42.300		
Vitamin K (phylloquinone)	mcg	0.8		0	FLA	4		0.3		
Lipids:										
Fatty acids, total saturated	g	0.500		1	MA	12		0.150		
4:0	g	0.000		0	FLA	4		0.000		
6:0	g	0.000		0	FLA	4		0.000		
8:0	g	0.000		0	FLA	4		0.000		
10:0	g	0.000		0	FLA	4		0.000		
12:0	g	0.007		0	FLA	4		0.002		
13:0	g									
14:0	g	0.004		0	FLA	4		0.001		
15:0	g									
16:0	g	0.421		0	FLA	4		0.126		
17:0	g									
18:0	g	0.036		0	FLA	4		0.011		
20:0	g									
22:0	g									
24:0	g									

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

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

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

Common Measures:

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08050

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

General Mills Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.20		1	MA	12		0.66		
Energy	kcal	380		0	MC	9		114		
Energy	kj	1590		0	MC	9		477		
Protein (N x 6.25)	g	7.00		1	MA	12		2.10		
Total lipid (fat)	g	3.80		0	NR	4		1.14		
Ash	g	3.47		1	MA	12		1.04		
Carbohydrate, by difference	g	83.00		0	MC	9		24.90		
Fiber, total dietary	g	5.0		1	MA	12		1.5		
Sugars, total	g	43.00		1	MA	12		12.90		
Starch	g									
Minerals:										
* Calcium, Ca	mg	333		0	MC	9		100		
* Iron, Fe	mg	15.00		0	MC	9		4.50		
Magnesium, Mg	mg	53		0	MC	9		16		
Phosphorus, P	mg	200		0	MC	9		60		
Potassium, K	mg	191		1	MA	12		57		
Sodium, Na	mg	678		1	MA	12		203		
* Zinc, Zn	mg	12.50		0	MC	9		3.75		
Copper, Cu	mg	0.133		0	MC	9		0.040		
Manganese, Mn	mg	2.129		0	FLM	4		0.639		
Selenium, Se	mcg	19.8	1.900	4	A	1		5.9		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	20.0		0	MC	9		6.0		
* Thiamin	mg	1.250		0	MC	9		0.375		
* Riboflavin	mg	1.420		0	MC	9		0.426		
* Niacin	mg	16.700		0	MC	9		5.010		
Pantothenic acid	mg	0.716		0	FLM	4		0.215		
* Vitamin B-6	mg	1.670		0	MC	9		0.501		
* Folate, total	mcg	667		0	MC	9		200		
Folic acid	mcg	648		0	NC	4		194		
Folate, food	mcg	19		0	CAAN	4		6		
Folate, DFE	mcg_DFE	1121		0	NC	4		336		
* Vitamin B-12	mcg	5.00		0	MC	9		1.50		
* Vitamin A, IU	IU	1667		0	MC	9		500		
Vitamin A, RAE	mcg_RAE	501		0	NC	4		150		
Retinol	mcg	501		0	NC	4		150		
Vitamin E (alpha-tocopherol)	mg	0.31		0	FLA	4		0.09		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
* Vitamin D	IU	133.000		0	MC	9		39.900		
Vitamin K (phylloquinone)	mcg	1.4		0	FLA	4		0.4		
Lipids:										
Fatty acids, total saturated	g	0.800		1	MA	12		0.240		
4:0	g	0.000		0	FLA	4		0.000		
6:0	g	0.000		0	FLA	4		0.000		
8:0	g	0.000		0	FLA	4		0.000		
10:0	g	0.000		0	FLA	4		0.000		
12:0	g	0.014		0	FLA	4		0.004		
13:0	g									
14:0	g	0.007		0	FLA	4		0.002		
15:0	g									
16:0	g	0.676		0	FLA	4		0.203		
17:0	g									
18:0	g	0.047		0	FLA	4		0.014		
20:0	g									
22:0	g									
24:0	g									

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

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

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

Common Measures:

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08087
Cereals ready-to-eat, GENERAL MILLS, Multi-Grain Cheerios

General Mills Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.56		1	MA	12		0.77		
Energy	kcal	361		0	MC	9		108		
Energy	kj	1510		0	MC	9		453		
Protein (N x 6.25)	g	8.00		1	MA	12		2.40		
Total lipid (fat)	g	4.00		0	NR	4		1.20		
Ash	g	3.72		1	MA	12		1.12		
Carbohydrate, by difference	g	81.00		0	MC	9		24.30		
Fiber, total dietary	g	9.0		1	MA	12		2.7		
Sugars, total	g	20.00		1	MA	12		6.00		
Starch	g									
Minerals:										
* Calcium, Ca	mg	316		0	MC	9		95		
* Iron, Fe	mg	56.80		0	MC	9		17.04		
Magnesium, Mg	mg	93		0	MC	9		28		
Phosphorus, P	mg	328		0	MC	9		98		
Potassium, K	mg	293		1	MA	12		88		
Sodium, Na	mg	669		1	MA	12		201		
* Zinc, Zn	mg	47.40		0	MC	9		14.22		
Copper, Cu	mg	0.174		0	MC	9		0.052		
Manganese, Mn	mg	1.770		0	FLC	4		0.531		
Selenium, Se	mcg	16.8		0	FLC	4		5.0		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	47.0		0	MC	9		14.1		
* Thiamin	mg	4.740		0	MC	9		1.422		
* Riboflavin	mg	5.370		0	MC	9		1.611		
* Niacin	mg	63.200		0	MC	9		18.960		
Pantothenic acid	mg	31.600		0	MC	9		9.480		
* Vitamin B-6	mg	6.320		0	MC	9		1.896		
* Folate, total	mcg	1263		0	MC	9		379		
Folic acid	mcg	1244		0	NC	4		373		
Folate, food	mcg	19		0	CAAN	4		6		
Folate, DFE	mcg_DFE	2134		0	NC	4		640		
* Vitamin B-12	mcg	18.90		0	MC	9		5.67		
* Vitamin A, IU	IU	1579		0	MC	9		474		
Vitamin A, RAE	mcg_RAE	474		0	NC	4		142		
Retinol	mcg	474		0	NC	4		142		
Vitamin E (alpha-tocopherol)	mg	63.76		0	MC	9		19.13		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
* Vitamin D	IU	126.000		0	MC	9		37.800		
Vitamin K (phylloquinone)	mcg	1.7		0	FLA	4		0.5		
Lipids:										
Fatty acids, total saturated	g	0.900		1	MA	12		0.270		
4:0	g	0.000		0	FLA	4		0.000		
6:0	g	0.000		0	FLA	4		0.000		
8:0	g	0.004		0	FLA	4		0.001		
10:0	g	0.000		0	FLA	4		0.000		
12:0	g	0.006		0	FLA	4		0.002		
13:0	g									
14:0	g	0.008		0	FLA	4		0.002		
15:0	g									
16:0	g	0.639		0	FLA	4		0.192		
17:0	g									
18:0	g	0.140		0	FLA	4		0.042		
20:0	g									
22:0	g									

NDB No. 08087
Cereals ready-to-eat, GENERAL MILLS, Multi-Grain Cheerios

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

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

Common Measures:

Measure 1 = 30g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08277

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

General Mills Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.72		1	MA	12		3.70		
Energy	kcal	386		0	MC	9		212		
Energy	kj	1615		0	MC	9		888		
Protein (N x 6.25)	g	8.00		1	MA	12		4.40		
Total lipid (fat)	g	4.60		0	MC	9		2.53		
Ash	g	2.11		1	MA	12		1.16		
Carbohydrate, by difference	g	80.00		0	MC	9		44.00		
Fiber, total dietary	g	5.0		1	MA	12		2.8		
Sugars, total	g	33.41		0	BFZN	4		18.38		
Starch	g									
Minerals:										
* Calcium, Ca	mg	36		0	MC	9		20		
* Iron, Fe	mg	2.00		0	MC	9		1.10		
Magnesium, Mg	mg	44		0	MC	9		24		
Phosphorus, P	mg	273		0	MC	9		150		
Potassium, K	mg	279		1	MA	12		153		
Sodium, Na	mg	376		1	MA	12		207		
* Zinc, Zn	mg	1.10		0	MC	9		0.61		
Copper, Cu	mg	0.218		0	MC	9		0.120		
Manganese, Mn	mg	2.007		0	FLM	4		1.104		
Selenium, Se	mcg	17.3		0	BFZN	4		9.5		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
* Thiamin	mg	0.160		0	MC	9		0.088		
* Riboflavin	mg	0.060		0	MC	9		0.033		
Niacin	mg	1.720		1	MA	12		0.946		
Pantothenic acid	mg									
Vitamin B-6	mg	0.111		0	FLM	4		0.061		
Folate, total	mcg	13		0	FLM	4		7		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	13		0	FLM	4		7		
Folate, DFE	mcg_DFE	13		0	NC	4		7		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
* Vitamin A, IU	IU	0		0	MC	9		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	1.50		0	NR	4		0.83		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.9		0	BFZN	4		1.6		
Lipids:										
Fatty acids, total saturated	g	0.850		1	MA	12		0.468		
4:0	g	0.000		0	FLA	4		0.000		
6:0	g	0.000		0	FLA	4		0.000		
8:0	g	0.000		0	FLA	4		0.000		
10:0	g	0.000		0	FLA	4		0.000		
12:0	g	0.013		0	FLA	4		0.007		
13:0	g									
14:0	g	0.007		0	FLA	4		0.004		
15:0	g	0.014		0	FLA	4		0.008		
16:0	g	0.636		0	FLA	4		0.350		
17:0	g									
18:0	g	0.114		0	FLA	4		0.063		
20:0	g									
22:0	g	0.018		0	FLA	4		0.010		
24:0	g									

NDB No. 08277

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

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

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

Common Measures:

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08372

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

General Mills Inc.

Refuse: 0%

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

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

Common Measures:

*Vitamin or mineral added for enrichment or fortification

NDB No. 08372
Cereals ready-to-eat, GENERAL MILLS, NESQUICK CHOCOLATE

Calories Factors:	**Protein**	**Fat**	**Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08202

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

General Mills Inc.

Refuse: 0%

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

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

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

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

Common Measures:

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08190

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

General Mills Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.88		1	MA	12		1.58		
Energy	kcal	377		0	MC	9		207		
Energy	kj	1577		0	MC	9		868		
Protein (N x 6.25)	g	9.00		1	MA	12		4.95		
Total lipid (fat)	g	3.90		0	NR	4		2.15		
Ash	g	2.33		1	MA	12		1.28		
Carbohydrate, by difference	g	82.00		0	MC	9		45.10		
Fiber, total dietary	g	7.0		1	MA	12		3.9		
Sugars, total	g	34.00		1	MA	12		18.70		
Starch	g									
Minerals:										
* Calcium, Ca	mg	36		0	MC	9		20		
* Iron, Fe	mg	8.20		0	MC	9		4.51		
Magnesium, Mg	mg	73		0	MC	9		40		
Phosphorus, P	mg	182		0	MC	9		100		
Potassium, K	mg	310		1	MA	12		171		
Sodium, Na	mg	460		1	MA	12		253		
* Zinc, Zn	mg	6.82		0	MC	9		3.75		
Copper, Cu	mg	0.145		1	MC	9		0.080		
Manganese, Mn	mg	2.049		0	FLM	4		1.127		
Selenium, Se	mcg	17.3		0	BFZN	4		9.5		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	11.0		0	MC	9		6.1		
* Thiamin	mg	0.680		0	MC	9		0.374		
* Riboflavin	mg	0.770		0	MC	9		0.424		
* Niacin	mg	9.100		0	MC	9		5.005		
Pantothenic acid	mg	0.772		0	FLM	4		0.425		
* Vitamin B-6	mg	0.910		0	MC	9		0.501		
* Folate, total	mcg	182		0	MC	9		100		
Folic acid	mcg	163		0	NC	4		90		
Folate, food	mcg	19		0	CAAN	4		10		
Folate, DFE	mcg_DFE	296		0	NC	4		163		
* Vitamin B-12	mcg	2.70		0	MC	9		1.49		
Vitamin A, IU	IU	0		0	MC	9		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.47		0	FLA	4		0.26		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000		0	MC	9		0.000		
Vitamin K (phylloquinone)	mcg	2.2		0	FLA	4		1.2		
Lipids:										
Fatty acids, total saturated	g	0.800		1	MA	12		0.440		
4:0	g	0.000		0	FLA	4		0.000		
6:0	g	0.000		0	FLA	4		0.000		
8:0	g	0.001		0	FLA	4		0.000		
10:0	g	0.000		0	FLA	4		0.000		
12:0	g	0.013		0	FLA	4		0.007		
13:0	g									
14:0	g	0.007		0	FLA	4		0.004		
15:0	g									
16:0	g	0.665		0	FLA	4		0.366		
17:0	g									
18:0	g	0.062		0	FLA	4		0.034		
20:0	g									
22:0	g									
24:0	g									

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

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

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

Common Measures:

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08245

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

General Mills Inc.

Refuse: 0%

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

NDB No. 08245
Cereals ready-to-eat, GENERAL MILLS, Oatmeal Raisin Crisp

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

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

Common Measures:

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08368

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

General Mills Inc.

Refuse: 0%

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

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

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08368

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

Food Group: 08 Breakfast Cereals

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

NDB No. 08371

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

General Mills Inc.

Refuse: 0%

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

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

Common Measures:

*Vitamin or mineral added for enrichment or fortification

NDB No. 08371
Cereals ready-to-eat, GENERAL MILLS, PARA SU FAMILIA Raisin Bran

Calories Factors:	**Protein**	**Fat**	**Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08261

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

General Mills Inc.

Refuse: 0%

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

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

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

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

Common Measures:

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08194

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

General Mills Inc.

Refuse: 0%

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

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

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

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

Common Measures:

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08370

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

General Mills Inc.

Refuse: 0%

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

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

Common Measures:

*Vitamin or mineral added for enrichment or fortification

NDB No. 08370
Cereals ready-to-eat, GENERAL MILLS, RICE CRUNCHINS

Calories Factors:	**Protein**	**Fat**	**Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08064

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

General Mills Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.83		1	MA	12		0.88		
Energy	kcal	377		0	MC	9		117		
Energy	kj	1577		0	MC	9		489		
Protein (N x 6.25)	g	6.00		1	MC	9		1.86		
Total lipid (fat)	g	1.00		0	NR	4		0.31		
Ash	g	3.36		1	MA	12		1.04		
Carbohydrate, by difference	g	86.00		0	MC	9		26.66		
Fiber, total dietary	g	1.0		1	MA	12		0.3		
Sugars, total	g	8.00		1	MA	12		2.48		
Starch	g									
Minerals:										
* Calcium, Ca	mg	333		0	MC	9		103		
* Iron, Fe	mg	30.00		0	MC	9		9.30		
Magnesium, Mg	mg	30		0	MC	9		9		
Phosphorus, P	mg	114		0	MC	9		35		
Potassium, K	mg	98		1	MA	12		30		
Sodium, Na	mg	941		1	MA	12		292		
* Zinc, Zn	mg	12.50		0	MC	9		3.88		
Copper, Cu	mg	0.000		0	MC	9		0.000		
Manganese, Mn	mg	0.990		0	FLM	4		0.307		
Selenium, Se	mcg	3.9	0.805	5	A	1		1.2		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	20.0		0	MC	9		6.2		
* Thiamin	mg	1.250		0	MC	9		0.388		
* Riboflavin	mg	1.420		0	MC	9		0.440		
* Niacin	mg	16.700		0	MC	9		5.177		
Pantothenic acid	mg									
* Vitamin B-6	mg	1.670		0	MC	9		0.518		
* Folate, total	mcg	667		0	MC	9		207		
Folic acid	mcg	663		0	NC	4		206		
Folate, food	mcg	4		0	CAAN	4		1		
Folate, DFE	mcg_DFE	1131		0	NC	4		351		
* Vitamin B-12	mcg	5.00		0	MC	9		1.55		
* Vitamin A, IU	IU	1667		0	MC	9		517		
Vitamin A, RAE	mcg_RAE	501		0	NC	4		155		
Retinol	mcg	501		0	NC	4		155		
Vitamin E (alpha-tocopherol)	mg	0.05		0	FLM	4		0.02		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
* Vitamin D	IU	133.000		0	MC	9		41.230		
Vitamin K (phylloquinone)	mcg	0.0		0	FLM	4		0.0		
Lipids:										
Fatty acids, total saturated	g	0.400		1	MA	12		0.124		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.000		0	FLM	4		0.000		
13:0	g									
14:0	g	0.008		0	FLM	4		0.003		
15:0	g									
16:0	g	0.358		0	FLM	4		0.111		
17:0	g									
18:0	g	0.027		0	FLM	4		0.008		
20:0	g									
22:0	g									
24:0	g									

NDB No. 08064
Cereals ready-to-eat, GENERAL MILLS, Rice CHEX

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

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

Common Measures:

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08367

Cereals ready-to-eat, GENERAL MILLS, SUNRISE

General Mills Inc.

Refuse: 0%

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

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

Common Measures:

*Vitamin or mineral added for enrichment or fortification

NDB No. 08367
Cereals ready-to-eat, GENERAL MILLS, SUNRISE

Calories Factors:	**Protein**	**Fat**	**Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08399

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

General Mills Inc.

Refuse: 0%

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

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

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08399
Cereals ready-to-eat, GENERAL MILLS, TOTAL Brown Sugar and Oat

Food Group: 08 Breakfast Cereals

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

NDB No. 08246

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

General Mills Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.56		2	MA	12		0.77		
Energy	kcal	373		0	MC	9		112		
Energy	kj	1561		0	MC	9		468		
Protein (N x 6.25)	g	6.05		2	MA	12		1.82		
Total lipid (fat)	g	1.61		2	MA	12		0.48		
Ash	g	4.25		2	MA	12		1.28		
Carbohydrate, by difference	g	85.55		0	MC	9		25.67		
Fiber, total dietary	g	2.5		2	MA	12		0.8		
Sugars, total	g	11.00		1	MA	12		3.30		
Starch	g									
Minerals:										
* Calcium, Ca	mg	3333		0	MC	9		1000		
* Iron, Fe	mg	60.00		0	MC	9		18.00		
Magnesium, Mg	mg	26		2	MA	12		8		
Phosphorus, P	mg	366		2	MA	12		110		
Potassium, K	mg	94		1	MA	12		28		
Sodium, Na	mg	698		1	MA	12		209		
* Zinc, Zn	mg	50.00		0	MC	9		15.00		
Copper, Cu	mg	0.000		2	MA	12		0.000		
Manganese, Mn	mg	0.096		0	FLM	4		0.029		
Selenium, Se	mcg	5.1		0	BFZN	4		1.5		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	200.0		0	MC	9		60.0		
* Thiamin	mg	5.000		0	MC	9		1.500		
* Riboflavin	mg	5.670		0	MC	9		1.701		
* Niacin	mg	66.700		0	MC	9		20.010		
Pantothenic acid	mg	33.000		0	MC	9		9.900		
* Vitamin B-6	mg	6.670		0	MC	9		2.001		
* Folate, total	mcg	1333		0	MC	9		400		
Folic acid	mcg	1314		0	NC	4		394		
Folate, food	mcg	19		0	CAAN	4		6		
Folate, DFE	mcg_DFE	2253		0	NC	4		676		
* Vitamin B-12	mcg	20.00		0	MC	9		6.00		
Vitamin A, IU	IU	1426		0	FLA	4		428		
Vitamin A, RAE	mcg_RAE	428		0	NC	4		128		
Retinol	mcg	381		0	FLA	4		114		
* Vitamin E (alpha-tocopherol)	mg	45.00		0	MC	9		13.50		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
* Vitamin D	IU	114.000		0	MC	9		34.200		
Vitamin K (phylloquinone)	mcg	0.2		0	FLA	4		0.1		
Lipids:										
Fatty acids, total saturated	g	0.400		1	MA	12		0.120		
4:0	g	0.000		0	FLA	4		0.000		
6:0	g	0.000		0	FLA	4		0.000		
8:0	g	0.000		0	FLA	4		0.000		
10:0	g	0.000		0	FLA	4		0.000		
12:0	g	0.001		0	FLA	4		0.000		
13:0	g									
14:0	g	0.001		0	FLA	4		0.000		
15:0	g									
16:0	g	0.335		0	FLA	4		0.101		
17:0	g									
18:0	g	0.045		0	FLA	4		0.013		
20:0	g									
22:0	g									
24:0	g									

NDB No. 08246
Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes

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

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

Common Measures:

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16-1 (2004)

NDB No. 08247

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

General Mills Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	8.27		1	MA	12		4.55		
Energy	kcal	311		0	MC	9		171		
Energy	kj	1301		0	MC	9		716		
Protein (N x 6.25)	g	7.00		1	MA	12		3.85		
Total lipid (fat)	g	2.00		0	NR	4		1.10		
Ash	g	5.96		1	MA	12		3.28		
Carbohydrate, by difference	g	75.00		0	MC	9		41.25		
Fiber, total dietary	g	9.0		1	MA	12		5.0		
Sugars, total	g	36.00		1	MA	12		19.80		
Starch	g									
Minerals:										
* Calcium, Ca	mg	1818		0	MC	9		1000		
* Iron, Fe	mg	32.70		0	MC	9		17.99		
Magnesium, Mg	mg	73		0	MC	9		40		
Phosphorus, P	mg	182		0	MC	9		100		
Potassium, K	mg	644		1	MA	12		354		
Sodium, Na	mg	435		1	MA	12		239		
* Zinc, Zn	mg	27.30		0	MC	9		15.02		
Copper, Cu	mg	0.291		0	MC	9		0.160		
Manganese, Mn	mg	4.637		0	FLC	4		2.550		
Selenium, Se	mcg	7.0		0	BFZN	4		3.9		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
* Thiamin	mg	2.730		0	MC	9		1.502		
* Riboflavin	mg	3.090		0	MC	9		1.700		
* Niacin	mg	36.400		0	MC	9		20.020		
Pantothenic acid	mg	18.000		0	MC	9		9.900		
* Vitamin B-6	mg	3.640		0	MC	9		2.002		
* Folate, total	mcg	727		0	MC	9		400		
Folic acid	mcg	708		0	NC	4		389		
Folate, food	mcg	19		0	CAAN	4		10		
Folate, DFE	mcg_DFE	1223		0	NC	4		672		
* Vitamin B-12	mcg	10.90		0	MC	9		6.00		
* Vitamin A, IU	IU	909		0	MC	9		500		
Vitamin A, RAE	mcg_RAE	273		0	NC	4		150		
Retinol	mcg	273		0	NC	4		150		
* Vitamin E (alpha-tocopherol)	mg	24.54		0	MC	9		13.50		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
* Vitamin D	IU	73.000		0	MC	9		40.150		
Vitamin K (phylloquinone)	mcg	1.7		0	FLA	4		0.9		
Lipids:										
Fatty acids, total saturated	g	0.400		1	MA	12		0.220		
4:0	g	0.000		0	FLA	4		0.000		
6:0	g	0.000		0	FLA	4		0.000		
8:0	g	0.000		0	FLA	4		0.000		
10:0	g	0.000		0	FLA	4		0.000		
12:0	g	0.001		0	FLA	4		0.001		
13:0	g									
14:0	g	0.004		0	FLA	4		0.002		
15:0	g	0.000		0	FLA	4		0.000		
16:0	g	0.342		0	FLA	4		0.188		
17:0	g	0.000		0	FLA	4		0.000		
18:0	g	0.036		0	FLA	4		0.020		
20:0	g	0.000		0	FLA	4		0.000		
22:0	g	0.001		0	FLA	4		0.000		
24:0	g									

NDB No. 08247
Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran

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

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

Common Measures:

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16-1 (2004)

NDB No. 08078

Cereals ready-to-eat, GENERAL MILLS, TRIX

General Mills Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.88		1	MA	12		0.56		
Energy	kcal	391		0	MC	9		117		
Energy	kj	1636		0	MC	9		491		
Protein (N x 6.25)	g	3.00		1	MA	12		0.90		
Total lipid (fat)	g	3.80		0	NR	4		1.14		
Ash	g	2.57		1	MA	12		0.77		
Carbohydrate, by difference	g	89.00		0	MC	9		26.70		
Fiber, total dietary	g	3.0		1	MA	12		0.9		
Sugars, total	g	44.00		1	MA	12		13.20		
Starch	g									
Minerals:										
* Calcium, Ca	mg	333		0	MC	9		100		
* Iron, Fe	mg	15.00		0	MC	9		4.50		
Magnesium, Mg	mg	12		0	MC	9		4		
Phosphorus, P	mg	67		0	MC	9		20		
Potassium, K	mg	58		1	MA	12		17		
Sodium, Na	mg	647		1	MA	12		194		
* Zinc, Zn	mg	12.50		0	MC	9		3.75		
Copper, Cu	mg	0.290		0	MC	9		0.087		
Manganese, Mn	mg	0.059		0	MC	9		0.018		
Selenium, Se	mcg	6.5		0	BFZN	4		2.0		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	20.0		0	MC	9		6.0		
* Thiamin	mg	1.250		0	MC	9		0.375		
* Riboflavin	mg	1.420		0	MC	9		0.426		
* Niacin	mg	16.700		0	MC	9		5.010		
Pantothenic acid	mg									
* Vitamin B-6	mg	1.670		0	MC	9		0.501		
* Folate, total	mcg	333		0	MC	9		100		
Folic acid	mcg	314		0	NC	4		94		
Folate, food	mcg	19		0	CAAN	4		6		
Folate, DFE	mcg_DFE	553		0	NC	4		166		
* Vitamin B-12	mcg	5.00		0	MC	9		1.50		
* Vitamin A, IU	IU	1667		0	MC	9		500		
Vitamin A, RAE	mcg_RAE	501		0	NC	4		150		
Retinol	mcg	501		0	NC	4		150		
Vitamin E (alpha-tocopherol)	mg	1.99		0	MC	9		0.60		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
* Vitamin D	IU	133.000		0	MC	9		39.900		
Vitamin K (phylloquinone)	mcg	0.9		0	FLA	4		0.3		
Lipids:										
Fatty acids, total saturated	g	0.600		1	MA	12		0.180		
4:0	g	0.000		0	FLA	4		0.000		
6:0	g	0.000		0	FLA	4		0.000		
8:0	g	0.000		0	FLA	4		0.000		
10:0	g	0.000		0	FLA	4		0.000		
12:0	g	0.000		0	FLA	4		0.000		
13:0	g									
14:0	g	0.009		0	FLA	4		0.003		
15:0	g									
16:0	g	0.471		0	FLA	4		0.141		
17:0	g									
18:0	g	0.116		0	FLA	4		0.035		
20:0	g									
22:0	g									
24:0	g									

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

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

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

Common Measures:

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08089

Cereals ready-to-eat, GENERAL MILLS, WHEATIES

General Mills Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.16		1	MA	12		0.95		
Energy	kcal	355		0	MC	9		107		
Energy	kj	1485		0	MC	9		446		
Protein (N x 6.25)	g	10.00		1	MA	12		3.00		
Total lipid (fat)	g	3.20		0	NR	4		0.96		
Ash	g	3.18		1	MA	12		0.95		
Carbohydrate, by difference	g	81.00		0	MC	9		24.30		
Fiber, total dietary	g	10.0		1	MA	12		3.0		
Sugars, total	g	14.00		1	MA	12		4.20		
Starch	g									
Minerals:										
* Calcium, Ca	mg	0		0	MC	9		0		
* Iron, Fe	mg	27.00		0	MC	9		8.10		
Magnesium, Mg	mg	107		0	MC	9		32		
Phosphorus, P	mg	333		0	MC	9		100		
Potassium, K	mg	370		1	MA	12		111		
Sodium, Na	mg	725		1	MA	12		218		
* Zinc, Zn	mg	25.00		0	MC	9		7.50		
Copper, Cu	mg	0.267		0	MC	9		0.080		
Manganese, Mn	mg									
Selenium, Se	mcg	4.7	0.889	10	A	1		1.4		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	20.0		0	MC	9		6.0		
* Thiamin	mg	2.500		0	MC	9		0.750		
* Riboflavin	mg	2.830		0	MC	9		0.849		
* Niacin	mg	33.300		0	MC	9		9.990		
Pantothenic acid	mg	0.796		0	FLM	4		0.239		
* Vitamin B-6	mg	3.330		0	MC	9		0.999		
* Folate, total	mcg	667		0	MC	9		200		
Folic acid	mcg	648		0	NC	4		194		
Folate, food	mcg	19		0	CAAN	4		6		
Folate, DFE	mcg_DFE	1121		0	NC	4		336		
* Vitamin B-12	mcg	10.00		0	MC	9		3.00		
* Vitamin A, IU	IU	1667		0	MC	9		500		
Vitamin A, RAE	mcg_RAE	501		0	NC	4		150		
Retinol	mcg	501		0	NC	4		150		
Vitamin E (alpha-tocopherol)	mg	0.62		0	FLA	4		0.18		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
* Vitamin D	IU	133.000		0	MC	9		39.900		
Vitamin K (phylloquinone)	mcg	1.6		0	FLA	4		0.5		
Lipids:										
Fatty acids, total saturated	g	0.600		1	MA	12		0.180		
4:0	g	0.000		0	FLA	4		0.000		
6:0	g	0.000		0	FLA	4		0.000		
8:0	g	0.012		0	FLA	4		0.004		
10:0	g	0.000		0	FLA	4		0.000		
12:0	g	0.000		0	FLA	4		0.000		
13:0	g									
14:0	g	0.004		0	FLA	4		0.001		
15:0	g									
16:0	g	0.450		0	FLA	4		0.135		
17:0	g									
18:0	g	0.124		0	FLA	4		0.037		
20:0	g									
22:0	g									
24:0	g									

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

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

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

Common Measures:

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08026

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

General Mills Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	7.00		1	MA	12		3.85		
Energy	kcal	333		0	MC	9		183		
Energy	kj	1393		0	MC	9		766		
Protein (N x 6.25)	g	7.00		1	MA	12		3.85		
Total lipid (fat)	g	1.70		1	NR	4		0.94		
Ash	g	2.71		1	MA	12		1.49		
Carbohydrate, by difference	g	81.00		0	MC	9		44.55		
Fiber, total dietary	g	9.0		1	MA	12		5.0		
Sugars, total	g	33.00		1	MA	12		18.15		
Starch	g									
Minerals:										
* Calcium, Ca	mg	0		0	MC	9		0		
* Iron, Fe	mg	13.60		0	MC	9		7.48		
Magnesium, Mg	mg	77		1	MA	12		42		
Phosphorus, P	mg	255		1	MA	12		140		
Potassium, K	mg	413		1	MA	12		227		
Sodium, Na	mg	457		1	MA	12		251		
* Zinc, Zn	mg	13.60		0	MC	9		7.48		
Copper, Cu	mg	0.320		1	MA	12		0.176		
Manganese, Mn	mg	2.624		0	FLM	4		1.443		
Selenium, Se	mcg	7.0		0	BFZN	4		3.9		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
* Thiamin	mg	1.360		0	MC	9		0.748		
* Riboflavin	mg	1.550		0	MC	9		0.853		
* Niacin	mg	18.200		0	MC	9		10.010		
Pantothenic acid	mg	0.651		0	FLM	4		0.358		
* Vitamin B-6	mg	1.820		0	MC	9		1.001		
* Folate, total	mcg	364		0	MC	9		200		
Folic acid	mcg	323		0	NC	4		178		
Folate, food	mcg	41		0	CAAN	4		23		
Folate, DFE	mcg_DFE	590		0	NC	4		325		
* Vitamin B-12	mcg	5.50		0	MC	9		3.03		
* Vitamin A, IU	IU	909		0	MC	9		500		
Vitamin A, RAE	mcg_RAE	273		0	NC	4		150		
Retinol	mcg	273		0	NC	4		150		
Vitamin E (alpha-tocopherol)	mg	0.63		0	FLM	4		0.35		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
* Vitamin D	IU	73.000		0	MC	9		40.150		
Vitamin K (phylloquinone)	mcg	1.4		0	FLM	4		0.8		
Lipids:										
Fatty acids, total saturated	g	0.400		1	MA	12		0.220		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.004		0	FLM	4		0.002		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.001		0	FLM	4		0.001		
13:0	g									
14:0	g	0.004		0	FLM	4		0.002		
15:0	g	0.000		0	FLM	4		0.000		
16:0	g	0.348		0	FLM	4		0.191		
17:0	g	0.000		0	FLM	4		0.000		
18:0	g	0.025		0	FLM	4		0.014		
20:0	g	0.000		0	FLM	4		0.000		
22:0	g	0.000		0	FLM	4		0.000		
24:0	g									

NDB No. 08026
Cereals ready-to-eat, GENERAL MILLS, WHEATIES Raisin Bran

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

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

Common Measures:

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 08 Breakfast Cereals

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

NDB No. 08082

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

General Mills Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.32		1	MA	12		0.70		
Energy	kcal	345		0	MC	9		104		
Energy	kj	1443		0	MC	9		433		
Protein (N x 6.25)	g	10.00		1	MA	12		3.00		
Total lipid (fat)	g	2.00		0	NR	4		0.60		
Ash	g	3.71		1	MA	12		1.11		
Carbohydrate, by difference	g	81.00		0	MC	9		24.30		
Fiber, total dietary	g	11.0		1	MA	12		3.3		
Sugars, total	g	10.00		1	MA	12		3.00		
Starch	g									
Minerals:										
* Calcium, Ca	mg	200		0	MC	9		60		
* Iron, Fe	mg	29.00		0	MC	9		8.70		
Magnesium, Mg	mg	80		0	MC	9		24		
Phosphorus, P	mg	300		0	MC	9		90		
Potassium, K	mg	375		1	MA	12		113		
Sodium, Na	mg	891		1	MA	12		267		
* Zinc, Zn	mg	8.00		0	MC	9		2.40		
Copper, Cu	mg	0.320		0	MC	9		0.096		
Manganese, Mn	mg	3.666		0	FLM	4		1.100		
Selenium, Se	mcg	5.0		0	RA	4		1.5		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	12.0		0	MC	9		3.6		
* Thiamin	mg	0.750		0	MC	9		0.225		
* Riboflavin	mg	0.850		0	MC	9		0.255		
* Niacin	mg	10.000		0	MC	9		3.000		
Pantothenic acid	mg	0.000		0	MC	9		0.000		
* Vitamin B-6	mg	1.000		0	MC	9		0.300		
* Folate, total	mcg	800		0	MC	9		240		
Folic acid	mcg	781		0	NC	4		234		
Folate, food	mcg	19		0	CAAN	4		6		
Folate, DFE	mcg_DFE	1347		0	NC	4		404		
* Vitamin B-12	mcg	3.00		0	MC	9		0.90		
* Vitamin A, IU	IU	1000		0	MC	9		300		
Vitamin A, RAE	mcg_RAE	300		0	NC	4		90		
Retinol	mcg	300		0	NC	4		90		
Vitamin E (alpha-tocopherol)	mg	0.72		0	FLA	4		0.22		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
* Vitamin D	IU	80.000		0	MC	9		24.000		
Vitamin K (phylloquinone)	mcg	1.2		0	FLA	4		0.4		
Lipids:										
Fatty acids, total saturated	g	0.400		1	MA	12		0.120		
4:0	g	0.000		0	FLA	4		0.000		
6:0	g	0.000		0	FLA	4		0.000		
8:0	g	0.007		0	FLA	4		0.002		
10:0	g	0.000		0	FLA	4		0.000		
12:0	g	0.001		0	FLA	4		0.000		
13:0	g									
14:0	g	0.004		0	FLA	4		0.001		
15:0	g									
16:0	g	0.352		0	FLA	4		0.106		
17:0	g									
18:0	g	0.021		0	FLA	4		0.006		
20:0	g									
22:0	g									
24:0	g									

NDB No. 08082
Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX

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

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

Common Measures:

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08077

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

General Mills Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.84		1	MA	12		0.85		
Energy	kcal	324		0	MC	9		97		
Energy	kj	1356		0	MC	9		407		
Protein (N x 6.25)	g	8.00		1	MA	12		2.40		
Total lipid (fat)	g	2.50		0	NR	4		0.75		
Ash	g	10.07		1	MA	12		3.02		
Carbohydrate, by difference	g	75.00		0	MC	9		22.50		
Fiber, total dietary	g	8.0		1	MA	12		2.4		
Sugars, total	g	17.00		1	MA	12		5.10		
Starch	g									
Minerals:										
* Calcium, Ca	mg	3333		0	MC	9		1000		
* Iron, Fe	mg	60.00		0	MC	9		18.00		
Magnesium, Mg	mg	80		0	MC	9		24		
Phosphorus, P	mg	267		0	MC	9		80		
Potassium, K	mg	298		1	MA	12		89		
Sodium, Na	mg	639		1	MA	12		192		
* Zinc, Zn	mg	50.00		0	MC	9		15.00		
Copper, Cu	mg	0.267		0	MC	9		0.080		
Manganese, Mn	mg	3.960		1	A	1		1.188		
Selenium, Se	mcg	3.9	1.800	4	JA	6		1.2		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	200.0		0	MC	9		60.0		
* Thiamin	mg	5.000		0	MC	9		1.500		
* Riboflavin	mg	5.670		0	MC	9		1.701		
* Niacin	mg	66.700		0	MC	9		20.010		
Pantothenic acid	mg	9.980		1	A	1		2.994		
* Vitamin B-6	mg	6.670		0	MC	9		2.001		
* Folate, total	mcg	1333		0	MC	9		400		
Folic acid	mcg	1314		0	NC	4		394		
Folate, food	mcg	19		0	CAAN	4		6		
Folate, DFE	mcg_DFE	2253		0	NC	4		676		
* Vitamin B-12	mcg	20.00		0	MC	9		6.00		
* Vitamin A, IU	IU	1667		0	MC	9		500		
Vitamin A, RAE	mcg_RAE	501		0	NC	4		150		
Retinol	mcg	501		0	NC	4		150		
* Vitamin E (alpha-tocopherol)	mg	45.00		0	MC	9		13.50		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
* Vitamin D	IU	133.000		0	MC	9		39.900		
Vitamin K (phylloquinone)	mcg	0.6		1	A	1		0.2		
Lipids:										
Fatty acids, total saturated	g	0.530		0	NC	4		0.159		
4:0	g	0.000		0	FLA	4		0.000		
6:0	g	0.000		0	FLA	4		0.000		
8:0	g	0.000		1	A	1		0.000		
10:0	g	0.000		1	A	1		0.000		
12:0	g	0.000		1	A	1		0.000		
13:0	g									
14:0	g	0.000		1	A	1		0.000		
15:0	g	0.000		1	A	1		0.000		
16:0	g	0.380		1	A	1		0.114		
17:0	g	0.000		1	A	1		0.000		
18:0	g	0.150		1	A	1		0.045		
20:0	g	0.000		1	A	1		0.000		
22:0	g	0.000		1	A	1		0.000		
24:0	g	0.000		1	A	1		0.000		

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

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

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

Common Measures:

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16-1 (2004)

NDB No. 08290
Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.00			BFZN	4				
Energy	kcal	353			LC	8				
Energy	kj	1477				8				
Protein	g	14.44			FLC	4				
Total lipid (fat)	g	1.41			LC	8				
Ash	g	3.00			FLC	4				
Carbohydrate, by difference	g	78.15			NC	4				
Fiber, total dietary	g	14.1			LC	8				
Sugars, total	g	11.00		0	BFZN	4				
Starch	g									
Minerals:										
Calcium, Ca	mg	71			LC	8				
Iron, Fe	mg	2.54			LC	8				
Magnesium, Mg	mg	144			FLC	4				
Phosphorus, P	mg	327			FLC	4				
Potassium, K	mg	460			FLC	4				
Sodium, Na	mg	53			FLC	4				
Zinc, Zn	mg	2.89			FLC	4				
Copper, Cu	mg	0.478			FLC	4				
Manganese, Mn	mg	3.229			FLC	4				
Selenium, Se	mcg	19.0		0	RA	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.2			LC	8				
Thiamin	mg	0.529			LC	8				
Riboflavin	mg	0.600			LC	8				
Niacin	mg	7.055			LC	8				
Pantothenic acid	mg	0.733			FLC	4				
Vitamin B-6	mg	0.705			LC	8				
Folate, total	mcg	141			LC	8				
Folic acid	mcg	122		0	NC	4				
Folate, food	mcg	19		0	CAZN	4				
Folate, DFE	mcg_DFE	226		0	NC	4				
Vitamin B-12	mcg	2.12			LC	8				
Vitamin A, IU	IU	353			LC	8				
Vitamin A, RAE	mcg_RAE	106		0	NC	4				
Retinol	mcg	106		0	NC	4				
Vitamin E (alpha-tocopherol)	mg	0.99		0	FLM	4				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.2		0	FLM	4				
Lipids:										
Fatty acids, total saturated	g	0.261			FLC	4				
4:0	g	0.000		0	FLM	4				
6:0	g	0.000		0	FLM	4				
8:0	g	0.002		0	FLM	4				
10:0	g	0.000		0	FLM	4				
12:0	g	0.003		0	FLM	4				
13:0	g									
14:0	g	0.003		0	FLM	4				
15:0	g									
16:0	g	0.224		0	FLM	4				
17:0	g									
18:0	g	0.014		0	FLM	4				
20:0	g									
22:0	g									
24:0	g									

NDB No. 08290
Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes

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

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

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08195

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

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.84		0	MC	9		3.21		
Energy	kcal	360		0	MC	9		198		
Energy	kj	1506		0		9		828		
Protein	g	8.70		0	MC	9		4.79		
Total lipid (fat)	g	4.66		0	MC	9		2.56		
Ash	g	2.20		0	MC	9		1.21		
Carbohydrate, by difference	g	78.60		0	MC	9		43.23		
Fiber, total dietary	g	8.4		0	MC	9		4.6		
Sugars, total	g	28.10		0	MC	9		15.46		
Starch	g									
Minerals:										
Calcium, Ca	mg	49		0	MC	9		27		
Iron, Fe	mg	10.90		0	MC	9		6.00		
Magnesium, Mg	mg	89		0	MC	9		49		
Phosphorus, P	mg	236		0	MC	9		130		
Potassium, K	mg	360		0	MC	9		198		
Sodium, Na	mg	391		0	MC	9		215		
Zinc, Zn	mg	2.60		0	MC	9		1.43		
Copper, Cu	mg	0.300		0	MC	9		0.165		
Manganese, Mn	mg	2.191		0	FLC	4		1.205		
Selenium, Se	mcg	8.3		0	RA	4		4.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		5		0.0		
Thiamin	mg	0.900		0	MC	9		0.495		
Riboflavin	mg	1.000		0	MC	9		0.550		
Niacin	mg	12.100		0	MC	9		6.655		
Pantothenic acid	mg	6.000		0	MC	9		3.300		
Vitamin B-6	mg	1.200		0	MC	9		0.660		
Folate, total	mcg	200		0	MC	9		110		
Folic acid	mcg	180		0	NC	4		99		
Folate, food	mcg	20		0	NC	4		11		
Folate, DFE	mcg_DFE	326		0	NC	4		179		
Vitamin B-12	mcg	3.60		0	MC	9		1.98		
Vitamin A, IU	IU	862		0	MC	9		474		
Vitamin A, RAE	mcg_RAE	258		0	NC	4		142		
Retinol	mcg	258		0	NC	4		142		
* Vitamin E (alpha-tocopherol)	mg	3.49		0	MC	9		1.92		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	137.900		0	MC	9		75.845		
Vitamin K (phylloquinone)	mcg	1.5		0	FLM	4		0.8		
Lipids:										
Fatty acids, total saturated	g	0.680		0	MC	9		0.374		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.007		0	FLM	4		0.004		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.002		0	FLM	4		0.001		
13:0	g	0.000		0	FLM	4		0.000		
14:0	g	0.003		0	FLM	4		0.002		
15:0	g	0.000		0	FLM	4		0.000		
16:0	g	0.570		0	FLM	4		0.314		
17:0	g	0.000		0	FLM	4		0.000		
18:0	g	0.079		0	FLM	4		0.044		
20:0	g	0.000		0	FLM	4		0.000		
22:0	g	0.000		0	FLM	4		0.000		
24:0	g	0.000		0	FLM	4		0.000		

NDB No. 08195

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

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

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

Common Measures:

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16-1 (2004)

NDB No. 08389

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

Kellogg, Co.

Refuse: 0%

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

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

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

NDB No. 08389
Cereals ready-to-eat, Honey Puffed KASHI by Kellogg

Food Group: 08 Breakfast Cereals

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

NDB No. 08242
Cereals ready-to-eat, JUST RIGHT with Crunchy Nuggets

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.20		0	MC	9		1.76		
Energy	kcal	371		0	MC	9		204		
Energy	kj	1552		0		9		854		
Protein	g	7.70		0	MC	9		4.24		
Total lipid (fat)	g	2.70		0	MC	9		1.49		
Ash	g	2.60		0	MC	9		1.43		
Carbohydrate, by difference	g	83.70		0	MC	9		46.04		
Fiber, total dietary	g	5.1		0	MC	9		2.8		
Sugars, total	g	21.20		0	MC	9		11.66		
Starch	g									
Minerals:										
Calcium, Ca	mg	26		0	MC	9		14		
Iron, Fe	mg	29.50		0	MC	9		16.23		
Magnesium, Mg	mg	62		0	MC	9		34		
Phosphorus, P	mg	193		0	MC	9		106		
Potassium, K	mg	220		0	MC	9		121		
Sodium, Na	mg	614		0	MC	9		338		
Zinc, Zn	mg	1.60		0	MC	9		0.88		
Copper, Cu	mg	0.100		0	MC	9		0.055		
Manganese, Mn	mg	2.089		0	FLC	4		1.149		
Selenium, Se	mcg	5.1		0	RA	4		2.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg	0.700		0	MC	9		0.385		
Riboflavin	mg	0.800		0	MC	9		0.440		
Niacin	mg	9.100		0	MC	9		5.005		
Pantothenic acid	mg	0.000		0	FLC	4		0.000		
Vitamin B-6	mg	0.900		0	MC	9		0.495		
Folate, total	mcg	186		0	MC	9		102		
Folic acid	mcg	167		0	NC	4		92		
Folate, food	mcg	19		0	CAZN	4		10		
Folate, DFE	mcg_DFE	303		0	NC	4		167		
Vitamin B-12	mcg	2.70		0	MC	9		1.49		
Vitamin A, IU	IU	2273		0	MC	9		1250		
Vitamin A, RAE	mcg_RAE	683		0	NC	4		376		
Retinol	mcg	683		0	NR	4		376		
* Vitamin E (alpha-tocopherol)	mg	2.68		0	MC	9		1.48		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.9		0	O	4		1.6		
Lipids:										
Fatty acids, total saturated	g	0.200		0	MC	9		0.110		
4:0	g	0.000		0	FLC	4		0.000		
6:0	g	0.000		0	FLC	4		0.000		
8:0	g	0.001		0	FLC	4		0.001		
10:0	g	0.000		0	FLC	4		0.000		
12:0	g	0.002		0	FLC	4		0.001		
13:0	g									
14:0	g	0.002		0	FLC	4		0.001		
15:0	g									
16:0	g	0.163		0	FLC	4		0.090		
17:0	g									
18:0	g	0.014		0	FLC	4		0.008		
20:0	g									
22:0	g									
24:0	g									

NDB No. 08242
Cereals ready-to-eat, JUST RIGHT with Crunchy Nuggets

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

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

Common Measures:

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16-1 (2004)

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

Kellogg, Co.

Refuse: 0%

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

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

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08390

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

Kellogg, Co.

Refuse: 0%

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

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

Common Measures:

Calories Factors: Protein Fat Carbohydrate

NDB No. 08390
Cereals ready-to-eat, KASHI Good Friends by Kellogg

Food Group: 08 Breakfast Cereals

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

NDB No. 08387

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

Kellogg, Co.

Refuse: 0%

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

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

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

NDB No. 08387
Cereals ready-to-eat, KASHI Heart to Heart by KELLOGG

Food Group: 08 Breakfast Cereals

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

NDB No. 08392

Cereals ready-to-eat, KASHI Medley by Kellogg

Kellogg, Co.

Refuse: 0%

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

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

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

NDB No. 08392
Cereals ready-to-eat, KASHI Medley by Kellogg

Food Group: 08 Breakfast Cereals

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

NDB No. 08391

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

Kellogg, Co.

Refuse: 0%

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

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

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

NDB No. 08391
Cereals ready-to-eat, KASHI Pillows by Kellogg, assorted flavors

Food Group: 08 Breakfast Cereals

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

NDB No. 08373

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

Kellogg, Co.

Refuse: 0%

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

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

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08373
Cereals ready-to-eat, KELLOGG'S COUNTRY INN-GREYFIELD BLEND

Food Group: 08 Breakfast Cereals

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

NDB No. 08031

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

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.00		0	MC	9		3.06		
Energy	kcal	340		0	MC	9		173		
Energy	kj	1423		0	MC	9		726		
Protein (N x 6.25)	g	9.80		0	MC	9		5.00		
Total lipid (fat)	g	1.60		0	MC	9		0.82		
Ash	g	2.20		0	MC	9		1.12		
Carbohydrate, by difference	g	80.40		0	MC	9		41.00		
Fiber, total dietary	g	10.0		0	MC	9		5.1		
Sugars, total	g	19.60		0	MC	9		10.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	32		0	MC	9		16		
* Iron, Fe	mg	29.00		0	MC	9		14.79		
Magnesium, Mg	mg	118		0	MC	9		60		
Phosphorus, P	mg	294		0	MC	9		150		
Potassium, K	mg	340		0	MC	9		173		
Sodium, Na	mg	10		0	MC	9		5		
Zinc, Zn	mg	3.20		0	MC	9		1.63		
Copper, Cu	mg	0.320		0	MC	9		0.163		
Manganese, Mn	mg	2.788		0	FLC	4		1.422		
Selenium, Se	mcg	4.1	0.387	3	A	1		2.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
* Thiamin	mg	0.740		0	MC	9		0.377		
* Riboflavin	mg	0.830		0	MC	9		0.423		
* Niacin	mg	9.800		0	MC	9		4.998		
Pantothenic acid	mg	0.739		0	FLC	4		0.377		
Vitamin B-6	mg	0.980		0	MC	9		0.500		
Folate, total	mcg	196		0	MC	9		100		
Folic acid	mcg	177		0	NC	4		90		
Folate, food	mcg	19		0	CAAN	4		10		
Folate, DFE	mcg_DFE	320		0	NC	4		163		
Vitamin B-12	mcg	2.94		0	MC	9		1.50		
Vitamin A, IU	IU	0		0	MC	9		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.54		0	FLM	4		0.28		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	1.0		0	FLM	4		0.5		
Lipids:										
Fatty acids, total saturated	g	0.360		0	MC	9		0.184		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.006		0	FLM	4		0.003		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.000		0	FLM	4		0.000		
13:0	g									
14:0	g	0.003		0	FLM	4		0.001		
15:0	g									
16:0	g	0.264		0	FLM	4		0.135		
17:0	g									
18:0	g	0.016		0	FLM	4		0.008		
20:0	g									
22:0	g									
24:0	g									

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

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

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

Common Measures:

Measure 1 = 51g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

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

NDB No. 08385

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

Kellogg, Co.

Refuse: 0%

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

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

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08385
Cereals ready-to-eat, KELLOGG'S, SMART START Soy Protein

Food Group: 08 Breakfast Cereals

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

NDB No. 08378

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

Kellogg, Co.

Refuse: 0%

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

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

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08454

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

Kellogg, Co.

Refuse: 0%

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

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

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08454
Cereals ready-to-eat, KELLOGG, DISNEY HUNNY Bs

Food Group: 08 Breakfast Cereals

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

NDB No. 08005

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

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.00		0	MC	9		0.90		
Energy	kcal	250		0	MC	9		75		
Energy	kj	1046		0	MC	9		314		
Protein (N x 6.25)	g	7.00		0	MC	9		2.10		
Total lipid (fat)	g	2.15		0	MC	9		0.65		
Ash	g	7.85		0	MC	9		2.36		
Carbohydrate, by difference	g	80.00		0	MC	9		24.00		
Fiber, total dietary	g	43.0		0	MC	9		12.9		
Sugars, total	g	27.00		0	MC	9		8.10		
Starch	g									
Minerals:										
* Calcium, Ca	mg	63		0	MC	9		19		
* Iron, Fe	mg	15.00		0	MC	9		4.50		
Magnesium, Mg	mg	205		0	MC	9		62		
Phosphorus, P	mg	500		0	MC	9		150		
Potassium, K	mg	1000		0	MC	9		300		
Sodium, Na	mg	676		0	MC	9		203		
Zinc, Zn	mg	5.00		0	MC	9		1.50		
Copper, Cu	mg	0.480		0	MC	9		0.144		
Manganese, Mn	mg									
Selenium, Se	mcg	28.9		2	A	1		8.7		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	20.0		0	MC	9		6.0		
* Thiamin	mg	1.200		0	MC	9		0.360		
* Riboflavin	mg	1.400		0	MC	9		0.420		
* Niacin	mg	17.000		0	MC	9		5.100		
Pantothenic acid	mg	1.488		0	FLC	4		0.446		
Vitamin B-6	mg	6.700		0	MC	9		2.010		
Folate, total	mcg	1345		0	MC	9		404		
Folic acid	mcg	1304		0	NC	4		391		
Folate, food	mcg	41		0	NC	4		12		
Folate, DFE	mcg_DFE	2258		0	NC	4		677		
Vitamin B-12	mcg	20.00		0	MC	9		6.00		
* Vitamin A, IU	IU	1700		0	MC	9		510		
Vitamin A, RAE	mcg_RAE	511		0	NC	4		153		
Retinol	mcg	511		0	NC	4		153		
Vitamin E (alpha-tocopherol)	mg	1.58		0	MC	9		0.47		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
* Vitamin D	IU	133.000		0	MC	9		39.900		
Vitamin K (phylloquinone)	mcg	1.0		0	FLM	4		0.3		
Lipids:										
Fatty acids, total saturated	g	0.400		0	MC	9		0.120		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.002		0	FLM	4		0.001		
13:0	g									
14:0	g	0.004		0	FLM	4		0.001		
15:0	g									
16:0	g	0.352		0	FLM	4		0.106		
17:0	g									
18:0	g	0.023		0	FLM	4		0.007		
20:0	g									
22:0	g									
24:0	g									

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

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

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

Common Measures:

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

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

Kellogg, Co.

Refuse: 0%

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

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

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

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

Common Measures:

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08253

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

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.00		0	MC	9		0.90		
Energy	kcal	192		0	MC	9		58		
Energy	kj	803		0	MC	9		241		
Protein (N x 6.25)	g	11.30		0	MC	9		3.39		
Total lipid (fat)	g	3.50		0	MC	9		1.05		
Ash	g	5.20		0	MC	9		1.56		
Carbohydrate, by difference	g	77.00		0	MC	9		23.10		
Fiber, total dietary	g	50.0		0	MC	9		15.0		
Sugars, total	g	0.37		0	MC	9		0.11		
Starch	g									
Minerals:										
* Calcium, Ca	mg	415		0	MC	9		125		
* Iron, Fe	mg	18.00		0	MC	9		5.40		
Magnesium, Mg	mg	340		0	MC	9		102		
Phosphorus, P	mg	900		0	MC	9		270		
Potassium, K	mg	1050		0	MC	9		315		
Sodium, Na	mg	475		0	MC	9		143		
Zinc, Zn	mg	6.00		0	MC	9		1.80		
Copper, Cu	mg	0.600		0	MC	9		0.180		
Manganese, Mn	mg	7.258		0	FLC	4		2.177		
Selenium, Se	mcg	9.4		0	BFZN	4		2.8		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	25.0		0	MC	9		7.5		
* Thiamin	mg	1.500		0	MC	9		0.450		
* Riboflavin	mg	1.700		0	MC	9		0.510		
* Niacin	mg	20.000		0	MC	9		6.000		
Pantothenic acid	mg	1.591		0	FLC	4		0.477		
Vitamin B-6	mg	8.000		0	MC	9		2.400		
Folate, total	mcg	420		0	MC	9		126		
Folic acid	mcg	379		0	NC	4		114		
Folate, food	mcg	41		0	CAAN	4		12		
Folate, DFE	mcg_DFE	685		0	NC	4		206		
Vitamin B-12	mcg	24.00		0	MC	9		7.20		
* Vitamin A, IU	IU	2045		0	MC	9		614		
Vitamin A, RAE	mcg_RAE	614		0	NC	4		184		
Retinol	mcg	614		0	NC	4		184		
Vitamin E (alpha-tocopherol)	mg	2.14		0	MC	9		0.64		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
* Vitamin D	IU	210.000		0	MC	9		63.000		
Vitamin K (phylloquinone)	mcg	1.9		0	FLM	4		0.6		
Lipids:										
Fatty acids, total saturated	g	0.600		0	MC	9		0.180		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.005		0	FLM	4		0.001		
13:0	g									
14:0	g	0.007		0	FLM	4		0.002		
15:0	g									
16:0	g	0.524		0	FLM	4		0.157		
17:0	g									
18:0	g	0.034		0	FLM	4		0.010		
20:0	g									
22:0	g									
24:0	g									

NDB No. 08253
Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN WITH EXTRA FIBER

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

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

Common Measures:

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08254
Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE CINNAMON SQUARES MINI-WHEATS

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	9.50		0	MC	9		5.23		
Energy	kcal	331		0	MC	9		182		
Energy	kj	1385				9		762		
Protein	g	7.20		0	MC	9		3.96		
Total lipid (fat)	g	1.80		0	MC	9		0.99		
Ash	g	1.40		0	MC	9		0.77		
Carbohydrate, by difference	g	80.10		0	MC	9		44.06		
Fiber, total dietary	g	8.6		0	MC	9		4.7		
Sugars, total	g	21.20		0	MC	9		11.66		
Starch	g									
Minerals:										
Calcium, Ca	mg	38		0	MC	9		21		
Iron, Fe	mg	29.50		0	ML	5		16.23		
Magnesium, Mg	mg	88		0	MC	9		48		
Phosphorus, P	mg	280		0	MC	9		154		
Potassium, K	mg	302		0	MC	9		166		
Sodium, Na	mg	36		0	MC	9		20		
Zinc, Zn	mg	2.70		0	MC	9		1.49		
Copper, Cu	mg	0.200		0	MC	9		0.110		
Manganese, Mn	mg	3.092		0	FLC	4		1.701		
Selenium, Se	mcg	4.1		0	BFZN	4		2.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg	0.700		0	ML	5		0.385		
Riboflavin	mg	0.800		0	ML	5		0.440		
Niacin	mg	9.100		0	ML	5		5.005		
Pantothenic acid	mg	0.641		0	FLC	4		0.353		
Vitamin B-6	mg	0.900		0	ML	5		0.495		
Folate, total	mcg	200		0	ML	5		110		
Folic acid	mcg	181		0	NC	4		100		
Folate, food	mcg	19		0	CAZN	4		10		
Folate, DFE	mcg_DFE	327		0	NC	4		180		
Vitamin B-12	mcg	2.70		0	MC	9		1.49		
Vitamin A, IU	IU	0		0	ML	5		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	NC	4		0		
Vitamin E (alpha-tocopherol)	mg	0.55		0	FLM	4		0.30		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	1.5		0	FLM	4		0.8		
Lipids:										
Fatty acids, total saturated	g	0.400		0	MC	9		0.220		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.012		0	FLM	4		0.006		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.000		0	FLM	4		0.000		
13:0	g									
14:0	g	0.006		0	FLM	4		0.003		
15:0	g									
16:0	g	0.324		0	FLM	4		0.178		
17:0	g									
18:0	g	0.048		0	FLM	4		0.026		
20:0	g									
22:0	g									
24:0	g									

NDB No. 08254

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

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

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

Common Measures:

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

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08003

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

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.00		0	MC	9		0.90		
Energy	kcal	390		0	MC	9		117		
Energy	kj	1632		0	MC	9		490		
Protein (N x 6.25)	g	3.00		0	MC	9		0.90		
Total lipid (fat)	g	2.00		0	MC	9		0.60		
Ash	g	1.00		0	MC	9		0.30		
Carbohydrate, by difference	g	91.00		0	MC	9		27.30		
Fiber, total dietary	g	3.2		0	MC	9		1.0		
Sugars, total	g	49.00		0	MC	9		14.70		
Starch	g									
Minerals:										
* Calcium, Ca	mg	25		0	MC	9		8		
* Iron, Fe	mg	13.90		0	MC	9		4.17		
Magnesium, Mg	mg	55		0	MC	9		17		
Phosphorus, P	mg	125		0	MC	9		38		
Potassium, K	mg	120		0	MC	9		36		
Sodium, Na	mg	475		0	MC	9		143		
Zinc, Zn	mg	5.00		0	MC	9		1.50		
Copper, Cu	mg	0.140		0	MC	9		0.042		
Manganese, Mn	mg	0.297		0	FLC	4		0.089		
Selenium, Se	mcg	7.3		0	BFZN	4		2.2		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	46.0		0	MC	9		13.8		
* Thiamin	mg	1.700		0	MC	9		0.510		
* Riboflavin	mg	1.300		0	MC	9		0.390		
* Niacin	mg	15.400		0	MC	9		4.620		
Pantothenic acid	mg	0.272		0	FLC	4		0.082		
Vitamin B-6	mg	1.500		0	MC	9		0.450		
* Folate, total	mcg	310		0	MC	9		93		
Folic acid	mcg	291		0	NC	4		87		
Folate, food	mcg	19		0	CAAN	4		6		
Folate, DFE	mcg_DFE	514		0	NC	4		154		
Vitamin B-12	mcg	4.60		0	MC	9		1.38		
* Vitamin A, IU	IU	520		0	MC	9		156		
Vitamin A, RAE	mcg_RAE	156		0	NC	4		47		
Retinol	mcg	129		0	NC	4		39		
Vitamin E (alpha-tocopherol)	mg	0.16		0	NR	4		0.05		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
* Vitamin D	IU	127.000		0	MC	9		38.100		
Vitamin K (phylloquinone)	mcg	0.3		0	FLM	4		0.1		
Lipids:										
Fatty acids, total saturated	g	0.400		0	MC	9		0.120		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.001		0	FLM	4		0.000		
13:0	g									
14:0	g	0.002		0	FLM	4		0.001		
15:0	g									
16:0	g	0.323		0	FLM	4		0.097		
17:0	g									
18:0	g	0.061		0	FLM	4		0.018		
20:0	g									
22:0	g									
24:0	g									

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

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

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

Common Measures:

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08014

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

Kellogg, Co.

Refuse: 0%

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

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

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

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

Common Measures:

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08068

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

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.00		0	MC	9		0.93		
Energy	kcal	380		0	MC	9		118		
Energy	kj	1590		0	MC	9		493		
Protein (N x 6.25)	g	3.70		0	MC	9		1.15		
Total lipid (fat)	g	0.73		0	MC	9		0.23		
Ash	g	2.57		0	MC	9		0.80		
Carbohydrate, by difference	g	90.00		0	MC	9		27.90		
Fiber, total dietary	g	0.8		0	MC	9		0.3		
Sugars, total	g	45.20		0	MC	9		14.01		
Starch	g									
Minerals:										
Calcium, Ca	mg	17		0	MC	9		5		
* Iron, Fe	mg	6.20		0	MC	9		1.92		
Magnesium, Mg	mg	7		0	MC	9		2		
Phosphorus, P	mg	31		0	MC	9		10		
Potassium, K	mg	85		0	MC	9		26		
Sodium, Na	mg	386		0	MC	9		120		
Zinc, Zn	mg	4.90		0	MC	9		1.52		
Copper, Cu	mg	0.040		0	MC	9		0.012		
Manganese, Mn	mg	0.244		0	FLC	4		0.076		
Selenium, Se	mcg	6.5	0.735	6	A	1		2.0		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	19.4		0	MC	9		6.0		
* Thiamin	mg	1.200		0	MC	9		0.372		
* Riboflavin	mg	1.400		0	MC	9		0.434		
* Niacin	mg	16.100		0	MC	9		4.991		
Pantothenic acid	mg	0.293		0	FLC	4		0.091		
Vitamin B-6	mg	1.600		0	MC	9		0.496		
Folate, total	mcg	329		0	MC	9		102		
Folic acid	mcg	310		0	NC	4		96		
Folate, food	mcg	19		0	CAAN	4		6		
Folate, DFE	mcg_DFE	546		0	NC	4		169		
Vitamin B-12	mcg	4.90			MC	9		1.52		
Vitamin A, IU	IU	1622		0	FLM	4		503		
Vitamin A, RAE	mcg_RAE	487		0	NC	4		151		
Retinol	mcg	458		0	FLM	4		142		
Vitamin E (alpha-tocopherol)	mg	0.11		0	FLM	4		0.03		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	162.000		0	MC	9		50.220		
Vitamin K (phylloquinone)	mcg	0.2		0	FLM	4		0.1		
Lipids:										
Fatty acids, total saturated	g	0.230		0	MC	9		0.071		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.001		0	FLM	4		0.000		
13:0	g									
14:0	g	0.002		0	FLM	4		0.001		
15:0	g									
16:0	g	0.186		0	FLM	4		0.058		
17:0	g									
18:0	g	0.034		0	FLM	4		0.011		
20:0	g									
22:0	g									
24:0	g									

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

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

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

Common Measures:

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08023

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

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.00		0	MC	9		1.65		
Energy	kcal	409		0	MC	9		225		
Energy	kj	1711		0	MC	9		941		
Protein (N x 6.25)	g	8.30		0	MC	9		4.57		
Total lipid (fat)	g	14.60		0	MC	9		8.03		
Ash	g	2.70		0	MC	9		1.49		
Carbohydrate, by difference	g	71.40		0	MC	9		39.27		
Fiber, total dietary	g	11.7		0	MC	9		6.4		
Sugars, total	g	31.00		0	MC	9		17.05		
Starch	g									
Minerals:										
* Calcium, Ca	mg	41		0	MC	9		23		
* Iron, Fe	mg	3.70		0	MC	9		2.04		
Magnesium, Mg	mg	123		0	MC	9		68		
Phosphorus, P	mg	325		0	MC	9		179		
Potassium, K	mg	450		0	MC	9		248		
Sodium, Na	mg	286		0	MC	9		157		
Zinc, Zn	mg	3.10		0	MC	9		1.71		
Copper, Cu	mg	0.330		0	MC	9		0.182		
Manganese, Mn	mg	3.013		0	FLC	4		1.657		
Selenium, Se	mcg	22.0		0	RA	4		12.1		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	32.0		0	MC	9		17.6		
* Thiamin	mg	0.770		0	MC	9		0.424		
* Riboflavin	mg	0.870		0	MC	9		0.479		
* Niacin	mg	10.300		0	MC	9		5.665		
Pantothenic acid	mg	0.747		0	FLC	4		0.411		
Vitamin B-6	mg	1.020		0	MC	9		0.561		
Folate, total	mcg	205		0	MC	9		113		
Folic acid	mcg	186		0	NC	4		102		
Folate, food	mcg	19		0	CAAN	4		10		
Folate, DFE	mcg_DFE	335		0	NC	4		184		
Vitamin B-12	mcg	3.10		0	MC	9		1.71		
* Vitamin A, IU	IU	1530		0	MC	9		842		
Vitamin A, RAE	mcg_RAE	459		0	NC	4		252		
Retinol	mcg	459		0	NC	4		252		
Vitamin E (alpha-tocopherol)	mg	1.40		0	FLM	4		0.77		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
* Vitamin D	IU	81.800		0	MC	9		44.990		
Vitamin K (phylloquinone)	mcg	4.3		0	FLM	4		2.4		
Lipids:										
Fatty acids, total saturated	g	4.200		0	MC	9		2.310		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.004		0	FLM	4		0.002		
8:0	g	0.051		0	FLM	4		0.028		
10:0	g	0.041		0	FLM	4		0.022		
12:0	g	0.339		0	FLM	4		0.186		
13:0	g									
14:0	g	0.159		0	FLM	4		0.088		
15:0	g									
16:0	g	2.563		0	FLM	4		1.410		
17:0	g									
18:0	g	0.985		0	FLM	4		0.542		
20:0	g									
22:0	g									
24:0	g									

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

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

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

Common Measures:

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08259

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

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.00		0	MC	9		0.87		
Energy	kcal	377		0	MC	9		109		
Energy	kj	1577		0	MC	9		457		
Protein (N x 6.25)	g	6.80		0	MC	9		1.97		
Total lipid (fat)	g	0.80		0	MC	9		0.23		
Ash	g	3.40		0	MC	9		0.99		
Carbohydrate, by difference	g	86.00		0	MC	9		24.94		
Fiber, total dietary	g	0.5		0	MC	9		0.1		
Sugars, total	g	10.30		0	MC	9		2.99		
Starch	g									
Minerals:										
* Calcium, Ca	mg	21		0	MC	9		6		
* Iron, Fe	mg	28.00		0	MC	9		8.12		
Magnesium, Mg	mg	25		0	MC	9		7		
Phosphorus, P	mg	91		0	MC	9		26		
Potassium, K	mg	130		0	MC	9		38		
Sodium, Na	mg	724		0	MC	9		210		
Zinc, Zn	mg	5.00		0	MC	9		1.45		
Copper, Cu	mg	0.120		0	MC	9		0.035		
Manganese, Mn	mg	1.819		0	FLC	4		0.528		
Selenium, Se	mcg	10.9		0	RA	4		3.2		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	20.0		0	MC	9		5.8		
* Thiamin	mg	1.900		0	MC	9		0.551		
* Riboflavin	mg	2.100		0	MC	9		0.609		
* Niacin	mg	24.100		0	MC	9		6.989		
Pantothenic acid	mg	0.924		0	FLC	4		0.268		
Vitamin B-6	mg	2.400		0	MC	9		0.696		
Folate, total	mcg	965		0	MC	9		280		
Folic acid	mcg	946		0	NC	4		274		
Folate, food	mcg	19		0	CAAN	4		6		
Folate, DFE	mcg_DFE	1627		0	NC	4		472		
Vitamin B-12	mcg	7.20		0	MC	9		2.09		
* Vitamin A, IU	IU	1724		0	MC	9		500		
Vitamin A, RAE	mcg_RAE	518		0	NC	4		150		
Retinol	mcg	488		0	NC	4		142		
Vitamin E (alpha-tocopherol)	mg	0.20		0	FLM	4		0.06		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
* Vitamin D	IU	138.000		0	MC	9		40.020		
Vitamin K (phylloquinone)	mcg	0.1		0	FLM	4		0.0		
Lipids:										
Fatty acids, total saturated	g	0.200		0	MC	9		0.058		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.000		0	FLM	4		0.000		
13:0	g									
14:0	g	0.002		0	FLM	4		0.001		
15:0	g									
16:0	g	0.175		0	FLM	4		0.051		
17:0	g									
18:0	g	0.018		0	FLM	4		0.005		
20:0	g									
22:0	g									
24:0	g									

NDB No. 08259
Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX

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

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

Common Measures:

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08375

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

Kellogg, Co.

Refuse: 0%

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

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

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08375
Cereals ready-to-eat, KELLOGG, KELLOGG'S CRUNCHEROOS

Food Group: 08 Breakfast Cereals

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

NDB No. 08258

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

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.00		0	MC	9		0.90		
Energy	kcal	350		0	MC	9		105		
Energy	kj	1464		0	MC	9		439		
Protein (N x 6.25)	g	11.00		0	MC	9		3.30		
Total lipid (fat)	g	3.50		0	MC	9		1.05		
Ash	g	5.50		0	MC	9		1.65		
Carbohydrate, by difference	g	77.00		0	MC	9		23.10		
Fiber, total dietary	g	13.0		0	MC	9		3.9		
Sugars, total	g	20.00		0	MC	9		6.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	54		0	MC	9		16		
* Iron, Fe	mg	63.00		0	MC	9		18.90		
Magnesium, Mg	mg	150		0	MC	9		45		
Phosphorus, P	mg	350		0	MC	9		105		
Potassium, K	mg	400		0	MC	9		120		
Sodium, Na	mg	699		0	MC	9		210		
Zinc, Zn	mg	52.00		0	MC	9		15.60		
Copper, Cu	mg	0.300		0	MC	9		0.090		
Manganese, Mn	mg	3.983		0	FLC	4		1.195		
Selenium, Se	mcg	17.0		0	RA	4		5.1		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	210.0		0	MC	9		63.0		
* Thiamin	mg	5.500		0	MC	9		1.650		
* Riboflavin	mg	6.000		0	MC	9		1.800		
* Niacin	mg	70.000		0	MC	9		21.000		
Pantothenic acid	mg	35.000		0	MC	9		10.500		
Vitamin B-6	mg	7.000		0	MC	9		2.100		
Folate, total	mcg	1345		0	MC	9		404		
Folic acid	mcg	1326		0	NC	4		398		
Folate, food	mcg	19		0	CAAN	4		6		
Folate, DFE	mcg_DFE	2273		0	NC	4		682		
Vitamin B-12	mcg	20.10		0	MC	9		6.03		
* Vitamin A, IU	IU	2603		0	MC	9		781		
Vitamin A, RAE	mcg_RAE	782		0	NC	4		235		
Retinol	mcg	782		0	NC	4		235		
* Vitamin E (alpha-tocopherol)	mg	63.00		0	MC	9		18.90		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
* Vitamin D	IU	140.000		0	MC	9		42.000		
Vitamin K (phylloquinone)	mcg	2.0		0	FLM	4		0.6		
Lipids:										
Fatty acids, total saturated	g	0.800		0	MC	9		0.240		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.007		0	FLM	4		0.002		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.013		0	FLM	4		0.004		
13:0	g									
14:0	g	0.009		0	FLM	4		0.003		
15:0	g									
16:0	g	0.679		0	FLM	4		0.204		
17:0	g									
18:0	g	0.042		0	FLM	4		0.013		
20:0	g									
22:0	g									
24:0	g									

NDB No. 08258
Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Oat Bran Flakes

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

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

Common Measures:

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16-1 (2004)

NDB No. 08028

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

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.00		0	MC	9		0.87		
Energy	kcal	318		0	MC	9		92		
Energy	kj	1331		0	MC	9		386		
Protein (N x 6.25)	g	10.00		0	MC	9		2.90		
Total lipid (fat)	g	2.00		0	MC	9		0.58		
Ash	g	6.00		0	MC	9		1.74		
Carbohydrate, by difference	g	79.00		0	MC	9		22.91		
Fiber, total dietary	g	17.5		0	MC	9		5.1		
Sugars, total	g	17.00		0	MC	9		4.93		
Starch	g									
Minerals:										
Calcium, Ca	mg	53		0	MC	9		15		
* Iron, Fe	mg	62.00		0	MC	9		17.98		
Magnesium, Mg	mg	140		0	MC	9		41		
Phosphorus, P	mg	540		0	MC	9		157		
Potassium, K	mg	590		0	MC	9		171		
Sodium, Na	mg	715		0	MC	9		207		
Zinc, Zn	mg	52.50		0	MC	9		15.23		
Copper, Cu	mg	0.500		0	MC	9		0.145		
Manganese, Mn	mg	4.219		0	FLC	4		1.224		
Selenium, Se	mcg	10.5	0.615	16	A	1		3.0		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	207.0		0	MC	9		60.0		
* Thiamin	mg	5.400		0	MC	9		1.566		
* Riboflavin	mg	5.900		0	MC	9		1.711		
* Niacin	mg	69.000		0	MC	9		20.010		
Pantothenic acid	mg	34.900		0	MC	9		10.121		
Vitamin B-6	mg	7.000		0	MC	9		2.030		
Folate, total	mcg	1390		0	MC	9		403		
Folic acid	mcg	1371		0	NC	4		398		
Folate, food	mcg	19		0	CAAN	4		6		
Folate, DFE	mcg_DFE	2350		0	NC	4		681		
Vitamin B-12	mcg	20.70		0	MC	9		6.00		
* Vitamin A, IU	IU	2625		0	MC	9		761		
Vitamin A, RAE	mcg_RAE	788		0	NC	4		229		
Retinol	mcg	788		0	NC	4		229		
* Vitamin E (alpha-tocopherol)	mg	62.14		0	MC	9		18.02		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
* Vitamin D	IU	137.500		0	MC	9		39.875		
Vitamin K (phylloquinone)	mcg	1.5		0	FLM	4		0.4		
Lipids:										
Fatty acids, total saturated	g	0.400		0	MC	9		0.116		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.011		0	FLM	4		0.003		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.001		0	FLM	4		0.000		
13:0	g									
14:0	g	0.004		0	FLM	4		0.001		
15:0	g									
16:0	g	0.345		0	FLM	4		0.100		
17:0	g									
18:0	g	0.021		0	FLM	4		0.006		
20:0	g									
22:0	g									
24:0	g									

NDB No. 08028

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

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

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

Common Measures:

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16-1 (2004)

NDB No. 08020

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

Kellogg, Co.

Refuse: 0%

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

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

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

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

Common Measures:

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08030

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

Kellogg, Co.

Refuse: 0%

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

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

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

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

Common Measures:

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08069

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

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.00		0	MC	9		0.93		
Energy	kcal	367		0	MC	9		114		
Energy	kj	1536		0	MC	9		476		
Protein (N x 6.25)	g	3.30		0	MC	9		1.02		
Total lipid (fat)	g	0.52		0	MC	9		0.16		
Ash	g	2.88		0	MC	9		0.89		
Carbohydrate, by difference	g	90.30		0	MC	9		27.99		
Fiber, total dietary	g	3.2		0	MC	9		1.0		
Sugars, total	g	38.00		0	MC	9		11.78		
Starch	g									
Minerals:										
Calcium, Ca	mg	5		0	MC	9		1		
* Iron, Fe	mg	14.50		0	MC	9		4.50		
Magnesium, Mg	mg	8		0	MC	9		2		
Phosphorus, P	mg	34		0	MC	9		10		
Potassium, K	mg	73		0	MC	9		23		
Sodium, Na	mg	479		0	MC	9		148		
Zinc, Zn	mg	0.18		0	MC	9		0.06		
Copper, Cu	mg	0.040		0	MC	9		0.012		
Manganese, Mn	mg	0.245		0	FLC	4		0.076		
Selenium, Se	mcg	4.4	1.290	9	A	1		1.4		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	20.0		0	MC	9		6.2		
* Thiamin	mg	1.200		0	MC	9		0.372		
* Riboflavin	mg	1.500		0	MC	9		0.465		
* Niacin	mg	16.200		0	MC	9		5.022		
Pantothenic acid	mg	0.341		0	FLC	4		0.106		
Vitamin B-6	mg	1.600		0	MC	9		0.496		
Folate, total	mcg	327		0	MC	9		101		
Folic acid	mcg	308		0	NC	4		95		
Folate, food	mcg	19		0	CAAN	4		6		
Folate, DFE	mcg_DFE	543		0	NC	4		168		
Vitamin B-12	mcg	5.00		0	MC	9		1.55		
* Vitamin A, IU	IU	1720		0	MC	9		533		
Vitamin A, RAE	mcg_RAE	517		0	NC	4		160		
Retinol	mcg	517		0	NC	4		160		
Vitamin E (alpha-tocopherol)	mg	0.05		0	FLM	4		0.02		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
* Vitamin D	IU	129.000		0	MC	9		39.990		
Vitamin K (phylloquinone)	mcg	0.1		0	FLM	4		0.0		
Lipids:										
Fatty acids, total saturated	g	0.170		0	MC	9		0.053		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.001		0	FLM	4		0.000		
13:0	g									
14:0	g	0.001		0	FLM	4		0.000		
15:0	g									
16:0	g	0.141		0	FLM	4		0.044		
17:0	g									
18:0	g	0.019		0	FLM	4		0.006		
20:0	g									
22:0	g									
24:0	g									

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

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

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

Common Measures:

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08319

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

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.00		0	MC	9		3.30		
Energy	kcal	344		0	MC	9		189		
Energy	kj	1439		0	MC	9		792		
Protein (N x 6.25)	g	10.10		0	MC	9		5.56		
Total lipid (fat)	g	1.60		0	MC	9		0.88		
Ash	g	1.30		0	MC	9		0.72		
Carbohydrate, by difference	g	81.00		0	MC	9		44.55		
Fiber, total dietary	g	10.0		0	MC	9		5.5		
Sugars, total	g	20.10		0	MC	9		11.06		
Starch	g									
Minerals:										
Calcium, Ca	mg	32		0	MC	9		18		
* Iron, Fe	mg	28.00		0	MC	9		15.40		
Magnesium, Mg	mg	118		0	MC	9		65		
Phosphorus, P	mg	294		0	MC	9		162		
Potassium, K	mg	345		0	MC	9		190		
Sodium, Na	mg	8		0	MC	9		5		
* Zinc, Zn	mg	3.20		0	MC	9		1.76		
Copper, Cu	mg	0.320		0	MC	9		0.176		
Manganese, Mn	mg	2.788		0	MC	9		1.533		
Selenium, Se	mcg	4.1		0	BFZN	4		2.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg									
* Thiamin	mg	0.740		0	MC	9		0.407		
* Riboflavin	mg	0.830		0	MC	9		0.457		
* Niacin	mg	9.800		0	MC	9		5.390		
Pantothenic acid	mg	0.000		0	MC	9		0.000		
* Vitamin B-6	mg	0.980		0	MC	9		0.539		
* Folate, total	mcg	196		0	MC	9		108		
Folic acid	mcg	177		0	NC	4		97		
Folate, food	mcg	19		0	CAAN	4		10		
Folate, DFE	mcg_DFE	320		0	NC	4		176		
* Vitamin B-12	mcg	2.94		0	MC	9		1.62		
Vitamin A, IU	IU	0		0	MC	9		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.360		0	MC	9		0.198		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.020		0	FLM	4		0.011		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.000		0	FLM	4		0.000		
13:0	g									
14:0	g	0.004		0	FLM	4		0.002		
15:0	g									
16:0	g	0.302		0	FLM	4		0.166		
17:0	g									
18:0	g	0.019		0	FLM	4		0.010		
20:0	g									
22:0	g									
24:0	g									

NDB No. 08319

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

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

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

Common Measures:

Measure 1 = 55g: 1 cup, bite size

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

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

NDB No. 08032

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

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.00		0	MC	9		0.90		
Energy	kcal	379		0	MC	9		114		
Energy	kj	1586		0	MC	9		476		
Protein (N x 6.25)	g	3.40		0	MC	9		1.02		
Total lipid (fat)	g	0.80		0	MC	9		0.24		
Ash	g	2.90		0	MC	9		0.87		
Carbohydrate, by difference	g	89.90		0	MC	9		26.97		
Fiber, total dietary	g	0.3		0	MC	9		0.1		
Sugars, total	g	40.00		0	MC	9		12.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	11		0	MC	9		3		
* Iron, Fe	mg	6.00		0	MC	9		1.80		
Magnesium, Mg	mg	27		0	MC	9		8		
Phosphorus, P	mg	92		0	MC	9		28		
Potassium, K	mg	93		0	MC	9		28		
Sodium, Na	mg	726		0	MC	9		218		
Zinc, Zn	mg	0.90		0	MC	9		0.27		
Copper, Cu	mg	0.100		0	MC	9		0.030		
Manganese, Mn	mg	0.749		0	FLC	4		0.225		
Selenium, Se	mcg	15.4		0	BFZN	4		4.6		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	21.0		0	MC	9		6.3		
* Thiamin	mg	1.300		0	MC	9		0.390		
* Riboflavin	mg	1.400		0	MC	9		0.420		
* Niacin	mg	17.000		0	MC	9		5.100		
Pantothenic acid	mg	0.693		0	FLC	4		0.208		
Vitamin B-6	mg	1.700		0	MC	9		0.510		
Folate, total	mcg	670		0	MC	9		201		
Folic acid	mcg	666		0	NC	4		200		
Folate, food	mcg	4		0	CAAN	4		1		
Folate, DFE	mcg_DFE	1136		0	NC	4		341		
Vitamin B-12	mcg	5.10		0	MC	9		1.53		
* Vitamin A, IU	IU	1670		0	MC	9		501		
Vitamin A, RAE	mcg_RAE	502		0	NC	4		151		
Retinol	mcg	502		0	NC	4		151		
Vitamin E (alpha-tocopherol)	mg	0.06		0	FLM	4		0.02		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
* Vitamin D	IU	140.000		0	MC	9		42.000		
Vitamin K (phylloquinone)	mcg	0.0		0	FLM	4		0.0		
Lipids:										
Fatty acids, total saturated	g	0.200		0	MC	9		0.060		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.000		0	FLM	4		0.000		
13:0	g									
14:0	g	0.004		0	FLM	4		0.001		
15:0	g									
16:0	g	0.179		0	FLM	4		0.054		
17:0	g									
18:0	g	0.013		0	FLM	4		0.004		
20:0	g									
22:0	g									
24:0	g									

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

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

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

Common Measures:

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08309

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

Kellogg, Co.

Refuse: 0%

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

NDB No. 08309
Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES

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

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

Common Measures:

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08283
Cereals ready-to-eat, KELLOGG, KELLOGG'S JUST RIGHT Fruit & Nut

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.90		0	MC	9		3.25		
Energy	kcal	366		0	MC	9		201		
Energy	kj	1531		0	MC	9		842		
Protein (N x 6.25)	g	7.00		0	MC	9		3.85		
Total lipid (fat)	g	3.30		0	MC	9		1.82		
Ash	g	2.10		0	MC	9		1.16		
Carbohydrate, by difference	g	81.70		0	MC	9		44.94		
Fiber, total dietary	g	5.2		0	MC	9		2.9		
Sugars, total	g	25.00		0	MC	9		13.75		
Starch	g									
Minerals:										
Calcium, Ca	mg	35		0	MC	9		19		
* Iron, Fe	mg	27.00		0	MC	9		14.85		
Magnesium, Mg	mg	52		0	MC	9		29		
Phosphorus, P	mg	179		0	MC	9		98		
Potassium, K	mg	283		0	MC	9		156		
Sodium, Na	mg	467		0	MC	9		257		
Zinc, Zn	mg	1.30		0	MC	9		0.72		
Copper, Cu	mg	0.200		0	MC	9		0.110		
Manganese, Mn	mg									
Selenium, Se	mcg	5.1		0	RA	4		2.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
* Thiamin	mg	0.600		0	MC	9		0.330		
* Riboflavin	mg	0.700		0	MC	9		0.385		
* Niacin	mg	8.300		0	MC	9		4.565		
Pantothenic acid	mg	0.000		0	MC	9		0.000		
Vitamin B-6	mg	3.300		0	MC	9		1.815		
Folate, total	mcg	668		0	MC	9		367		
Folic acid	mcg	649		0	NC	4		357		
Folate, food	mcg	19		0	CAAN	4		10		
Folate, DFE	mcg_DFE	1122		0	NC	4		617		
Vitamin B-12	mcg	10.00		0	MC	9		5.50		
* Vitamin A, IU	IU	828		0	MC	9		455		
Vitamin A, RAE	mcg_RAE	249		0	NC	4		137		
Retinol	mcg	249		0	NC	4		137		
* Vitamin E (alpha-tocopherol)	mg	2.25		0	MC	9		1.24		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
* Vitamin D	IU	83.000		0	MC	9		45.650		
Vitamin K (phylloquinone)	mcg	1.2		0	FLM	4		0.7		
Lipids:										
Fatty acids, total saturated	g	0.500		0	MC	9		0.275		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.004		0	FLM	4		0.002		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.002		0	FLM	4		0.001		
13:0	g	0.000		0	FLM	4		0.000		
14:0	g	0.003		0	FLM	4		0.001		
15:0	g	0.000		0	FLM	4		0.000		
16:0	g	0.416		0	FLM	4		0.229		
17:0	g	0.000		0	FLM	4		0.000		
18:0	g	0.062		0	FLM	4		0.034		
20:0	g	0.000		0	FLM	4		0.000		
22:0	g	0.000		0	FLM	4		0.000		

NDB No. 08283
Cereals ready-to-eat, KELLOGG, KELLOGG'S JUST RIGHT Fruit & Nut

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

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

Common Measures:

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16-1 (2004)

NDB No. 08284

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

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.50		0	MC	9		1.93		
Energy	kcal	366		0	MC	9		201		
Energy	kj	1531		0	MC	9		842		
Protein (N x 6.25)	g	8.00		0	MC	9		4.40		
Total lipid (fat)	g	5.00		0	MC	9		2.75		
Ash	g	3.50		0	MC	9		1.93		
Carbohydrate, by difference	g	80.00		0	MC	9		44.00		
Fiber, total dietary	g	5.0		0	MC	9		2.8		
Sugars, total	g	28.40		0	MC	9		15.62		
Starch	g									
Minerals:										
Calcium, Ca	mg	42		0	MC	9		23		
* Iron, Fe	mg	3.00		0	MC	9		1.65		
Magnesium, Mg	mg	75		0	MC	9		41		
Phosphorus, P	mg	234		0	MC	9		129		
Potassium, K	mg	300		0	MC	9		165		
Sodium, Na	mg	246		0	MC	9		135		
Zinc, Zn	mg	6.30		0	MC	9		3.47		
Copper, Cu	mg	0.200		0	MC	9		0.110		
Manganese, Mn	mg									
Selenium, Se	mcg	17.3		0	BFZN	4		9.5		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	6.0		0	MC	9		3.3		
* Thiamin	mg	0.630		0	MC	9		0.347		
* Riboflavin	mg	0.700		0	MC	9		0.385		
* Niacin	mg	8.300		0	MC	9		4.565		
Pantothenic acid	mg	0.000		0	MC	9		0.000		
Vitamin B-6	mg	3.300		0	MC	9		1.815		
Folate, total	mcg	672		0	MC	9		370		
Folic acid	mcg	653		0	NC	4		359		
Folate, food	mcg	19		0	CAAN	4		10		
Folate, DFE	mcg_DFE	1129		0	NC	4		621		
Vitamin B-12	mcg	10.00		0	MC	9		5.50		
* Vitamin A, IU	IU	1250		0	MC	9		688		
Vitamin A, RAE	mcg_RAE	375		0	NC	4		206		
Retinol	mcg	375		0	NC	4		206		
* Vitamin E (alpha-tocopherol)	mg	5.63		0	MC	9		3.09		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
* Vitamin D	IU	67.000		0	MC	9		36.850		
Vitamin K (phylloquinone)	mcg	2.0		0	FLM	4		1.1		
Lipids:										
Fatty acids, total saturated	g	1.500		0	MC	9		0.825		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.008		0	FLM	4		0.004		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.009		0	FLM	4		0.005		
13:0	g	0.000		0	FLM	4		0.000		
14:0	g	0.018		0	FLM	4		0.010		
15:0	g	0.000		0	FLM	4		0.000		
16:0	g	1.220		0	FLM	4		0.671		
17:0	g	0.000		0	FLM	4		0.000		
18:0	g	0.202		0	FLM	4		0.111		
20:0	g	0.000		0	FLM	4		0.000		
22:0	g	0.000		0	FLM	4		0.000		
24:0	g	0.000		0	FLM	4		0.000		

NDB No. 08284
Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.500		0	MC	9		1.375		
14:1.....g	0.000		0	FLM	4		0.000		
15:1.....g	0.000		0	FLM	4		0.000		
16:1 undifferentiated.....g	0.023		0	FLM	4		0.013		
17:1.....g	0.000		0	FLM	4		0.000		
18:1 undifferentiated.....g	2.476		0	FLM	4		1.362		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated.....g	1.000		0	MC	9		0.550		
18:2 undifferentiated.....g	0.953		0	FLM	4		0.524		
18:3 undifferentiated.....g	0.047		0	FLM	4		0.026		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLM	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16-1 (2004)

NDB No. 08377

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

Kellogg, Co.

Refuse: 0%

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

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

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08377

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

Food Group: 08 Breakfast Cereals

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

NDB No. 08189

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

Kellogg, Co.

Refuse: 0%

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

NDB No. 08189

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

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

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

Common Measures:

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08286

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

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	8.70		0	MC	9		4.79		
Energy	kcal	357		0	MC	9		196		
Energy	kj	1494		0	MC	9		822		
Protein (N x 6.25)	g	9.10		0	MC	9		5.01		
Total lipid (fat)	g	5.50		0	MC	9		3.03		
Ash	g	3.70		0	MC	9		2.04		
Carbohydrate, by difference	g	73.00		0	MC	9		40.15		
Fiber, total dietary	g	7.3		0	MC	9		4.0		
Sugars, total	g	31.00		0	MC	9		17.05		
Starch	g									
Minerals:										
* Calcium, Ca	mg	58		0	MC	9		32		
* Iron, Fe	mg	8.20		0	MC	9		4.51		
Magnesium, Mg	mg	89		0	MC	9		49		
Phosphorus, P	mg	182		0	MC	9		100		
Potassium, K	mg	436		0	MC	9		240		
Sodium, Na	mg	309		0	MC	9		170		
* Zinc, Zn	mg	6.80		0	MC	9		3.74		
Copper, Cu	mg	0.200		0	MC	9		0.110		
Manganese, Mn	mg	2.177		0	BFZN	4		1.197		
Selenium, Se	mcg	17.3		0	BFZN	4		9.5		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	0.4		0	MC	9		0.2		
* Thiamin	mg	0.800		0	MC	9		0.440		
* Riboflavin	mg	0.800		0	MC	9		0.440		
* Niacin	mg	10.000		0	MC	9		5.500		
Pantothenic acid	mg	4.600		0	MC	9		2.530		
* Vitamin B-6	mg	3.700		0	MC	9		2.035		
* Folate, total	mcg	738		0	MC	9		406		
Folic acid	mcg	719		0	NC	4		395		
Folate, food	mcg	19		0	CAAN	4		10		
Folate, DFE	mcg_DFE	1241		0	NC	4		683		
* Vitamin B-12	mcg	11.00		0	MC	9		6.05		
* Vitamin A, IU	IU	545		0	MC	9		300		
Vitamin A, RAE	mcg_RAE	164		0	NC	4		90		
Retinol	mcg	164		0	NC	4		90		
* Vitamin E (alpha-tocopherol)	mg	7.17		0	MC	9		3.95		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
* Vitamin D	IU	29.000		0	MC	9		15.950		
Vitamin K (phylloquinone)	mcg	2.9		0	O	4		1.6		
Lipids:										
Fatty acids, total saturated	g	0.800		0	MC	9		0.440		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.003		0	FLM	4		0.002		
10:0	g	0.001		0	FLM	4		0.001		
12:0	g	0.013		0	FLM	4		0.007		
13:0	g									
14:0	g	0.028		0	FLM	4		0.015		
15:0	g									
16:0	g	0.595		0	FLM	4		0.327		
17:0	g									
18:0	g	0.121		0	FLM	4		0.067		
20:0	g									
22:0	g									
24:0	g									

NDB No. 08286
Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX

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

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

Common Measures:

Measure 1 = 55g: .666 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16-1 (2004)

NDB No. 08376

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

Kellogg, Co.

Refuse: 0%

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

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

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08376

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

Food Group: 08 Breakfast Cereals

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

NDB No. 08058

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

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.00		0	MC	9		0.90		
Energy	kcal	333		0	MC	9		100		
Energy	kj	1393		0	MC	9		418		
Protein (N x 6.25)	g	7.70		0	MC	9		2.31		
Total lipid (fat)	g	1.40		0	MC	9		0.42		
Ash	g	4.90		0	MC	9		1.47		
Carbohydrate, by difference	g	83.00		0	MC	9		24.90		
Fiber, total dietary	g	3.3		0	MC	9		1.0		
Sugars, total	g	13.30		0	MC	9		3.99		
Starch	g									
Minerals:										
Calcium, Ca	mg	16		0	MC	9		5		
* Iron, Fe	mg	60.30		0	MC	9		18.09		
Magnesium, Mg	mg	53		0	MC	9		16		
Phosphorus, P	mg	133		0	MC	9		40		
Potassium, K	mg	167		0	MC	9		50		
Sodium, Na	mg	690		0	MC	9		207		
Zinc, Zn	mg	51.00		0	MC	9		15.30		
Copper, Cu	mg	0.120		0	MC	9		0.036		
Manganese, Mn	mg									
Selenium, Se	mcg	12.0	1.512	7	A	1		3.6		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	204.0		0	MC	9		61.2		
* Thiamin	mg	5.000		0	MC	9		1.500		
* Riboflavin	mg	5.700		0	MC	9		1.710		
* Niacin	mg	66.700		0	MC	9		20.010		
Pantothenic acid	mg	33.600		0	MC	9		10.080		
Vitamin B-6	mg	6.900		0	MC	9		2.070		
Folate, total	mcg	1333		0	MC	9		400		
Folic acid	mcg	1314		0	NC	4		394		
Folate, food	mcg	19		0	CAAN	4		6		
Folate, DFE	mcg_DFE	2253		0	NC	4		676		
Vitamin B-12	mcg	20.00		0	MC	9		6.00		
* Vitamin A, IU	IU	2500		0	MC	9		750		
Vitamin A, RAE	mcg_RAE	751		0	NC	4		225		
Retinol	mcg	700		0	NC	4		210		
* Vitamin E (alpha-tocopherol)	mg	45.00		0	MC	9		13.50		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
* Vitamin D	IU	131.000		0	MC	9		39.300		
Vitamin K (phylloquinone)	mcg	0.6		0	FLM	4		0.2		
Lipids:										
Fatty acids, total saturated	g	0.300		0	MC	9		0.090		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.003		0	FLM	4		0.001		
13:0	g									
14:0	g	0.002		0	FLM	4		0.001		
15:0	g									
16:0	g	0.256		0	FLM	4		0.077		
17:0	g									
18:0	g	0.022		0	FLM	4		0.007		
20:0	g									
22:0	g									
24:0	g									

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

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

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

Common Measures:

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16-1 (2004)

NDB No. 08379

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

Kellogg, Co.

Refuse: 0%

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

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

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08060

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

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	8.30		0	MC	9		5.06		
Energy	kcal	319		0	MC	9		195		
Energy	kj	1335		0	MC	9		814		
Protein (N x 6.25)	g	8.50		0	MC	9		5.19		
Total lipid (fat)	g	2.50		0	MC	9		1.53		
Ash	g	4.40		0	MC	9		2.68		
Carbohydrate, by difference	g	76.30		0	MC	9		46.54		
Fiber, total dietary	g	11.9		0	MC	9		7.3		
Sugars, total	g	32.00		0	MC	9		19.52		
Starch	g									
Minerals:										
Calcium, Ca	mg	48		0	MC	9		29		
* Iron, Fe	mg	7.60		0	MC	9		4.64		
Magnesium, Mg	mg	136		0	MC	9		83		
Phosphorus, P	mg	424		0	MC	9		259		
Potassium, K	mg	610		0	MC	9		372		
Sodium, Na	mg	593		0	MC	9		362		
Zinc, Zn	mg	2.54		0	MC	9		1.55		
Copper, Cu	mg	0.340		0	MC	9		0.207		
Manganese, Mn	mg									
Selenium, Se	mcg	7.0	0.348	40	A	1		4.3		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	0.7		0	MC	9		0.4		
* Thiamin	mg	0.640		0	MC	9		0.390		
* Riboflavin	mg	0.720		0	MC	9		0.439		
* Niacin	mg	8.500		0	MC	9		5.185		
Pantothenic acid	mg									
Vitamin B-6	mg	0.850		0	MC	9		0.519		
Folate, total	mcg	170		0	MC	9		104		
Folic acid	mcg	151		0	NC	4		92		
Folate, food	mcg	19		0	CAAN	4		12		
Folate, DFE	mcg_DFE	276		0	NC	4		168		
Vitamin B-12	mcg	2.54		0	MC	9		1.55		
* Vitamin A, IU	IU	847		0	MC	9		517		
Vitamin A, RAE	mcg_RAE	254		0	NC	4		155		
Retinol	mcg	254		0	NC	4		155		
Vitamin E (alpha-tocopherol)	mg	0.78		0	FLM	4		0.47		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
* Vitamin D	IU	68.000		0	MC	9		41.480		
Vitamin K (phylloquinone)	mcg	1.7		0	FLM	4		1.1		
Lipids:										
Fatty acids, total saturated	g	0.550		0	MC	9		0.336		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.002		0	FLM	4		0.001		
13:0	g									
14:0	g	0.006		0	FLM	4		0.004		
15:0	g	0.000		0	FLM	4		0.000		
16:0	g	0.483		0	FLM	4		0.294		
17:0	g	0.000		0	FLM	4		0.000		
18:0	g	0.035		0	FLM	4		0.021		
20:0	g	0.000		0	FLM	4		0.000		
22:0	g	0.001		0	FLM	4		0.000		
24:0	g									

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

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

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

Common Measures:

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08287

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

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	9.50		0	MC	9		5.23		
Energy	kcal	336		0	MC	9		185		
Energy	kj	1406		0	MC	9		773		
Protein (N x 6.25)	g	9.40		0	MC	9		5.17		
Total lipid (fat)	g	1.60		0	MC	9		0.88		
Ash	g	0.92		0	O	4		0.51		
Carbohydrate, by difference	g	79.20		0	MC	9		43.56		
Fiber, total dietary	g	9.4		0	MC	9		5.2		
Sugars, total	g	21.00		0	MC	9		11.55		
Starch	g									
Minerals:										
Calcium, Ca	mg	39		0	MC	9		21		
* Iron, Fe	mg	28.00		0	MC	9		15.40		
Magnesium, Mg	mg	79		0	MC	9		43		
Phosphorus, P	mg	283		0	MC	9		156		
Potassium, K	mg	481		0	MC	9		265		
Sodium, Na	mg	6		0	MC	9		3		
Zinc, Zn	mg	2.80		0	MC	9		1.54		
Copper, Cu	mg	0.250		0	MC	9		0.138		
Manganese, Mn	mg	2.315		0	BFZN	4		1.273		
Selenium, Se	mcg	4.1		0	BFZN	4		2.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
* Thiamin	mg	0.710		0	MC	9		0.391		
* Riboflavin	mg	0.800		0	MC	9		0.440		
* Niacin	mg	9.400		0	MC	9		5.170		
Pantothenic acid	mg	0.000		0	MC	9		0.000		
Vitamin B-6	mg	0.940		0	MC	9		0.517		
Folate, total	mcg	189		0	MC	9		104		
Folic acid	mcg	170		0	NC	4		94		
Folate, food	mcg	19		0	CAAN	4		10		
Folate, DFE	mcg_DFE	308		0	NC	4		169		
Vitamin B-12	mcg	2.90		0	MC	9		1.60		
Vitamin A, IU	IU	0		0	Z	7		0		
Vitamin A, RAE	mcg_RAE	0		0	Z	7		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.52		0	FLM	4		0.29		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	1.5		0	FLM	4		0.8		
Lipids:										
Fatty acids, total saturated	g	0.350		0	MC	9		0.193		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.009		0	FLM	4		0.005		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.000		0	FLM	4		0.000		
13:0	g									
14:0	g	0.003		0	FLM	4		0.002		
15:0	g	0.000		0	FLM	4		0.000		
16:0	g	0.307		0	FLM	4		0.169		
17:0	g	0.000		0	FLM	4		0.000		
18:0	g	0.019		0	FLM	4		0.010		
20:0	g	0.000		0	FLM	4		0.000		
22:0	g	0.000		0	FLM	4		0.000		
24:0	g									

NDB No. 08287
Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN SQUARES MINI-WHEATS

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

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

Common Measures:

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08065

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

Kellogg, Co.

Refuse: 0%

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

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

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

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

Common Measures:

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08288

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

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.00		0	MC	9		0.90		
Energy	kcal	408		0	MC	9		122		
Energy	kj	1707		0	MC	9		512		
Protein (N x 6.25)	g	4.00		0	MC	9		1.20		
Total lipid (fat)	g	5.00		0	MC	9		1.50		
Ash	g	1.00		0	MC	9		0.30		
Carbohydrate, by difference	g	87.00		0	MC	9		26.10		
Fiber, total dietary	g	0.2		0	MC	9		0.1		
Sugars, total	g	30.10		0	MC	9		9.03		
Starch	g									
Minerals:										
Calcium, Ca	mg	10		0	MC	9		3		
* Iron, Fe	mg	6.20		0	MC	9		1.86		
Magnesium, Mg	mg	23		0	MC	9		7		
Phosphorus, P	mg	79		0	MC	9		24		
Potassium, K	mg	79		0	MC	9		24		
Sodium, Na	mg	630		0	MC	9		189		
Zinc, Zn	mg	0.80		0	MC	9		0.24		
Copper, Cu	mg	0.100		0	MC	9		0.030		
Manganese, Mn	mg	0.587		0	FLC	4		0.176		
Selenium, Se	mcg	12.1		0	RA	4		3.6		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	20.0		0	MC	9		6.0		
* Thiamin	mg	1.300		0	MC	9		0.390		
* Riboflavin	mg	1.400		0	MC	9		0.420		
* Niacin	mg	17.000		0	MC	9		5.100		
Pantothenic acid	mg									
Vitamin B-6	mg	1.700		0	MC	9		0.510		
Folate, total	mcg	680		0	MC	9		204		
Folic acid	mcg	676		0	NC	4		203		
Folate, food	mcg	4		0	CAAN	4		1		
Folate, DFE	mcg_DFE	1153		0	NC	4		346		
Vitamin B-12	mcg	5.00		0	MC	9		1.50		
* Vitamin A, IU	IU	1680		0	MC	9		504		
Vitamin A, RAE	mcg_RAE	505		0	NC	4		152		
Retinol	mcg	505		0	NC	4		152		
Vitamin E (alpha-tocopherol)	mg	0.40		0	FLM	4		0.12		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
* Vitamin D	IU	135.000		0	MC	9		40.500		
Vitamin K (phylloquinone)	mcg	1.2		0	FLM	4		0.4		
Lipids:										
Fatty acids, total saturated	g	1.400		0	MC	9		0.420		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.000		0	FLM	4		0.000		
13:0	g									
14:0	g	0.012		0	FLM	4		0.004		
15:0	g									
16:0	g	0.958		0	FLM	4		0.288		
17:0	g									
18:0	g	0.423		0	FLM	4		0.127		
20:0	g									
22:0	g									
24:0	g									

NDB No. 08288

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.900		0	MC	9		0.870		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.028		0	FLM	4		0.008		
17:1.....g									
18:1 undifferentiated.....g	2.860		0	FLM	4		0.858		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.700		0	MC	9		0.210		
18:2 undifferentiated.....g	0.644		0	FLM	4		0.193		
18:3 undifferentiated.....g	0.052		0	FLM	4		0.016		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08318

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

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.00		0	MC	9		1.50		
Energy	kcal	364		0	MC	9		182		
Energy	kj	1523		0	MC	9		761		
Protein (N x 6.25)	g	6.20		0	MC	9		3.10		
Total lipid (fat)	g	1.20		0	MC	9		0.60		
Ash	g	3.60		0	MC	9		1.80		
Carbohydrate, by difference	g	86.00		0	MC	9		43.00		
Fiber, total dietary	g	4.6		0	MC	9		2.3		
Sugars, total	g	31.00		0	MC	9		15.50		
Starch	g									
Minerals:										
* Calcium, Ca	mg	34		0	MC	9		17		
* Iron, Fe	mg	36.00		0	MC	9		18.00		
Magnesium, Mg	mg	64		0	MC	9		32		
Phosphorus, P	mg	202		0	MC	9		101		
Potassium, K	mg	204		0	MC	9		102		
Sodium, Na	mg	561		0	MC	9		281		
Zinc, Zn	mg	30.20		0	MC	9		15.10		
Copper, Cu	mg	0.180		0	MC	9		0.090		
Manganese, Mn	mg	2.191		0	FLM	4		1.096		
Selenium, Se	mcg	21.4		0	FLM	4		10.7		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	31.0		0	MC	9		15.5		
* Thiamin	mg	3.100		0	MC	9		1.550		
* Riboflavin	mg	3.400		0	MC	9		1.700		
* Niacin	mg	40.000		0	MC	9		20.000		
Pantothenic acid	mg	20.000		0	MC	9		10.000		
Vitamin B-6	mg	4.000		0	MC	9		2.000		
Folate, total	mcg	805		0	MC	9		403		
Folic acid	mcg	786		0	NC	4		393		
Folate, food	mcg	19		0	CAAN	4		10		
Folate, DFE	mcg_DFE	1355		0	NC	4		678		
Vitamin B-12	mcg	12.00		0	MC	9		6.00		
* Vitamin A, IU	IU	1540		0	MC	9		770		
Vitamin A, RAE	mcg_RAE	462		0	NC	4		231		
Retinol	mcg	462		0	NC	4		231		
* Vitamin E (alpha-tocopherol)	mg	27.00		0	MC	9		13.50		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
* Vitamin D	IU	85.000		0	MC	9		42.500		
Vitamin K (phylloquinone)	mcg	0.5		0	FLM	4		0.2		
Lipids:										
Fatty acids, total saturated	g	0.400		0	MC	9		0.200		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.006		0	FLM	4		0.003		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.000		0	FLM	4		0.000		
13:0	g									
14:0	g	0.007		0	FLM	4		0.003		
15:0	g									
16:0	g	0.351		0	FLM	4		0.176		
17:0	g									
18:0	g	0.025		0	FLM	4		0.012		
20:0	g									
22:0	g									
24:0	g									

NDB No. 08318
Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Cereal

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

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

Common Measures:

Measure 1 = 50g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16-1 (2004)

NDB No. 08071

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

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.50		0	MC	9		0.68		
Energy	kcal	387		0	MC	9		104		
Energy	kj	1619		0	MC	9		437		
Protein (N x 6.25)	g	6.40		0	MC	9		1.73		
Total lipid (fat)	g	1.85		0	MC	9		0.50		
Ash	g	0.70		0	O	4		0.19		
Carbohydrate, by difference	g	89.00		0	MC	9		24.03		
Fiber, total dietary	g	3.7		0	MC	9		1.0		
Sugars, total	g	56.00		0	MC	9		15.12		
Starch	g									
Minerals:										
Calcium, Ca	mg	24		0	MC	9		6		
Iron, Fe	mg	1.30		0	MC	9		0.35		
Magnesium, Mg	mg	59		0	MC	9		16		
Phosphorus, P	mg	171		0	MC	9		46		
Potassium, K	mg	151		0	MC	9		41		
Sodium, Na	mg	186		0	MC	9		50		
Zinc, Zn	mg	1.30		0	MC	9		0.35		
Copper, Cu	mg	0.200		0	MC	9		0.054		
Manganese, Mn	mg	1.401		0	FLC	4		0.378		
Selenium, Se	mcg	48.6		0	BFZN	4		13.1		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	22.6		0	MC	9		6.1		
* Thiamin	mg	1.400		0	MC	9		0.378		
* Riboflavin	mg	1.600		0	MC	9		0.432		
* Niacin	mg	18.500		0	MC	9		4.995		
Pantothenic acid	mg	0.371		0	FLC	4		0.100		
Vitamin B-6	mg	1.900		0	MC	9		0.513		
Folate, total	mcg	375		0	MC	9		101		
Folic acid	mcg	356		0	NC	4		96		
Folate, food	mcg	19		0	CAAN	4		5		
Folate, DFE	mcg_DFE	624		0	NC	4		169		
Vitamin B-12	mcg	5.60		0	MC	9		1.51		
* Vitamin A, IU	IU	1885		0	MC	9		509		
Vitamin A, RAE	mcg_RAE	566		0	NC	4		153		
Retinol	mcg	566		0	NC	4		153		
Vitamin E (alpha-tocopherol)	mg	0.50		0	FLM	4		0.13		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
* Vitamin D	IU	148.000		0	MC	9		39.960		
Vitamin K (phylloquinone)	mcg	2.0		0	FLM	4		0.5		
Lipids:										
Fatty acids, total saturated	g	0.300		0	MC	9		0.081		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.008		0	FLM	4		0.002		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.000		0	FLM	4		0.000		
13:0	g									
14:0	g	0.003		0	FLM	4		0.001		
15:0	g									
16:0	g	0.244		0	FLM	4		0.066		
17:0	g									
18:0	g	0.038		0	FLM	4		0.010		
20:0	g									
22:0	g									
24:0	g									

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

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

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

Common Measures:

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08067

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

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.00		0	MC	9		0.93		
Energy	kcal	379		0	MC	9		117		
Energy	kj	1586		0	MC	9		492		
Protein (N x 6.25)	g	22.50		0	MC	9		6.98		
Total lipid (fat)	g	1.55		0	MC	9		0.48		
Ash	g	1.95		0	MC	9		0.60		
Carbohydrate, by difference	g	71.00		0	MC	9		22.01		
Fiber, total dietary	g	2.4		0	MC	9		0.7		
Sugars, total	g	12.90		0	MC	9		4.00		
Starch	g									
Minerals:										
* Calcium, Ca	mg	30		0	MC	9		9		
* Iron, Fe	mg	27.00		0	MC	9		8.37		
Magnesium, Mg	mg	62		0	MC	9		19		
Phosphorus, P	mg	219		0	MC	9		68		
Potassium, K	mg	196		0	MC	9		61		
Sodium, Na	mg	721		0	MC	9		224		
Zinc, Zn	mg	2.90		0	MC	9		0.90		
Copper, Cu	mg	0.200		0	MC	9		0.062		
Manganese, Mn	mg	2.753		0		4		0.853		
Selenium, Se	mcg	54.9	4.505	11	A	1		17.0		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	67.7		0	MC	9		21.0		
* Thiamin	mg	1.700		0	MC	9		0.527		
* Riboflavin	mg	1.900		0	MC	9		0.589		
* Niacin	mg	23.000		0	MC	9		7.130		
Pantothenic acid	mg									
Vitamin B-6	mg	6.400		0	MC	9		1.984		
Folate, total	mcg	1290		0	MC	9		400		
Folic acid	mcg	1271		0	NC	4		394		
Folate, food	mcg	19		0	CAAN	4		6		
Folate, DFE	mcg_DFE	2180		0	NC	4		676		
Vitamin B-12	mcg	19.50		0	MC	9		6.05		
* Vitamin A, IU	IU	2474		0	MC	9		767		
Vitamin A, RAE	mcg_RAE	743		0	NC	4		230		
Retinol	mcg	743		0	NC	4		230		
* Vitamin E (alpha-tocopherol)	mg	15.30		0	MC	9		4.74		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.5		0	FLM	4		0.1		
Lipids:										
Fatty acids, total saturated	g	0.350		0	MC	9		0.109		
4:0	g	0.001		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.000		0	FLM	4		0.000		
13:0	g									
14:0	g	0.005		0	FLM	4		0.002		
15:0	g									
16:0	g	0.322		0	FLM	4		0.100		
17:0	g									
18:0	g	0.017		0	FLM	4		0.005		
20:0	g									
22:0	g									
24:0	g									

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

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

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Common Measures:

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16-1 (2004)

NDB No. 08383

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

Kellogg, Co.

Refuse: 0%

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

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

Common Measures:

Measure 1 = 31g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08383
Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K RED BERRIES

Food Group: 08 Breakfast Cereals

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

NDB No. 08289

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

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	9.50		0	MC	9		4.75		
Energy	kcal	335		0	MC	9		168		
Energy	kj	1402		0	MC	9		701		
Protein (N x 6.25)	g	7.90		0	MC	9		3.95		
Total lipid (fat)	g	2.00		0	MC	9		1.00		
Ash	g	0.60		0	MC	9		0.30		
Carbohydrate, by difference	g	80.00		0	MC	9		40.00		
Fiber, total dietary	g	9.7		0	MC	9		4.9		
Sugars, total	g	18.60		0	MC	9		9.30		
Starch	g									
Minerals:										
Calcium, Ca	mg	45		0	MC	9		23		
* Iron, Fe	mg	32.40		0	MC	9		16.20		
Magnesium, Mg	mg	120		0	MC	9		60		
Phosphorus, P	mg	300		0	MC	9		150		
Potassium, K	mg	344		0	MC	9		172		
Sodium, Na	mg	30		0	MC	9		15		
* Zinc, Zn	mg	3.10		0	MC	9		1.55		
Copper, Cu	mg	0.270		0	MC	9		0.135		
Manganese, Mn	mg	2.315		0	BFZN	4		1.158		
Selenium, Se	mcg	4.1		0	BFZN	4		2.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
* Thiamin	mg	0.750		0	MC	9		0.375		
* Riboflavin	mg	0.850		0	MC	9		0.425		
* Niacin	mg	10.000		0	MC	9		5.000		
Pantothenic acid	mg	0.000		0	MC	9		0.000		
* Vitamin B-6	mg	1.000		0	MC	9		0.500		
* Folate, total	mcg	182		0	MC	9		91		
Folic acid	mcg	163		0	NC	4		82		
Folate, food	mcg	19		0	CAAN	4		10		
Folate, DFE	mcg_DFE	296		0	NC	4		148		
* Vitamin B-12	mcg	3.00		0	MC	9		1.50		
Vitamin A, IU	IU	0		0	MC	9		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.45		0	FLM	4		0.23		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	1.1		0	FLM	4		0.5		
Lipids:										
Fatty acids, total saturated	g	0.400		0	MC	9		0.200		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.008		0	FLM	4		0.004		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.000		0	FLM	4		0.000		
13:0	g									
14:0	g	0.004		0	FLM	4		0.002		
15:0	g									
16:0	g	0.332		0	FLM	4		0.166		
17:0	g									
18:0	g	0.049		0	FLM	4		0.024		
20:0	g									
22:0	g									
24:0	g									

NDB No. 08289
Cereals ready-to-eat, KELLOGG, KELLOGG'S STRAWBERRY MINI-WHEATS

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

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Common Measures:

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08384

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

Kellogg, Co.

Refuse: 0%

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

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Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08384
Cereals ready-to-eat, KELLOGG, KELLOGG'S Shredded Wheat Miniatures

Food Group: 08 Breakfast Cereals

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

NDB No. 08374

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

Kellogg, Co.

Refuse: 0%

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

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

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08374
Cereals ready-to-eat, KELLOGG, KELLOGG'S, CRISPIX CINNAMON CRUNCH

Food Group: 08 Breakfast Cereals

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

NDB No. 08381

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

Kellogg, Co.

Refuse: 0%

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

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

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08381
Cereals ready-to-eat, KELLOGG, KELLOGG'S, CRUNCHIN' RICE KRISPIES

Food Group: 08 Breakfast Cereals

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

NDB No. 08380

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

Kellogg, Co.

Refuse: 0%

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

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

Common Measures:

Measure 1 = 53g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08380
Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH

Food Group: 08 Breakfast Cereals

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

NDB No. 08403

Cereals ready-to-eat, KELLOGG, POKEMON

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.90		0	MC	9		0.87		
Energy	kcal	386		0	MC	9		116		
Energy	kj	1615		0	MC	9		485		
Protein (N x 6.25)	g	6.80		0	MC	9		2.04		
Total lipid (fat)	g	2.50		0	MC	9		0.75		
Ash	g	2.50		0	MC	9		0.75		
Carbohydrate, by difference	g	86.10		0	MC	9		25.83		
Fiber, total dietary	g	5.0		0	MC	9		1.5		
Sugars, total	g	47.00		0	MC	9		14.10		
Starch	g									
Minerals:										
Calcium, Ca	mg	20		0	MC	9		6		
* Iron, Fe	mg	6.20		0	MC	9		1.86		
Magnesium, Mg	mg	57		0	MC	9		17		
Phosphorus, P	mg	160		0	MC	9		48		
Potassium, K	mg	140		0	MC	9		42		
Sodium, Na	mg	700		0	MC	9		210		
* Zinc, Zn	mg	5.10		0	MC	9		1.53		
Copper, Cu	mg	0.120		0	MC	9		0.036		
Manganese, Mn	mg	1.853		0	FLM	4		0.556		
Selenium, Se	mcg	17.1		0	FLM	4		5.1		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	52.0		0	MC	9		15.6		
* Thiamin	mg	1.300		0	MC	9		0.390		
* Riboflavin	mg	1.400		0	MC	9		0.420		
* Niacin	mg	17.000		0	MC	9		5.100		
Pantothenic acid	mg	0.308		0	FLM	4		0.092		
* Vitamin B-6	mg	1.700		0	MC	9		0.510		
* Folate, total	mcg	344		0	MC	9		103		
Folic acid	mcg	325		0	NC	4		98		
Folate, food	mcg	19		0	CAAN	4		6		
Folate, DFE	mcg_DFE	572		0	NC	4		171		
* Vitamin B-12	mcg	5.10		0	MC	9		1.53		
Vitamin A, IU	IU	1723		0	NC	4		517		
Vitamin A, RAE	mcg_RAE	517		0	NC	4		155		
Retinol	mcg	517		0	BFZN	4		155		
Vitamin E (alpha-tocopherol)	mg	0.33		0	FLM	4		0.10		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
* Vitamin D	IU	138.000		0	MC	9		41.400		
Vitamin K (phylloquinone)	mcg	0.9		0	FLM	4		0.3		
Lipids:										
Fatty acids, total saturated	g	0.500		0	MC	9		0.150		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.007		0	FLM	4		0.002		
13:0	g									
14:0	g	0.004		0	FLM	4		0.001		
15:0	g									
16:0	g	0.422		0	FLM	4		0.127		
17:0	g									
18:0	g	0.036		0	FLM	4		0.011		
20:0	g									
22:0	g									
24:0	g									

NDB No. 08403
Cereals ready-to-eat, KELLOGG, POKEMON

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

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

Common Measures:

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08343
Cereals ready-to-eat, KRAFT, POST 100% BRAN Cereal

Refuse: 0%

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

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

Common Measures:

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

NDB No. 08343
Cereals ready-to-eat, KRAFT, POST 100% BRAN Cereal

Calories Factors:	**Protein**	**Fat**	**Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08320
Cereals ready-to-eat, KRAFT, POST BANANA NUT CRUNCH Cereal

Refuse: 0%

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

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

Common Measures:

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

NDB No. 08320
Cereals ready-to-eat, KRAFT, POST BANANA NUT CRUNCH Cereal

Calories Factors:	**Protein**	**Fat**	**Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08321
Cereals ready-to-eat, KRAFT, POST BLUEBERRY MORNING Cereal

Refuse: 0%

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

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

Common Measures:

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

NDB No. 08321
Cereals ready-to-eat, KRAFT, POST BLUEBERRY MORNING Cereal

Calories Factors:	**Protein**	**Fat**	**Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08322
Cereals ready-to-eat, KRAFT, POST Bran Flakes

Refuse: 0%

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

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

Common Measures:

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

NDB No. 08322
Cereals ready-to-eat, KRAFT, POST Bran Flakes

Calories Factors:	**Protein**	**Fat**	**Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08323
Cereals ready-to-eat, KRAFT, POST Cocoa PEBBLES Cereal (1)

Refuse: 0%

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

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

Common Measures:

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

NDB No. 08323

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

Footnotes

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

Calories Factors:	**Protein**	**Fat**	**Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08327
Cereals ready-to-eat, KRAFT, POST FRUIT & FIBRE Dates, Raisins & Walnuts Cereal

Refuse: 0%

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

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

Common Measures:

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

NDB No. 08327
Cereals ready-to-eat, KRAFT, POST FRUIT & FIBRE Dates, Raisins & Walnuts Cereal

Calories Factors:	**Protein**	**Fat**	**Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08325
Cereals ready-to-eat, KRAFT, POST Frosted ALPHA-BITS Cereal

Refuse: 0%

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

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

Common Measures:

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

NDB No. 08325
Cereals ready-to-eat, KRAFT, POST Frosted ALPHA-BITS Cereal

Calories Factors:	**Protein**	**Fat**	**Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08339
Cereals ready-to-eat, KRAFT, POST Frosted Shredded Wheat Bite Size Cereal

Refuse: 0%

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

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

Common Measures:

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

NDB No. 08339
Cereals ready-to-eat, KRAFT, POST Frosted Shredded Wheat Bite Size Cereal

Calories Factors:	**Protein**	**Fat**	**Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08324
Cereals ready-to-eat, KRAFT, POST Fruity PEBBLES Cereal (1)

Refuse: 0%

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

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

Common Measures:

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

NDB No. 08324

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

Footnotes

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

Calories Factors:	**Protein**	**Fat**	**Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08328
Cereals ready-to-eat, KRAFT, POST GOLDEN CRISP Cereal

Refuse: 0%

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

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

Common Measures:

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

NDB No. 08328
Cereals ready-to-eat, KRAFT, POST GOLDEN CRISP Cereal

Calories Factors:	**Protein**	**Fat**	**Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08329
Cereals ready-to-eat, KRAFT, POST GRAPE-NUTS Cereal

Refuse: 0%

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

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

Common Measures:

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

NDB No. 08329
Cereals ready-to-eat, KRAFT, POST GRAPE-NUTS Cereal

Calories Factors:	**Protein**	**Fat**	**Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08330
Cereals ready-to-eat, KRAFT, POST GRAPE-NUTS Flakes

Refuse: 0%

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

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

Common Measures:

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

NDB No. 08330
Cereals ready-to-eat, KRAFT, POST GRAPE-NUTS Flakes

Calories Factors:	**Protein**	**Fat**	**Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08331
Cereals ready-to-eat, KRAFT, POST GREAT GRAINS Crunchy Pecan Cereal

Refuse: 0%

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

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

Common Measures:

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

NDB No. 08331
Cereals ready-to-eat, KRAFT, POST GREAT GRAINS Crunchy Pecan Cereal

Calories Factors:	**Protein**	**Fat**	**Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08332
Cereals ready-to-eat, KRAFT, POST GREAT GRAINS Raisin, Date & Pecan Cereal

Refuse: 0%

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

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

Common Measures:

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

NDB No. 08332
Cereals ready-to-eat, KRAFT, POST GREAT GRAINS Raisin, Date & Pecan Cereal

Calories Factors:	**Protein**	**Fat**	**Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08333
Cereals ready-to-eat, KRAFT, POST HONEY BUNCHES OF OATS Honey Roasted Cereal

Refuse: 0%

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

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

Common Measures:

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

NDB No. 08333
Cereals ready-to-eat, KRAFT, POST HONEY BUNCHES OF OATS Honey Roasted Cereal

Calories Factors:	**Protein**	**Fat**	**Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08334
Cereals ready-to-eat, KRAFT, POST HONEY BUNCHES OF OATS with Almonds Cereal

Refuse: 0%

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

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

Common Measures:

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

NDB No. 08334
Cereals ready-to-eat, KRAFT, POST HONEY BUNCHES OF OATS with Almonds Cereal

Calories Factors:	**Protein**	**Fat**	**Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08335
Cereals ready-to-eat, KRAFT, POST HONEYCOMB Cereal

Refuse: 0%

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

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

Common Measures:

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

NDB No. 08335
Cereals ready-to-eat, KRAFT, POST HONEYCOMB Cereal

Calories Factors:	**Protein**	**Fat**	**Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08326
Cereals ready-to-eat, KRAFT, POST Marshmallow ALPHA-BITS Cereal

Refuse: 0%

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

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

Common Measures:

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

NDB No. 08326
Cereals ready-to-eat, KRAFT, POST Marshmallow ALPHA-BITS Cereal

Calories Factors:	**Protein**	**Fat**	**Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08336
Cereals ready-to-eat, KRAFT, POST OREO O'S Cereal (1)

Refuse: 0%

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

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

Common Measures:

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

NDB No. 08336

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

Footnotes

1 OREO O'S is a trademark of Nabisco Brands Company, used under license.

2 Contains other proximate components.

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08337
Cereals ready-to-eat, KRAFT, POST Raisin Bran Cereal

Refuse: 0%

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

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

Common Measures:

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

NDB No. 08337
Cereals ready-to-eat, KRAFT, POST Raisin Bran Cereal

Calories Factors:	**Protein**	**Fat**	**Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08341
Cereals ready-to-eat, KRAFT, POST THE ORIGINAL SHREDDED WHEAT 'N BRAN Cereal

Refuse: 0%

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

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

Common Measures:

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

NDB No. 08341
Cereals ready-to-eat, KRAFT, POST THE ORIGINAL SHREDDED WHEAT 'N BRAN Cereal

Calories Factors:	**Protein**	**Fat**	**Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08340
Cereals ready-to-eat, KRAFT, POST THE ORIGINAL SHREDDED WHEAT Cereal

Refuse: 0%

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

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

Common Measures:

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

Calories Factors: Protein Fat Carbohydrate

NDB No. 08340
Cereals ready-to-eat, KRAFT, POST THE ORIGINAL SHREDDED WHEAT Cereal

Food Group: 08 Breakfast Cereals

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

NDB No. 08342
Cereals ready-to-eat, KRAFT, POST THE ORIGINAL SHREDDED WHEAT SPOON SIZE Cereal

Refuse: 0%

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

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

Common Measures:

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

NDB No. 08342
Cereals ready-to-eat, KRAFT, POST THE ORIGINAL SHREDDED WHEAT SPOON SIZE Cereal

Calories Factors:	**Protein**	**Fat**	**Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08338
Cereals ready-to-eat, KRAFT, POST TOASTIES Corn Flakes

Refuse: 0%

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

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

Common Measures:

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

NDB No. 08338
Cereals ready-to-eat, KRAFT, POST TOASTIES Corn Flakes

Calories Factors:	**Protein**	**Fat**	**Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08408
Cereals ready-to-eat, MALT-O-MEAL, Apple Cinnamon Toasty O's

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.00		0	BFZN	4		0.60	0.80	
Energy	kcal	400		1	MC	9		120	160	
Energy	kj	1674		0	MC	9		502	669	
Protein (N x 6.25)	g	6.67		1	MC	9		2.00	2.67	
Total lipid (fat)	g	5.00		1	MC	9		1.50	2.00	
Ash	g	2.44		0	BFZN	4		0.73	0.98	
Carbohydrate, by difference	g	83.33		1	MC	9		25.00	33.33	
Fiber, total dietary	g	3.3		1	MC	9		1.0	1.3	
Sugars, total	g	43.33		1	MC	9		13.00	17.33	
Starch	g									
Minerals:										
* Calcium, Ca	mg	333		1	MC	9		100	133	
* Iron, Fe	mg	15.00		1	MC	9		4.50	6.00	
Magnesium, Mg	mg	53		1	MC	9		16	21	
Phosphorus, P	mg	200		1	MC	9		60	80	
Potassium, K	mg	183		1	MC	9		55	73	
Sodium, Na	mg	533		1	MC	9		160	213	
* Zinc, Zn	mg	2.33		1	MC	9		0.70	0.93	
Copper, Cu	mg	0.200		0	BFZN	4		0.060	0.080	
Manganese, Mn	mg									
Selenium, Se	mcg	37.5		0	BFZN	4		11.3	15.0	
Vitamins:										
* Vitamin C, total ascorbic acid	mg	16.7		1	MC	9		5.0	6.7	
* Thiamin	mg	1.233		1	MC	9		0.370	0.493	
* Riboflavin	mg	1.400		1	MC	9		0.420	0.560	
* Niacin	mg	16.667		1	MC	9		5.000	6.667	
Pantothenic acid	mg									
* Vitamin B-6	mg	1.667		1	MC	9		0.500	0.667	
* Folate, total	mcg	667		0	BFZN	4		200	267	
Folic acid	mcg	648		0	BFZN	4		194	259	
Folate, food	mcg	19		0	BFZN	4		6	8	
Folate, DFE	mcg_DFE	1121		0	NC	4		336	448	
* Vitamin B-12	mcg	5.00		1	MC	9		1.50	2.00	
* Vitamin A, IU	IU	1670		0	NC	4		501	668	
Vitamin A, RAE	mcg_RAE	501		0	BFZN	4		150	200	
Retinol	mcg	501		0	BFZN	4		150	200	
Vitamin E (alpha-tocopherol)	mg	0.50		0	BFZN	4		0.15	0.20	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
* Vitamin D	IU	133.333		1	MC	9		40.000	53.333	
Vitamin K (phylloquinone)	mcg	1.8		0	BFZN	4		0.6	0.7	
Lipids:										
Fatty acids, total saturated	g	0.990		0	BFZN	4		0.297	0.396	
4:0	g	0.000		0	BFZN	4		0.000	0.000	
6:0	g	0.000		0	BFZN	4		0.000	0.000	
8:0	g	0.000		0	BFZN	4		0.000	0.000	
10:0	g	0.000		0	BFZN	4		0.000	0.000	
12:0	g	0.007		0	BFZN	4		0.002	0.003	
13:0	g									
14:0	g	0.007		0	BFZN	4		0.002	0.003	
15:0	g									
16:0	g	0.730		0	BFZN	4		0.219	0.292	
17:0	g									
18:0	g	0.216		0	BFZN	4		0.065	0.086	
20:0	g									
22:0	g									
24:0	g									

NDB No. 08408

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

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

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

Common Measures:

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

Measure 2 = 40g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08347
Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.50		9	MA	12		0.75		
Energy	kcal	401		0	MC	9		120		
Energy	kj	1678				9		503		
Protein	g	4.00		9	MA	12		1.20		
Total lipid (fat)	g	5.60		9	MA	12		1.68		
Ash	g	2.07		9	MA	12		0.62		
Carbohydrate, by difference	g	85.73		0	MC	9		25.72		
Fiber, total dietary	g	2.8		9	MA	12		0.8		
Sugars, total	g	43.33		0	MC	9		13.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	8		0	FLM	4		2		
Iron, Fe	mg	15.00		0	MC	9		4.50		
Magnesium, Mg	mg	19		0	FLM	4		6		
Phosphorus, P	mg	57		0	FLM	4		17		
Potassium, K	mg	133		0	MC	9		40		
Sodium, Na	mg	733		0	MC	9		220		
Zinc, Zn	mg	12.50		0	MC	9		3.75		
Copper, Cu	mg	0.136		0	FLM	4		0.041		
Manganese, Mn	mg	0.051		0	FLM	4		0.015		
Selenium, Se	mcg	6.8		0	FLM	4		2.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg	1.250		0	MC	9		0.375		
Riboflavin	mg	1.420		0	MC	9		0.426		
Niacin	mg	16.670		0	MC	9		5.001		
Pantothenic acid	mg	0.037		0	FLM	4		0.011		
Vitamin B-6	mg	1.670		0	MC	9		0.501		
Folate, total	mcg	333		0	MC	9		100		
Folic acid	mcg	314		0	NC	4		94		
Folate, food	mcg	19		0	CAZN	4		6		
Folate, DFE	mcg_DFE	553		0	NC	4		166		
Vitamin B-12	mcg	0.00		0	MC	9		0.00		
Vitamin A, IU	IU	0		0	MC	9		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000		0	MC	9		0.000		
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.230		9	MA	12		0.369		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.001		0	FLM	4		0.000		
13:0	g									
14:0	g	0.015		0	FLM	4		0.005		
15:0	g									
16:0	g	0.753		0	FLM	4		0.226		
17:0	g									
18:0	g	0.185		0	FLM	4		0.056		
20:0	g									
22:0	g									
24:0	g									

NDB No. 08347
Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH

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

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

Common Measures:

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

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08206
Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.42			FLC	4		1.03		
Energy	kcal	405			LC	8		122		
Energy	kj	1695				8		508		
Protein	g	3.34			LC	8		1.00		
Total lipid (fat)	g	3.50			LC	8		1.05		
Ash	g	2.25			LC	8		0.68		
Carbohydrate, by difference	g	87.20			LC	8		26.16		
Fiber, total dietary	g	3.8			FLC	4		1.1		
Sugars, total	g	46.66		0	LC	8		14.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	70			ML	5		21		
Iron, Fe	mg	15.87			LC	8		4.76		
Magnesium, Mg	mg	36			FLC	4		11		
Phosphorus, P	mg	141			LC	8		42		
Potassium, K	mg	176			LC	8		53		
Sodium, Na	mg	670			LC	8		201		
Zinc, Zn	mg	0.56			FLC	4		0.17		
Copper, Cu	mg	0.240			FLC	4		0.072		
Manganese, Mn	mg	0.246			FLC	4		0.074		
Selenium, Se	mcg	6.5		0	BFZN	4		2.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	52.9			ML	5		15.9		
Thiamin	mg	1.323			ML	5		0.397		
Riboflavin	mg	1.499			ML	5		0.450		
Niacin	mg	17.637			ML	5		5.291		
Pantothenic acid	mg									
Vitamin B-6	mg	1.764			ML	5		0.529		
Folate, total	mcg	353			ML	5		106		
Folic acid	mcg	334		0	NC	4		100		
Folate, food	mcg	19		0	CAAN	4		6		
Folate, DFE	mcg_DFE	587		0	NC	4		176		
Vitamin B-12	mcg	5.29			ML	5		1.59		
Vitamin A, IU	IU	4409			ML	5		1323		
Vitamin A, RAE	mcg_RAE	1324		0	NC	4		397		
Retinol	mcg	1324		0	NC	4		397		
Vitamin E (alpha-tocopherol)	mg	0.27		0	FLM	4		0.08		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.8		0	FLM	4		0.2		
Lipids:										
Fatty acids, total saturated	g	0.961			FLC	4		0.288		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.000		0	FLM	4		0.000		
13:0	g									
14:0	g	0.005		0	FLM	4		0.001		
15:0	g									
16:0	g	0.593		0	FLM	4		0.178		
17:0	g									
18:0	g	0.353		0	FLM	4		0.106		
20:0	g									
22:0	g									
24:0	g									

NDB No. 08206
Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS

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

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

Common Measures:

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

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08346
Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.59		5	MA	12		0.78		
Energy	kcal	401		0	MC	9		120		
Energy	kj	1678				9		503		
Protein	g	3.73		5	MA	12		1.12		
Total lipid (fat)	g	5.80		5	MA	12		1.74		
Ash	g	2.13		5	MA	12		0.64		
Carbohydrate, by difference	g	85.63		0	MC	9		25.69		
Fiber, total dietary	g	2.7		5	MA	12		0.8		
Sugars, total	g	43.33		0	MC	9		13.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	10		0	FLM	4		3		
Iron, Fe	mg	15.00		0	MC	9		4.50		
Magnesium, Mg	mg	50		0	FLM	4		15		
Phosphorus, P	mg	144		0	FLM	4		43		
Potassium, K	mg	133		0	MC	9		40		
Sodium, Na	mg	766		0	MC	9		230		
Zinc, Zn	mg	12.50		0	MC	9		3.75		
Copper, Cu	mg	0.157		0	FLM	4		0.047		
Manganese, Mn	mg	0.232		0	FLM	4		0.070		
Selenium, Se	mcg	8.9		0	FLM	4		2.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg	1.250		0	MC	9		0.375		
Riboflavin	mg	1.420		0	MC	9		0.426		
Niacin	mg	16.670		0	MC	9		5.001		
Pantothenic acid	mg	0.310		0	FLM	4		0.093		
Vitamin B-6	mg	1.670		0	MC	9		0.501		
Folate, total	mcg	333		0	MC	9		100		
Folic acid	mcg	314		0	NC	4		94		
Folate, food	mcg	19		0	CAZN	4		6		
Folate, DFE	mcg_DFE	553		0	NC	4		166		
Vitamin B-12	mcg	0.00		0	MC	9		0.00		
Vitamin A, IU	IU	0		0	MC	9		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.330		5	MA	12		0.399		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.001		0	FLM	4		0.000		
13:0	g									
14:0	g	0.012		0	FLM	4		0.004		
15:0	g									
16:0	g	0.778		0	FLM	4		0.233		
17:0	g									
18:0	g	0.172		0	FLM	4		0.052		
20:0	g									
22:0	g									
24:0	g									

NDB No. 08346
Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH

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

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

Common Measures:

Measure 1 = 30g: .75 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08083
Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.16		2	MA	12		0.67		
Energy	kcal	382		0	MC	9		118		
Energy	kj	1598				9		495		
Protein	g	3.37		2	MA	12		1.04		
Total lipid (fat)	g	0.45		2	MA	12		0.14		
Ash	g	1.20		2	MA	12		0.37		
Carbohydrate, by difference	g	92.47		0	MC	9		28.67		
Fiber, total dietary	g	1.4		2	MA	12		0.4		
Sugars, total	g	45.20		0	MC	9		14.01		
Starch	g									
Minerals:										
Calcium, Ca	mg	36		0	FLC	4		11		
Iron, Fe	mg	5.81		0	MC	9		1.80		
Magnesium, Mg	mg	4		2	MA	12		1		
Phosphorus, P	mg	19		2	MA	12		6		
Potassium, K	mg	53		2	MA	12		16		
Sodium, Na	mg	393		2	MA	12		122		
Zinc, Zn	mg	4.84		0	MC	9		1.50		
Copper, Cu	mg	0.090		2	MA	12		0.028		
Manganese, Mn	mg	0.427		0	FLC	4		0.132		
Selenium, Se	mcg	8.1		0	FLC	4		2.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	48.4		0	MC	9		15.0		
Thiamin	mg	2.420		0	MC	9		0.750		
Riboflavin	mg	2.740		0	MC	9		0.849		
Niacin	mg	32.250		0	MC	9		9.998		
Pantothenic acid	mg	0.268		0	FLC	4		0.083		
Vitamin B-6	mg	3.220		0	MC	9		0.998		
Folate, total	mcg	322		0	MC	9		100		
Folic acid	mcg	303		0	NC	4		94		
Folate, food	mcg	19		0	CAZN	4		6		
Folate, DFE	mcg_DFE	534		0	NC	4		166		
Vitamin B-12	mcg	4.84		0	MC	9		1.50		
Vitamin A, IU	IU	2422		0	FLM	4		751		
Vitamin A, RAE	mcg_RAE	727		0	NC	4		225		
Retinol	mcg	703		0	FLM	4		218		
Vitamin E (alpha-tocopherol)	mg	0.24		0	NC	4		0.07		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.1		0	FLM	4		0.0		
Lipids:										
Fatty acids, total saturated	g	0.200		2	MA	12		0.062		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.001		0	FLM	4		0.000		
13:0	g									
14:0	g	0.001		0	FLM	4		0.000		
15:0	g									
16:0	g	0.166		0	FLM	4		0.052		
17:0	g									
18:0	g	0.022		0	FLM	4		0.007		
20:0	g									
22:0	g									
24:0	g									

NDB No. 08083
Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS

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

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

Common Measures:

Measure 1 = 31g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08348
Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.14		4	MA	12		1.04		
Energy	kcal	379		0	MC	9		125		
Energy	kj	1586				9		523		
Protein	g	6.20		4	MA	12		2.05		
Total lipid (fat)	g	1.17		4	MA	12		0.39		
Ash	g	2.60		4	MA	12		0.86		
Carbohydrate, by difference	g	86.89		0	MC	9		28.67		
Fiber, total dietary	g	0.7		4	MA	12		0.2		
Sugars, total	g	9.60		4	MA	12		3.17		
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0	MC	9		0		
Iron, Fe	mg	5.45		0	MC	9		1.80		
Magnesium, Mg	mg	24		0	MC	9		8		
Phosphorus, P	mg	61		0	MC	9		20		
Potassium, K	mg	138		4	MA	12		46		
Sodium, Na	mg	969		0	MC	9		320		
Zinc, Zn	mg	1.82		0	MC	9		0.60		
Copper, Cu	mg	0.120		0	MC	9		0.040		
Manganese, Mn	mg	0.948		0	FLM	4		0.313		
Selenium, Se	mcg	13.2		0	FLM	4		4.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	45.4		0	MC	9		15.0		
Thiamin	mg	1.360		0	MC	9		0.449		
Riboflavin	mg	1.540		0	MC	9		0.508		
Niacin	mg	18.180		0	MC	9		5.999		
Pantothenic acid	mg	0.882		0	FLM	4		0.291		
Vitamin B-6	mg	1.510		0	MC	9		0.498		
Folate, total	mcg	364		0	MC	9		120		
Folic acid	mcg	360		0	NC	4		119		
Folate, food	mcg	4		0	CAZN	4		1		
Folate, DFE	mcg_DFE	616		0	NC	4		203		
Vitamin B-12	mcg	5.45		0	MC	9		1.80		
Vitamin A, IU	IU	2272		0	MC	9		750		
Vitamin A, RAE	mcg_RAE	682		0	NC	4		225		
Retinol	mcg	682		0	NC	4		225		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	121.000		0	MC	9		39.930		
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.370		4	MA	12		0.122		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.000		0	FLM	4		0.000		
13:0	g									
14:0	g	0.003		0	FLM	4		0.001		
15:0	g									
16:0	g	0.140		0	FLM	4		0.046		
17:0	g									
18:0	g	0.010		0	FLM	4		0.003		
20:0	g									
22:0	g									
24:0	g									

NDB No. 08348
Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice

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

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

Common Measures:

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

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08409
Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.00		0	BFZN	4		0.90	1.20	
Energy	kcal	387		1	MC	9		116	155	
Energy	kj	1620		0	MC	9		486	648	
Protein (N x 6.25)	g	3.23		1	MC	9		0.97	1.29	
Total lipid (fat)	g	0.52		0	BFZN	4		0.16	0.21	
Ash	g	2.88		0	BFZN	4		0.86	1.15	
Carbohydrate, by difference	g	90.37		0	NC	4		27.11	36.15	
Fiber, total dietary	g	3.2		1	MC	9		1.0	1.3	
Sugars, total	g	45.16		1	MC	9		13.55	18.06	
Starch	g									
Minerals:										
Calcium, Ca	mg	0		1	MC	9		0	0	
* Iron, Fe	mg	14.52		1	MC	9		4.35	5.81	
Magnesium, Mg	mg	8		0	BFZN	4		2	3	
Phosphorus, P	mg	34		0	BFZN	4		10	13	
Potassium, K	mg	65		1	MC	9		19	26	
Sodium, Na	mg	645		1	MC	9		194	258	
Zinc, Zn	mg	0.18		0	BFZN	4		0.05	0.07	
Copper, Cu	mg	0.040		0	BFZN	4		0.012	0.016	
Manganese, Mn	mg									
Selenium, Se	mcg	4.4		0	BFZN	4		1.3	1.8	
Vitamins:										
* Vitamin C, total ascorbic acid	mg	48.4		1	MC	9		14.5	19.4	
* Thiamin	mg	2.419		1	MC	9		0.726	0.968	
* Riboflavin	mg	2.742		1	MC	9		0.823	1.097	
* Niacin	mg	32.258		1	MC	9		9.677	12.903	
Pantothenic acid	mg									
* Vitamin B-6	mg	3.226		1	MC	9		0.968	1.290	
* Folate, total	mcg	323		1	MC	9		97	129	
Folic acid	mcg	304		0	NC	4		91	122	
Folate, food	mcg	19		0	BFZN	4		6	8	
Folate, DFE	mcg_DFE	536		0	NC	4		161	214	
Vitamin B-12	mcg	4.84		1	MC	9		1.45	1.94	
* Vitamin A, IU	IU	2419		0	MC	9		726	968	
Vitamin A, RAE	mcg_RAE	726		0	NC	4		218	290	
Retinol	mcg	726		0	NC	4		218	290	
Vitamin E (alpha-tocopherol)	mg	0.05		0	BFZN	4		0.02	0.02	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
* Vitamin D	IU	129.032		1	MC	9		38.710	51.613	
Vitamin K (phylloquinone)	mcg	0.1		0	BFZN	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	0.170		0	BFZN	4		0.051	0.068	
4:0	g	0.000		0	BFZN	4		0.000	0.000	
6:0	g	0.000		0	BFZN	4		0.000	0.000	
8:0	g	0.000		0	BFZN	4		0.000	0.000	
10:0	g	0.000		0	BFZN	4		0.000	0.000	
12:0	g	0.001		0	BFZN	4		0.000	0.000	
13:0	g									
14:0	g	0.001		0	BFZN	4		0.000	0.000	
15:0	g									
16:0	g	0.141		0	BFZN	4		0.042	0.057	
17:0	g									
18:0	g	0.019		0	BFZN	4		0.006	0.008	
20:0	g									
22:0	g									
24:0	g									

NDB No. 08409
Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes

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

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

Common Measures:

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

Measure 2 = 40g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08138
Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.58		2	MA	12		0.77		
Energy	kcal	384		0	MC	9		115		
Energy	kj	1607				9		482		
Protein	g	7.57		2	MA	12		2.27		
Total lipid (fat)	g	3.37		2	MA	12		1.01		
Ash	g	2.87		2	MA	12		0.86		
Carbohydrate, by difference	g	83.73		0	MC	9		25.12		
Fiber, total dietary	g	4.7		2	MA	12		1.4		
Sugars, total	g	42.80		2	MA	12		12.84		
Starch	g									
Minerals:										
Calcium, Ca	mg	333		2	MA	12		100		
Iron, Fe	mg	19.02		2	MA	12		5.71		
Magnesium, Mg	mg	60		2	MA	12		18		
Phosphorus, P	mg	251		2	MA	12		75		
Potassium, K	mg	205		2	MA	12		62		
Sodium, Na	mg	702		2	MA	12		211		
Zinc, Zn	mg	14.06		2	MA	12		4.22		
Copper, Cu	mg	0.250		2	MA	12		0.075		
Manganese, Mn	mg	0.009		0	FLM	4		0.003		
Selenium, Se	mcg	17.2		0	FLM	4		5.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	20.0		0	MC	9		6.0		
Thiamin	mg	1.250		0	MC	9		0.375		
Riboflavin	mg	1.420		0	MC	9		0.426		
Niacin	mg	16.670		0	MC	9		5.001		
Pantothenic acid	mg	0.003		0	FLM	4		0.001		
Vitamin B-6	mg	1.670		0	MC	9		0.501		
Folate, total	mcg	666		0	MC	9		200		
Folic acid	mcg	647		0	NC	4		194		
Folate, food	mcg	19		0	CAZN	4		6		
Folate, DFE	mcg_DFE	1119		0	NC	4		336		
Vitamin B-12	mcg	5.00		0	MC	9		1.50		
Vitamin A, IU	IU	1666		0	MC	9		500		
Vitamin A, RAE	mcg_RAE	500		0	NC	4		150		
Retinol	mcg	500		0	NC	4		150		
Vitamin E (alpha-tocopherol)	mg	0.38		0	FLM	4		0.11		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	133.000		0	MC	9		39.900		
Vitamin K (phylloquinone)	mcg	1.4		0	FLM	4		0.4		
Lipids:										
Fatty acids, total saturated	g	0.680		2	MA	12		0.204		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.012		0	FLM	4		0.004		
13:0	g									
14:0	g	0.007		0	FLM	4		0.002		
15:0	g									
16:0	g	0.575		0	FLM	4		0.173		
17:0	g									
18:0	g	0.039		0	FLM	4		0.012		
20:0	g									
22:0	g									
24:0	g									

NDB No. 08138
Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS

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

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

Common Measures:

Measure 1 = 30g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08349
Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.01		2	MA	12		0.96		
Energy	kcal	392		0	MC	9		125		
Energy	kj	1640				9		525		
Protein	g	4.96		2	MA	12		1.59		
Total lipid (fat)	g	3.23		2	MA	12		1.03		
Ash	g	1.60		2	MA	12		0.51		
Carbohydrate, by difference	g	87.70		0	MC	9		28.06		
Fiber, total dietary	g	2.3		2	MA	12		0.7		
Sugars, total	g	43.75		0	MC	9		14.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	312		0	FLM	4		100		
Iron, Fe	mg	14.06		0	MC	9		4.50		
Magnesium, Mg	mg	25		2	MA	12		8		
Phosphorus, P	mg	62		2	MA	12		20		
Potassium, K	mg	122		2	MA	12		39		
Sodium, Na	mg	467		2	MA	12		149		
Zinc, Zn	mg	11.72		0	MC	9		3.75		
Copper, Cu	mg	0.100		2	MA	12		0.032		
Manganese, Mn	mg	0.121		0	FLM	4		0.039		
Selenium, Se	mcg	10.0		0	FLM	4		3.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	46.8		0	MC	9		15.0		
Thiamin	mg	1.170		0	MC	9		0.374		
Riboflavin	mg	1.330		0	MC	9		0.426		
Niacin	mg	15.620		0	MC	9		4.998		
Pantothenic acid	mg	0.063		0	FLM	4		0.020		
Vitamin B-6	mg	1.560		0	MC	9		0.499		
Folate, total	mcg	312		0	MC	9		100		
Folic acid	mcg	293		0	NC	4		94		
Folate, food	mcg	19		0	CAAN	4		6		
Folate, DFE	mcg_DFE	517		0	NC	4		165		
Vitamin B-12	mcg	4.68		0	FLM	4		1.50		
Vitamin A, IU	IU	2343		0	MC	9		750		
Vitamin A, RAE	mcg_RAE	704		0	NC	4		225		
Retinol	mcg	672		0	NC	4		215		
Vitamin E (alpha-tocopherol)	mg	0.82		0	NR	4		0.26		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	125.000		0	MC	9		40.000		
Vitamin K (phylloquinone)	mcg	0.2		0	BFZN	4		0.1		
Lipids:										
Fatty acids, total saturated	g	0.820		2	MA	12		0.262		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.002		0	FLM	4		0.001		
13:0	g									
14:0	g	0.008		0	FLM	4		0.003		
15:0	g									
16:0	g	0.433		0	FLM	4		0.139		
17:0	g									
18:0	g	0.094		0	FLM	4		0.030		
20:0	g									
22:0	g									
24:0	g									

NDB No. 08349
Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES

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

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

Common Measures:

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

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 42184
Cereals ready-to-eat, MUESLI, dried fruit and nuts

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.80				4		4.93		
Energy	kcal	340				9		289		
Energy	kj	1423				9		1209		
Protein	g	9.70				5		8.25		
Total lipid (fat)	g	4.90				5		4.17		
Ash	g	1.80		0	NC	4		1.53		
Carbohydrate, by difference	g	77.80				9		66.13		
Fiber, total dietary	g	7.3				5		6.2		
Sugars, total	g	31.00		0	BFZN	4		26.35		
Starch	g									
Minerals:										
Calcium, Ca	mg	0				7		0		
Iron, Fe	mg	8.75				8		7.44		
Magnesium, Mg	mg	78				8		66		
Phosphorus, P	mg	243				8		207		
Potassium, K	mg	486				5		413		
Sodium, Na	mg	231				5		196		
Zinc, Zn	mg	3.65				8		3.10		
Copper, Cu	mg	0.390				8		0.332		
Manganese, Mn	mg	2.177		0	BFZN	4		1.850		
Selenium, Se	mcg	17.3		0	BFZN	4		14.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0				7		0.0		
Thiamin	mg	0.910				8		0.774		
Riboflavin	mg	1.030				8		0.876		
Niacin	mg	12.150				8		10.328		
Pantothenic acid	mg	4.600		0	BFZN	4		3.910		
Vitamin B-6	mg	1.220				8		1.037		
Folate, total	mcg	243				8		207		
Folic acid	mcg	224		0	NC	4		190		
Folate, food	mcg	19		0	BFZN	4		16		
Folate, DFE	mcg_DFE	400		0	NC	4		340		
Vitamin B-12	mcg	3.65				8		3.10		
* Vitamin A, IU	IU	546		0	NC	4		464		
Vitamin A, RAE	mcg_RAE	164		0	NC	4		139		
Retinol	mcg	164		0	BFZN	4		139		
Vitamin E (alpha-tocopherol)	mg	10.70		0	BFZN	4		9.10		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.9		0	BFZN	4		2.5		
Lipids:										
Fatty acids, total saturated	g	0.805				4		0.684		
4:0	g	0.000				4		0.000		
6:0	g	0.000				4		0.000		
8:0	g	0.001				4		0.001		
10:0	g	0.001				4		0.001		
12:0	g	0.008				4		0.007		
13:0	g									
14:0	g	0.025				4		0.021		
15:0	g									
16:0	g	0.539				4		0.458		
17:0	g									
18:0	g	0.210				4		0.179		
20:0	g									
22:0	g									

NDB No. 42184
Cereals ready-to-eat, MUESLI, dried fruit and nuts

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

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

Common Measures:

Measure 1 = 85g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.00		12		1				
Energy	kcal	360		0	NC	4				
Energy	kj	1506				4				
Protein (N x 5.83)	g	8.70		12		1				
Total lipid (fat)	g	1.00		12		1				
Ash	g	2.60		12		1				
Carbohydrate, by difference	g	84.60		0	NC	4				
Fiber, total dietary	g	6.3		0		4				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	28		12		1				
Iron, Fe	mg	2.82		12		1				
Magnesium, Mg	mg	78		12		1				
Phosphorus, P	mg	374		12		1				
Potassium, K	mg	272		12		1				
Sodium, Na	mg	680		12		1				
Zinc, Zn	mg	13.20		0		5				
Copper, Cu	mg	0.540		12		1				
Manganese, Mn	mg									
Selenium, Se	mcg	9.6		0	BFZN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	53.0		0		5				
Thiamin	mg	1.300		0		5				
Riboflavin	mg	1.500		0		5				
Niacin	mg	17.600		0		5				
Pantothenic acid	mg	1.100		0		4				
Vitamin B-6	mg	1.800		0		5				
Folate, total	mcg	353		0		5				
Folic acid	mcg	334		0	NC	4				
Folate, food	mcg	19		0	CAZN	4				
Folate, DFE	mcg_DFE	587		0	NC	4				
Vitamin B-12	mcg	5.30		0		5				
Vitamin A, IU	IU	0		0		8				
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.185		0		4				
4:0	g	0.000		0		4				
6:0	g	0.000		0		4				
8:0	g	0.000		0		4				
10:0	g	0.000		0		4				
12:0	g	0.000		0		4				
13:0	g									
14:0	g	0.001		0		4				
15:0	g									
16:0	g	0.174		0		4				
17:0	g									
18:0	g	0.009		0		4				
20:0	g									
22:0	g									
24:0	g									

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

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

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

Common Measures:

Calories Factors: Protein 3.59 **Fat** 8.37 **Carbohydrate** 3.78

Food Group: 08 Breakfast Cereals

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

NDB No. 43495
Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.40				1		1.60		
Energy	kcal	353				9		166		
Energy	kj	1477				9		694		
Protein	g	10.70				4		5.03		
Total lipid (fat)	g	1.40				5		0.66		
Ash	g	5.50		0	NC	4		2.59		
Carbohydrate, by difference	g	78.60				4		36.94		
Fiber, total dietary	g	13.0				5		6.1		
Sugars, total	g	19.47		0	FLC	4		9.15		
Starch	g									
Minerals:										
Calcium, Ca	mg	38				5		18		
Iron, Fe	mg	5.00				4		2.35		
Magnesium, Mg	mg	168				4		79		
Phosphorus, P	mg	507				4		238		
Potassium, K	mg	321				4		151		
Sodium, Na	mg	36				4		17		
Zinc, Zn	mg	2.54				4		1.19		
Copper, Cu	mg	0.179				4		0.084		
Manganese, Mn	mg									
Selenium, Se	mcg	37.5		0	BFZN	4		17.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4				4		0.2		
Thiamin	mg	0.530				5		0.249		
Riboflavin	mg	0.390				5		0.183		
Niacin	mg	6.710				5		3.154		
Pantothenic acid	mg									
Vitamin B-6	mg	0.110				4		0.052		
Folate, total	mcg	46				4		22		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	46				4		22		
Folate, DFE	mcg_DFE	46		0	NC	4		22		
Vitamin B-12	mcg	0.00				7		0.00		
Vitamin A, IU	IU	9		0	FLC	4		4		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	FLC	4		0		
Vitamin E (alpha-tocopherol)	mg	0.44		0	FLC	4		0.21		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.2		0	FLC	4		1.0		
Lipids:										
Fatty acids, total saturated	g	0.251				4		0.118		
4:0	g	0.000				4		0.000		
6:0	g	0.000				4		0.000		
8:0	g	0.000				4		0.000		
10:0	g	0.000				4		0.000		
12:0	g	0.004				4		0.002		
13:0	g									
14:0	g	0.003				4		0.001		
15:0	g									
16:0	g	0.214				4		0.101		
17:0	g									
18:0	g	0.014				4		0.007		
20:0	g									
22:0	g									
24:0	g									

NDB No. 43495
Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY

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

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

Common Measures:

Measure 1 = 47g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08388

Cereals ready-to-eat, Puffed KASHI by Kellogg

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.00		1	MC	9				
Energy	kcal	365		0	MC	9				
Energy	kj	1527		0	MC	9				
Protein (N x 6.25)	g	12.40		1	MC	9				
Total lipid (fat)	g	2.00		1	MC	9				
Ash	g	1.40		1	MC	9				
Carbohydrate, by difference	g	81.20		1	MC	9				
Fiber, total dietary	g	8.0		1	MC	9				
Sugars, total	g	0.83		0	FLM	4				
Starch	g									
Minerals:										
Calcium, Ca	mg	34		0	FLM	4				
Iron, Fe	mg	2.88		1	MC	9				
Magnesium, Mg	mg	154		0	FLM	4				
Phosphorus, P	mg	240		1	MC	9				
Potassium, K	mg	240		1	MC	9				
Sodium, Na	mg	0		1	MC	9				
Zinc, Zn	mg	2.90		0	FLM	4				
Copper, Cu	mg	0.547		0	FLM	4				
Manganese, Mn	mg	3.022		0	FLM	4				
Selenium, Se	mcg	37.9		0	FLM	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	FLM	4				
Thiamin	mg	0.120		1	MC	9				
Riboflavin	mg	0.136		1	MC	9				
Niacin	mg	3.200		1	MC	9				
Pantothenic acid	mg	1.208		0	FLM	4				
Vitamin B-6	mg	0.275		0	FLM	4				
Folate, total	mcg	26		0	FLM	4				
Folic acid	mcg	0		0	FLM	4				
Folate, food	mcg	26		0	FLM	4				
Folate, DFE	mcg_DFE	26		0	NC	4				
Vitamin B-12	mcg	0.00		0	FLM	4				
Vitamin A, IU	IU	7		0	NC	4				
Vitamin A, RAE	mcg_RAE	0		0	NC	4				
Retinol	mcg	0		0	FLM	4				
Vitamin E (alpha-tocopherol)	mg	0.76		0	FLM	4				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.7		0	FLM	4				
Lipids:										
Fatty acids, total saturated	g	0.329		0	FLM	4				
4:0	g	0.000		0	FLM	4				
6:0	g	0.000		0	FLM	4				
8:0	g	0.007		0	FLM	4				
10:0	g	0.002		0	FLM	4				
12:0	g	0.004		0	FLM	4				
13:0	g									
14:0	g	0.007		0	FLM	4				
15:0	g									
16:0	g	0.289		0	FLM	4				
17:0	g									
18:0	g	0.021		0	FLM	4				
20:0	g									
22:0	g									
24:0	g									

NDB No. 08388
Cereals ready-to-eat, Puffed KASHI by Kellogg

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

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

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

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

The Quaker Oats, Co.

Refuse: 0%

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

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

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

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

Common Measures:

Measure 1 = 51g: .5 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08010

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

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.50		0	MC	9		0.68		
Energy	kcal	401		0	MC	9		108		
Energy	kj	1679		0	MC	9		453		
Protein (N x 6.25)	g	4.35		0	MC	9		1.17		
Total lipid (fat)	g	5.81		0	MC	9		1.57		
Ash	g	2.50		0	MC	9		0.68		
Carbohydrate, by difference	g	84.82		0	MC	9		22.90		
Fiber, total dietary	g	2.5		0	MC	9		0.7		
Sugars, total	g	43.57		0	MC	9		11.76		
Starch	g									
Minerals:										
Calcium, Ca	mg	15		0	MC	9		4		
Iron, Fe	mg	19.11		0	MC	9		5.16		
Magnesium, Mg	mg	56		0	MC	9		15		
Phosphorus, P	mg	167		0	MC	9		45		
Potassium, K	mg	200		0	MC	9		54		
Sodium, Na	mg	749		0	MC	9		202		
Zinc, Zn	mg	15.87		0	MC	9		4.28		
Copper, Cu	mg	0.160		0	MC	9		0.043		
Manganese, Mn	mg	0.670		0	MC	9		0.181		
Selenium, Se	mcg	6.5		0	NC	4		1.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg	1.580		0	MC	9		0.427		
Riboflavin	mg	1.780		0	MC	9		0.481		
Niacin	mg	21.150		0	MC	9		5.711		
Pantothenic acid	mg	0.350		0	MC	9		0.095		
Vitamin B-6	mg	2.110		0	MC	9		0.570		
Folate, total	mcg	1556		0	MC	9		420		
Folic acid	mcg	1537		0	NC	4		415		
Folate, food	mcg	19		0	CAAN	4		5		
Folate, DFE	mcg_DFE	2632		0	NC	4		711		
Vitamin B-12	mcg	0.00		0	MC	9		0.00		
Vitamin A, IU	IU	147		0	MC	9		40		
Vitamin A, RAE	mcg_RAE	7		0	NC	4		2		
Retinol	mcg	0		0	FLM	4		0		
Vitamin E (alpha-tocopherol)	mg	0.92		0	NR	4		0.25		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000		0	MC	9		0.000		
Vitamin K (phylloquinone)	mcg	1.4		0	FLM	4		0.4		
Lipids:										
Fatty acids, total saturated	g	1.500		0	MC	9		0.405		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.005		0	FLM	4		0.001		
13:0	g									
14:0	g	0.034		0	FLM	4		0.009		
15:0	g									
16:0	g	1.302		0	FLM	4		0.351		
17:0	g									
18:0	g	0.129		0	FLM	4		0.035		
20:0	g									
22:0	g									
24:0	g									

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

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

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

Common Measures:

Measure 1 = 27g: .75 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08011

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

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.50		0	MC	9		0.65		
Energy	kcal	401		0	MC	9		104		
Energy	kj	1680		0	MC	9		437		
Protein (N x 6.25)	g	4.45		0	MC	9		1.16		
Total lipid (fat)	g	5.65		0	MC	9		1.47		
Ash	g	2.31		0	MC	9		0.60		
Carbohydrate, by difference	g	85.07		0	MC	9		22.12		
Fiber, total dietary	g	2.5		0	MC	9		0.6		
Sugars, total	g	44.52		0	MC	9		11.58		
Starch	g									
Minerals:										
Calcium, Ca	mg	21		0	MC	9		5		
* Iron, Fe	mg	18.99		0	MC	9		4.94		
Magnesium, Mg	mg	56		0	MC	9		14		
Phosphorus, P	mg	169		0	MC	9		44		
Potassium, K	mg	206		0	MC	9		54		
Sodium, Na	mg	699		0	MC	9		182		
* Zinc, Zn	mg	15.82		0	MC	9		4.11		
Copper, Cu	mg	0.160		0	MC	9		0.042		
Manganese, Mn	mg	0.650		0	MC	9		0.169		
Selenium, Se	mcg	6.5		0	BFZN	4		1.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0	MC	9		0.0		
* Thiamin	mg	1.580		0	MC	9		0.411		
* Riboflavin	mg	1.790		0	MC	9		0.465		
* Niacin	mg	21.100		0	MC	9		5.486		
Pantothenic acid	mg	0.370		0	MC	9		0.096		
* Vitamin B-6	mg	2.110		0	MC	9		0.549		
* Folate, total	mcg	1556		0	MC	9		404		
Folic acid	mcg	1537		0	NC	4		400		
Folate, food	mcg	19		0	CAZN	4		5		
Folate, DFE	mcg_DFE	2632		0	NC	4		684		
Vitamin B-12	mcg	0.02		0	MC	9		0.01		
Vitamin A, IU	IU	144		0	FLM	4		37		
Vitamin A, RAE	mcg_RAE	7		0	NC	4		2		
Retinol	mcg	0		0	FLM	4		0		
Vitamin E (alpha-tocopherol)	mg	0.64		0	FLM	4		0.17		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000		0	MC	9		0.000		
Vitamin K (phylloquinone)	mcg	1.5		0	FLM	4		0.4		
Lipids:										
Fatty acids, total saturated	g	1.430		0	MC	9		0.372		
4:0	g	0.002		0	FLM	4		0.001		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		
10:0	g	0.001		0	FLM	4		0.000		
12:0	g	0.006		0	FLM	4		0.002		
13:0	g									
14:0	g	0.025		0	FLM	4		0.006		
15:0	g									
16:0	g	1.126		0	FLM	4		0.293		
17:0	g									
18:0	g	0.246		0	FLM	4		0.064		
20:0	g									
22:0	g									
24:0	g									

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

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

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

Common Measures:

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

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

The Quaker Oats, Co.

Refuse: 0%

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

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

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

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

Common Measures:

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08358

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

The Quaker Oats, Co.

Refuse: 0%

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

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

Common Measures:

*Vitamin or mineral added for enrichment or fortification

NDB No. 08358
Cereals ready-to-eat, QUAKER, CRISPY CORN PUFFS Cereal

Calories Factors:	**Protein**	**Fat**	**Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08364

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

The Quaker Oats, Co.

Refuse: 0%

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

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

Common Measures:

*Vitamin or mineral added for enrichment or fortification

NDB No. 08364
Cereals ready-to-eat, QUAKER, Cinnamon Crunch bagged cereal

Calories Factors:	**Protein**	**Fat**	**Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08400

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

The Quaker Oats, Co.

Refuse: 0%

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

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

Common Measures:

Measure 1 = 60g: 1 cup

NDB No. 08400

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors:	**Protein**	**Fat**	**Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08357

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

The Quaker Oats, Co.

Refuse: 0%

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

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

Common Measures:

*Vitamin or mineral added for enrichment or fortification

NDB No. 08357
Cereals ready-to-eat, QUAKER, FRUITY BRONTOSAURUS BLASTS, bagged cereal

Calories Factors:	**Protein**	**Fat**	**Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08359

Cereals ready-to-eat, QUAKER, Frosted Oats

The Quaker Oats, Co.

Refuse: 0%

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

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

Common Measures:

*Vitamin or mineral added for enrichment or fortification

NDB No. 08359
Cereals ready-to-eat, QUAKER, Frosted Oats

Calories Factors:	**Protein**	**Fat**	**Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08401

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

The Quaker Oats, Co.

Refuse: 0%

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

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

Common Measures:

NDB No. 08401
Cereals ready-to-eat, QUAKER, Fruity Ocean Adventure Bagged Cereal

Calories Factors:	**Protein**	**Fat**	**Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08211

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

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.75		0	MC	9		0.74		
Energy	kcal	411		0	MC	9		111		
Energy	kj	1721		0	MC	9		465		
Protein (N x 6.25)	g	3.97		0	MC	9		1.07		
Total lipid (fat)	g	7.41		0	MC	9		2.00		
Ash	g	2.06		0	MC	9		0.56		
Carbohydrate, by difference	g	83.78		0	MC	9		22.62		
Fiber, total dietary	g	2.1		0	MC	9		0.6		
Sugars, total	g	45.07		0	MC	9		12.17		
Starch	g									
Minerals:										
Calcium, Ca	mg	12		0	MC	9		3		
Iron, Fe	mg	19.65		0	MC	9		5.31		
Magnesium, Mg	mg	0		0	MC	9		0		
Phosphorus, P	mg	142		0	MC	9		38		
Potassium, K	mg	157		0	MC	9		42		
Sodium, Na	mg	600		0	MC	9		162		
Zinc, Zn	mg	16.38		0	MC	9		4.42		
Copper, Cu	mg	0.120		0	MC	9		0.032		
Manganese, Mn	mg	0.530		0	MC	9		0.143		
Selenium, Se	mcg	4.7		0	FLM	4		1.3		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	26.2		0	MC	9		7.1		
Thiamin	mg	1.630		0	MC	9		0.440		
Riboflavin	mg	1.850		0	MC	9		0.500		
Niacin	mg	21.840		0	MC	9		5.897		
Pantothenic acid	mg	0.310		0	MC	9		0.084		
Vitamin B-6	mg	2.180		0	MC	9		0.589		
Folate, total	mcg	1556		0	MC	9		420		
Folic acid	mcg	1537		0	NC	4		415		
Folate, food	mcg	19		0	CAAN	4		5		
Folate, DFE	mcg_DFE	2632		0	NC	4		711		
Vitamin B-12	mcg	0.00		0	MC	9		0.00		
* Vitamin A, IU	IU	2184		0	MC	9		590		
Vitamin A, RAE	mcg_RAE	656		0	NC	4		177		
Retinol	mcg	656		0	NC	4		177		
Vitamin E (alpha-tocopherol)	mg	0.78		0	FLM	4		0.21		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000		0	MC	9		0.000		
Vitamin K (phylloquinone)	mcg	1.5		0	FLM	4		0.4		
Lipids:										
Fatty acids, total saturated	g	2.000		0	MC	9		0.540		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.002		0	FLM	4		0.001		
13:0	g									
14:0	g	0.027		0	FLM	4		0.007		
15:0	g									
16:0	g	1.534		0	FLM	4		0.414		
17:0	g									
18:0	g	0.417		0	FLM	4		0.112		
20:0	g									
22:0	g									
24:0	g									

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

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

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Common Measures:

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08396

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

The Quaker Oats, Co.

Refuse: 0%

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

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

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08396
Cereals ready-to-eat, QUAKER, Honey Crisp Corn Flakes

Food Group: 08 Breakfast Cereals

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

NDB No. 08361

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

The Quaker Oats, Co.

Refuse: 0%

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

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

Common Measures:

*Vitamin or mineral added for enrichment or fortification

NDB No. 08361
Cereals ready-to-eat, QUAKER, Honey Graham bagged cereal

Calories Factors:	**Protein**	**Fat**	**Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08219
Cereals ready-to-eat, QUAKER, Honey Nut Heaven

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.65		0	MC	9		1.30		
Energy	kcal	392		0	MC	9		192		
Energy	kj	1642		0	MC	9		804		
Protein (N x 6.25)	g	9.15		0	MC	9		4.48		
Total lipid (fat)	g	7.46		0	MC	9		3.66		
Ash	g	3.29		0	MC	9		1.61		
Carbohydrate, by difference	g	77.40		0	MC	9		37.93		
Fiber, total dietary	g	7.1		0	MC	9		3.5		
Sugars, total	g	26.61		0	MC	9		13.04		
Starch	g									
Minerals:										
* Calcium, Ca	mg	272		0	MC	9		133		
* Iron, Fe	mg	13.89		0	MC	9		6.81		
Magnesium, Mg	mg	123		0	MC	9		60		
Phosphorus, P	mg	339		0	MC	9		166		
Potassium, K	mg	369		0	MC	9		181		
Sodium, Na	mg	440		0	MC	9		216		
* Zinc, Zn	mg	11.00		0	MC	9		5.39		
Copper, Cu	mg	0.390		0	MC	9		0.191		
Manganese, Mn	mg	2.740		0	MC	9		1.343		
Selenium, Se	mcg	2.3		0	MC	9		1.1		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	3.0		0	MC	9		1.5		
* Thiamin	mg	1.200		0	MC	9		0.588		
* Riboflavin	mg	1.360		0	MC	9		0.666		
* Niacin	mg	14.660		0	MC	9		7.183		
Pantothenic acid	mg	0.610		0	MC	9		0.299		
* Vitamin B-6	mg	1.460		0	MC	9		0.715		
* Folate, total	mcg	891		0	MC	9		437		
Folic acid	mcg	872		0	NC	4		427		
Folate, food	mcg	19		0	CAAN	4		9		
Folate, DFE	mcg_DFE	1501		0	NC	4		736		
Vitamin B-12	mcg	0.00		0	MC	9		0.00		
* Vitamin A, IU	IU	1466		0	MC	9		718		
Vitamin A, RAE	mcg_RAE	440		0	NC	4		216		
Retinol	mcg	440		0	NC	4		216		
* Vitamin E (alpha-tocopherol)	mg	3.67		0	MC	9		1.80		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000		0	MC	9		0.000		
Vitamin K (phylloquinone)	mcg	1.2		0	FLM	4		0.6		
Lipids:										
Fatty acids, total saturated	g	1.090		0	MC	9		0.534		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.006		0	FLM	4		0.003		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.007		0	FLM	4		0.003		
13:0	g	0.000		0	FLM	4		0.000		
14:0	g	0.004		0	FLM	4		0.002		
15:0	g	0.000		0	FLM	4		0.000		
16:0	g	0.908		0	FLM	4		0.445		
17:0	g	0.000		0	FLM	4		0.000		
18:0	g	0.134		0	FLM	4		0.066		
20:0	g	0.000		0	FLM	4		0.000		
22:0	g	0.000		0	FLM	4		0.000		

NDB No. 08219
Cereals ready-to-eat, QUAKER, Honey Nut Heaven

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

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

Common Measures:

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16-1 (2004)

NDB No. 08395

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

The Quaker Oats, Co.

Refuse: 0%

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

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

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08395
Cereals ready-to-eat, QUAKER, Honey Nut Oats

Food Group: 08 Breakfast Cereals

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

NDB No. 08047

Cereals ready-to-eat, QUAKER, KING VITAMAN

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.00		0	MC	9		0.62		
Energy	kcal	386		0	MC	9		120		
Energy	kj	1613		0	MC	9		500		
Protein (N x 6.25)	g	6.45		0	MC	9		2.00		
Total lipid (fat)	g	3.56		0	MC	9		1.10		
Ash	g	3.07		0	MC	9		0.95		
Carbohydrate, by difference	g	84.90		0	MC	9		26.32		
Fiber, total dietary	g	3.8		0	MC	9		1.2		
Sugars, total	g	20.20		0	MC	9		6.26		
Starch	g									
Minerals:										
Calcium, Ca	mg	12		0	MC	9		4		
Iron, Fe	mg	29.00		0	MC	9		8.99		
Magnesium, Mg	mg	84		0	MC	9		26		
Phosphorus, P	mg	255		0	MC	9		79		
Potassium, K	mg	276		0	MC	9		86		
Sodium, Na	mg	838		0	MC	9		260		
Zinc, Zn	mg	12.50		0	MC	9		3.88		
Copper, Cu	mg	0.240		0	MC	9		0.074		
Manganese, Mn	mg	0.910		0	MC	9		0.282		
Selenium, Se	mcg	6.5		0	BFZN	4		2.0		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	40.0		0	MC	9		12.4		
Thiamin	mg	1.250		0	MC	9		0.388		
Riboflavin	mg	1.410		0	MC	9		0.437		
Niacin	mg	16.660		0	MC	9		5.165		
Pantothenic acid	mg	0.560		0	MC	9		0.174		
Vitamin B-6	mg	1.660		0	MC	9		0.515		
Folate, total	mcg	1333		0	MC	9		413		
Folic acid	mcg	1314		0	NC	4		407		
Folate, food	mcg	19		0	CAZN	4		6		
Folate, DFE	mcg_DFE	2253		0	NC	4		698		
Vitamin B-12	mcg	5.00		0	MC	9		1.55		
Vitamin A, IU	IU	3334		0	FLM	4		1033		
Vitamin A, RAE	mcg_RAE	1001		0	NC	4		310		
Retinol	mcg	947		0	FLM	4		294		
* Vitamin E (alpha-tocopherol)	mg	4.50		0	MC	9		1.39		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	133.330		0	MC	9		41.332		
Vitamin K (phylloquinone)	mcg	0.4		0	FLM	4		0.1		
Lipids:										
Fatty acids, total saturated	g	0.790		0	MC	9		0.245		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.001		0	FLM	4		0.000		
13:0	g									
14:0	g	0.002		0	FLM	4		0.001		
15:0	g									
16:0	g	0.674		0	FLM	4		0.209		
17:0	g									
18:0	g	0.085		0	FLM	4		0.026		
20:0	g									
22:0	g									
24:0	g									

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

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

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

Common Measures:

Measure 1 = 31g: 1.5 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16-1 (2004)

NDB No. 08085

Cereals ready-to-eat, QUAKER, KRETSCHMER Honey Crunch Wheat Germ

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.40		0	MC	9		0.48		
Energy	kcal	372		0	MC	9		52		
Energy	kj	1558		0	MC	9		218		
Protein (N x 6.25)	g	26.55		0	MC	9		3.72		
Total lipid (fat)	g	7.78		0	MC	9		1.09		
Ash	g	4.14		0	MC	9		0.58		
Carbohydrate, by difference	g	58.11		0	MC	9		8.14		
Fiber, total dietary	g	10.2		0	MC	9		1.4		
Sugars, total	g	24.85		0	MC	9		3.48		
Starch	g									
Minerals:										
Calcium, Ca	mg	50		0	MC	9		7		
Iron, Fe	mg	8.05		0	MC	9		1.13		
Magnesium, Mg	mg	272		0	MC	9		38		
Phosphorus, P	mg	1011		0	MC	9		142		
Potassium, K	mg	964		0	MC	9		135		
Sodium, Na	mg	11		0	MC	9		2		
Zinc, Zn	mg	13.88		0	MC	9		1.94		
Copper, Cu	mg	0.720		0	MC	9		0.101		
Manganese, Mn	mg	15.880		0	MC	9		2.223		
Selenium, Se	mcg	58.0		0	FLC	4		8.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg	1.340		0	MC	9		0.188		
Riboflavin	mg	0.690		0	MC	9		0.097		
Niacin	mg	4.730		0	MC	9		0.662		
Pantothenic acid	mg	1.100		0	MC	9		0.154		
Vitamin B-6	mg	0.500		0	MC	9		0.070		
* Folate, total	mcg	606		0	MC	9		85		
Folic acid	mcg	587		0	NC	4		82		
Folate, food	mcg	19		0	CAAN	4		3		
Folate, DFE	mcg_DFE	1016		0	NC	4		142		
Vitamin B-12	mcg	0.00		0	MC	9		0.00		
Vitamin A, IU	IU	0		0	Z	7		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
* Vitamin E (alpha-tocopherol)	mg	20.22		0	MC	9		2.83		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000		0	MC	9		0.000		
Vitamin K (phylloquinone)	mcg	0.0		0	FLM	4		0.0		
Lipids:										
Fatty acids, total saturated	g	1.360		0	MC	9		0.190		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.000		0	FLM	4		0.000		
13:0	g									
14:0	g	0.010		0	FLM	4		0.001		
15:0	g									
16:0	g	1.264		0	FLM	4		0.177		
17:0	g									
18:0	g	0.038		0	FLM	4		0.005		
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.040		0	MC	9		0.146		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.029		0	FLM	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	1.083		0	FLM	4		0.152		
20:1.....g	0.002		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.840		0	MC	9		0.678		
18:2 undifferentiated.....g	4.104		0	FLM	4		0.575		
18:3 undifferentiated.....g	0.523		0	FLM	4		0.073		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

Measure 1 = 14.0g: 1.667 tbsp (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16-1 (2004)

NDB No. 08363

Cereals ready-to-eat, QUAKER, KRETSCHMER Toasted Wheat Bran

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	11.72		0	MC	9				
Energy	kcal	200		0	MC	9				
Energy	kj	839		0	MC	9				
Protein (N x 6.25)	g	17.56		0	MC	9				
Total lipid (fat)	g	5.16		0	MC	9				
Ash	g	6.04		0	MC	9				
Carbohydrate, by difference	g	59.51		0	MC	9				
Fiber, total dietary	g	41.3		0	MC	9				
Sugars, total	g	2.26		0	MC	9				
Starch	g									
Minerals:										
Calcium, Ca	mg	66		0	MC	9				
Iron, Fe	mg	13.88		0	MC	9				
Magnesium, Mg	mg	606		0	MC	9				
Phosphorus, P	mg	1314		0	MC	9				
Potassium, K	mg	1284		0	MC	9				
Sodium, Na	mg	6		0	MC	9				
Zinc, Zn	mg	11.23		0	MC	9				
Copper, Cu	mg	1.090		0	MC	9				
Manganese, Mn	mg	17.380		0	MC	9				
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9				
Thiamin	mg	1.100		0	MC	9				
Riboflavin	mg	0.450		0	MC	9				
Niacin	mg	20.620		0	MC	9				
Pantothenic acid	mg	2.930		0	MC	9				
Vitamin B-6	mg	0.680		0	MC	9				
Folate, total	mcg	193		0	MC	9				
Folic acid	mcg	152		0	NC	4				
Folate, food	mcg	41		0	CAAN	4				
Folate, DFE	mcg_DFE	300		0	NC	4				
Vitamin B-12	mcg	0.23		0	MC	9				
Vitamin A, IU	IU	0		0	MC	9				
Vitamin A, RAE	mcg_RAE	0		0	NC	4				
Retinol	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000		0	MC	9				
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.770		0	MC	9				
Fatty acids, total monounsaturated	g	0.800		0	MC	9				
Fatty acids, total polyunsaturated	g	2.720		0	MC	9				
Fatty acids, total trans	g									
Cholesterol	mg	0		0	MC	9				
Phytosterols	mg									

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

Common Measures:

NDB No. 08363
Cereals ready-to-eat, QUAKER, KRETSCHMER Toasted Wheat Bran

Calories Factors:	**Protein**	**Fat**	**Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08366

Cereals ready-to-eat, QUAKER, KRETSCHMER Wheat Germ, Regular

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.78		0	MC	9				
Energy	kcal	366		0	MC	9				
Energy	kj	1532		0	MC	9				
Protein (N x 6.25)	g	31.43		0	MC	9				
Total lipid (fat)	g	9.56		0	MC	9				
Ash	g	4.82		0	MC	9				
Carbohydrate, by difference	g	49.38		0	MC	9				
Fiber, total dietary	g	11.9		0	MC	9				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	50		0	MC	9				
Iron, Fe	mg	8.34		0	MC	9				
Magnesium, Mg	mg	313		0	MC	9				
Phosphorus, P	mg	1130		0	MC	9				
Potassium, K	mg	1097		0	MC	9				
Sodium, Na	mg	6		0	MC	9				
Zinc, Zn	mg	16.01		0	MC	9				
Copper, Cu	mg	0.620		0	MC	9				
Manganese, Mn	mg	19.080		0	MC	9				
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	6.0		0	MC	9				
Thiamin	mg	1.970		0	MC	9				
Riboflavin	mg	0.780		0	MC	9				
Niacin	mg	5.580		0	MC	9				
Pantothenic acid	mg	1.400		0	MC	9				
Vitamin B-6	mg	0.600		0	MC	9				
* Folate, total	mcg	669		0	MC	9				
Folic acid	mcg	317		0	NC	4				
Folate, food	mcg	352		0	CAAN	4				
Folate, DFE	mcg_DFE	892		0	NC	4				
Vitamin B-12	mcg	0.21		0	MC	9				
Vitamin A, IU	IU	0		0	Z	7				
Vitamin A, RAE	mcg_RAE	0		0	NC	4				
Retinol	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000		0	MC	9				
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.660		0	MC	9				
Fatty acids, total monounsaturated	g	1.250		0	MC	9				
Fatty acids, total polyunsaturated	g	5.980		0	MC	9				
Fatty acids, total trans	g									
Cholesterol	mg	0		0	MC	9				
Phytosterols	mg									

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

Common Measures:

*Vitamin or mineral added for enrichment or fortification

NDB No. 08366
Cereals ready-to-eat, QUAKER, KRETSCHMER Wheat Germ, Regular

Calories Factors:	**Protein**	**Fat**	**Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08220

Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.50		0	MC	9		1.75		
Energy	kcal	390		0	MC	9		195		
Energy	kj	1631		0	MC	9		816		
Protein (N x 6.25)	g	7.95		0	MC	9		3.98		
Total lipid (fat)	g	5.46		0	MC	9		2.73		
Ash	g	1.89		0	MC	9		0.95		
Carbohydrate, by difference	g	81.18		0	MC	9		40.59		
Fiber, total dietary	g	5.7		0	MC	9		2.8		
Sugars, total	g	33.41		0	MC	9		16.71		
Starch	g									
Minerals:										
Calcium, Ca	mg	60		0	MC	9		30		
Iron, Fe	mg	2.63		0	MC	9		1.32		
Magnesium, Mg	mg	85		0	MC	9		42		
Phosphorus, P	mg	267		0	MC	9		133		
Potassium, K	mg	407		0	MC	9		204		
Sodium, Na	mg	237		0	MC	9		119		
Zinc, Zn	mg	1.93		0	MC	9		0.97		
Copper, Cu	mg	0.300		0	MC	9		0.150		
Manganese, Mn	mg	2.060		0	MC	9		1.030		
Selenium, Se	mcg	2.5		0	MC	9		1.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0	MC	9		0.3		
Thiamin	mg	0.300		0	MC	9		0.150		
Riboflavin	mg	0.170		0	MC	9		0.085		
Niacin	mg	1.870		0	MC	9		0.935		
Pantothenic acid	mg	0.590		0	MC	9		0.295		
Vitamin B-6	mg	0.160		0	MC	9		0.080		
Folate, total	mcg	24		0	MC	9		12		
Folic acid	mcg	0		0	FLM	4		0		
Folate, food	mcg	24		0	MC	9		12		
Folate, DFE	mcg_DFE	24		0	NC	4		12		
Vitamin B-12	mcg	0.10		0	MC	9		0.05		
Vitamin A, IU	IU	18		0	MC	9		9		
Vitamin A, RAE	mcg_RAE	1		0	NC	4		0		
Retinol	mcg	0		0	BNA	4		0		
Vitamin E (alpha-tocopherol)	mg	2.69		0	NR	4		1.35		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000		0	MC	9		0.000		
Vitamin K (phylloquinone)	mcg	2.9		0	FLM	4		1.5		
Lipids:										
Fatty acids, total saturated	g	1.390		0	MC	9		0.695		
4:0	g	0.002		0	FLM	4		0.001		
6:0	g	0.002		0	FLM	4		0.001		
8:0	g	0.029		0	FLM	4		0.015		
10:0	g	0.021		0	FLM	4		0.010		
12:0	g	0.165		0	FLM	4		0.082		
13:0	g	0.000		0	FLM	4		0.000		
14:0	g	0.081		0	FLM	4		0.040		
15:0	g	0.000		0	FLM	4		0.000		
16:0	g	0.886		0	FLM	4		0.443		
17:0	g	0.000		0	FLM	4		0.000		
18:0	g	0.180		0	FLM	4		0.090		
20:0	g	0.000		0	FLM	4		0.000		
22:0	g	0.000		0	FLM	4		0.000		
24:0	g	0.000		0	FLM	4		0.000		

NDB No. 08220

Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.540		0	MC	9		0.770		
14:1.....g	0.000		0	FLM	4		0.000		
15:1.....g	0.000		0	FLM	4		0.000		
16:1 undifferentiated.....g	0.020		0	FLM	4		0.010		
17:1.....g									
18:1 undifferentiated.....g	1.520		0	FLM	4		0.760		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated.....g	1.030		0	MC	9		0.515		
18:2 undifferentiated.....g	0.974		0	FLM	4		0.487		
18:3 undifferentiated.....g	0.056		0	FLM	4		0.028		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLM	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	1		0	MC	9		1		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	8		0	BNA	4		4.147		
Carotene, alpha.....mcg	5		0	BNA	4		2.414		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	0		0	FLM	4		0.000		
Lutein + zeaxanthin.....mcg	183		0	FLM	4		91.458		

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

Common Measures:

Measure 1 = 50g: .5 cup (1 NLEA serving)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08353

Cereals ready-to-eat, QUAKER, MOTHER'S CINNAMON OAT CRUNCH

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.50		0	MC	9				
Energy	kcal	380		0	MC	9				
Energy	kj	1591		0	MC	9				
Protein (N x 6.25)	g	10.49		0	MC	9				
Total lipid (fat)	g	4.64		0	MC	9				
Ash	g	3.14		0	MC	9				
Carbohydrate, by difference	g	79.21		0	MC	9				
Fiber, total dietary	g	8.3		0	MC	9				
Sugars, total	g	25.07		0	MC	9				
Starch	g									
Minerals:										
Calcium, Ca	mg	74		0	MC	9				
Iron, Fe	mg	3.60		0	MC	9				
Magnesium, Mg	mg	106		0	MC	9				
Phosphorus, P	mg	359		0	MC	9				
Potassium, K	mg	537		0	MC	9				
Sodium, Na	mg	419		0	MC	9				
Zinc, Zn	mg	2.57		0	MC	9				
Copper, Cu	mg	0.280		0	MC	9				
Manganese, Mn	mg	3.010		0	MC	9				
Selenium, Se	mcg	6.3		0	MC	9				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0	MC	9				
Thiamin	mg	0.300		0	MC	9				
Riboflavin	mg	0.270		0	MC	9				
Niacin	mg	2.300		0	MC	9				
Pantothenic acid	mg	0.610		0	MC	9				
Vitamin B-6	mg	0.120		0	MC	9				
Folate, total	mcg	36		0	MC	9				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	36		0	MC	9				
Folate, DFE	mcg_DFE	36		0	NC	4				
Vitamin B-12	mcg	0.00		0	MC	9				
Vitamin A, IU	IU	9		0	MC	9				
Vitamin A, RAE	mcg_RAE	0		0	NC	4				
Retinol	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000		0	MC	9				
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.790		0	MC	9				
Fatty acids, total monounsaturated	g	1.450		0	MC	9				
Fatty acids, total polyunsaturated	g	1.410		0	MC	9				
Fatty acids, total trans	g									
Cholesterol	mg	0		0	MC	9				
Phytosterols	mg									

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

Common Measures:

*Vitamin or mineral added for enrichment or fortification

NDB No. 08353
Cereals ready-to-eat, QUAKER, MOTHER'S CINNAMON OAT CRUNCH

Calories Factors:	**Protein**	**Fat**	**Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08355

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

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.50		0	MC	9				
Energy	kcal	376		0	MC	9				
Energy	kj	1573		0	MC	9				
Protein (N x 6.25)	g	5.08		0	MC	9				
Total lipid (fat)	g	1.74		0	MC	9				
Ash	g	3.02		0	MC	9				
Carbohydrate, by difference	g	87.64		0	MC	9				
Fiber, total dietary	g	3.1		0	MC	9				
Sugars, total	g	41.84		0	MC	9				
Starch	g									
Minerals:										
Calcium, Ca	mg	139		0	MC	9				
Iron, Fe	mg	5.29		0	MC	9				
Magnesium, Mg	mg	60		0	MC	9				
Phosphorus, P	mg	167		0	MC	9				
Potassium, K	mg	787		0	MC	9				
Sodium, Na	mg	546		0	MC	9				
Zinc, Zn	mg	1.08		0	MC	9				
Copper, Cu	mg	0.190		0	MC	9				
Manganese, Mn	mg	0.370		0	MC	9				
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9				
Thiamin	mg	0.150		0	MC	9				
Riboflavin	mg	0.630		0	MC	9				
Niacin	mg	1.310		0	MC	9				
Pantothenic acid	mg	0.340		0	MC	9				
Vitamin B-6	mg	0.030		0	MC	9				
Folate, total	mcg	13		0	MC	9				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	13		0	MC	9				
Folate, DFE	mcg_DFE	13		0	NC	4				
Vitamin B-12	mcg	0.00		0	MC	9				
Vitamin A, IU	IU	164		0	MC	9				
Vitamin A, RAE	mcg_RAE	8		0	NC	4				
Retinol	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000		0	MC	9				
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.310		0	MC	9				
Fatty acids, total monounsaturated	g	0.310		0	MC	9				
Fatty acids, total polyunsaturated	g	0.630		0	MC	9				
Fatty acids, total trans	g									
Cholesterol	mg	0		0	MC	9				
Phytosterols	mg									

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

Common Measures:

*Vitamin or mineral added for enrichment or fortification

NDB No. 08355
Cereals ready-to-eat, QUAKER, MOTHER'S COCOA BUMPERS

Calories Factors:	**Protein**	**Fat**	**Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08354

Cereals ready-to-eat, QUAKER, MOTHER'S GROOVY GRAHAMS

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.50		0	MC	9				
Energy	kcal	372		0	MC	9				
Energy	kj	1558		0	MC	9				
Protein (N x 6.25)	g	5.44		0	MC	9				
Total lipid (fat)	g	1.63		0	MC	9				
Ash	g	4.03		0	MC	9				
Carbohydrate, by difference	g	86.38		0	MC	9				
Fiber, total dietary	g	3.0		0	MC	9				
Sugars, total	g	44.82		0	MC	9				
Starch	g									
Minerals:										
Calcium, Ca	mg	138		0	MC	9				
Iron, Fe	mg	4.97		0	MC	9				
Magnesium, Mg	mg	57		0	MC	9				
Phosphorus, P	mg	162		0	MC	9				
Potassium, K	mg	755		0	MC	9				
Sodium, Na	mg	869		0	MC	9				
Zinc, Zn	mg	1.02		0	MC	9				
Copper, Cu	mg	0.120		0	MC	9				
Manganese, Mn	mg	0.380		0	MC	9				
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9				
Thiamin	mg	0.120		0	MC	9				
Riboflavin	mg	0.690		0	MC	9				
Niacin	mg	1.550		0	MC	9				
Pantothenic acid	mg	0.390		0	MC	9				
Vitamin B-6	mg	0.060		0	MC	9				
Folate, total	mcg	14		0	MC	9				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	14		0	MC	9				
Folate, DFE	mcg_DFE	14		0	NC	4				
Vitamin B-12	mcg	0.00		0	MC	9				
Vitamin A, IU	IU	145		0	MC	9				
Vitamin A, RAE	mcg_RAE	7		0	NC	4				
Retinol	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000		0	MC	9				
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.280		0	MC	9				
Fatty acids, total monounsaturated	g	0.320		0	MC	9				
Fatty acids, total polyunsaturated	g	0.690		0	MC	9				
Fatty acids, total trans	g									
Cholesterol	mg	0		0	MC	9				
Phytosterols	mg									

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

Common Measures:

*Vitamin or mineral added for enrichment or fortification

NDB No. 08354
Cereals ready-to-eat, QUAKER, MOTHER'S GROOVY GRAHAMS

Calories Factors:	**Protein**	**Fat**	**Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08394

Cereals ready-to-eat, QUAKER, MOTHER'S HONEY ROUNDUP

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.50		0	MC	9				
Energy	kcal	382		0	MC	9				
Energy	kj	1597		0	MC	9				
Protein (N x 6.25)	g	5.44		0	MC	9				
Total lipid (fat)	g	2.00		0	MC	9				
Ash	g	2.27		0	MC	9				
Carbohydrate, by difference	g	87.77		0	MC	9				
Fiber, total dietary	g	3.1		0	MC	9				
Sugars, total	g	35.68		0	MC	9				
Starch	g									
Minerals:										
Calcium, Ca	mg	23		0	MC	9				
Iron, Fe	mg	1.77		0	MC	9				
Magnesium, Mg	mg	64		0	MC	9				
Phosphorus, P	mg	197		0	MC	9				
Potassium, K	mg	237		0	MC	9				
Sodium, Na	mg	587		0	MC	9				
Zinc, Zn	mg	1.28		0	MC	9				
Copper, Cu	mg	0.150		0	MC	9				
Manganese, Mn	mg	0.920		0	MC	9				
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9				
Thiamin	mg	0.180		0	MC	9				
Riboflavin	mg	0.050		0	MC	9				
Niacin	mg	1.040		0	MC	9				
Pantothenic acid	mg	0.410		0	MC	9				
Vitamin B-6	mg	0.060		0	MC	9				
Folate, total	mcg	17		0	MC	9				
Folic acid	mcg									
Folate, food	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg	0.00		0	MC	9				
Vitamin A, IU	IU	138		0	MC	9				
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000		0	MC	9				
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.380		0	MC	9				
Fatty acids, total monounsaturated	g	0.560		0	MC	9				
Fatty acids, total polyunsaturated	g	0.820		0	MC	9				
Fatty acids, total trans	g									
Cholesterol	mg	0		0	MC	9				
Phytosterols	mg									

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

Common Measures:

*Vitamin or mineral added for enrichment or fortification

NDB No. 08394
Cereals ready-to-eat, QUAKER, MOTHER'S HONEY ROUNDUP

Calories Factors:	**Protein**	**Fat**	**Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08351

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

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.50		0	MC	9				
Energy	kcal	403		0	MC	9				
Energy	kj	1686		0	MC	9				
Protein (N x 6.25)	g	8.28		0	MC	9				
Total lipid (fat)	g	7.34		0	MC	9				
Ash	g	3.59		0	MC	9				
Carbohydrate, by difference	g	78.27		0	MC	9				
Fiber, total dietary	g	2.9		0	MC	9				
Sugars, total	g	29.51		0	MC	9				
Starch	g									
Minerals:										
Calcium, Ca	mg	100		0	MC	9				
Iron, Fe	mg	4.03		0	MC	9				
Magnesium, Mg	mg	74		0	MC	9				
Phosphorus, P	mg	214		0	MC	9				
Potassium, K	mg	648		0	MC	9				
Sodium, Na	mg	806		0	MC	9				
Zinc, Zn	mg	1.42		0	MC	9				
Copper, Cu	mg	0.150		0	MC	9				
Manganese, Mn	mg	0.670		0	MC	9				
Selenium, Se	mcg	0.8		0	MC	9				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9				
Thiamin	mg	0.130		0	MC	9				
Riboflavin	mg	0.500		0	MC	9				
Niacin	mg	2.910		0	MC	9				
Pantothenic acid	mg	0.510		0	MC	9				
Vitamin B-6	mg	0.110		0	MC	9				
Folate, total	mcg	24		0	MC	9				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	24		0	MC	9				
Folate, DFE	mcg_DFE	24		0	NC	4				
Vitamin B-12	mcg	0.00		0	MC	9				
Vitamin A, IU	IU	147		0	MC	9				
Vitamin A, RAE	mcg_RAE	7		0	NC	4				
Retinol	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000		0	MC	9				
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.440		0	MC	9				
Fatty acids, total monounsaturated	g	3.080		0	MC	9				
Fatty acids, total polyunsaturated	g	2.230		0	MC	9				
Fatty acids, total trans	g									
Cholesterol	mg	0		0	MC	9				
Phytosterols	mg									

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

Common Measures:

*Vitamin or mineral added for enrichment or fortification

NDB No. 08351
Cereals ready-to-eat, QUAKER, MOTHER'S PEANUT BUTTER BUMPERS Cereal

Calories Factors:	**Protein**	**Fat**	**Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08352

Cereals ready-to-eat, QUAKER, MOTHER'S TOASTED OAT BRAN CEREAL, Brown Sugar Flavor

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.00		0	MC	9				
Energy	kcal	373		0	MC	9				
Energy	kj	1561		0	MC	9				
Protein (N x 6.25)	g	11.90		0	MC	9				
Total lipid (fat)	g	5.17		0	MC	9				
Ash	g	3.99		0	MC	9				
Carbohydrate, by difference	g	74.92		0	MC	9				
Fiber, total dietary	g	8.9		0	MC	9				
Sugars, total	g	15.50		0	MC	9				
Starch	g									
Minerals:										
Calcium, Ca	mg	66		0	MC	9				
Iron, Fe	mg	4.11		0	MC	9				
Magnesium, Mg	mg	143		0	MC	9				
Phosphorus, P	mg	458		0	MC	9				
Potassium, K	mg	490		0	MC	9				
Sodium, Na	mg	632		0	MC	9				
Zinc, Zn	mg	2.98		0	MC	9				
Copper, Cu	mg	0.280		0	MC	9				
Manganese, Mn	mg	3.410		0	MC	9				
Selenium, Se	mcg	4.3		0	MC	9				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9				
Thiamin	mg	0.400		0	MC	9				
Riboflavin	mg	0.180		0	MC	9				
Niacin	mg	1.920		0	MC	9				
Pantothenic acid	mg	0.740		0	MC	9				
Vitamin B-6	mg	0.130		0	MC	9				
Folate, total	mcg	40		0	MC	9				
Folic acid	mcg									
Folate, food	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg	0.00		0	MC	9				
Vitamin A, IU	IU	71		0	MC	9				
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000		0	MC	9				
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.890		0	MC	9				
Fatty acids, total monounsaturated	g	1.630		0	MC	9				
Fatty acids, total polyunsaturated	g	1.820		0	MC	9				
Fatty acids, total trans	g									
Cholesterol	mg									
Phytosterols	mg									

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

Common Measures:

*Vitamin or mineral added for enrichment or fortification

NDB No. 08352
Cereals ready-to-eat, QUAKER, MOTHER'S TOASTED OAT BRAN CEREAL, Brown Sugar Flavor

Calories Factors:	**Protein**	**Fat**	**Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08360

Cereals ready-to-eat, QUAKER, Oatmeal Cereal, Brown Sugar Bliss

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.50		0	MC	9		1.23		
Energy	kcal	384		0	MC	9		188		
Energy	kj	1607		0	MC	9		787		
Protein (N x 6.25)	g	8.78		0	MC	9		4.30		
Total lipid (fat)	g	5.56		0	MC	9		2.72		
Ash	g	3.43		0	MC	9		1.68		
Carbohydrate, by difference	g	79.69		0	MC	9		39.05		
Fiber, total dietary	g	7.4		0	MC	9		3.6		
Sugars, total	g									
Starch	g									
Minerals:										
* Calcium, Ca	mg	298		0	MC	9		146		
* Iron, Fe	mg	10.10		0	MC	9		4.95		
Magnesium, Mg	mg	105		0	MC	9		51		
Phosphorus, P	mg	316		0	MC	9		155		
Potassium, K	mg	327		0	MC	9		160		
Sodium, Na	mg	509		0	MC	9		249		
* Zinc, Zn	mg	12.00		0	MC	9		5.88		
Copper, Cu	mg	0.340		0	MC	9		0.167		
Manganese, Mn	mg	2.830		0	MC	9		1.387		
Selenium, Se	mcg	2.3		0	MC	9		1.1		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	3.2		0	MC	9		1.6		
* Thiamin	mg	1.200		0	MC	9		0.588		
* Riboflavin	mg	1.360		0	MC	9		0.666		
* Niacin	mg	16.000		0	MC	9		7.840		
Pantothenic acid	mg	0.620		0	MC	9		0.304		
* Vitamin B-6	mg	1.600		0	MC	9		0.784		
* Folate, total	mcg	889		0	MC	9		436		
Folic acid	mcg	870		0	NC	4		426		
Folate, food	mcg	19		0	CAAN	4		9		
Folate, DFE	mcg_DFE	1498		0	NC	4		734		
Vitamin B-12	mcg	0.00		0	MC	9		0.00		
* Vitamin A, IU	IU	1600		0	MC	9		784		
Vitamin A, RAE	mcg_RAE	480		0	NC	4		235		
Retinol	mcg	480		0	NC	4		235		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000		0	MC	9		0.000		
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.160		0	MC	9		0.568		
Fatty acids, total monounsaturated	g	1.690		0	MC	9		0.828		
Fatty acids, total polyunsaturated	g	1.360		0	MC	9		0.666		
Fatty acids, total trans	g									
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 49g: 1 cup

NDB No. 08360

Cereals ready-to-eat, QUAKER, Oatmeal Cereal, Brown Sugar Bliss

*Vitamin or mineral added for enrichment or fortification

Calories Factors:	**Protein**	**Fat**	**Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08218

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

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.26		1	A	1		2.17		
Energy	kcal	465		0	NC	4		237		
Energy	kj	1947		0	NC	4		993		
Protein (N x 6.25)	g	10.32		1	A	1		5.26		
Total lipid (fat)	g	17.90		1	A	1		9.13		
Ash	g	1.78		1	A	1		0.91		
Carbohydrate, by difference	g	65.74		0	NC	4		33.53		
Fiber, total dietary	g	8.3		1	A	1		4.2		
Sugars, total	g	22.50		0	AS	1		11.47		
Sucrose	g	10.50		1	A	1		5.36		
Glucose (dextrose)	g	4.96		1	A	1		2.53		
Fructose	g	4.74		1	A	1		2.42		
Lactose	g	2.30		1	A	1		1.17		
Maltose	g	0.00		1	A	1		0.00		
Galactose	g	0.00		0	Z	7		0.00		
Starch	g	28.90		1	A	1		14.74		
Minerals:										
Calcium, Ca	mg	110		1	A	1		56		
Iron, Fe	mg	2.50		1	A	1		1.28		
Magnesium, Mg	mg	108		1	A	1		55		
Phosphorus, P	mg	306		1	A	1		156		
Potassium, K	mg	504		1	A	1		257		
Sodium, Na	mg	51		1	A	1		26		
Zinc, Zn	mg	1.88		1	A	1		0.96		
Copper, Cu	mg	0.401		1	A	1		0.204		
Manganese, Mn	mg	1.820		1	A	1		0.928		
Selenium, Se	mcg	13.8		1	A	1		7.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.7		1	A	1		1.4		
Thiamin	mg	0.337		1	A	1		0.172		
Riboflavin	mg	0.357		1	A	1		0.182		
Niacin	mg	1.850		1	A	1		0.944		
Pantothenic acid	mg	0.674		1	A	1		0.344		
Vitamin B-6	mg	2.840		1	A	1		1.448		
Folate, total	mcg	38		1	A	1		19		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	38		0	NC	4		19		
Folate, DFE	mcg_DFE	38		0	NC	4		19		
Vitamin B-12	mcg	0.00		1	A	1		0.00		
Vitamin A, IU	IU	11		0	MC	9		5		
Vitamin A, RAE	mcg_RAE	1		0	NC	4		1		
Retinol	mcg	0		0	NC	4		0		
Vitamin E (alpha-tocopherol)	mg	3.03		0	MC	9		1.54		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.040		0	MC	9		0.020		
Vitamin K (phylloquinone)	mcg	4.2		1	A	1		2.1		
Lipids:										
Fatty acids, total saturated	g	6.971		0	NC	4		3.555		
4:0	g	0.002		0	FLM	4		0.001		
6:0	g	0.030		0	FLM	4		0.015		
8:0	g	0.410		1	A	1		0.209		
10:0	g	0.300		1	A	1		0.153		
12:0	g	2.310		1	A	1		1.178		
13:0	g									
14:0	g	0.990		1	A	1		0.505		
15:0	g	0.000		1	A	1		0.000		

NDB No. 08218

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:0 ... g	2.360		1	A	1		1.204		
17:0 ... g	0.010		1	A	1		0.005		
18:0 ... g	0.520		1	A	1		0.265		
20:0 ... g	0.030		1	A	1		0.015		
22:0 ... g	0.010		1	A	1		0.005		
24:0 ... g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated ... g	6.790		0	NC	4		3.463		
14:1 ... g	0.000		1	A	1		0.000		
15:1 ... g	0.000		1	A	1		0.000		
16:1 undifferentiated ... g	0.060		1	A	1		0.031		
17:1 ... g	0.000		1	A	1		0.000		
18:1 undifferentiated ... g	6.700		1	A	1		3.417		
20:1 ... g	0.030		1	A	1		0.015		
22:1 undifferentiated ... g	0.000		1	A	1		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.300		0	NC	4		1.173		
18:2 undifferentiated ... g	2.240		1	A	1		1.142		
18:3 undifferentiated ... g	0.060		1	A	1		0.031		
18:4 ... g	0.000		1	A	1		0.000		
20:2 n-6 c,c ... g	0.000		1	A	1		0.000		
20:3 undifferentiated ... g	0.000		1	A	1		0.000		
20:4 undifferentiated ... g	0.000		1	A	1		0.000		
20:5 n-3 ... g	0.000		1	A	1		0.000		
22:5 n-3 ... g	0.000		1	A	1		0.000		
22:6 n-3 ... g	0.000		1	A	1		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	2		0	MC	9		1		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	0		0	FLM	4		0		
Theobromine ... mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta ... mcg	0		0	Z	7		0.000		
Carotene, alpha ... mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta ... mcg	0		0	Z	7		0.000		
Lycopene ... mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin ... mcg	0		0	Z	7		0.000		

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

Common Measures:

Measure 1 = 51g: .5 cup (1 NLEA serving)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08293

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

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.50		0	MC	9		0.75		
Energy	kcal	393		0	MC	9		118		
Energy	kj	1645		0	MC	9		493		
Protein (N x 6.25)	g	3.68		0	MC	9		1.10		
Total lipid (fat)	g	3.45		0	MC	9		1.04		
Ash	g	1.62		0	MC	9		0.49		
Carbohydrate, by difference	g	88.74		0	MC	9		26.62		
Fiber, total dietary	g	2.3		0	MC	9		0.7		
Sugars, total	g	46.99		0	MC	9		14.10		
Starch	g									
Minerals:										
Calcium, Ca	mg	9		0	MC	9		3		
* Iron, Fe	mg	16.49		0	MC	9		4.95		
Magnesium, Mg	mg	50		0	MC	9		15		
Phosphorus, P	mg	150		0	MC	9		45		
Potassium, K	mg	175		0	MC	9		53		
Sodium, Na	mg	449		0	MC	9		135		
* Zinc, Zn	mg	13.74		0	MC	9		4.12		
Copper, Cu	mg	0.140		0	MC	9		0.042		
Manganese, Mn	mg	0.350		0	MC	9		0.105		
Selenium, Se	mcg	0.0		0	MC	9		0.0		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	22.0		0	MC	9		6.6		
* Thiamin	mg	1.370		0	MC	9		0.411		
* Riboflavin	mg	1.550		0	MC	9		0.465		
* Niacin	mg	18.330		0	MC	9		5.499		
Pantothenic acid	mg	0.350		0	MC	9		0.105		
* Vitamin B-6	mg	1.830		0	MC	9		0.549		
* Folate, total	mcg	1400		0	MC	9		420		
Folic acid	mcg	1381		0	NC	4		414		
Folate, food	mcg	19		0	CAAN	4		6		
Folate, DFE	mcg_DFE	2367		0	NC	4		710		
Vitamin B-12	mcg	0.00		0	MC	9		0.00		
* Vitamin A, IU	IU	1833		0	MC	9		550		
Vitamin A, RAE	mcg_RAE	551		0	NC	4		165		
Retinol	mcg	551		0	NC	4		165		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000		0	MC	9		0.000		
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.870		0	MC	9		0.261		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.004		0	FLM	4		0.001		
13:0	g									
14:0	g	0.012		0	FLM	4		0.004		
15:0	g									
16:0	g	0.599		0	FLM	4		0.180		
17:0	g									
18:0	g	0.250		0	FLM	4		0.075		
20:0	g									
22:0	g									
24:0	g									

NDB No. 08293
Cereals ready-to-eat, QUAKER, QUAKER APPLE ZAPS

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.600		0	MC	9		0.180		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	FLM	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.599		0	FLM	4		0.180		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.620		0	MC	9		0.186		
18:2 undifferentiated.....g	0.587		0	FLM	4		0.176		
18:3 undifferentiated.....g	0.035		0	FLM	4		0.011		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		

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

Common Measures:

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

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

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.50		0	MC	9		1.50		
Energy	kcal	378		0	MC	9		227		
Energy	kj	1583		0	MC	9		950		
Protein (N x 6.25)	g	10.11		0	MC	9		6.07		
Total lipid (fat)	g	4.28		0	MC	9		2.57		
Ash	g	3.26		0	MC	9		1.96		
Carbohydrate, by difference	g	79.83		0	MC	9		47.90		
Fiber, total dietary	g	7.6		0	MC	9		4.6		
Sugars, total	g	23.68		0	MC	9		14.21		
Starch	g									
Minerals:										
Calcium, Ca	mg	194		0	MC	9		116		
Iron, Fe	mg	28.10		0	MC	9		16.86		
Magnesium, Mg	mg	108		0	MC	9		65		
Phosphorus, P	mg	336		0	MC	9		201		
Potassium, K	mg	417		0	MC	9		250		
Sodium, Na	mg	439		0	MC	9		263		
Zinc, Zn	mg	6.88		0	MC	9		4.13		
Copper, Cu	mg	0.300		0	MC	9		0.180		
Manganese, Mn	mg	2.940		0	MC	9		1.764		
Selenium, Se	mcg	6.3		0	MC	9		3.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	11.0		0	MC	9		6.6		
Thiamin	mg	0.680		0	MC	9		0.408		
Riboflavin	mg	0.770		0	MC	9		0.462		
Niacin	mg	9.170		0	MC	9		5.502		
Pantothenic acid	mg	0.610		0	MC	9		0.366		
Vitamin B-6	mg	0.910		0	MC	9		0.546		
Folate, total	mcg	700		0	MC	9		420		
Folic acid	mcg	681		0	NC	4		409		
Folate, food	mcg	19		0	CAAN	4		11		
Folate, DFE	mcg_DFE	1177		0	NC	4		706		
Vitamin B-12	mcg	0.00		0	MC	9		0.00		
* Vitamin A, IU	IU	917		0	MC	9		550		
Vitamin A, RAE	mcg_RAE	275		0	NC	4		165		
Retinol	mcg	275		0	NC	4		165		
* Vitamin E (alpha-tocopherol)	mg	2.47		0	MC	9		1.48		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000		0	MC	9		0.000		
Vitamin K (phylloquinone)	mcg	1.9		0	FLM	4		1.1		
Lipids:										
Fatty acids, total saturated	g	0.840		0	MC	9		0.504		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.002		0	FLM	4		0.001		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.015		0	FLM	4		0.009		
13:0	g									
14:0	g	0.010		0	FLM	4		0.006		
15:0	g									
16:0	g	0.710		0	FLM	4		0.426		
17:0	g									
18:0	g	0.045		0	FLM	4		0.027		
20:0	g									
22:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.440		0	MC	9		0.864		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.010		0	FLM	4		0.006		
17:1 ... g									
18:1 undifferentiated ... g	1.426		0	FLM	4		0.856		
20:1 ... g	0.000		0	FLM	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.740		0	MC	9		1.044		
18:2 undifferentiated ... g	1.658		0	FLM	4		0.995		
18:3 undifferentiated ... g	0.076		0	FLM	4		0.046		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:5 n-3 ... g	0.000		0	FLM	4		0.000		
22:5 n-3 ... g	0.000		0	FLM	4		0.000		
22:6 n-3 ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	0		0	FLM	4		0		
Theobromine ... mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta ... mcg	0		0	Z	7		0.000		
Carotene, alpha ... mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta ... mcg	0		0	Z	7		0.000		
Lycopene ... mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin ... mcg	0		0	Z	7		0.000		

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

Common Measures:

Measure 1 = 60g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16-1 (2004)

NDB No. 08294

Cereals ready-to-eat, QUAKER, QUAKER COCOA BLASTS

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.50		0	MC	9		0.83		
Energy	kcal	394		0	MC	9		130		
Energy	kj	1647		0	MC	9		543		
Protein (N x 6.25)	g	3.67		0	MC	9		1.21		
Total lipid (fat)	g	3.54		0	MC	9		1.17		
Ash	g	1.57		0	MC	9		0.52		
Carbohydrate, by difference	g	88.70		0	MC	9		29.27		
Fiber, total dietary	g	2.5		0	MC	9		0.8		
Sugars, total	g	48.29		0	MC	9		15.94		
Starch	g									
Minerals:										
Calcium, Ca	mg	7		0	MC	9		2		
Iron, Fe	mg	15.00		0	MC	9		4.95		
Magnesium, Mg	mg	53		0	MC	9		17		
Phosphorus, P	mg	150		0	MC	9		50		
Potassium, K	mg	189		0	MC	9		62		
Sodium, Na	mg	409		0	MC	9		135		
Zinc, Zn	mg	12.50		0	MC	9		4.13		
Copper, Cu	mg	0.180		0	MC	9		0.059		
Manganese, Mn	mg	0.380		0	MC	9		0.125		
Selenium, Se	mcg	6.5		0	BFZN	4		2.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	20.0		0	MC	9		6.6		
Thiamin	mg	1.250		0	MC	9		0.413		
Riboflavin	mg	1.410		0	MC	9		0.465		
Niacin	mg	16.670		0	MC	9		5.501		
Pantothenic acid	mg	0.290		0	MC	9		0.096		
Vitamin B-6	mg	1.660		0	MC	9		0.548		
Folate, total	mcg	1273		0	MC	9		420		
Folic acid	mcg	1254		0	NC	4		414		
Folate, food	mcg	19		0	CAAN	4		6		
Folate, DFE	mcg_DFE	2151		0	NC	4		710		
Vitamin B-12	mcg	0.00		0	MC	9		0.00		
Vitamin A, IU	IU	1668		0	FLM	4		551		
Vitamin A, RAE	mcg_RAE	501		0	NC	4		165		
Retinol	mcg	470		0	FLM	4		155		
Vitamin E (alpha-tocopherol)	mg	0.76		0	FLM	4		0.25		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000		0	MC	9		0.000		
Vitamin K (phylloquinone)	mcg	0.5		0	FLM	4		0.2		
Lipids:										
Fatty acids, total saturated	g	0.950		0	MC	9		0.314		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.000		0	FLM	4		0.000		
13:0	g									
14:0	g	0.016		0	FLM	4		0.005		
15:0	g									
16:0	g	0.783		0	FLM	4		0.258		
17:0	g									
18:0	g	0.136		0	FLM	4		0.045		
20:0	g									
22:0	g									
24:0	g									

NDB No. 08294
Cereals ready-to-eat, QUAKER, QUAKER COCOA BLASTS

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.640		0	MC	9		0.211		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		0	FLM	4		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.630		0	FLM	4		0.208		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.590		0	MC	9		0.195		
18:2 undifferentiated.....g	0.578		0	FLM	4		0.191		
18:3 undifferentiated.....g	0.011		0	FLM	4		0.004		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	21		0	FLM	4		7		
Theobromine.....mg	188		0	FLM	4		62		
Carotenoids:									
Carotene, beta.....mcg	46		0	FLM	4		15.164		
Carotene, alpha.....mcg	30		0	FLM	4		9.927		
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000		
Lycopene.....mcg	0		0	FLM	4		0.000		
Lutein + zeaxanthin.....mcg	644		0	FLM	4		212.488		

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

Common Measures:

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

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08018

Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.68		0	MC	9		0.45		
Energy	kcal	335		0	MC	9		90		
Energy	kj	1402		0	MC	9		379		
Protein (N x 6.25)	g	5.44		0	MC	9		1.47		
Total lipid (fat)	g	3.78		0	MC	9		1.02		
Ash	g	2.73		0	MC	9		0.74		
Carbohydrate, by difference	g	86.34		0	MC	9		23.31		
Fiber, total dietary	g	17.5		0	MC	9		4.7		
Sugars, total	g	20.52		0	MC	9		5.54		
Starch	g									
Minerals:										
Calcium, Ca	mg	71		0	MC	9		19		
Iron, Fe	mg	30.82		0	MC	9		8.32		
Magnesium, Mg	mg	53		0	MC	9		14		
Phosphorus, P	mg	132		0	MC	9		36		
Potassium, K	mg	208		0	MC	9		56		
Sodium, Na	mg	858		0	MC	9		232		
Zinc, Zn	mg	15.28		0	MC	9		4.13		
Copper, Cu	mg	0.150		0	MC	9		0.041		
Manganese, Mn	mg	0.790		0	MC	9		0.213		
Selenium, Se	mcg	12.0		0	BFZN	4		3.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg	0.510		0	MC	9		0.138		
Riboflavin	mg	1.730		0	MC	9		0.467		
Niacin	mg	20.380		0	MC	9		5.503		
Pantothenic acid	mg	0.390		0	MC	9		0.105		
Vitamin B-6	mg	2.030		0	MC	9		0.548		
Folate, total	mcg	1481		0	MC	9		400		
Folic acid	mcg	1462		0	NC	4		395		
Folate, food	mcg	19		0	CAAN	4		5		
Folate, DFE	mcg_DFE	2504		0	NC	4		676		
Vitamin B-12	mcg	0.00		0	MC	9		0.00		
Vitamin A, IU	IU	155		0	MC	9		42		
Vitamin A, RAE	mcg_RAE	8		0	NC	4		2		
Retinol	mcg	0		0	FLM	4		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000		0	MC	9		0.000		
Vitamin K (phylloquinone)	mcg	0.8		0	FLM	4		0.2		
Lipids:										
Fatty acids, total saturated	g	0.760		0	MC	9		0.205		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.001		0	FLM	4		0.000		
13:0	g									
14:0	g	0.016		0	FLM	4		0.004		
15:0	g									
16:0	g	0.649		0	FLM	4		0.175		
17:0	g									
18:0	g	0.070		0	FLM	4		0.019		
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.850		0	MC	9		0.230		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.019		0	FLM	4		0.005		
17:1.....g									
18:1 undifferentiated.....g	0.832		0	FLM	4		0.225		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.990		0	MC	9		0.267		
18:2 undifferentiated.....g	0.973		0	FLM	4		0.263		
18:3 undifferentiated.....g	0.015		0	FLM	4		0.004		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	70		0	FLM	4		18.896		
Carotene, alpha.....mcg	46		0	FLM	4		12.369		
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000		
Lycopene.....mcg	0		0	FLM	4		0.000		
Lutein + zeaxanthin.....mcg	1355		0	FLM	4		365.850		

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

Common Measures:

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

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08297

Cereals ready-to-eat, QUAKER, QUAKER FRUITANGY OH!S

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.50		0	MC	9		0.78		
Energy	kcal	392		0	MC	9		122		
Energy	kj	1640				9		508		
Protein	g	4.87		0	MC	9		1.51		
Total lipid (fat)	g	3.50		0	MC	9		1.09		
Ash	g	1.92		0	MC	9		0.60		
Carbohydrate, by difference	g	87.21		0	MC	9		27.04		
Fiber, total dietary	g	2.6		0	MC	9		0.8		
Sugars, total	g	43.25		0	MC	9		13.41		
Starch	g									
Minerals:										
Calcium, Ca	mg	9		0	MC	9		3		
Iron, Fe	mg	15.01		0	ML	5		4.65		
Magnesium, Mg	mg	58		0	MC	9		18		
Phosphorus, P	mg	176		0	MC	9		55		
Potassium, K	mg	189		0	MC	9		59		
Sodium, Na	mg	491		0	MC	9		152		
Zinc, Zn	mg	12.51		0	ML	5		3.88		
Copper, Cu	mg	0.150		0	MC	9		0.047		
Manganese, Mn	mg	0.660		0	MC	9		0.205		
Selenium, Se	mcg	6.5		0	RA	4		2.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	40.0		0	ML	5		12.4		
Thiamin	mg	1.250		0	ML	5		0.388		
Riboflavin	mg	1.410		0	ML	5		0.437		
Niacin	mg	16.680		0	ML	5		5.171		
Pantothenic acid	mg	0.340		0	MC	9		0.105		
Vitamin B-6	mg	1.660		0	ML	5		0.515		
Folate, total	mcg	334		0	ML	5		104		
Folic acid	mcg	315		0	NC	4		98		
Folate, food	mcg	19		0	CAZN	4		6		
Folate, DFE	mcg_DFE	555		0	NC	4		172		
Vitamin B-12	mcg	0.00		0	MC	9		0.00		
Vitamin A, IU	IU	3336		0	ML	5		1034		
Vitamin A, RAE	mcg_RAE	1002		0	NC	4		311		
Retinol	mcg	1002		0	NC	4		311		
Vitamin E (alpha-tocopherol)	mg	0.89		0	NR	4		0.28		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	1.5		0	O	4		0.5		
Lipids:										
Fatty acids, total saturated	g	0.920		0	MC	9		0.285		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.003		0	FLM	4		0.001		
13:0	g									
14:0	g	0.006		0	FLM	4		0.002		
15:0	g									
16:0	g	0.636		0	FLM	4		0.197		
17:0	g									
18:0	g	0.260		0	FLM	4		0.081		
20:0	g									
22:0	g									
24:0	g									

NDB No. 08297
Cereals ready-to-eat, QUAKER, QUAKER FRUITANGY OH!S

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.730		0	MC	9		0.536		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	FLM	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	1.728		0	FLM	4		0.536		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.850		0	MC	9		0.264		
18:2 undifferentiated.....g	0.817		0	FLM	4		0.253		
18:3 undifferentiated.....g	0.035		0	FLM	4		0.011		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

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

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08298

Cereals ready-to-eat, QUAKER, QUAKER MARSHMALLOW SAFARI

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.10		0	MC	9		0.63		
Energy	kcal	396		0	MC	9		119		
Energy	kj	1657				9		497		
Protein	g	5.79		0	MC	9		1.74		
Total lipid (fat)	g	5.02		0	MC	9		1.51		
Ash	g	2.80		0	MC	9		0.84		
Carbohydrate, by difference	g	84.27		0	MC	9		25.28		
Fiber, total dietary	g	4.2		0	MC	9		1.3		
Sugars, total	g	47.27		0	MC	9		14.18		
Starch	g									
Minerals:										
Calcium, Ca	mg	87		0	MC	9		26		
Iron, Fe	mg	15.00		0	ML	5		4.50		
Magnesium, Mg	mg	56		0	MC	9		17		
Phosphorus, P	mg	195		0	MC	9		59		
Potassium, K	mg	139		0	MC	9		42		
Sodium, Na	mg	640		0	MC	9		192		
Zinc, Zn	mg	12.50		0	ML	5		3.75		
Copper, Cu	mg	0.210		0	MC	9		0.063		
Manganese, Mn	mg	1.930		0	MC	9		0.579		
Selenium, Se	mcg	19.8		0	MC	9		5.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	40.0		0	ML	5		12.0		
Thiamin	mg	1.250		0	ML	5		0.375		
Riboflavin	mg	1.410		0	ML	5		0.423		
Niacin	mg	16.670		0	ML	5		5.001		
Pantothenic acid	mg	0.380		0	MC	9		0.114		
Vitamin B-6	mg	1.660		0	ML	5		0.498		
Folate, total	mcg	333		0	ML	5		100		
Folic acid	mcg	314		0	NC	4		94		
Folate, food	mcg	19		0	CAZN	4		6		
Folate, DFE	mcg_DFE	553		0	NC	4		166		
Vitamin B-12	mcg	0.00		0	MC	9		0.00		
Vitamin A, IU	IU	3334		0	ML	5		1000		
Vitamin A, RAE	mcg_RAE	1001		0	NC	4		300		
Retinol	mcg	1001		0	NR	4		300		
Vitamin E (alpha-tocopherol)	mg	0.47		0	FLM	4		0.14		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	1.7		0	FLM	4		0.5		
Lipids:										
Fatty acids, total saturated	g	1.250		0	MC	9		0.375		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.010		0	FLM	4		0.003		
13:0	g									
14:0	g	0.015		0	FLM	4		0.005		
15:0	g									
16:0	g	0.831		0	FLM	4		0.249		
17:0	g									
18:0	g	0.271		0	FLM	4		0.081		
20:0	g									
22:0	g									
24:0	g									

NDB No. 08298
Cereals ready-to-eat, QUAKER, QUAKER MARSHMALLOW SAFARI

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.500		0	MC	9		0.750		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0	FLM	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	2.211		0	FLM	4		0.663		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.250		0	MC	9		0.375		
18:2 undifferentiated.....g	1.120		0	FLM	4		0.336		
18:3 undifferentiated.....g	0.065		0	FLM	4		0.020		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	FLM	4		0.000		
Carotene, alpha.....mcg	0		0	FLM	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000		
Lycopene.....mcg	0		0	FLM	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

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

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08210

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

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.00		0	MC	9		1.28	1.68	
Energy	kcal	375		0	MC	9		120	158	
Energy	kj	1570		0	MC	9		503	660	
Protein (N x 6.25)	g	8.91		0	MC	9		2.85	3.74	
Total lipid (fat)	g	4.00		0	MC	9		1.28	1.68	
Ash	g	3.43		0	MC	9		1.10	1.44	
Carbohydrate, by difference	g	79.64		0	MC	9		25.48	33.45	
Fiber, total dietary	g	6.2		0	MC	9		2.0	2.6	
Sugars, total	g	26.59		0	MC	9		8.51	11.17	
Starch	g									
Minerals:										
Calcium, Ca	mg	329		0	MC	9		105	138	
Iron, Fe	mg	20.65		0	MC	9		6.61	8.67	
Magnesium, Mg	mg	86		0	MC	9		27	36	
Phosphorus, P	mg	375		0	MC	9		120	157	
Potassium, K	mg	257		0	MC	9		82	108	
Sodium, Na	mg	478		0	MC	9		153	201	
Zinc, Zn	mg	12.73		0	MC	9		4.07	5.35	
Copper, Cu	mg	0.220		0	MC	9		0.070	0.092	
Manganese, Mn	mg	2.520		0	MC	9		0.806	1.058	
Selenium, Se	mcg	2.6		0	MC	9		0.8	1.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0	MC	9		0.0	0.0	
Thiamin	mg	1.270		0	MC	9		0.406	0.533	
Riboflavin	mg	1.440		0	MC	9		0.461	0.605	
Niacin	mg	16.960		0	MC	9		5.427	7.123	
Pantothenic acid	mg	0.450		0	MC	9		0.144	0.189	
Vitamin B-6	mg	1.690		0	MC	9		0.541	0.710	
Folate, total	mcg	1300		0	MC	9		416	546	
Folic acid	mcg	1281		0	NC	4		410	538	
Folate, food	mcg	19		0	CAAN	4		6	8	
Folate, DFE	mcg_DFE	2197		0	NC	4		703	923	
Vitamin B-12	mcg	0.00		0	MC	9		0.00	0.00	
Vitamin A, IU	IU	31		0	MC	9		10	13	
Vitamin A, RAE	mcg_RAE	2		0	NC	4		0	1	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000		0	MC	9		0.000	0.000	
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.730		0	MC	9		0.234	0.307	
4:0	g	0.000		0	FLM	4		0.000	0.000	
6:0	g	0.000		0	FLM	4		0.000	0.000	
8:0	g	0.001		0	FLM	4		0.000	0.001	
10:0	g	0.000		0	FLM	4		0.000	0.000	
12:0	g	0.012		0	FLM	4		0.004	0.005	
13:0	g									
14:0	g	0.006		0	FLM	4		0.002	0.003	
15:0	g									
16:0	g	0.620		0	FLM	4		0.198	0.260	
17:0	g									
18:0	g	0.042		0	FLM	4		0.013	0.017	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.330		0	MC	9		0.426	0.559	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		0	FLM	4		0.002	0.003	
17:1.....g									
18:1 undifferentiated.....g	1.322		0	FLM	4		0.423	0.555	
20:1.....g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.240		0	MC	9		0.397	0.521	
18:2 undifferentiated.....g	1.184		0	FLM	4		0.379	0.497	
18:3 undifferentiated.....g	0.056		0	FLM	4		0.018	0.023	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	FLM	4		0	0	
Theobromine.....mg	0		0	FLM	4		0	0	

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

Common Measures:

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

Measure 2 = 42g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

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

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.75		0	MC	9		1.54		
Energy	kcal	378		0	MC	9		212		
Energy	kj	1583		0	MC	9		887		
Protein (N x 6.25)	g	11.04		0	MC	9		6.18		
Total lipid (fat)	g	4.32		0	MC	9		2.42		
Ash	g	3.54		0	MC	9		1.98		
Carbohydrate, by difference	g	78.34		0	MC	9		43.87		
Fiber, total dietary	g	7.1		0	MC	9		4.0		
Sugars, total	g	16.10		0	LC	8		9.02		
Starch	g									
Minerals:										
* Calcium, Ca	mg	201		0	MC	9		113		
* Iron, Fe	mg	30.48		0	MC	9		17.07		
Magnesium, Mg	mg	117		0	MC	9		66		
Phosphorus, P	mg	367		0	MC	9		206		
Potassium, K	mg	366		0	MC	9		205		
Sodium, Na	mg	480		0	MC	9		269		
* Zinc, Zn	mg	7.57		0	MC	9		4.24		
Copper, Cu	mg	0.320		0	MC	9		0.179		
Manganese, Mn	mg	3.240		0	MC	9		1.814		
Selenium, Se	mcg	6.9		0	MC	9		3.9		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	11.4		0	MC	9		6.4		
* Thiamin	mg	0.690		0	MC	9		0.386		
* Riboflavin	mg	0.850		0	MC	9		0.476		
* Niacin	mg	10.050		0	MC	9		5.628		
Pantothenic acid	mg	0.600		0	MC	9		0.336		
* Vitamin B-6	mg	0.980		0	MC	9		0.549		
* Folate, total	mcg	785		0	MC	9		440		
Folic acid	mcg	766		0	NC	4		429		
Folate, food	mcg	19		0	CAAN	4		11		
Folate, DFE	mcg_DFE	1321		0	NC	4		740		
Vitamin B-12	mcg	0.00		0	MC	9		0.00		
* Vitamin A, IU	IU	991		0	MC	9		555		
Vitamin A, RAE	mcg_RAE	298		0	NC	4		167		
Retinol	mcg	298		0	NC	4		167		
* Vitamin E (alpha-tocopherol)	mg	1.78		0	MC	9		1.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000		0	MC	9		0.000		
Vitamin K (phylloquinone)	mcg	2.1		0	FLM	4		1.2		
Lipids:										
Fatty acids, total saturated	g	0.900		0	MC	9		0.504		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.008		0	FLM	4		0.004		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.014		0	FLM	4		0.008		
13:0	g									
14:0	g	0.008		0	FLM	4		0.005		
15:0	g									
16:0	g	0.761		0	FLM	4		0.426		
17:0	g									
18:0	g	0.048		0	FLM	4		0.027		
20:0	g									
22:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.450		0	MC	9		0.812		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.012		0	FLM	4		0.007		
17:1 ... g									
18:1 undifferentiated ... g	1.437		0	FLM	4		0.804		
20:1 ... g	0.000		0	FLM	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.760		0	MC	9		0.986		
18:2 undifferentiated ... g	1.679		0	FLM	4		0.940		
18:3 undifferentiated ... g	0.078		0	FLM	4		0.044		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.001		0	FLM	4		0.000		
20:5 n-3 ... g	0.000		0	FLM	4		0.000		
22:5 n-3 ... g	0.000		0	FLM	4		0.000		
22:6 n-3 ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	0		0	FLM	4		0		
Theobromine ... mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta ... mcg	0		0	Z	7		0.000		
Carotene, alpha ... mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta ... mcg	0		0	Z	7		0.000		
Lycopene ... mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin ... mcg	0		0	Z	7		0.000		

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

Common Measures:

Measure 1 = 56g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16-1 (2004)

NDB No. 08049

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

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.00		0	MC	9		1.28		
Energy	kcal	375		0	MC	9		120		
Energy	kj	1569		0	MC	9		502		
Protein (N x 6.25)	g	9.92		0	MC	9		3.17		
Total lipid (fat)	g	4.38		0	MC	9		1.40		
Ash	g	3.58		0	MC	9		1.15		
Carbohydrate, by difference	g	78.10		0	MC	9		24.99		
Fiber, total dietary	g	6.6		0	MC	9		2.1		
Sugars, total	g	19.48		0	MC	9		6.23		
Starch	g									
Minerals:										
Calcium, Ca	mg	350		0	MC	9		112		
Iron, Fe	mg	27.98		0	MC	9		8.95		
Magnesium, Mg	mg	96		0	MC	9		31		
Phosphorus, P	mg	415		0	MC	9		133		
Potassium, K	mg	285		0	MC	9		91		
Sodium, Na	mg	513		0	MC	9		164		
Zinc, Zn	mg	12.90		0	MC	9		4.13		
Copper, Cu	mg	0.260		0	MC	9		0.083		
Manganese, Mn	mg	2.730		0	MC	9		0.874		
Selenium, Se	mcg	23.6	1.788	6	A	1		7.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg	1.260		0	MC	9		0.403		
Riboflavin	mg	1.460		0	MC	9		0.467		
Niacin	mg	17.200		0	MC	9		5.504		
Pantothenic acid	mg	0.560		0	MC	9		0.179		
Vitamin B-6	mg	1.720		0	MC	9		0.550		
Folate, total	mcg	1300		0	MC	9		416		
Folic acid	mcg	1281		0	NC	4		410		
Folate, food	mcg	19		0	CAAN	4		6		
Folate, DFE	mcg_DFE	2197		0	NC	4		703		
Vitamin B-12	mcg	0.00		0	MC	9		0.00		
Vitamin A, IU	IU	40		0	MC	9		13		
Vitamin A, RAE	mcg_RAE	2		0	NC	4		1		
Retinol	mcg	0		0	FLM	4		0		
Vitamin E (alpha-tocopherol)	mg	0.55		0	FLM	4		0.18		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000		0	MC	9		0.000		
Vitamin K (phylloquinone)	mcg	1.7		0	FLM	4		0.5		
Lipids:										
Fatty acids, total saturated	g	0.810		0	MC	9		0.259		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.002		0	FLM	4		0.001		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.012		0	FLM	4		0.004		
13:0	g									
14:0	g	0.008		0	FLM	4		0.002		
15:0	g									
16:0	g	0.689		0	FLM	4		0.220		
17:0	g									
18:0	g	0.050		0	FLM	4		0.016		
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.490		0	MC	9		0.477		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009		0	FLM	4		0.003		
17:1.....g									
18:1 undifferentiated.....g	1.481		0	FLM	4		0.474		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.410		0	MC	9		0.451		
18:2 undifferentiated.....g	1.348		0	FLM	4		0.431		
18:3 undifferentiated.....g	0.062		0	FLM	4		0.020		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	19		0	FLM	4		6.171		
Carotene, alpha.....mcg	12		0	FLM	4		3.930		
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000		
Lycopene.....mcg	0		0	FLM	4		0.000		
Lutein + zeaxanthin.....mcg	363		0	FLM	4		116.101		

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

Common Measures:

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

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08216

Cereals ready-to-eat, QUAKER, QUAKER Oat Bran Cereal

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.00		0	MC	9		2.28		
Energy	kcal	372		0	MC	9		212		
Energy	kj	1555		0	MC	9		886		
Protein (N x 6.25)	g	12.38		0	MC	9		7.06		
Total lipid (fat)	g	5.11		0	MC	9		2.91		
Ash	g	3.60		0	MC	9		2.05		
Carbohydrate, by difference	g	74.89		0	MC	9		42.69		
Fiber, total dietary	g	9.9		0	MC	9		5.6		
Sugars, total	g	16.34		0	MC	9		9.31		
Starch	g									
Minerals:										
Calcium, Ca	mg	191		0	MC	9		109		
Iron, Fe	mg	29.95		0	MC	9		17.07		
Magnesium, Mg	mg	168		0	MC	9		96		
Phosphorus, P	mg	518		0	MC	9		295		
Potassium, K	mg	438		0	MC	9		250		
Sodium, Na	mg	364		0	MC	9		207		
Zinc, Zn	mg	6.95		0	MC	9		3.96		
Copper, Cu	mg	0.320		0	MC	9		0.182		
Manganese, Mn	mg	3.850		0	MC	9		2.195		
Selenium, Se	mcg	7.0		0	MC	9		4.0		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	11.6		0	MC	9		6.6		
* Thiamin	mg	0.720		0	MC	9		0.410		
* Riboflavin	mg	0.820		0	MC	9		0.467		
* Niacin	mg	9.640		0	MC	9		5.495		
Pantothenic acid	mg	0.850		0	MC	9		0.485		
* Vitamin B-6	mg	0.960		0	MC	9		0.547		
* Folate, total	mcg	737		0	MC	9		420		
Folic acid	mcg	718		0	NC	4		409		
Folate, food	mcg	19		0	CAAN	4		11		
Folate, DFE	mcg_DFE	1240		0	NC	4		707		
Vitamin B-12	mcg	0.00		0	MC	9		0.00		
* Vitamin A, IU	IU	965		0	MC	9		550		
Vitamin A, RAE	mcg_RAE	290		0	NC	4		165		
Retinol	mcg	290		0	NC	4		165		
* Vitamin E (alpha-tocopherol)	mg	2.47		0	MC	9		1.41		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000		0	MC	9		0.000		
Vitamin K (phylloquinone)	mcg	2.1		0	FLM	4		1.2		
Lipids:										
Fatty acids, total saturated	g	0.910		0	MC	9		0.519		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.003		0	FLM	4		0.002		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.015		0	FLM	4		0.009		
13:0	g									
14:0	g	0.010		0	FLM	4		0.006		
15:0	g									
16:0	g	0.773		0	FLM	4		0.441		
17:0	g									
18:0	g	0.054		0	FLM	4		0.031		
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.570		0	MC	9		0.895		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.011		0	FLM	4		0.006		
17:1.....g									
18:1 undifferentiated.....g	1.559		0	FLM	4		0.889		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.040		0	MC	9		1.163		
18:2 undifferentiated.....g	1.954		0	FLM	4		1.114		
18:3 undifferentiated.....g	0.086		0	FLM	4		0.049		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLM	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

Measure 1 = 57g: 1.25 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16-1 (2004)

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

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.91		0	MC	9		0.55		
Energy	kcal	383		0	MC	9		54		
Energy	kj	1604		0	MC	9		225		
Protein (N x 6.25)	g	7.00		0	MC	9		0.98		
Total lipid (fat)	g	0.90		0	MC	9		0.13		
Ash	g	0.40		0	MC	9		0.06		
Carbohydrate, by difference	g	87.77		0	MC	9		12.29		
Fiber, total dietary	g	1.4		0	MC	9		0.2		
Sugars, total	g	0.00		0	MC	9		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	9		0	MC	9		1		
Iron, Fe	mg	2.86		0	MC	9		0.40		
Magnesium, Mg	mg	30		0	MC	9		4		
Phosphorus, P	mg	118		0	MC	9		17		
Potassium, K	mg	116		0	MC	9		16		
Sodium, Na	mg	5		0	MC	9		1		
Zinc, Zn	mg	1.10		0	MC	9		0.15		
Copper, Cu	mg	0.940		0	MC	9		0.132		
Manganese, Mn	mg	0.940		0	MC	9		0.132		
Selenium, Se	mcg	10.5	1.535	6	A	1		1.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.440		0	MC	9		0.062		
Riboflavin	mg	0.260		0	MC	9		0.036		
Niacin	mg	3.520		0	MC	9		0.493		
Pantothenic acid	mg	0.340		0	MC	9		0.048		
Vitamin B-6	mg	0.000		0	MC	9		0.000		
Folate, total	mcg	154		0	MC	9		22		
Folic acid	mcg	150		0	NC	4		21		
Folate, food	mcg	4		0	CAAN	4		1		
Folate, DFE	mcg_DFE	259		0	NC	4		36		
Vitamin B-12	mcg	0.00		0	MC	9		0.00		
Vitamin A, IU	IU	0		0	MC	9		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.12		0	FLA	4		0.02		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000		0	MC	9		0.000		
Vitamin K (phylloquinone)	mcg	0.1		0	FLA	4		0.0		
Lipids:										
Fatty acids, total saturated	g	0.320		0	MC	9		0.045		
4:0	g	0.000		0	FLA	4		0.000		
6:0	g	0.000		0	FLA	4		0.000		
8:0	g	0.000		0	FLA	4		0.000		
10:0	g	0.000		0	FLA	4		0.000		
12:0	g	0.000		0	FLA	4		0.000		
13:0	g									
14:0	g	0.007		0	FLA	4		0.001		
15:0	g									
16:0	g	0.286		0	FLA	4		0.040		
17:0	g									
18:0	g	0.021		0	FLA	4		0.003		
20:0	g									
22:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.180		0	MC	9		0.025		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.002		0	FLA	4		0.000		
17:1 ... g									
18:1 undifferentiated ... g	0.177		0	FLA	4		0.025		
20:1 ... g	0.000		0	FLA	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLA	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.340		0	MC	9		0.048		
18:2 undifferentiated ... g	0.281		0	FLA	4		0.039		
18:3 undifferentiated ... g	0.060		0	FLA	4		0.008		
18:4 ... g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLA	4		0.000		
20:5 n-3 ... g	0.000		0	FLA	4		0.000		
22:5 n-3 ... g	0.000		0	FLA	4		0.000		
22:6 n-3 ... g	0.000		0	FLA	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	0		0	FLA	4		0		
Theobromine ... mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta ... mcg	0		0	Z	7		0.000		
Carotene, alpha ... mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta ... mcg	0		0	Z	7		0.000		
Lycopene ... mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin ... mcg	0		0	Z	7		0.000		

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

Common Measures:

Measure 1 = 14.0g: 1 cup (1 NLEA serving)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08146

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

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.69		0	MC	9		0.55		
Energy	kcal	366		0	MC	9		55		
Energy	kj	1530		0	MC	9		229		
Protein (N x 6.25)	g	16.26		0	MC	9		2.44		
Total lipid (fat)	g	2.15		0	MC	9		0.32		
Ash	g	1.50		0	MC	9		0.23		
Carbohydrate, by difference	g	76.39		0	MC	9		11.46		
Fiber, total dietary	g	9.4		0	MC	9		1.4		
Sugars, total	g	1.36		0	MC	9		0.20		
Starch	g									
Minerals:										
Calcium, Ca	mg	24		0	MC	9		4		
Iron, Fe	mg	4.40		0	MC	9		0.66		
Magnesium, Mg	mg	133		0	MC	9		20		
Phosphorus, P	mg	331		0	MC	9		50		
Potassium, K	mg	364		0	MC	9		55		
Sodium, Na	mg	5		0	MC	9		1		
Zinc, Zn	mg	3.07		0	MC	9		0.46		
Copper, Cu	mg	0.610		0	MC	9		0.092		
Manganese, Mn	mg	2.000		0	MC	9		0.300		
Selenium, Se	mcg	123.1	5.634	14	A	1		18.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg	0.630		0	MC	9		0.095		
Riboflavin	mg	0.390		0	MC	9		0.059		
Niacin	mg	5.280		0	MC	9		0.792		
Pantothenic acid	mg	0.480		0	MC	9		0.072		
Vitamin B-6	mg	0.130		0	MC	9		0.020		
Folate, total	mcg	154		0	MC	9		23		
Folic acid	mcg	150		0	NC	4		23		
Folate, food	mcg	4		0	CAAN	4		1		
Folate, DFE	mcg_DFE	259		0	NC	4		39		
Vitamin B-12	mcg	0.42		0	MC	9		0.06		
Vitamin A, IU	IU	0		0	Z	7		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.00		0	MC	9		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000		0	MC	9		0.000		
Vitamin K (phylloquinone)	mcg	2.0		0	FLM	4		0.3		
Lipids:										
Fatty acids, total saturated	g	0.410		0	MC	9		0.062		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.009		0	FLM	4		0.001		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.000		0	FLM	4		0.000		
13:0	g									
14:0	g	0.005		0	FLM	4		0.001		
15:0	g									
16:0	g	0.358		0	FLM	4		0.054		
17:0	g									
18:0	g	0.020		0	FLM	4		0.003		
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.310		0	MC	9		0.047		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.037		0	FLM	4		0.006		
17:1.....g									
18:1 undifferentiated.....g	0.272		0	FLM	4		0.041		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.070		0	MC	9		0.161		
18:2 undifferentiated.....g	1.008		0	FLM	4		0.151		
18:3 undifferentiated.....g	0.059		0	FLM	4		0.009		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.003		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

Measure 1 = 15.0g: 1.25 cup (1 NLEA serving)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08299
Cereals ready-to-eat, QUAKER, QUAKER SWEET PUFFS

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.22		0	MC	9		0.75		
Energy	kcal	391		0	MC	9		133		
Energy	kj	1634		0	MC	9		556		
Protein (N x 6.25)	g	6.76		0	MC	9		2.30		
Total lipid (fat)	g	1.93		0	MC	9		0.66		
Ash	g	1.09		0	MC	9		0.37		
Carbohydrate, by difference	g	87.99		0	MC	9		29.92		
Fiber, total dietary	g	3.4		0	MC	9		1.1		
Sugars, total	g	47.47		0	MC	9		16.14		
Starch	g									
Minerals:										
Calcium, Ca	mg	10		0	MC	9		3		
Iron, Fe	mg	1.90		0	MC	9		0.65		
Magnesium, Mg	mg	57		0	MC	9		19		
Phosphorus, P	mg	141		0	MC	9		48		
Potassium, K	mg	148		0	MC	9		50		
Sodium, Na	mg	236		0	MC	9		80		
Zinc, Zn	mg	1.24		0	MC	9		0.42		
Copper, Cu	mg	0.230		0	MC	9		0.078		
Manganese, Mn	mg	0.890		0	MC	9		0.303		
Selenium, Se	mcg	6.5		0	BFZN	4		2.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg	0.140		0	MC	9		0.048		
Riboflavin	mg	0.110		0	MC	9		0.037		
Niacin	mg	4.300		0	MC	9		1.462		
Pantothenic acid	mg	0.310		0	MC	9		0.105		
Vitamin B-6	mg	0.050		0	MC	9		0.017		
Folate, total	mcg	19		0	MC	9		6		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	19		0	MC	9		6		
Folate, DFE	mcg_DFE	19		0	NC	4		6		
Vitamin B-12	mcg	0.15		0	MC	9		0.05		
Vitamin A, IU	IU	4		0	MC	9		1		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	1.04		0	MC	9		0.35		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000		0	MC	9		0.000		
Vitamin K (phylloquinone)	mcg	1.3		0	FLM	4		0.5		
Lipids:										
Fatty acids, total saturated	g	0.360		0	MC	9		0.122		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.010		0	FLM	4		0.003		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.000		0	FLM	4		0.000		
13:0	g									
14:0	g	0.003		0	FLM	4		0.001		
15:0	g									
16:0	g	0.271		0	FLM	4		0.092		
17:0	g									
18:0	g	0.068		0	FLM	4		0.023		
20:0	g									
22:0	g									

NDB No. 08299
Cereals ready-to-eat, QUAKER, QUAKER SWEET PUFFS

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.430		0	MC	9		0.146		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.008		0	FLM	4		0.003		
17:1 ... g									
18:1 undifferentiated ... g	0.421		0	FLM	4		0.143		
20:1 ... g	0.000		0	FLM	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.930		0	MC	9		0.316		
18:2 undifferentiated ... g	0.869		0	FLM	4		0.296		
18:3 undifferentiated ... g	0.058		0	FLM	4		0.020		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.001		0	FLM	4		0.000		
20:5 n-3 ... g	0.000		0	FLM	4		0.000		
22:5 n-3 ... g	0.000		0	FLM	4		0.000		
22:6 n-3 ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	0		0	FLM	4		0		
Theobromine ... mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta ... mcg	0		0	Z	7		0.000		
Carotene, alpha ... mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta ... mcg	0		0	Z	7		0.000		
Lycopene ... mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin ... mcg	0		0	Z	7		0.000		

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

Common Measures:

Measure 1 = 34g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

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

NDB No. 08212

Cereals ready-to-eat, QUAKER, SUN COUNTRY Granola with Almonds

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.37		0	MC	9		0.78		
Energy	kcal	467		0	MC	9		266		
Energy	kj	1954		0	MC	9		1114		
Protein (N x 6.25)	g	11.77		0	MC	9		6.71		
Total lipid (fat)	g	18.02		0	MC	9		10.27		
Ash	g	1.62		0	MC	9		0.92		
Carbohydrate, by difference	g	67.20		0	MC	9		38.30		
Fiber, total dietary	g	5.2		0	MC	9		3.0		
Sugars, total	g	20.42		0	MC	9		11.64		
Starch	g									
Minerals:										
Calcium, Ca	mg	86		0	MC	9		49		
Iron, Fe	mg	4.35		0	MC	9		2.48		
Magnesium, Mg	mg	91		0	MC	9		52		
Phosphorus, P	mg	294		0	MC	9		168		
Potassium, K	mg	388		0	MC	9		221		
Sodium, Na	mg	33		0	MC	9		19		
Zinc, Zn	mg	2.00		0	MC	9		1.14		
Copper, Cu	mg	0.290		0	MC	9		0.165		
Manganese, Mn	mg	2.680		0	MC	9		1.528		
Selenium, Se	mcg	17.3		0	BFZN	4		9.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0	MC	9		0.0		
Thiamin	mg	0.310		0	MC	9		0.177		
Riboflavin	mg	0.180		0	MC	9		0.103		
Niacin	mg	0.950		0	MC	9		0.542		
Pantothenic acid	mg	0.570		0	MC	9		0.325		
Vitamin B-6	mg	0.120		0	MC	9		0.068		
Folate, total	mcg	34		0	MC	9		19		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	34		0	MC	9		19		
Folate, DFE	mcg_DFE	34		0	NC	4		19		
Vitamin B-12	mcg	0.07		0	MC	9		0.04		
Vitamin A, IU	IU	0		0	MC	9		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	3.85		0	FLM	4		2.19		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000		0	MC	9		0.000		
Vitamin K (phylloquinone)	mcg	4.4		0	FLM	4		2.5		
Lipids:										
Fatty acids, total saturated	g	2.220		0	MC	9		1.265		
4:0	g	0.001		0	FLM	4		0.001		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.011		0	FLM	4		0.006		
13:0	g	0.000		0	FLM	4		0.000		
14:0	g	0.016		0	FLM	4		0.009		
15:0	g	0.000		0	FLM	4		0.000		
16:0	g	1.622		0	FLM	4		0.925		
17:0	g	0.000		0	FLM	4		0.000		
18:0	g	0.528		0	FLM	4		0.301		
20:0	g	0.000		0	FLM	4		0.000		
22:0	g	0.000		0	FLM	4		0.000		
24:0	g	0.000		0	FLM	4		0.000		

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.840		0	MC	9		3.329		
14:1.....g	0.000		0	FLM	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.047		0	FLM	4		0.027		
17:1.....g									
18:1 undifferentiated.....g	5.786		0	FLM	4		3.298		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated.....g	3.180		0	MC	9		1.813		
18:2 undifferentiated.....g	3.014		0	FLM	4		1.718		
18:3 undifferentiated.....g	0.161		0	FLM	4		0.091		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLM	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 57g: .5 cup (1 NLEA serving)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08059

Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.00		0	MC	9		0.54		
Energy	kcal	405		0	MC	9		109		
Energy	kj	1693		0	MC	9		457		
Protein (N x 6.25)	g	4.44		0	MC	9		1.20		
Total lipid (fat)	g	6.09		0	MC	9		1.64		
Ash	g	2.45		0	MC	9		0.66		
Carbohydrate, by difference	g	85.00		0	MC	9		22.95		
Fiber, total dietary	g	2.6		0	MC	9		0.7		
Sugars, total	g	43.32		0	MC	9		11.70		
Starch	g									
Minerals:										
Calcium, Ca	mg	11		0	MC	9		3		
Iron, Fe	mg	18.37		0	MC	9		4.96		
Magnesium, Mg	mg	55		0	MC	9		15		
Phosphorus, P	mg	168		0	MC	9		45		
Potassium, K	mg	189		0	MC	9		51		
Sodium, Na	mg	741		0	MC	9		200		
Zinc, Zn	mg	15.31		0	MC	9		4.13		
Copper, Cu	mg	0.200		0	MC	9		0.054		
Manganese, Mn	mg	0.660		0	MC	9		0.178		
Selenium, Se	mcg	6.5		0	BFZN	4		1.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	10.8		0	MC	9		2.9		
Thiamin	mg	1.530		0	MC	9		0.413		
Riboflavin	mg	1.730		0	MC	9		0.467		
Niacin	mg	20.410		0	MC	9		5.511		
Pantothenic acid	mg	0.320		0	MC	9		0.086		
Vitamin B-6	mg	2.040		0	MC	9		0.551		
Folate, total	mcg	1556		0	MC	9		420		
Folic acid	mcg	1537		0	NC	4		415		
Folate, food	mcg	19		0	CAAN	4		5		
Folate, DFE	mcg_DFE	2631		0	NC	4		710		
Vitamin B-12	mcg	0.00		0	MC	9		0.00		
Vitamin A, IU	IU	134		0	MC	9		36		
Vitamin A, RAE	mcg_RAE	40		0	NC	4		11		
Retinol	mcg	40		0	NC	4		11		
Vitamin E (alpha-tocopherol)	mg	0.68		0	FLM	4		0.18		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000		0	MC	9		0.000		
Vitamin K (phylloquinone)	mcg	1.5		0	FLM	4		0.4		
Lipids:										
Fatty acids, total saturated	g	1.580		0	MC	9		0.427		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.007		0	FLM	4		0.002		
13:0	g									
14:0	g	0.019		0	FLM	4		0.005		
15:0	g									
16:0	g	1.274		0	FLM	4		0.344		
17:0	g									
18:0	g	0.245		0	FLM	4		0.066		
20:0	g									
22:0	g									
24:0	g									

NDB No. 08059
Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.120		0	MC	9		0.302		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.006		0	FLM	4		0.002		
17:1.....g									
18:1 undifferentiated.....g	1.114		0	FLM	4		0.301		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.760		0	MC	9		0.205		
18:2 undifferentiated.....g	0.722		0	FLM	4		0.195		
18:3 undifferentiated.....g	0.038		0	FLM	4		0.010		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 27g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08362

Cereals ready-to-eat, QUAKER, Toasted Oats/OATMMM'S

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.50		0	MC	9				
Energy	kcal	380		0	MC	9				
Energy	kj	1588		0	MC	9				
Protein (N x 6.25)	g	9.23		0	MC	9				
Total lipid (fat)	g	5.10		0	MC	9				
Ash	g	4.23		0	MC	9				
Carbohydrate, by difference	g	77.91		0	MC	9				
Fiber, total dietary	g	6.6		0	MC	9				
Sugars, total	g	7.99		0	MC	9				
Starch	g									
Minerals:										
Calcium, Ca	mg	41		0	MC	9				
* Iron, Fe	mg	29.53		0	MC	9				
Magnesium, Mg	mg	97		0	MC	9				
Phosphorus, P	mg	385		0	MC	9				
Potassium, K	mg	288		0	MC	9				
Sodium, Na	mg	953		0	MC	9				
* Zinc, Zn	mg	13.75		0	MC	9				
Copper, Cu	mg	0.210		0	MC	9				
Manganese, Mn	mg	2.940		0	MC	9				
Selenium, Se	mcg	0.1		0	MC	9				
Vitamins:										
* Vitamin C, total ascorbic acid	mg	22.0		0	MC	9				
* Thiamin	mg	0.680		0	MC	9				
* Riboflavin	mg	1.590		0	MC	9				
* Niacin	mg	18.330		0	MC	9				
Pantothenic acid	mg	0.480		0	MC	9				
* Vitamin B-6	mg	1.830		0	MC	9				
* Folate, total	mcg	1400		0	MC	9				
Folic acid	mcg	1381		0	NC	4				
Folate, food	mcg	19		0	CAAN	4				
Folate, DFE	mcg_DFE	2367		0	NC	4				
Vitamin B-12	mcg	0.00		0	MC	9				
* Vitamin A, IU	IU	1834		1	MC	9				
Vitamin A, RAE	mcg_RAE	551		0	NC	4				
Retinol	mcg	551		0	NC	4				
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000		0	MC	9				
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.910		0	MC	9				
Fatty acids, total monounsaturated	g	1.770		0	MC	9				
Fatty acids, total polyunsaturated	g	1.460		0	MC	9				
Fatty acids, total trans	g									
Cholesterol	mg	0		0	MC	9				
Phytosterols	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

NDB No. 08362
Cereals ready-to-eat, QUAKER, Toasted Oats/OATMMM'S

Calories Factors:	**Protein**	**Fat**	**Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08074
Cereals ready-to-eat, TASTEEOS

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.10	0.012	972		1		0.50	0.60	0.02
Energy	kcal	393		0	NC	4		94	111	4
Energy	kj	1644				4		395	466	15
Protein (N x 5.8)	g	12.80		53		1		3.07	3.63	0.12
Total lipid (fat)	g	2.80		50		1		0.67	0.79	0.03
Ash	g	3.20		1		1		0.77	0.91	0.03
Carbohydrate, by difference	g	79.10		0	NC	4		18.98	22.42	0.71
Fiber, total dietary	g	10.6		0		4		2.5	3.0	0.1
Sugars, total	g	4.00		0	BFZN	4		0.96	1.13	0.04
Starch	g									
Minerals:										
Calcium, Ca	mg	46		27		1		11	13	0
Iron, Fe	mg	28.60		0		5		6.86	8.11	0.26
Magnesium, Mg	mg	109		43		1		26	31	1
Phosphorus, P	mg	399		38		1		96	113	4
Potassium, K	mg	296		32		1		71	84	3
Sodium, Na	mg	762		43		1		183	216	7
Zinc, Zn	mg	2.86		43		1		0.69	0.81	0.03
Copper, Cu	mg	0.589		42		1		0.141	0.167	0.005
Manganese, Mn	mg									
Selenium, Se	mcg	37.5		0	BFZN	4		9.0	10.6	0.3
Vitamins:										
Vitamin C, total ascorbic acid	mg	53.0		0		5		12.7	15.0	0.5
Thiamin	mg	1.300		0		5		0.312	0.369	0.012
Riboflavin	mg	1.500		0		5		0.360	0.425	0.014
Niacin	mg	17.600		0		5		4.224	4.990	0.158
Pantothenic acid	mg	0.493		24		1		0.118	0.140	0.004
Vitamin B-6	mg	1.800		0		5		0.432	0.510	0.016
Folate, total	mcg	353		0		5		85	100	3
Folic acid	mcg	334		0	NC	4		80	95	3
Folate, food	mcg	19		0	NC	4		5	5	0
Folate, DFE	mcg_DFE	587		0	NC	4		141	166	5
Vitamin B-12	mcg	5.30		0		5		1.27	1.50	0.05
Vitamin A, IU	IU	4409		0		5		1058	1250	40
Vitamin A, RAE	mcg_RAE	1324		0	NC	4		318	375	12
Retinol	mcg	1324		0	NC	4		318	375	12
Vitamin E (alpha-tocopherol)	mg	0.35		0	BFZN	4		0.08	0.10	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	1.5		0	BFZN	4		0.3	0.4	0.0
Lipids:										
Fatty acids, total saturated	g	0.959		0		4		0.230	0.272	0.009
4:0	g	0.000		0		4		0.000	0.000	0.000
6:0	g	0.004		0		4		0.001	0.001	0.000
8:0	g	0.047		0		4		0.011	0.013	0.000
10:0	g	0.037		0		4		0.009	0.010	0.000
12:0	g	0.283		0		4		0.068	0.080	0.003
13:0	g									
14:0	g	0.110		0		4		0.026	0.031	0.001
15:0	g									
16:0	g	0.413		0		4		0.099	0.117	0.004
17:0	g									
18:0	g	0.042		0		4		0.010	0.012	0.000
20:0	g									
22:0	g									
24:0	g									

NDB No. 08074
Cereals ready-to-eat, TASTEEOS

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.719		0		4		0.173	0.204	0.006
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0		4		0.001	0.001	0.000
17:1.....g									
18:1 undifferentiated.....g	0.715		0		4		0.172	0.203	0.006
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.768		0		4		0.184	0.218	0.007
18:2 undifferentiated.....g	0.722		0		4		0.173	0.205	0.006
18:3 undifferentiated.....g	0.021		0		4		0.005	0.006	0.000
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 24g: 1 cup

Measure 2 = 28.35g: 1 oz

Measure 3 = 0.9g: 10 pieces

Calories Factors: Protein 3.5 **Fat** 8.37 **Carbohydrate** 4.1

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08435
Cereals ready-to-eat, UNCLE SAM CEREAL

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.43		1	A	1		2.44		
Energy	kcal	431		0	NC	4		237		
Energy	kj	1805		0	NC	4		993		
Protein	g	15.98		1	A	1		8.79		
Total lipid (fat)	g	11.60		1	A	1		6.38		
Ash	g	2.21		1	A	1		1.22		
Carbohydrate, by difference	g	65.78		0	NC	4		36.18		
Fiber, total dietary	g	20.3		1	A	1		11.2		
Sugars, total	g	1.56		0	AS	1		0.86		
Sucrose	g	0.94		1	A	1		0.52		
Glucose (dextrose)	g	0.41		1	A	1		0.23		
Fructose	g	0.21		1	A	1		0.12		
Lactose	g	0.00		1	A	1		0.00		
Maltose	g	0.00		1	A	1		0.00		
Galactose	g	0.00		0	Z	7		0.00		
Starch	g	46.10		1	A	1		25.35		
Minerals:										
Calcium, Ca	mg	95		1	A	1		52		
Iron, Fe	mg	4.03		1	A	1		2.22		
Magnesium, Mg	mg	206		1	A	1		113		
Phosphorus, P	mg	374		1	A	1		206		
Potassium, K	mg	446		1	A	1		245		
Sodium, Na	mg	206		1	A	1		113		
Zinc, Zn	mg	3.87		1	A	1		2.13		
Copper, Cu	mg	0.752		1	A	1		0.414		
Manganese, Mn	mg	3.610		1	A	1		1.985		
Selenium, Se	mcg	88.3		1	A	1		48.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	61.5		1	A	1		33.8		
* Thiamin	mg	2.270		1	A	1		1.248		
* Riboflavin	mg	2.640		1	A	1		1.452		
* Niacin	mg	16.300		1	A	1		8.965		
Pantothenic acid	mg	0.621		1	A	1		0.341		
Vitamin B-6	mg	0.956		1	A	1		0.526		
Folate, total	mcg	53		1	A	1		29		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	53		1	A	1		29		
Folate, DFE	mcg_DFE	53		0	NC	4		29		
Vitamin B-12	mcg	0.00		1	A	1		0.00		
Vitamin A, IU	IU	0		0	Z	7		0		
Vitamin A, RAE	mcg_RAE	0		0	Z	7		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.72		0	FLM	4		0.40		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	1.8		1	A	1		1.0		
Lipids:										
Fatty acids, total saturated	g	1.320		0	NC	4		0.726		
4:0	g	0.000		0	Z	7		0.000		
6:0	g	0.000		0	Z	7		0.000		
8:0	g	0.000		1	A	1		0.000		
10:0	g	0.000		1	A	1		0.000		
12:0	g	0.000		1	A	1		0.000		
13:0	g									

NDB No. 08435
Cereals ready-to-eat, UNCLE SAM CEREAL

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0 ... g	0.000		1	A	1		0.000		
15:0 ... g	0.000		1	A	1		0.000		
16:0 ... g	0.950		1	A	1		0.522		
17:0 ... g	0.000		1	A	1		0.000		
18:0 ... g	0.320		1	A	1		0.176		
20:0 ... g	0.020		1	A	1		0.011		
22:0 ... g	0.020		1	A	1		0.011		
24:0 ... g	0.010		1	A	1		0.005		
Fatty acids, total monounsaturated ... g	1.980		0	NC	4		1.089		
14:1 ... g	0.000		1	A	1		0.000		
15:1 ... g	0.000		1	A	1		0.000		
16:1 undifferentiated ... g	0.020		1	A	1		0.011		
17:1 ... g	0.000		1	A	1		0.000		
18:1 undifferentiated ... g	1.940		1	A	1		1.067		
20:1 ... g	0.020		1	A	1		0.011		
22:1 undifferentiated ... g	0.000		1	A	1		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	8.350		0	NC	4		4.592		
18:2 undifferentiated ... g	2.350		1	A	1		1.292		
18:3 undifferentiated ... g	6.000		1	A	1		3.300		
18:4 ... g	0.000		1	A	1		0.000		
20:2 n-6 c,c ... g	0.000		1	A	1		0.000		
20:3 undifferentiated ... g	0.000		1	A	1		0.000		
20:4 undifferentiated ... g	0.000		1	A	1		0.000		
20:5 n-3 ... g	0.000		1	A	1		0.000		
22:5 n-3 ... g	0.000		1	A	1		0.000		
22:6 n-3 ... g	0.000		1	A	1		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	Z	7		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLM	4		0.0		
Caffeine ... mg	0		0	FLM	4		0		
Theobromine ... mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta ... mcg	0		0	Z	7		0.000		
Carotene, alpha ... mcg	0		0	FLM	4		0.000		
Cryptoxanthin, beta ... mcg	0		0	FLM	4		0.000		
Lycopene ... mcg	0		0	FLM	4		0.000		
Lutein + zeaxanthin ... mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 55g: 1 cup (1 serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08079
Cereals ready-to-eat, WAFFELOS

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.50		1		1		0.75	0.71	
Energy	kcal	405		0	NC	4		122	115	
Energy	kj	1695				4		508	480	
Protein	g	5.60		12		1		1.68	1.59	
Total lipid (fat)	g	4.20		14		1		1.26	1.19	
Ash	g	1.40		1		1		0.42	0.40	
Carbohydrate, by difference	g	86.30		0	NC	4		25.89	24.47	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	28		13		1		8	8	
Iron, Fe	mg	15.90		0		5		4.77	4.51	
Magnesium, Mg	mg	21		13		1		6	6	
Phosphorus, P	mg	815		12		1		245	231	
Potassium, K	mg	88		7		1		26	25	
Sodium, Na	mg	416		13		1		125	118	
Zinc, Zn	mg	0.81		13		1		0.24	0.23	
Copper, Cu	mg	0.113		10		1		0.034	0.032	
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	53.0		0		5		15.9	15.0	
Thiamin	mg	1.300		0		5		0.390	0.369	
Riboflavin	mg	1.500		0		5		0.450	0.425	
Niacin	mg	17.600		0		5		5.280	4.990	
Pantothenic acid	mg	0.176		6		1		0.053	0.050	
Vitamin B-6	mg	1.800		0		5		0.540	0.510	
Folate, total	mcg	11		6		1		3	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	11		6		1		3	3	
Folate, DFE	mcg_DFE	11		0	NC	4		3	3	
Vitamin B-12	mcg	5.30		0		5		1.59	1.50	
Vitamin A, IU	IU	4409		0		5		1323	1250	
Vitamin A, RAE	mcg_RAE	1324		0	NC	4		397	375	
Retinol	mcg	1324		0	NC	4		397	375	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0	0	
Phytosterols	mg									
Others:										
Alcohol, ethyl	g									
Caffeine	mg	0		0	Z	7		0	0	
Theobromine	mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 08079
Cereals ready-to-eat, WAFFELOS

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:
Measure 1 = 30g: 1 cup
Measure 2 = 28.35g: 1 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 42237
Cereals ready-to-eat, WEETABIX WHOLE WHEAT CEREAL

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.00				1		2.85	0.90	
Energy	kcal	373				8		213	67	
Energy	kj	1561				8		890	281	
Protein	g	11.50				8		6.56	2.07	
Total lipid (fat)	g	2.80				8		1.60	0.50	
Ash	g	3.30		0	O	4		1.88	0.59	
Carbohydrate, by difference	g	77.40				8		44.12	13.93	
Fiber, total dietary	g	11.4				8		6.5	2.1	
Sugars, total	g	2.00		0	LC	8		1.14	0.36	
Starch	g									
Minerals:										
Calcium, Ca	mg	100				1		57	18	
Iron, Fe	mg	5.16				8		2.94	0.93	
Magnesium, Mg	mg	92				8		52	17	
Phosphorus, P	mg	172				8		98	31	
Potassium, K	mg	545				8		311	98	
Sodium, Na	mg	387				8		221	70	
Zinc, Zn	mg	1.72				8		0.98	0.31	
Copper, Cu	mg	0.229				8		0.131	0.041	
Manganese, Mn	mg									
Selenium, Se	mcg	5.9		0	BFZN	4		3.4	1.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0				7		0.0	0.0	
Thiamin	mg	1.080				8		0.616	0.194	
Riboflavin	mg	0.980				8		0.559	0.176	
Niacin	mg	5.740				8		3.272	1.033	
Pantothenic acid	mg									
Vitamin B-6	mg	0.460				8		0.262	0.083	
Folate, total	mcg	46				8		26	8	
Folic acid	mcg	0		0	NC	4		0	0	
Folate, food	mcg	46		0	NC	4		26	8	
Folate, DFE	mcg_DFE	46		0	NC	4		26	8	
Vitamin B-12	mcg	0.00				8		0.00	0.00	
Vitamin A, IU	IU	0				7		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	NC	4		0	0	
Vitamin E (alpha-tocopherol)	mg	1.84		0	BFFN	4		1.05	0.33	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.0		0	BFNN	4		1.1	0.4	
Lipids:										
Fatty acids, total saturated	g	0.480				4		0.274	0.086	
4:0	g	0.000				4		0.000	0.000	
6:0	g	0.000				4		0.000	0.000	
8:0	g	0.000				4		0.000	0.000	
10:0	g	0.000				4		0.000	0.000	
12:0	g	0.000				4		0.000	0.000	
13:0	g									
14:0	g	0.004				4		0.002	0.001	
15:0	g									
16:0	g	0.406				4		0.231	0.073	
17:0	g									
18:0	g	0.022				4		0.013	0.004	
20:0	g									
22:0	g									
24:0	g									

NDB No. 42237
Cereals ready-to-eat, WEETABIX WHOLE WHEAT CEREAL

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.350				4		0.200	0.063	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.019				4		0.011	0.003	
17:1.....g									
18:1 undifferentiated.....g	0.328				4		0.187	0.059	
20:1.....g	0.000				4		0.000	0.000	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.170				4		0.667	0.211	
18:2 undifferentiated.....g	1.107				4		0.631	0.199	
18:3 undifferentiated.....g	0.057				4		0.032	0.010	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.003				4		0.002	0.001	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.000				4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0				8		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	6		0	BFNN	4		3.263	1.030	
Carotene, alpha.....mcg	0		0	BFNN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFNN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFNN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	238		0	BFNN	4		135.448	42.773	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 57g: 1 cup

Measure 2 = 18g: 1 biscuit

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08061
Cereals ready-to-eat, bran flakes with raisins, single brand

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	8.90		0	MC	9		5.25		
Energy	kcal	317		0	MC	9		187		
Energy	kj	1326				9		783		
Protein	g	7.90		0	MC	9		4.66		
Total lipid (fat)	g	1.80		0	NR	4		1.06		
Ash	g	3.20		0	MC	9		1.89		
Carbohydrate, by difference	g	78.10		0	MC	9		46.08		
Fiber, total dietary	g	13.1		0	MC	9		7.7		
Sugars, total	g	33.40		0	MC	9		19.71		
Starch	g									
Minerals:										
Calcium, Ca	mg	45		0	MC	9		27		
Iron, Fe	mg	18.31		0	MC	9		10.80		
Magnesium, Mg	mg	150		0	MC	9		89		
Phosphorus, P	mg	353		0	MC	9		208		
Potassium, K	mg	605		0	MC	9		357		
Sodium, Na	mg	611		0	MC	9		360		
Zinc, Zn	mg	3.81		0	MC	9		2.25		
Copper, Cu	mg	0.425		0	MC	9		0.251		
Manganese, Mn	mg	3.210		1	A	1		1.894		
Selenium, Se	mcg	5.9	0.239	32	JA	6		3.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg	0.640		0	MC	9		0.378		
Riboflavin	mg	0.720		0	MC	9		0.425		
Niacin	mg	8.470		0	MC	9		4.997		
Pantothenic acid	mg	0.206		1	A	1		0.122		
Vitamin B-6	mg	0.850		0	MC	9		0.502		
Folate, total	mcg	169		0	MC	9		100		
Folic acid	mcg	150		0	NC	4		89		
Folate, food	mcg	19		0	CAZN	4		11		
Folate, DFE	mcg_DFE	274		0	NC	4		162		
Vitamin B-12	mcg	2.54		0	MC	9		1.50		
Vitamin A, IU	IU	1271		0	MC	9		750		
Vitamin A, RAE	mcg_RAE	382		0	NC	4		225		
Retinol	mcg	382		0	NC	4		225		
Vitamin E (alpha-tocopherol)	mg	0.82		0	MC	9		0.48		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	68.000		0	MC	9		40.120		
Vitamin K (phylloquinone)	mcg	1.9		1	A	1		1.1		
Lipids:										
Fatty acids, total saturated	g	0.390		0	NC	4		0.230		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		1	A	1		0.000		
10:0	g	0.000		1	A	1		0.000		
12:0	g	0.000		1	A	1		0.000		
13:0	g									
14:0	g	0.000		1	A	1		0.000		
15:0	g	0.000		1	A	1		0.000		
16:0	g	0.360		1	A	1		0.212		
17:0	g	0.000		1	A	1		0.000		
18:0	g	0.030		1	A	1		0.018		
20:0	g	0.000		1	A	1		0.000		
22:0	g	0.000		1	A	1		0.000		
24:0	g	0.000		1	A	1		0.000		

NDB No. 08061
Cereals ready-to-eat, bran flakes with raisins, single brand

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.460		0	NC	4		0.271		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.000		1	A	1		0.000		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	0.450		1	A	1		0.265		
20:1.....g	0.010		1	A	1		0.006		
22:1 undifferentiated.....g	0.000		1	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.050		0	NC	4		0.619		
18:2 undifferentiated.....g	0.970		1	A	1		0.572		
18:3 undifferentiated.....g	0.080		1	A	1		0.047		
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:5 n-3.....g	0.000		1	A	1		0.000		
22:5 n-3.....g	0.000		1	A	1		0.000		
22:6 n-3.....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 59g: 1 cup (1 NLEA serving)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08029
Cereals ready-to-eat, bran flakes, single brand

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.70		0	MC	9		1.11		
Energy	kcal	320		0	MC	9		96		
Energy	kj	1339				9		402		
Protein	g	9.40		0	MC	9		2.82		
Total lipid (fat)	g	2.20		0	NR	4		0.66		
Ash	g	4.00		0	MC	9		1.20		
Carbohydrate, by difference	g	80.40		0	MC	9		24.12		
Fiber, total dietary	g	17.6		0	MC	9		5.3		
Sugars, total	g	18.90		0	MC	9		5.67		
Starch	g									
Minerals:										
Calcium, Ca	mg	56		0	MC	9		17		
Iron, Fe	mg	27.00		0	MC	9		8.10		
Magnesium, Mg	mg	214		0	MC	9		64		
Phosphorus, P	mg	508		0	MC	9		152		
Potassium, K	mg	616		0	MC	9		185		
Sodium, Na	mg	732		0	MC	9		220		
Zinc, Zn	mg	5.00		0	MC	9		1.50		
Copper, Cu	mg	0.642		0	MC	9		0.193		
Manganese, Mn	mg	3.568		0	FLC	4		1.070		
Selenium, Se	mcg	10.5		0	BFZN	4		3.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg	1.250		0	MC	9		0.375		
Riboflavin	mg	1.420		0	MC	9		0.426		
Niacin	mg	16.670		0	MC	9		5.001		
Pantothenic acid	mg	0.868		0	FLC	4		0.260		
Vitamin B-6	mg	1.670		0	MC	9		0.501		
Folate, total	mcg	333		0	MC	9		100		
Folic acid	mcg	314		0	NC	4		94		
Folate, food	mcg	19		0	CAZN	4		6		
Folate, DFE	mcg_DFE	553		0	NC	4		166		
Vitamin B-12	mcg	5.00		0	MC	9		1.50		
Vitamin A, IU	IU	2500		0	MC	9		750		
Vitamin A, RAE	mcg_RAE	751		0	NC	4		225		
Retinol	mcg	751		0	NC	4		225		
Vitamin E (alpha-tocopherol)	mg	0.85		0	FLM	4		0.26		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	133.000		0	MC	9		39.900		
Vitamin K (phylloquinone)	mcg	1.4		0	FLM	4		0.4		
Lipids:										
Fatty acids, total saturated	g	0.400		0	MC	9		0.120		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.007		0	FLM	4		0.002		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.001		0	FLM	4		0.000		
13:0	g									
14:0	g	0.004		0	FLM	4		0.001		
15:0	g									
16:0	g	0.348		0	FLM	4		0.104		
17:0	g									
18:0	g	0.022		0	FLM	4		0.006		
20:0	g									
22:0	g									
24:0	g									

NDB No. 08029
Cereals ready-to-eat, bran flakes, single brand

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.295		0	FLM	4		0.089		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		0	FLM	4		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.285		0	FLM	4		0.086		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.025		0	FLM	4		0.307		
18:2 undifferentiated.....g	0.952		0	FLM	4		0.286		
18:3 undifferentiated.....g	0.070		0	FLM	4		0.021		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0	FLM	4		0.001		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: .75 cup (1 NLEA serving)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08053
Cereals ready-to-eat, bran, malted flour, single brand

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.80		0	MC	9		0.81		
Energy	kcal	287		0	MC	9		83		
Energy	kj	1201				9		348		
Protein	g	12.70		0	MC	9		3.68		
Total lipid (fat)	g	2.10		0	NR	4		0.61		
Ash	g	4.40		0	MC	9		1.28		
Carbohydrate, by difference	g	78.20		0	MC	9		22.68		
Fiber, total dietary	g	28.6		0	MC	9		8.3		
Sugars, total	g	24.40		0	MC	9		7.08		
Starch	g									
Minerals:										
Calcium, Ca	mg	76		0	MC	9		22		
Iron, Fe	mg	27.93		0	MC	9		8.10		
Magnesium, Mg	mg	278		0	MC	9		81		
Phosphorus, P	mg	813		0	MC	9		236		
Potassium, K	mg	947		0	MC	9		275		
Sodium, Na	mg	417		0	MC	9		121		
Zinc, Zn	mg	12.93		0	MC	9		3.75		
Copper, Cu	mg	0.918		0	MC	9		0.266		
Manganese, Mn	mg	9.030		0	FLC	4		2.619		
Selenium, Se	mcg	8.0		1	A	1		2.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg	1.290		0	MC	9		0.374		
Riboflavin	mg	1.470		0	MC	9		0.426		
Niacin	mg	17.240		0	MC	9		5.000		
Pantothenic acid	mg	1.930	0.060	4	A	1		0.560		
Vitamin B-6	mg	1.730		0	MC	9		0.502		
Folate, total	mcg	345		0	MC	9		100		
Folic acid	mcg	326		0	NC	4		95		
Folate, food	mcg	19		0	CAZN	4		6		
Folate, DFE	mcg_DFE	573		0	NC	4		166		
Vitamin B-12	mcg	0.00		0	MC	9		0.00		
Vitamin A, IU	IU	2586		0	MC	9		750		
Vitamin A, RAE	mcg_RAE	776		0	NC	4		225		
Retinol	mcg	776		0	NC	4		225		
Vitamin E (alpha-tocopherol)	mg	2.32		0	MC	9		0.67		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000		0	MC	9		0.000		
Vitamin K (phylloquinone)	mcg	1.6		0	FLM	4		0.5		
Lipids:										
Fatty acids, total saturated	g	0.300		0	MC	9		0.087		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.001		0	FLM	4		0.000		
13:0	g									
14:0	g	0.003		0	FLM	4		0.001		
15:0	g									
16:0	g	0.265		0	FLM	4		0.077		
17:0	g									
18:0	g	0.018		0	FLM	4		0.005		
20:0	g									
22:0	g									
24:0	g									

NDB No. 08053
Cereals ready-to-eat, bran, malted flour, single brand

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.316		0	FLM	4		0.092		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		0	FLM	4		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.308		0	FLM	4		0.089		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.101		0	FLM	4		0.319		
18:2 undifferentiated.....g	1.016		0	FLM	4		0.295		
18:3 undifferentiated.....g	0.083		0	FLM	4		0.024		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0	FLM	4		0.001		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: .333 cup (1 NLEA serving)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08140
Cereals ready-to-eat, chocolate flavored rings, presweetened, single brand

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.50		0	MC	9		0.68		
Energy	kcal	415		0	MC	9		112		
Energy	kj	1736				9		469		
Protein	g	4.80		0	MC	9		1.30		
Total lipid (fat)	g	8.80		0	MC	9		2.38		
Ash	g	2.00		0	MC	9		0.54		
Carbohydrate, by difference	g	81.90		0	MC	9		22.11		
Fiber, total dietary	g	5.5		0	MC	9		1.5		
Sugars, total	g	47.00		0	BFZN	4		12.69		
Starch	g									
Minerals:										
Calcium, Ca	mg	19		0	MC	9		5		
Iron, Fe	mg	6.67		0	MC	9		1.80		
Magnesium, Mg	mg	55		0	MC	9		15		
Phosphorus, P	mg	119		0	MC	9		32		
Potassium, K	mg	183		0	MC	9		49		
Sodium, Na	mg	475		0	MC	9		128		
Zinc, Zn	mg	5.56		0	MC	9		1.50		
Copper, Cu	mg	0.300		0	MC	9		0.081		
Manganese, Mn	mg									
Selenium, Se	mcg	15.2		0	FLM	4		4.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	FLM	4		0.0		
Thiamin	mg	1.390		0	MC	9		0.375		
Riboflavin	mg	1.570		0	MC	9		0.424		
Niacin	mg	18.520		0	MC	9		5.000		
Pantothenic acid	mg									
Vitamin B-6	mg	1.850		0	MC	9		0.500		
Folate, total	mcg	370		0	MC	9		100		
Folic acid	mcg	351		0	NC	4		95		
Folate, food	mcg	19		0	BFZN	4		5		
Folate, DFE	mcg_DFE	616		0	NC	4		166		
Vitamin B-12	mcg	5.56		0	MC	9		1.50		
Vitamin A, IU	IU	2778		0	MC	9		750		
Vitamin A, RAE	mcg_RAE	834		0	NC	4		225		
Retinol	mcg	834		0	NC	4		225		
Vitamin E (alpha-tocopherol)	mg	1.57		0	NR	4		0.42		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.6		0	BFZN	4		0.2		
Lipids:										
Fatty acids, total saturated	g	1.600		0	MC	9		0.432		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.005		0	FLM	4		0.001		
10:0	g	0.001		0	FLM	4		0.000		
12:0	g	0.013		0	FLM	4		0.004		
13:0	g									
14:0	g	0.013		0	FLM	4		0.004		
15:0	g									
16:0	g	0.974		0	FLM	4		0.263		
17:0	g									
18:0	g	0.402		0	FLM	4		0.109		
20:0	g									
22:0	g									
24:0	g									

NDB No. 08140

Cereals ready-to-eat, chocolate flavored rings, presweetened, single brand

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.346		0	FLM	4		0.903		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.030		0	FLM	4		0.008		
17:1.....g									
18:1 undifferentiated.....g	3.316		0	FLM	4		0.895		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.304		0	FLM	4		0.892		
18:2 undifferentiated.....g	3.093		0	FLM	4		0.835		
18:3 undifferentiated.....g	0.204		0	FLM	4		0.055		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	3		0	FLM	4		1		
Theobromine.....mg	24		0	FLM	4		6		
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000		
Carotene, alpha.....mcg	0		0	BFZN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 27g: .75 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08204
Cereals ready-to-eat, chocolate-flavored frosted puffed corn

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.42			FLC	4				
Energy	kcal	405			LC	8				
Energy	kj	1695				8				
Protein	g	3.34			LC	8				
Total lipid (fat)	g	3.50			LC	8				
Ash	g	2.25			LC	8				
Carbohydrate, by difference	g	87.20			LC	8				
Fiber, total dietary	g	3.8			FLC	4				
Sugars, total	g	47.00		0	BFZN	4				
Starch	g									
Minerals:										
Calcium, Ca	mg	70			ML	5				
Iron, Fe	mg	15.87			LC	8				
Magnesium, Mg	mg	36			FLC	4				
Phosphorus, P	mg	141			LC	8				
Potassium, K	mg	176			LC	8				
Sodium, Na	mg	670			LC	8				
Zinc, Zn	mg	0.56			FLC	4				
Copper, Cu	mg	0.240			FLC	4				
Manganese, Mn	mg	0.246			FLC	4				
Selenium, Se	mcg	6.5		0	BFZN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	52.9			ML	5				
Thiamin	mg	1.323			ML	5				
Riboflavin	mg	1.499			ML	5				
Niacin	mg	17.637			ML	5				
Pantothenic acid	mg	0.101			FLC	4				
Vitamin B-6	mg	1.764			ML	5				
Folate, total	mcg	353			ML	5				
Folic acid	mcg	334		0	NC	4				
Folate, food	mcg	19		0	CAAN	4				
Folate, DFE	mcg_DFE	587		0	NC	4				
Vitamin B-12	mcg	5.29			ML	5				
Vitamin A, IU	IU	4409			ML	5				
Vitamin A, RAE	mcg_RAE	1324		0	NC	4				
Retinol	mcg	1324		0	NC	4				
Vitamin E (alpha-tocopherol)	mg	0.11		0	NR	4				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.6		0	BFZN	4				
Lipids:										
Fatty acids, total saturated	g	0.961			FLC	4				
4:0	g	0.000			FLC	4				
6:0	g	0.000			FLC	4				
8:0	g	0.000			FLC	4				
10:0	g	0.000			FLC	4				
12:0	g	0.000			FLC	4				
13:0	g									
14:0	g	0.001			FLC	4				
15:0	g									
16:0	g	0.494			FLC	4				
17:0	g									
18:0	g	0.458			FLC	4				
20:0	g									
22:0	g									
24:0	g									

NDB No. 08204
Cereals ready-to-eat, chocolate-flavored frosted puffed corn

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.079			FLC	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001			FLC	4				
17:1.....g									
18:1 undifferentiated.....g	2.079			FLC	4				
20:1.....g	0.000			FLC	4				
22:1 undifferentiated.....g	0.000			FLC	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.231			FLC	4				
18:2 undifferentiated.....g	0.225			FLC	4				
18:3 undifferentiated.....g	0.008			FLC	4				
18:4.....g	0.000			FLC	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000			FLC	4				
20:5 n-3.....g	0.000			FLC	4				
22:5 n-3.....g	0.000			FLC	4				
22:6 n-3.....g	0.000			FLC	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0			LC	8				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0			Z	7				
Caffeine.....mg	4		0	FLM	4				
Theobromine.....mg	136		0	FLM	4				
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4				
Carotene, alpha.....mcg	0		0	BFZN	4				
Cryptoxanthin, beta.....mcg	0		0	BFZN	4				
Lycopene.....mcg	0		0	BFZN	4				
Lutein + zeaxanthin.....mcg	0		0	BFZN	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08046

Cereals ready-to-eat, corn and oat flours, puffed presweetened, single brand

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.50		0	MC	9		0.44		
Energy	kcal	395		0	MC	9		115		
Energy	kj	1653				9		479		
Protein	g	5.20		0	MC	9		1.51		
Total lipid (fat)	g	2.10		0	NR	4		0.61		
Ash	g	2.20		0	MC	9		0.64		
Carbohydrate, by difference	g	88.90		0	MC	9		25.78		
Fiber, total dietary	g	2.5		0	MC	9		0.7		
Sugars, total	g	38.30		0	MC	9		11.11		
Starch	g									
Minerals:										
Calcium, Ca	mg	17		0	MC	9		5		
Iron, Fe	mg	9.31		0	MC	9		2.70		
Magnesium, Mg	mg	37		0	MC	9		11		
Phosphorus, P	mg	93		0	MC	9		27		
Potassium, K	mg	120		0	MC	9		35		
Sodium, Na	mg	743		0	MC	9		215		
Zinc, Zn	mg	5.17		0	MC	9		1.50		
Copper, Cu	mg	0.068		0	MC	9		0.020		
Manganese, Mn	mg	0.152		0	FLC	4		0.044		
Selenium, Se	mcg	20.1		0	RA	4		5.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg	1.290		0	MC	9		0.374		
Riboflavin	mg	1.470		0	MC	9		0.426		
Niacin	mg	17.240		0	MC	9		5.000		
Pantothenic acid	mg	0.198		0	FLC	4		0.057		
Vitamin B-6	mg	1.730		0	MC	9		0.502		
Folate, total	mcg	345		0	MC	9		100		
Folic acid	mcg	326		0	NC	4		95		
Folate, food	mcg	19		0	CAZN	4		6		
Folate, DFE	mcg_DFE	573		0	NC	4		166		
Vitamin B-12	mcg	5.17		0	MC	9		1.50		
Vitamin A, IU	IU	2583		0	FLM	4		749		
Vitamin A, RAE	mcg_RAE	748		0	NC	4		217		
Retinol	mcg	742		0	FLM	4		215		
Vitamin E (alpha-tocopherol)	mg	0.19		0	FLM	4		0.06		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	138.000		0	MC	9		40.020		
Vitamin K (phylloquinone)	mcg	0.7		0	FLM	4		0.2		
Lipids:										
Fatty acids, total saturated	g	0.600		0	MC	9		0.174		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.009		0	FLM	4		0.003		
13:0	g									
14:0	g	0.005		0	FLM	4		0.001		
15:0	g									
16:0	g	0.503		0	FLM	4		0.146		
17:0	g									
18:0	g	0.048		0	FLM	4		0.014		
20:0	g									
22:0	g									
24:0	g									

NDB No. 08046

Cereals ready-to-eat, corn and oat flours, puffed presweetened, single brand

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.490		0	FLC	4		0.142		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0	FLM	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.463		0	FLM	4		0.134		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.690		0	FLC	4		0.200		
18:2 undifferentiated.....g	0.678		0	FLM	4		0.197		
18:3 undifferentiated.....g	0.027		0	FLM	4		0.008		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0			FLC	4		0		
Theobromine.....mg	0			FLC	4		0		
Carotenoids:									
Carotene, beta.....mcg	50		0	FLM	4		14.397		
Carotene, alpha.....mcg	32		0	FLM	4		9.424		
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000		
Lycopene.....mcg	0		0	FLM	4		0.000		
Lutein + zeaxanthin.....mcg	721		0	FLM	4		209.039		

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Common Measures:

Measure 1 = 29g: 1.333 cup (1 NLEA serving)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08022
Cereals ready-to-eat, corn flakes, low sodium

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.00		1		1		0.75	0.85	
Energy	kcal	399		0	NC	4		100	113	
Energy	kj	1669				4		417	473	
Protein (N x 6.25)	g	7.70		1		1		1.93	2.18	
Total lipid (fat)	g	0.30		1		1		0.08	0.09	
Ash	g	0.20		1		1		0.05	0.06	
Carbohydrate, by difference	g	88.80		0	NC	4		22.20	25.17	
Fiber, total dietary	g	1.1		0		4		0.3	0.3	
Sugars, total	g	6.11		0	FLM	4		1.53	1.73	
Starch	g									
Minerals:										
Calcium, Ca	mg	43		2		1		11	12	
Iron, Fe	mg	2.22		2		1		0.56	0.63	
Magnesium, Mg	mg	13		0		1		3	4	
Phosphorus, P	mg	49		0		1		12	14	
Potassium, K	mg	73		1		1		18	21	
Sodium, Na	mg	10		1		1		3	3	
Zinc, Zn	mg	0.27		0		1		0.07	0.08	
Copper, Cu	mg	0.088		0		1		0.022	0.025	
Manganese, Mn	mg	0.082		0		4		0.021	0.023	
Selenium, Se	mcg	5.1		0	BFZN	4		1.3	1.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.010		2		1		0.003	0.003	
Riboflavin	mg	0.180		2		1		0.045	0.051	
Niacin	mg	0.420		2		1		0.105	0.119	
Pantothenic acid	mg	0.123		0		4		0.031	0.035	
Vitamin B-6	mg	0.063		0		4		0.016	0.018	
Folate, total	mcg	33		0	FLM	4		8	9	
Folic acid	mcg	0		0	FLM	4		0	0	
Folate, food	mcg	32		0	FLM	4		8	9	
Folate, DFE	mcg_DFE	32		0	NC	4		8	9	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	205		0	NC	4		51	58	
Vitamin A, RAE	mcg_RAE	10		0	NC	4		3	3	
Retinol	mcg	0		0	FLM	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.14		0	FLM	4		0.04	0.04	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.3		0	FLM	4		0.1	0.1	
Lipids:										
Fatty acids, total saturated	g	0.041		0		4		0.010	0.012	
4:0	g	0.000		0	FLM	4		0.000	0.000	
6:0	g	0.000		0	FLM	4		0.000	0.000	
8:0	g	0.000		0	FLM	4		0.000	0.000	
10:0	g	0.000		0	FLM	4		0.000	0.000	
12:0	g	0.000		0	FLM	4		0.000	0.000	
13:0	g									
14:0	g	0.000		0	FLM	4		0.000	0.000	
15:0	g									
16:0	g	0.034		0	FLM	4		0.009	0.010	
17:0	g									
18:0	g	0.005		0	FLM	4		0.001	0.001	
20:0	g									
22:0	g									
24:0	g									

NDB No. 08022
Cereals ready-to-eat, corn flakes, low sodium

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.075		0	FLM	4		0.019	0.021	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	FLM	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.074		0	FLM	4		0.019	0.021	
20:1.....g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.129		0	FLM	4		0.032	0.037	
18:2 undifferentiated.....g	0.126		0	FLM	4		0.031	0.036	
18:3 undifferentiated.....g	0.004		0	FLM	4		0.001	0.001	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLM	4		0	0	
Theobromine.....mg	0		0	FLM	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	93		0	FLM	4		23.196	26.305	
Carotene, alpha.....mcg	61		0	FLM	4		15.184	17.219	
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000	0.000	
Lycopene.....mcg	0		0	FLM	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	1300		0	FLM	4		325.038	368.594	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 25g: 1 cup

Measure 2 = 28.35g: 1 oz

Calories Factors: **Protein** 3.46 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08076
Cereals ready-to-eat, corn flakes, plain, single brand

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.50		0	MC	9		0.98	0.74	
Energy	kcal	360		0	MC	9		101	76	
Energy	kj	1506				9		422	316	
Protein	g	6.70		0	MC	9		1.88	1.41	
Total lipid (fat)	g	0.10		0	NR	4		0.03	0.02	
Ash	g	2.80		0	MC	9		0.78	0.59	
Carbohydrate, by difference	g	86.70		0	MC	9		24.28	18.21	
Fiber, total dietary	g	4.5		0	MC	9		1.3	0.9	
Sugars, total	g	6.50		0	MC	9		1.82	1.37	
Starch	g									
Minerals:										
Calcium, Ca	mg	3		0	MC	9		1	1	
Iron, Fe	mg	19.29		0	MC	9		5.40	4.05	
Magnesium, Mg	mg	16		0	MC	9		4	3	
Phosphorus, P	mg	52		0	MC	9		15	11	
Potassium, K	mg	117		0	MC	9		33	25	
Sodium, Na	mg	949		0	MC	9		266	199	
Zinc, Zn	mg	0.48		0	MC	9		0.13	0.10	
Copper, Cu	mg	0.031		0	MC	9		0.009	0.007	
Manganese, Mn	mg	0.082		0		4		0.023	0.017	
Selenium, Se	mcg	5.1		0	BFZN	4		1.4	1.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0	0.0	
Thiamin	mg	1.340		0	MC	9		0.375	0.281	
Riboflavin	mg	1.520		0	MC	9		0.426	0.319	
Niacin	mg	17.860		0	MC	9		5.001	3.751	
Pantothenic acid	mg	0.123		0		4		0.034	0.026	
Vitamin B-6	mg	1.790		0	MC	9		0.501	0.376	
Folate, total	mcg	357		0	MC	9		100	75	
Folic acid	mcg	338		0	NC	4		95	71	
Folate, food	mcg	19		0	CAZN	4		5	4	
Folate, DFE	mcg_DFE	594		0	NC	4		166	125	
Vitamin B-12	mcg	5.36		0	MC	9		1.50	1.13	
Vitamin A, IU	IU	2681		0	FLM	4		751	563	
Vitamin A, RAE	mcg_RAE	764		0	NC	4		214	160	
Retinol	mcg	756		0	FLM	4		212	159	
Vitamin E (alpha-tocopherol)	mg	0.25		0	NC	4		0.07	0.05	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	143.000		0	MC	9		40.040	30.030	
Vitamin K (phylloquinone)	mcg	0.3		0	FLM	4		0.1	0.1	
Lipids:										
Fatty acids, total saturated	g	0.000		0	MC	9		0.000	0.000	
4:0	g	0.000		0	FLM	4		0.000	0.000	
6:0	g	0.000		0	FLM	4		0.000	0.000	
8:0	g	0.000		0	FLM	4		0.000	0.000	
10:0	g	0.000		0	FLM	4		0.000	0.000	
12:0	g	0.000		0	FLM	4		0.000	0.000	
13:0	g									
14:0	g	0.000		0	FLM	4		0.000	0.000	
15:0	g									
16:0	g	0.000		0	FLM	4		0.000	0.000	
17:0	g									
18:0	g	0.000		0	FLM	4		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									

NDB No. 08076
Cereals ready-to-eat, corn flakes, plain, single brand

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.030		0	FLM	4		0.008	0.006	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.029		0	FLM	4		0.008	0.006	
20:1.....g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.051		0	FLM	4		0.014	0.011	
18:2 undifferentiated.....g	0.050		0	FLM	4		0.014	0.010	
18:3 undifferentiated.....g	0.001		0	FLM	4		0.000	0.000	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLM	4		0	0	
Theobromine.....mg	0		0	FLM	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	74		0	FLM	4		20.626	15.469	
Carotene, alpha.....mcg	48		0	FLM	4		13.502	10.126	
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000	0.000	
Lycopene.....mcg	0		0	FLM	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	1032		0	FLM	4		289.016	216.762	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 cup (1 NLEA serving)

Measure 2 = 21g: 1 box, single serving (.75 oz)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08192

Cereals ready-to-eat, corn, rice, wheat, oats, presweetened, with fruit and almonds, single brand

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	7.20		0	MC	9		3.96		
Energy	kcal	383		0	MC	9		211		
Energy	kj	1602				9		881		
Protein	g	6.60		0	MC	9		3.63		
Total lipid (fat)	g	4.50		0	NR	4		2.48		
Ash	g	2.00		0	MC	9		1.10		
Carbohydrate, by difference	g	78.90		0	MC	9		43.40		
Fiber, total dietary	g	3.8		0	MC	9		2.1		
Sugars, total	g	20.80		0	MC	9		11.44		
Starch	g									
Minerals:										
Calcium, Ca	mg	27		0	MC	9		15		
Iron, Fe	mg	3.27		0	MC	9		1.80		
Magnesium, Mg	mg	43		0	MC	9		24		
Phosphorus, P	mg	128		0	MC	9		70		
Potassium, K	mg	166		0	MC	9		91		
Sodium, Na	mg	484		0	MC	9		266		
Zinc, Zn	mg	1.64		0	MC	9		0.90		
Copper, Cu	mg	0.135		0	MC	9		0.074		
Manganese, Mn	mg	0.832		0	FLM	4		0.458		
Selenium, Se	mcg	7.3		0	BFZN	4		4.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg	0.680		0	MC	9		0.374		
Riboflavin	mg	0.770		0	MC	9		0.424		
Niacin	mg	9.090		0	MC	9		5.000		
Pantothenic acid	mg	0.418		0	FLM	4		0.230		
Vitamin B-6	mg	0.910		0	MC	9		0.501		
Folate, total	mcg	182		0	MC	9		100		
Folic acid	mcg	163		0	NC	4		90		
Folate, food	mcg	19		0	CAZN	4		10		
Folate, DFE	mcg_DFE	296		0	NC	4		163		
Vitamin B-12	mcg	2.73		0	MC	9		1.50		
Vitamin A, IU	IU	1364		0	MC	9		750		
Vitamin A, RAE	mcg_RAE	410		0	NC	4		226		
Retinol	mcg	410		0	NC	4		226		
Vitamin E (alpha-tocopherol)	mg	4.38		0	MC	9		2.41		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	73.000		0	MC	9		40.150		
Vitamin K (phylloquinone)	mcg	8.6		0	FLM	4		4.7		
Lipids:										
Fatty acids, total saturated	g	0.600		0	MC	9		0.330		
4:0	g	0.001		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.003		0	FLM	4		0.002		
13:0	g	0.000		0	FLM	4		0.000		
14:0	g	0.004		0	FLM	4		0.002		
15:0	g	0.000		0	FLM	4		0.000		
16:0	g	0.448		0	FLM	4		0.246		
17:0	g	0.000		0	FLM	4		0.000		
18:0	g	0.125		0	FLM	4		0.068		
20:0	g	0.000		0	FLM	4		0.000		
22:0	g	0.000		0	FLM	4		0.000		
24:0	g	0.000		0	FLM	4		0.000		

NDB No. 08192

Cereals ready-to-eat, corn, rice, wheat, oats, presweetened, with fruit and almonds, single brand

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.008		0	FLM	4		1.105		
14:1.....g	0.000		0	FLM	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.012		0	FLM	4		0.007		
17:1.....g									
18:1 undifferentiated.....g	1.996		0	FLM	4		1.098		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated.....g	1.466		0	FLM	4		0.806		
18:2 undifferentiated.....g	1.405		0	FLM	4		0.773		
18:3 undifferentiated.....g	0.060		0	FLM	4		0.033		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLM	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0			Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 55g: 1.25 cup (1 NLEA serving)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43570

Cereals ready-to-eat, corn, whole wheat, rolled oats, presweetened, single brand

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.00		0	MC	9		0.90		
Energy	kcal	394		0	MC	9		118		
Energy	kj	1647				9		494		
Protein	g	7.10		0	MC	9		2.13		
Total lipid (fat)	g	5.50		0	NR	4		1.65		
Ash	g	2.30		0	MC	9		0.69		
Carbohydrate, by difference	g	81.90		0	MC	9		24.57		
Fiber, total dietary	g	4.9		0	MC	9		1.5		
Sugars, total	g	21.50		0	MC	9		6.45		
Starch	g									
Minerals:										
Calcium, Ca	mg	21		0	MC	9		6		
Iron, Fe	mg	27.00		0	MC	9		8.10		
Magnesium, Mg	mg	55		0	MC	9		17		
Phosphorus, P	mg	161		0	MC	9		48		
Potassium, K	mg	172		0	MC	9		52		
Sodium, Na	mg	642		0	MC	9		193		
Zinc, Zn	mg	1.00		0	MC	9		0.30		
Copper, Cu	mg	0.270		0	MC	9		0.081		
Manganese, Mn	mg	0.444		0	FLC	4		0.133		
Selenium, Se	mcg	12.0		0	BFZN	4		3.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg	1.250		0	MC	9		0.375		
Riboflavin	mg	1.420		0	MC	9		0.426		
Niacin	mg	16.670		0	MC	9		5.001		
Pantothenic acid	mg	0.414		0	FLC	4		0.124		
Vitamin B-6	mg	1.670		0	MC	9		0.501		
Folate, total	mcg	333		0	MC	9		100		
Folic acid	mcg	314		0	NC	4		94		
Folate, food	mcg	19		0	CAZN	4		6		
Folate, DFE	mcg_DFE	553		0	NC	4		166		
Vitamin B-12	mcg	5.00		0	MC	9		1.50		
Vitamin A, IU	IU	2500		0	MC	9		750		
Vitamin A, RAE	mcg_RAE	751		0	NC	4		225		
Retinol	mcg	751		0	NC	4		225		
Vitamin E (alpha-tocopherol)	mg	0.32		0	MC	9		0.10		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	133.000		0	MC	9		39.900		
Vitamin K (phylloquinone)	mcg	1.2		0	FLM	4		0.4		
Lipids:										
Fatty acids, total saturated	g	0.800		0	MC	9		0.240		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.007		0	FLM	4		0.002		
13:0	g									
14:0	g	0.004		0	FLM	4		0.001		
15:0	g									
16:0	g	0.556		0	FLM	4		0.167		
17:0	g									
18:0	g	0.160		0	FLM	4		0.048		
20:0	g									
22:0	g									
24:0	g									

NDB No. 43570

Cereals ready-to-eat, corn, whole wheat, rolled oats, presweetened, single brand

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.091		0	FLM	4		0.627		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.011		0	FLM	4		0.003		
17:1.....g									
18:1 undifferentiated.....g	2.080		0	FLM	4		0.624		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.154		0	FLC	4		0.646		
18:2 undifferentiated.....g	2.088		0	FLM	4		0.626		
18:3 undifferentiated.....g	0.043		0	FLM	4		0.013		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: .75 cup (1 NLEA serving)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 42240

Cereals ready-to-eat, corn, whole wheat, rolled oats, presweetened, with almonds, single brand

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.00		0	MC	9		0.93		
Energy	kcal	407		0	MC	9		126		
Energy	kj	1703				9		528		
Protein	g	7.80		0	MC	9		2.42		
Total lipid (fat)	g	8.50		0	NR	4		2.64		
Ash	g	2.30		0	MC	9		0.71		
Carbohydrate, by difference	g	78.00		0	MC	9		24.18		
Fiber, total dietary	g	4.5		0	MC	9		1.4		
Sugars, total	g	21.00		0	MC	9		6.51		
Starch	g									
Minerals:										
Calcium, Ca	mg	37		0	MC	9		11		
Iron, Fe	mg	26.13		0	MC	9		8.10		
Magnesium, Mg	mg	69		0	MC	9		21		
Phosphorus, P	mg	192		0	MC	9		60		
Potassium, K	mg	227		0	MC	9		70		
Sodium, Na	mg	603		0	MC	9		187		
Zinc, Zn	mg	0.97		0	MC	9		0.30		
Copper, Cu	mg	0.224		0	MC	9		0.069		
Manganese, Mn	mg	1.524			FLC	4		0.472		
Selenium, Se	mcg	12.0		0	BFZN	4		3.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0	MC	9		0.0		
Thiamin	mg	1.210		0	MC	9		0.375		
Riboflavin	mg	1.370		0	MC	9		0.425		
Niacin	mg	16.130		0	MC	9		5.000		
Pantothenic acid	mg	0.605			FLC	4		0.188		
Vitamin B-6	mg	1.610		0	MC	9		0.499		
Folate, total	mcg	323		0	MC	9		100		
Folic acid	mcg	304		0	NC	4		94		
Folate, food	mcg	19		0	CAZN	4		6		
Folate, DFE	mcg_DFE	536		0	NC	4		166		
Vitamin B-12	mcg	4.84		0	MC	9		1.50		
Vitamin A, IU	IU	2419		0	MC	9		750		
Vitamin A, RAE	mcg_RAE	726		0	NC	4		225		
Retinol	mcg	726		0	NC	4		225		
Vitamin E (alpha-tocopherol)	mg	1.49		0	MC	9		0.46		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	129.000		0	MC	9		39.990		
Vitamin K (phylloquinone)	mcg	0.9		0	FLM	4		0.3		
Lipids:										
Fatty acids, total saturated	g	1.100		0	MC	9		0.341		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.004		0	FLM	4		0.001		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.002		0	FLM	4		0.001		
13:0	g	0.000		0	FLM	4		0.000		
14:0	g	0.003		0	FLM	4		0.001		
15:0	g	0.000		0	FLM	4		0.000		
16:0	g	0.815		0	FLM	4		0.253		
17:0	g	0.000		0	FLM	4		0.000		
18:0	g	0.217		0	FLM	4		0.067		
20:0	g	0.000		0	FLM	4		0.000		
22:0	g	0.000		0	FLM	4		0.000		
24:0	g	0.000		0	FLM	4		0.000		

NDB No. 42240

Cereals ready-to-eat, corn, whole wheat, rolled oats, presweetened, with almonds, single brand

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.176			FLC	4		1.295		
14:1.....g	0.000		0	FLM	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.027		0	FLM	4		0.008		
17:1.....g									
18:1 undifferentiated.....g	4.007		0	FLM	4		1.242		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated.....g	2.737		0	FLM	4		0.848		
18:2 undifferentiated.....g	2.699		0	FLM	4		0.837		
18:3 undifferentiated.....g	0.038		0	FLM	4		0.012		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLM	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: .75 cup (1 NLEA serving)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08025
Cereals ready-to-eat, crispy rice

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.50	0.067	20		1		0.70	0.71	
Energy	kcal	396		0	NC	4		111	112	
Energy	kj	1657				4		464	470	
Protein (N x 5.95)	g	6.40		76		1		1.79	1.81	
Total lipid (fat)	g	0.40		95		1		0.11	0.11	
Ash	g	2.20		1		1		0.62	0.62	
Carbohydrate, by difference	g	88.60		0	NC	4		24.81	25.12	
Fiber, total dietary	g	1.2		0		4		0.3	0.3	
Sugars, total	g	9.10		0	BFZN	4		2.55	2.58	
Starch	g									
Minerals:										
Calcium, Ca	mg	18		29		1		5	5	
Iron, Fe	mg	2.50		0		5		0.70	0.71	
Magnesium, Mg	mg	42		5		1		12	12	
Phosphorus, P	mg	109		79		1		31	31	
Potassium, K	mg	95		26		1		27	27	
Sodium, Na	mg	734		104		1		206	208	
Zinc, Zn	mg	1.66		60		1		0.46	0.47	
Copper, Cu	mg	0.219		56		1		0.061	0.062	
Manganese, Mn	mg	1.297		0		4		0.363	0.368	
Selenium, Se	mcg	15.4		0	BFZN	4		4.3	4.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	52.9		0		8		14.8	15.0	
Thiamin	mg	1.850		0		8		0.518	0.524	
Riboflavin	mg	2.100		0		8		0.588	0.595	
Niacin	mg	24.710		0		8		6.919	7.005	
Pantothenic acid	mg	0.387		25		1		0.108	0.110	
Vitamin B-6	mg	2.470		0		8		0.692	0.700	
* Folate, total	mcg	315		0	BFZN	4		88	89	
Folic acid	mcg	311		0	BFZN	4		87	88	
Folate, food	mcg	4		0	BFZN	4		1	1	
Folate, DFE	mcg_DFE	533		0	NC	4		149	151	
Vitamin B-12	mcg	0.29		26		1		0.08	0.08	
Vitamin A, IU	IU	4416		0	NC	4		1237	1252	
Vitamin A, RAE	mcg_RAE	1326		0	NC	4		371	376	
Retinol	mcg	1325		0		4		371	376	
Vitamin E (alpha-tocopherol)	mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	FLC	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	0.074		0	NC	4		0.021	0.021	
4:0	g	0.000		0	FLC	4		0.000	0.000	
6:0	g	0.000		0	FLC	4		0.000	0.000	
8:0	g	0.000		0	FLC	4		0.000	0.000	
10:0	g	0.000		0	FLC	4		0.000	0.000	
12:0	g	0.000		0	FLC	4		0.000	0.000	
13:0	g									
14:0	g	0.002		0	FLC	4		0.000	0.000	
15:0	g									
16:0	g	0.067		0	FLC	4		0.019	0.019	
17:0	g									
18:0	g	0.005		0	FLC	4		0.001	0.001	
20:0	g									
22:0	g									
24:0	g									

NDB No. 08025
Cereals ready-to-eat, crispy rice

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.070		0	NC	4		0.020	0.020	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	FLC	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.069		0	FLC	4		0.019	0.020	
20:1.....g	0.000		0	FLC	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.110		0	NC	4		0.031	0.031	
18:2 undifferentiated.....g	0.091		0	FLC	4		0.025	0.026	
18:3 undifferentiated.....g	0.019		0	FLC	4		0.005	0.005	
18:4.....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	0		0	FLC	4		0	0	
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLC	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	FLC	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000	0.000	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 cup

Measure 2 = 28.35g: 1 oz

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 3.82 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 42236
Cereals ready-to-eat, frosted oat cereal with marshmallows

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.80				4		0.78		
Energy	kcal	388				8		109		
Energy	kj	1623				8		455		
Protein	g	7.10				8		1.99		
Total lipid (fat)	g	3.50				8		0.98		
Ash	g	2.50		0	BFZN	4		0.70		
Carbohydrate, by difference	g	84.10		0	NC	4		23.55		
Fiber, total dietary	g	4.3				4		1.2		
Sugars, total	g	43.50		0	BFZN	4		12.18		
Starch	g									
Minerals:										
Calcium, Ca	mg	71				8		20		
Iron, Fe	mg	15.87				8		4.44		
Magnesium, Mg	mg	28				8		8		
Phosphorus, P	mg	141				8		39		
Potassium, K	mg	207				4		58		
Sodium, Na	mg	564				8		158		
Zinc, Zn	mg	7.94				8		2.22		
Copper, Cu	mg	0.141				8		0.039		
Manganese, Mn	mg									
Selenium, Se	mcg	34.5		0	RA	4		9.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	52.9				8		14.8		
Thiamin	mg	1.320				8		0.370		
Riboflavin	mg	1.500				8		0.420		
Niacin	mg	17.640				8		4.939		
Pantothenic acid	mg									
Vitamin B-6	mg	1.760				8		0.493		
Folate, total	mcg	353				8		99		
Folic acid	mcg	334		0	NC	4		94		
Folate, food	mcg	19		0	BFZN	4		5		
Folate, DFE	mcg_DFE	587		0	NC	4		164		
Vitamin B-12	mcg	5.29				8		1.48		
Vitamin A, IU	IU	4409				8		1235		
Vitamin A, RAE	mcg_RAE	1324		0	NC	4		371		
Retinol	mcg	1324		0	NC	4		371		
Vitamin E (alpha-tocopherol)	mg	0.57		0	BFZN	4		0.16		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	1.2		0	BFZN	4		0.3		
Lipids:										
Fatty acids, total saturated	g	0.620				4		0.174		
4:0	g	0.000				4		0.000		
6:0	g	0.000				4		0.000		
8:0	g	0.000				4		0.000		
10:0	g	0.000				4		0.000		
12:0	g	0.011				4		0.003		
13:0	g									
14:0	g	0.006				4		0.002		
15:0	g									
16:0	g	0.522				4		0.146		
17:0	g									
18:0	g	0.033				4		0.009		
20:0	g									
22:0	g									
24:0	g									

NDB No. 42236
Cereals ready-to-eat, frosted oat cereal with marshmallows

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.100				4		0.308		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.006				4		0.002		
17:1.....g									
18:1 undifferentiated.....g	1.094				4		0.306		
20:1.....g	0.000				4		0.000		
22:1 undifferentiated.....g	0.000				4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.280				4		0.358		
18:2 undifferentiated.....g	1.222				4		0.342		
18:3 undifferentiated.....g	0.056				4		0.016		
18:4.....g	0.000				4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000		
20:5 n-3.....g	0.000				4		0.000		
22:5 n-3.....g	0.000				4		0.000		
22:6 n-3.....g	0.000				4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0				8		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	0		0	BFZN	4		0		
Theobromine.....mg	0		0	BFZN	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000		
Carotene, alpha.....mcg	0		0	BFZN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08037
Cereals ready-to-eat, granola, homemade

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.41		0	RC	4		6.60	1.53	
Energy	kcal	490		0	RC	4		598	139	
Energy	kj	2052		0	RC	4		2504	582	
Protein (N x 5.8)	g	14.87		0	RC	4		18.14	4.21	
Total lipid (fat)	g	24.36		0	RC	4		29.72	6.91	
Ash	g	2.42		0	RC	4		2.95	0.69	
Carbohydrate, by difference	g	52.95		0	RC	4		64.60	15.01	
Fiber, total dietary	g	8.6		0	RC	4		10.5	2.4	
Sugars, total	g	20.10		0	RC	4		24.52	5.70	
Starch	g									
Minerals:										
Calcium, Ca	mg	78		0	RC	4		96	22	
Iron, Fe	mg	4.25		0	RC	4		5.19	1.21	
Magnesium, Mg	mg	175		0	RC	4		214	50	
Phosphorus, P	mg	457		0	RC	4		557	129	
Potassium, K	mg	537		0	RC	4		655	152	
Sodium, Na	mg	22		0	RC	4		27	6	
Zinc, Zn	mg	4.11		0	RC	4		5.01	1.16	
Copper, Cu	mg	0.636		0	RC	4		0.775	0.180	
Manganese, Mn	mg	4.155		0	RC	4		5.069	1.178	
Selenium, Se	mcg	27.8		0	RC	4		33.9	7.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.2		0	RC	4		1.5	0.3	
Thiamin	mg	0.736		0	RC	4		0.897	0.209	
Riboflavin	mg	0.292		0	RC	4		0.357	0.083	
Niacin	mg	2.115		0	RC	4		2.580	0.600	
Pantothenic acid	mg	1.603		0	RC	4		1.956	0.454	
Vitamin B-6	mg	0.311		0	RC	4		0.379	0.088	
Folate, total	mcg	83		0	RC	4		101	23	
Folic acid	mcg	0		0	RC	4		0	0	
Folate, food	mcg	83		0	RC	4		101	23	
Folate, DFE	mcg_DFE	83		0	NC	4		101	23	
Vitamin B-12	mcg	0.00		0	RC	4		0.00	0.00	
Vitamin A, IU	IU	12		0	NC	4		15	3	
Vitamin A, RAE	mcg_RAE	1		0	NC	4		1	0	
Retinol	mcg	0		0	RC	4		0	0	
Vitamin E (alpha-tocopherol)	mg	5.88		0	RC	4		7.17	1.67	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	12.4		0	RC	4		15.1	3.5	
Lipids:										
Fatty acids, total saturated	g	4.537		0	RC	4		5.535	1.286	
4:0	g	0.000		0	RC	4		0.000	0.000	
6:0	g	0.013		0	RC	4		0.016	0.004	
8:0	g	0.161		0	RC	4		0.197	0.046	
10:0	g	0.128		0	RC	4		0.156	0.036	
12:0	g	1.028		0	RC	4		1.254	0.291	
13:0	g	0.000		0	RC	4		0.000	0.000	
14:0	g	0.420		0	RC	4		0.512	0.119	
15:0	g	0.000		0	RC	4		0.000	0.000	
16:0	g	2.041		0	RC	4		2.490	0.579	
17:0	g	0.000		0	RC	4		0.000	0.000	
18:0	g	0.745		0	RC	4		0.909	0.211	
20:0	g	0.000		0	RC	4		0.000	0.000	
22:0	g	0.000		0	RC	4		0.000	0.000	
24:0	g	0.000		0	RC	4		0.000	0.000	

NDB No. 08037
Cereals ready-to-eat, granola, homemade

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.643		0	RC	4		9.325	2.167	
14:1.....g	0.000		0	RC	4		0.000	0.000	
15:1.....g	0.000		0	RC	4		0.000	0.000	
16:1 undifferentiated.....g	0.061		0	RC	4		0.074	0.017	
17:1.....g	0.000		0	RC	4		0.000	0.000	
18:1 undifferentiated.....g	7.565		0	RC	4		9.229	2.145	
20:1.....g	0.017		0	RC	4		0.021	0.005	
22:1 undifferentiated.....g	0.000		0	RC	4		0.000	0.000	
24:1 c.....g	0.000		0	RC	4		0.000	0.000	
Fatty acids, total polyunsaturated.....g	10.710		0	RC	4		13.066	3.036	
18:2 undifferentiated.....g	10.221		0	RC	4		12.470	2.898	
18:3 undifferentiated.....g	0.488		0	RC	4		0.596	0.138	
18:3 n-6 c,c,c.....g	0.000		0	RC	4		0.000	0.000	
18:4.....g	0.000		0	RC	4		0.000	0.000	
20:2 n-6 c,c.....g	0.000		0	RC	4		0.000	0.000	
20:3 undifferentiated.....g	0.000		0	RC	4		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		0	RC	4		0.000	0.000	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	RC	4		0.000	0.000	
22:5 n-3.....g	0.000		0	RC	4		0.000	0.000	
22:6 n-3.....g	0.000		0	RC	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RC	4		0	0	
Phytosterols.....mg	104		0	RC	4		127	29	
Amino Acids:									
Tryptophan.....g	0.197		0	RC	4		0.240	0.056	
Threonine.....g	0.543		0	RC	4		0.662	0.154	
Isoleucine.....g	0.591		0	RC	4		0.721	0.167	
Leucine.....g	1.054		0	RC	4		1.286	0.299	
Lysine.....g	0.643		0	RC	4		0.785	0.182	
Methionine.....g	0.257		0	RC	4		0.313	0.073	
Cystine.....g	0.292		0	RC	4		0.356	0.083	
Phenylalanine.....g	0.740		0	RC	4		0.903	0.210	
Tyrosine.....g	0.439		0	RC	4		0.536	0.125	
Valine.....g	0.759		0	RC	4		0.926	0.215	
Arginine.....g	1.367		0	RC	4		1.668	0.388	
Histidine.....g	0.390		0	RC	4		0.476	0.111	
Alanine.....g	0.780		0	RC	4		0.951	0.221	
Aspartic acid.....g	1.456		0	RC	4		1.776	0.413	
Glutamic acid.....g	3.189		0	RC	4		3.891	0.904	
Glycine.....g	0.866		0	RC	4		1.056	0.245	
Proline.....g	0.792		0	RC	4		0.966	0.225	
Serine.....g	0.679		0	RC	4		0.829	0.193	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RC	4		0.0	0.0	
Caffeine.....mg	0		0	RC	4		0	0	
Theobromine.....mg	0		0	RC	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	7		0	RC	4		8.705	2.023	
Carotene, alpha.....mcg	0		0	RC	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	RC	4		0.000	0.000	
Lycopene.....mcg	0		0	RC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	137		0	RC	4		167.599	38.946	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 08037
Cereals ready-to-eat, granola, homemade

Common Measures:

Measure 1 = 122g: 1 cup

Measure 2 = 28.35g: 1 oz

Calories Factors: **Protein** 3.5 **Fat** 8.6 **Carbohydrate** 3.9

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08305

Cereals ready-to-eat, oat, corn and wheat squares, presweetened, maple flavored

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.50		0	MC	9		0.75		
Energy	kcal	430		0	MC	9		129		
Energy	kj	1799				9		540		
Protein	g	6.00		0	MC	9		1.80		
Total lipid (fat)	g	9.80		0	NR	4		2.94		
Ash	g	1.80		0	MC	9		0.54		
Carbohydrate, by difference	g	79.90		0	MC	9		23.97		
Fiber, total dietary	g	1.8		0	MC	9		0.5		
Sugars, total	g	35.45		0	FLM	4		10.64		
Starch	g									
Minerals:										
Calcium, Ca	mg	20		0	MC	9		6		
Iron, Fe	mg	6.00		0	MC	9		1.80		
Magnesium, Mg	mg	39		0	MC	9		12		
Phosphorus, P	mg	113		0	MC	9		34		
Potassium, K	mg	112		0	MC	9		34		
Sodium, Na	mg	432		0	MC	9		130		
Zinc, Zn	mg	1.36		0	FLM	4		0.41		
Copper, Cu	mg	0.118		0	MC	9		0.035		
Manganese, Mn	mg	1.278		0	FLM	4		0.383		
Selenium, Se	mcg	5.4		0	RA	4		1.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	FLM	4		0.0		
Thiamin	mg	1.250		0	MC	9		0.375		
Riboflavin	mg	1.420		0	MC	9		0.426		
Niacin	mg	16.670		0	MC	9		5.001		
Pantothenic acid	mg	0.070		0	FLM	4		0.021		
Vitamin B-6	mg	1.670		0	MC	9		0.501		
Folate, total	mcg	333		0	MC	9		100		
Folic acid	mcg	314		0	NC	4		94		
Folate, food	mcg	19		0	CAAN	4		6		
Folate, DFE	mcg_DFE	553		0	NC	4		166		
Vitamin B-12	mcg	0.00		0	FLM	4		0.00		
Vitamin A, IU	IU	2500		0	MC	9		750		
Vitamin A, RAE	mcg_RAE	737		0	NC	4		221		
Retinol	mcg	735		0	NC	4		220		
Vitamin E (alpha-tocopherol)	mg	0.75		0	FLM	4		0.22		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	133.000		0	MC	9		39.900		
Vitamin K (phylloquinone)	mcg	2.3		0	FLM	4		0.7		
Lipids:										
Fatty acids, total saturated	g	1.400		0	MC	9		0.420		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.007		0	FLM	4		0.002		
13:0	g									
14:0	g	0.009		0	FLM	4		0.003		
15:0	g									
16:0	g	1.026		0	FLM	4		0.308		
17:0	g									
18:0	g	0.323		0	FLM	4		0.097		
20:0	g									
22:0	g									
24:0	g									

NDB No. 08305

Cereals ready-to-eat, oat, corn and wheat squares, presweetened, maple flavored

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.303		0	FLM	4		1.291		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.034		0	FLM	4		0.010		
17:1.....g									
18:1 undifferentiated.....g	4.269		0	FLM	4		1.281		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.082		0	FLM	4		1.225		
18:2 undifferentiated.....g	3.846		0	FLM	4		1.154		
18:3 undifferentiated.....g	0.236		0	FLM	4		0.071		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg	8		0	FLM	4		2		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	24		0	FLM	4		7.269		
Carotene, alpha.....mcg	16		0	FLM	4		4.758		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	FLM	4		0.000		
Lutein + zeaxanthin.....mcg	381		0	FLM	4		114.311		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1 cup (1 NLEA serving)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08002

Cereals ready-to-eat, oats, corn puffed mixture, presweetened, single brand

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.30		0	MC	9		0.42	0.27	
Energy	kcal	405		0	MC	9		130	85	
Energy	kj	1695				9		542	356	
Protein	g	8.50		0	MC	9		2.72	1.79	
Total lipid (fat)	g	4.10		0	NR	4		1.31	0.86	
Ash	g	2.50		0	MC	9		0.80	0.53	
Carbohydrate, by difference	g	83.50		0	MC	9		26.72	17.54	
Fiber, total dietary	g	4.1		0	MC	9		1.3	0.9	
Sugars, total	g	39.00		0	MC	9		12.48	8.19	
Starch	g									
Minerals:										
Calcium, Ca	mg	30		0	MC	9		10	6	
Iron, Fe	mg	8.44		0	MC	9		2.70	1.77	
Magnesium, Mg	mg	78		0	MC	9		25	16	
Phosphorus, P	mg	208		0	MC	9		67	44	
Potassium, K	mg	194		0	MC	9		62	41	
Sodium, Na	mg	661		0	MC	9		212	139	
Zinc, Zn	mg	4.69		0	MC	9		1.50	0.98	
Copper, Cu	mg	0.310		0	MC	9		0.099	0.065	
Manganese, Mn	mg	1.880		0	FLC	4		0.602	0.395	
Selenium, Se	mcg	13.1		0	RA	4		4.2	2.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0	0.0	
Thiamin	mg	1.170		0	MC	9		0.374	0.246	
Riboflavin	mg	1.330		0	MC	9		0.426	0.279	
Niacin	mg	15.630		0	MC	9		5.002	3.282	
Pantothenic acid	mg	0.514	0.020	4	A	1		0.164	0.108	
Vitamin B-6	mg	1.560		0	MC	9		0.499	0.328	
Folate, total	mcg	312		0	MC	9		100	66	
Folic acid	mcg	293		0	NC	4		94	62	
Folate, food	mcg	19		0	CAZN	4		6	4	
Folate, DFE	mcg_DFE	517		0	NC	4		165	109	
Vitamin B-12	mcg	4.69		0	MC	9		1.50	0.98	
Vitamin A, IU	IU	2344		0	MC	9		750	492	
Vitamin A, RAE	mcg_RAE	704		0	NC	4		225	148	
Retinol	mcg	704		0	NC	4		225	148	
Vitamin E (alpha-tocopherol)	mg	0.06		0	MC	9		0.02	0.01	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	125.000		0	MC	9		40.000	26.250	
Vitamin K (phylloquinone)	mcg	1.4		0	FLM	4		0.4	0.3	
Lipids:										
Fatty acids, total saturated	g	0.800		0	MC	9		0.256	0.168	
4:0	g	0.000		0	FLM	4		0.000	0.000	
6:0	g	0.000		0	FLM	4		0.000	0.000	
8:0	g	0.000		0	FLM	4		0.000	0.000	
10:0	g	0.000		0	FLM	4		0.000	0.000	
12:0	g	0.013		0	FLM	4		0.004	0.003	
13:0	g									
14:0	g	0.007		0	FLM	4		0.002	0.001	
15:0	g									
16:0	g	0.667		0	FLM	4		0.213	0.140	
17:0	g									
18:0	g	0.060		0	FLM	4		0.019	0.013	
20:0	g									
22:0	g									
24:0	g									

NDB No. 08002

Cereals ready-to-eat, oats, corn puffed mixture, presweetened, single brand

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.175		0	FLC	4		0.376	0.247	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.006		0	FLM	4		0.002	0.001	
17:1.....g									
18:1 undifferentiated.....g	1.215		0	FLM	4		0.389	0.255	
20:1.....g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.487		0	FLC	4		0.476	0.312	
18:2 undifferentiated.....g	1.431		0	FLM	4		0.458	0.300	
18:3 undifferentiated.....g	0.061		0	FLM	4		0.020	0.013	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	FLM	4		0	0	
Theobromine.....mg	0		0	FLM	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32g: 1 cup (1 NLEA serving)

Measure 2 = 21g: 1 box, single serving (.75 oz)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 42100

Cereals ready-to-eat, oats, corn puffed mixture, presweetened, with marshmallows, single brand

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.50		0	MC	9		0.44		
Energy	kcal	398		0	MC	9		115		
Energy	kj	1665				9		483		
Protein	g	5.90		0	MC	9		1.71		
Total lipid (fat)	g	3.30		0	NR	4		0.96		
Ash	g	2.50		0	MC	9		0.73		
Carbohydrate, by difference	g	86.70		0	MC	9		25.14		
Fiber, total dietary	g	1.7		0	MC	9		0.5		
Sugars, total	g	43.50		0	MC	9		12.62		
Starch	g									
Minerals:										
Calcium, Ca	mg	14		0	MC	9		4		
Iron, Fe	mg	9.31		0	MC	9		2.70		
Magnesium, Mg	mg	41		0	MC	9		12		
Phosphorus, P	mg	132		0	MC	9		38		
Potassium, K	mg	100		0	MC	9		29		
Sodium, Na	mg	711		0	MC	9		206		
Zinc, Zn	mg	5.17		0	MC	9		1.50		
Copper, Cu	mg	0.100		0	MC	9		0.029		
Manganese, Mn	mg	1.431		0	FLM	4		0.415		
Selenium, Se	mcg	11.8		0	RA	4		3.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg	1.290		0	MC	9		0.374		
Riboflavin	mg	1.470		0	MC	9		0.426		
Niacin	mg	17.240		0	MC	9		5.000		
Pantothenic acid	mg	0.079		0	FLM	4		0.023		
Vitamin B-6	mg	1.730		0	MC	9		0.502		
Folate, total	mcg	345		0	MC	9		100		
Folic acid	mcg	326		0	NC	4		95		
Folate, food	mcg	19		0	CAZN	4		6		
Folate, DFE	mcg_DFE	573		0	NC	4		166		
Vitamin B-12	mcg	5.17		0	MC	9		1.50		
Vitamin A, IU	IU	2586		0	MC	9		750		
Vitamin A, RAE	mcg_RAE	776		0	NC	4		225		
Retinol	mcg	776		0	NC	4		225		
Vitamin E (alpha-tocopherol)	mg	0.57		0	MC	9		0.17		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	138.000		0	MC	9		40.020		
Vitamin K (phylloquinone)	mcg	1.2		0	FLM	4		0.3		
Lipids:										
Fatty acids, total saturated	g	0.600		0	MC	9		0.174		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.010		0	FLM	4		0.003		
13:0	g									
14:0	g	0.005		0	FLM	4		0.002		
15:0	g									
16:0	g	0.504		0	FLM	4		0.146		
17:0	g									
18:0	g	0.038		0	FLM	4		0.011		
20:0	g									
22:0	g									
24:0	g									

NDB No. 42100

Cereals ready-to-eat, oats, corn puffed mixture, presweetened, with marshmallows, single brand

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.015		0	FLM	4		0.294		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.006		0	FLM	4		0.002		
17:1.....g									
18:1 undifferentiated.....g	1.009		0	FLM	4		0.293		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.209		0	FLM	4		0.351		
18:2 undifferentiated.....g	1.158		0	FLM	4		0.336		
18:3 undifferentiated.....g	0.051		0	FLM	4		0.015		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: 1 cup (1 NLEA serving)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08156
Cereals ready-to-eat, rice, puffed, fortified

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.00	0.139	32		1		0.42	0.43	
Energy	kcal	402		0	NC	4		56	57	
Energy	kj	1682				4		235	239	
Protein (N x 5.95)	g	6.30	0.065	32		1		0.88	0.89	
Total lipid (fat)	g	0.50	0.032	32		1		0.07	0.07	
Ash	g	0.40	0.011	32		1		0.06	0.06	
Carbohydrate, by difference	g	89.80		0	NC	4		12.57	12.75	
Fiber, total dietary	g	1.7		0		4		0.2	0.2	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	6		1		1		1	1	
Iron, Fe	mg	31.70		0		5		4.44	4.50	
Magnesium, Mg	mg	25		1		1		4	4	
Phosphorus, P	mg	98		1		1		14	14	
Potassium, K	mg	113	2.482	5		1		16	16	
Sodium, Na	mg	3	0.277	30		1		0	0	
Zinc, Zn	mg	1.03	0.021	10		1		0.14	0.15	
Copper, Cu	mg	0.169	0.004	10		1		0.024	0.024	
Manganese, Mn	mg	1.500		1		1		0.210	0.213	
Selenium, Se	mcg	10.5		0	BFZN	4		1.5	1.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	2.600		0		5		0.364	0.369	
Riboflavin	mg	1.800		0		5		0.252	0.256	
Niacin	mg	35.300		0		5		4.942	5.013	
Pantothenic acid	mg	0.320	0.028	4		1		0.045	0.045	
Vitamin B-6	mg	0.075		1		1		0.011	0.011	
Folate, total	mcg	19	3.354	10		1		3	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	19	3.354	10		1		3	3	
Folate, DFE	mcg_DFE	19		0	NC	4		3	3	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	0		0		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.130		0		4		0.018	0.018	
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.094		0		1		0.013	0.013	
Threonine	g	0.318		0		1		0.045	0.045	
Isoleucine	g	0.336		0		1		0.047	0.048	
Leucine	g	0.526		0		1		0.074	0.075	
Lysine	g	0.268		0		1		0.038	0.038	
Methionine	g	0.189		0		1		0.026	0.027	
Cystine	g	0.108		0		1		0.015	0.015	

NDB No. 08156
Cereals ready-to-eat, rice, puffed, fortified

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine.....g	0.270		0		1		0.038	0.038	
Tyrosine.....g	0.355		0		1		0.050	0.050	
Valine.....g	0.411		0		1		0.058	0.058	
Arginine.....g	0.519		0		1		0.073	0.074	
Histidine.....g	0.191		0		1		0.027	0.027	
Alanine.....g	0.261		0		1		0.037	0.037	
Aspartic acid.....g	0.583		0		1		0.082	0.083	
Glutamic acid.....g	1.015		0		1		0.142	0.144	
Glycine.....g	0.366		0		1		0.051	0.052	
Proline.....g	0.266		0		1		0.037	0.038	
Serine.....g	0.287		0		1		0.040	0.041	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.0g: 1 cup

Measure 2 = 14.2g: .5 oz

Calories Factors: **Protein** 3.82 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08034

Cereals ready-to-eat, rice, puffed, presweetened, fruit flavored, single brand

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.00		0	MC	9		0.81	0.63	
Energy	kcal	401		0	MC	9		108	84	
Energy	kj	1678				9		453	352	
Protein	g	3.60		0	MC	9		0.97	0.76	
Total lipid (fat)	g	3.90		0	NR	4		1.05	0.82	
Ash	g	1.60		0	MC	9		0.43	0.34	
Carbohydrate, by difference	g	87.90		0	MC	9		23.73	18.46	
Fiber, total dietary	g	0.7		0	MC	9		0.2	0.1	
Sugars, total	g	44.00		0	MC	9		11.88	9.24	
Starch	g									
Minerals:										
Calcium, Ca	mg	5		0	MC	9		1	1	
Iron, Fe	mg	6.67		0	MC	9		1.80	1.40	
Magnesium, Mg	mg	19		0	MC	9		5	4	
Phosphorus, P	mg	58		0	MC	9		16	12	
Potassium, K	mg	110		0	MC	9		30	23	
Sodium, Na	mg	584		0	MC	9		158	123	
Zinc, Zn	mg	5.56		0	MC	9		1.50	1.17	
Copper, Cu	mg	0.120		0	MC	9		0.032	0.025	
Manganese, Mn	mg	0.609		0	FLC	4		0.164	0.128	
Selenium, Se	mcg	15.4		0	BFZN	4		4.2	3.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0	0.0	
Thiamin	mg	1.390		0	MC	9		0.375	0.292	
Riboflavin	mg	1.570		0	MC	9		0.424	0.330	
Niacin	mg	18.520		0	MC	9		5.000	3.889	
Pantothenic acid	mg	0.562		0	FLC	4		0.152	0.118	
Vitamin B-6	mg	1.850		0	MC	9		0.500	0.389	
Folate, total	mcg	370		0	MC	9		100	78	
Folic acid	mcg	351		0	NC	4		95	74	
Folate, food	mcg	19		0	CAZN	4		5	4	
Folate, DFE	mcg_DFE	616		0	NC	4		166	129	
Vitamin B-12	mcg	5.56		0	MC	9		1.50	1.17	
Vitamin A, IU	IU	2778		0	MC	9		750	583	
Vitamin A, RAE	mcg_RAE	834		0	NC	4		225	175	
Retinol	mcg	834		0	NC	4		225	175	
Vitamin E (alpha-tocopherol)	mg	1.38		0	FLM	4		0.37	0.29	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	148.000		0	MC	9		39.960	31.080	
Vitamin K (phylloquinone)	mcg	0.2		0	FLM	4		0.1	0.0	
Lipids:										
Fatty acids, total saturated	g	0.900		0	MC	9		0.243	0.189	
4:0	g	0.000		0	FLM	4		0.000	0.000	
6:0	g	0.000		0	FLM	4		0.000	0.000	
8:0	g	0.000		0	FLM	4		0.000	0.000	
10:0	g	0.000		0	FLM	4		0.000	0.000	
12:0	g	0.000		0	FLM	4		0.000	0.000	
13:0	g									
14:0	g	0.007		0	FLM	4		0.002	0.001	
15:0	g									
16:0	g	0.608		0	FLM	4		0.164	0.128	
17:0	g									
18:0	g	0.262		0	FLM	4		0.071	0.055	
20:0	g									
22:0	g									
24:0	g									

NDB No. 08034

Cereals ready-to-eat, rice, puffed, presweetened, fruit flavored, single brand

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.632		0	FLC	4		0.441	0.343	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0	FLM	4		0.001	0.001	
17:1.....g									
18:1 undifferentiated.....g	1.512		0	FLM	4		0.408	0.318	
20:1.....g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.294		0	FLC	4		0.349	0.272	
18:2 undifferentiated.....g	1.148		0	FLM	4		0.310	0.241	
18:3 undifferentiated.....g	0.062		0	FLM	4		0.017	0.013	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 27g: .75 cup (1 NLEA serving)

Measure 2 = 21g: 1 box, single serving (.75 oz)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08015

Cereals ready-to-eat, rice, puffed, presweetened, with cocoa, single brand

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.90		0	MC	9		0.84	0.61	
Energy	kcal	398		0	MC	9		115	84	
Energy	kj	1665				9		483	350	
Protein	g	3.50		0	MC	9		1.02	0.74	
Total lipid (fat)	g	4.20		0	NR	4		1.22	0.88	
Ash	g	1.90		0	MC	9		0.55	0.40	
Carbohydrate, by difference	g	87.90		0	MC	9		25.49	18.46	
Fiber, total dietary	g	1.6		0	MC	9		0.5	0.3	
Sugars, total	g	44.00		0	MC	9		12.76	9.24	
Starch	g									
Minerals:										
Calcium, Ca	mg	12		0	MC	9		3	3	
Iron, Fe	mg	6.21		0	MC	9		1.80	1.30	
Magnesium, Mg	mg	37		0	MC	9		11	8	
Phosphorus, P	mg	81		0	MC	9		23	17	
Potassium, K	mg	146		0	MC	9		42	31	
Sodium, Na	mg	541		0	MC	9		157	114	
Zinc, Zn	mg	5.17		0	MC	9		1.50	1.09	
Copper, Cu	mg	0.215		0	MC	9		0.062	0.045	
Manganese, Mn	mg	0.655		0	FLC	4		0.190	0.138	
Selenium, Se	mcg	14.0		0	BFZN	4		4.1	2.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0	0.0	
Thiamin	mg	1.290		0	MC	9		0.374	0.271	
Riboflavin	mg	1.470		0	MC	9		0.426	0.309	
Niacin	mg	17.240		0	MC	9		5.000	3.620	
Pantothenic acid	mg	0.514		0	FLC	4		0.149	0.108	
Vitamin B-6	mg	1.720		0	MC	9		0.499	0.361	
Folate, total	mcg	345		0	MC	9		100	72	
Folic acid	mcg	326		0	NC	4		95	68	
Folate, food	mcg	19		0	CAZN	4		6	4	
Folate, DFE	mcg_DFE	573		0	NC	4		166	120	
Vitamin B-12	mcg	5.17		0	MC	9		1.50	1.09	
Vitamin A, IU	IU	2586		0	MC	9		750	543	
Vitamin A, RAE	mcg_RAE	776		0	NC	4		225	163	
Retinol	mcg	776		0	NC	4		225	163	
Vitamin E (alpha-tocopherol)	mg	0.12		0	MC	9		0.03	0.02	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	138.000		0	MC	9		40.020	28.980	
Vitamin K (phylloquinone)	mcg	0.8		0	FLM	4		0.2	0.2	
Lipids:										
Fatty acids, total saturated	g	3.700		0	MC	9		1.073	0.777	
4:0	g	0.000		0	FLM	4		0.000	0.000	
6:0	g	0.000		0	FLM	4		0.000	0.000	
8:0	g	0.000		0	FLM	4		0.000	0.000	
10:0	g	0.000		0	FLM	4		0.000	0.000	
12:0	g	0.000		0	FLM	4		0.000	0.000	
13:0	g									
14:0	g	0.032		0	FLM	4		0.009	0.007	
15:0	g									
16:0	g	2.421		0	FLM	4		0.702	0.508	
17:0	g									
18:0	g	1.219		0	FLM	4		0.353	0.256	
20:0	g									
22:0	g									
24:0	g									

NDB No. 08015

Cereals ready-to-eat, rice, puffed, presweetened, with cocoa, single brand

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.131		0	FLM	4		0.038	0.028	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	FLM	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.130		0	FLM	4		0.038	0.027	
20:1.....g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.128		0	FLC	4		0.037	0.027	
18:2 undifferentiated.....g	0.097		0	FLM	4		0.028	0.020	
18:3 undifferentiated.....g	0.009		0	FLM	4		0.003	0.002	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	4		0	FLC	4		1	1	
Theobromine.....mg	120		0	FLC	4		35	25	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: .75 cup (1 NLEA serving)

Measure 2 = 21g: 1 box, single serving (.75 oz)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43245

Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	8.50		0	MC	9		4.68		
Energy	kcal	385		0	MC	9		212		
Energy	kj	1611				9		886		
Protein	g	7.10		0	MC	9		3.91		
Total lipid (fat)	g	5.60		0	NR	4		3.08		
Ash	g	2.60		0	MC	9		1.43		
Carbohydrate, by difference	g	76.20		0	MC	9		41.91		
Fiber, total dietary	g	9.7		0	MC	9		5.3		
Sugars, total	g	29.80		0	MC	9		16.39		
Starch	g									
Minerals:										
Calcium, Ca	mg	43		0	MC	9		24		
Iron, Fe	mg	9.82		0	MC	9		5.40		
Magnesium, Mg	mg	120		0	MC	9		66		
Phosphorus, P	mg	294		0	MC	9		162		
Potassium, K	mg	443		0	MC	9		244		
Sodium, Na	mg	509		0	MC	9		280		
Zinc, Zn	mg	2.73		0	MC	9		1.50		
Copper, Cu	mg	0.473		0	MC	9		0.260		
Manganese, Mn	mg	2.474		0	FLM	4		1.361		
Selenium, Se	mcg	17.3		0	BFZN	4		9.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg	0.680		0	MC	9		0.374		
Riboflavin	mg	0.770		0	MC	9		0.424		
Niacin	mg	9.090		0	MC	9		5.000		
Pantothenic acid	mg	0.775		0	FLM	4		0.426		
Vitamin B-6	mg	0.910		0	MC	9		0.501		
Folate, total	mcg	182		0	MC	9		100		
Folic acid	mcg	163		0	NC	4		90		
Folate, food	mcg	19		0	CAZN	4		10		
Folate, DFE	mcg_DFE	296		0	NC	4		163		
Vitamin B-12	mcg	2.73		0	MC	9		1.50		
Vitamin A, IU	IU	1364		0	MC	9		750		
Vitamin A, RAE	mcg_RAE	410		0	NC	4		226		
Retinol	mcg	410		0	NC	4		226		
Vitamin E (alpha-tocopherol)	mg	2.32		0	MC	9		1.28		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	73.000		0	MC	9		40.150		
Vitamin K (phylloquinone)	mcg	1.7		0	FLM	4		0.9		
Lipids:										
Fatty acids, total saturated	g	0.800		0	MC	9		0.440		
4:0	g	0.001		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.003		0	FLM	4		0.002		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.003		0	FLM	4		0.002		
13:0	g									
14:0	g	0.006		0	FLM	4		0.003		
15:0	g	0.000		0	FLM	4		0.000		
16:0	g	0.540		0	FLM	4		0.297		
17:0	g	0.000		0	FLM	4		0.000		
18:0	g	0.182		0	FLM	4		0.100		
20:0	g	0.000		0	FLM	4		0.000		
22:0	g	0.000		0	FLM	4		0.000		
24:0	g									

NDB No. 43245

Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.951		0	FLM	4		1.073		
14:1.....g	0.000		0	FLM	4		0.000		
15:1.....g	0.000		0	FLM	4		0.000		
16:1 undifferentiated.....g	0.017		0	FLM	4		0.009		
17:1.....g	0.000		0	FLM	4		0.000		
18:1 undifferentiated.....g	1.929		0	FLM	4		1.061		
20:1.....g	0.005		0	FLM	4		0.003		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.293		0	FLM	4		1.261		
18:2 undifferentiated.....g	2.219		0	FLM	4		1.220		
18:3 undifferentiated.....g	0.073		0	FLM	4		0.040		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLM	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:4 undifferentiated.....g	0.001		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 55g: 1 cup (1 NLEA serving)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08039
Cereals ready-to-eat, wheat and malt barley flakes

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.20		0	MC	9		0.93	0.67	
Energy	kcal	365		0	MC	9		106	77	
Energy	kj	1527				9		443	321	
Protein	g	10.00		0	MC	9		2.90	2.10	
Total lipid (fat)	g	2.90		0	NR	4		0.84	0.61	
Ash	g	2.40		0	MC	9		0.70	0.50	
Carbohydrate, by difference	g	81.50		0	MC	9		23.64	17.12	
Fiber, total dietary	g	8.8		0	MC	9		2.6	1.8	
Sugars, total	g	17.60		0	MC	9		5.10	3.70	
Starch	g									
Minerals:										
Calcium, Ca	mg	39		0	MC	9		11	8	
Iron, Fe	mg	27.93		0	MC	9		8.10	5.87	
Magnesium, Mg	mg	103		0	MC	9		30	22	
Phosphorus, P	mg	302		0	MC	9		88	63	
Potassium, K	mg	340		0	MC	9		99	71	
Sodium, Na	mg	482		0	MC	9		140	101	
Zinc, Zn	mg	4.14		0	MC	9		1.20	0.87	
Copper, Cu	mg	0.500		0	MC	9		0.145	0.105	
Manganese, Mn	mg	2.046		0	FLC	4		0.593	0.430	
Selenium, Se	mcg	9.6		0	BFZN	4		2.8	2.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0	0.0	
Thiamin	mg	1.290		0	MC	9		0.374	0.271	
Riboflavin	mg	1.470		0	MC	9		0.426	0.309	
Niacin	mg	17.240		0	MC	9		5.000	3.620	
Pantothenic acid	mg	0.626		0	FLC	4		0.182	0.131	
Vitamin B-6	mg	1.730		0	MC	9		0.502	0.363	
Folate, total	mcg	345		0	MC	9		100	72	
Folic acid	mcg	326		0	NC	4		95	68	
Folate, food	mcg	19		0	CAZN	4		6	4	
Folate, DFE	mcg_DFE	573		0	NC	4		166	120	
Vitamin B-12	mcg	5.17		0	MC	9		1.50	1.09	
Vitamin A, IU	IU	2586		0	MC	9		750	543	
Vitamin A, RAE	mcg_RAE	776		0	NC	4		225	163	
Retinol	mcg	776		0	NC	4		225	163	
Vitamin E (alpha-tocopherol)	mg	1.21		0	FLM	4		0.35	0.26	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	138.000		0	MC	9		40.020	28.980	
Vitamin K (phylloquinone)	mcg	1.5		0	FLM	4		0.4	0.3	
Lipids:										
Fatty acids, total saturated	g	0.600		0	MC	9		0.174	0.126	
4:0	g	0.000		0	FLM	4		0.000	0.000	
6:0	g	0.000		0	FLM	4		0.000	0.000	
8:0	g	0.011		0	FLM	4		0.003	0.002	
10:0	g	0.000		0	FLM	4		0.000	0.000	
12:0	g	0.001		0	FLM	4		0.000	0.000	
13:0	g									
14:0	g	0.004		0	FLM	4		0.001	0.001	
15:0	g									
16:0	g	0.426		0	FLM	4		0.124	0.090	
17:0	g									
18:0	g	0.134		0	FLM	4		0.039	0.028	
20:0	g									
22:0	g									
24:0	g									

NDB No. 08039
Cereals ready-to-eat, wheat and malt barley flakes

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.816		0	FLM	4		0.237	0.171	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.006		0	FLM	4		0.002	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.810		0	FLM	4		0.235	0.170	
20:1.....g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.050		0	FLM	4		0.304	0.220	
18:2 undifferentiated.....g	1.004		0	FLM	4		0.291	0.211	
18:3 undifferentiated.....g	0.045		0	FLM	4		0.013	0.009	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0	FLM	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: .75 cup (1 NLEA serving)

Measure 2 = 21g: 1 box, single serving (.75 oz)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08038

Cereals ready-to-eat, wheat and malt barley granules, plain, single brand

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.50		0	MC	9		2.03	1.33	
Energy	kcal	359		0	MC	9		208	136	
Energy	kj	1502				9		871	571	
Protein	g	10.80		0	MC	9		6.26	4.10	
Total lipid (fat)	g	1.90		0	NR	4		1.10	0.72	
Ash	g	2.50		0	MC	9		1.45	0.95	
Carbohydrate, by difference	g	81.30		0	MC	9		47.15	30.89	
Fiber, total dietary	g	8.7		0	MC	9		5.0	3.3	
Sugars, total	g	12.00		0	MC	9		6.96	4.56	
Starch	g									
Minerals:										
Calcium, Ca	mg	34		0	MC	9		20	13	
Iron, Fe	mg	27.93		0	MC	9		16.20	10.61	
Magnesium, Mg	mg	100		0	MC	9		58	38	
Phosphorus, P	mg	239		0	MC	9		139	91	
Potassium, K	mg	307		0	MC	9		178	117	
Sodium, Na	mg	610		0	MC	9		354	232	
Zinc, Zn	mg	2.07		0	MC	9		1.20	0.79	
Copper, Cu	mg	0.365		0	MC	9		0.212	0.139	
Manganese, Mn	mg	2.432		0	FLC	4		1.411	0.924	
Selenium, Se	mcg	9.6	0.751	11	A	1		5.6	3.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0	0.0	
Thiamin	mg	0.650		0	MC	9		0.377	0.247	
Riboflavin	mg	0.730		0	MC	9		0.423	0.277	
Niacin	mg	8.620		0	MC	9		5.000	3.276	
Pantothenic acid	mg	0.751		0	FLC	4		0.436	0.285	
Vitamin B-6	mg	0.860		0	MC	9		0.499	0.327	
Folate, total	mcg	172		0	MC	9		100	65	
Folic acid	mcg	153		0	NC	4		89	58	
Folate, food	mcg	19		0	CAZN	4		11	7	
Folate, DFE	mcg_DFE	279		0	NC	4		162	106	
Vitamin B-12	mcg	2.59		0	MC	9		1.50	0.98	
Vitamin A, IU	IU	1293		0	MC	9		750	491	
Vitamin A, RAE	mcg_RAE	388		0	NC	4		225	147	
Retinol	mcg	388		0	NC	4		225	147	
Vitamin E (alpha-tocopherol)	mg	0.63		0	FLM	4		0.37	0.24	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	69.000		0	MC	9		40.020	26.220	
Vitamin K (phylloquinone)	mcg	1.8		0	FLM	4		1.1	0.7	
Lipids:										
Fatty acids, total saturated	g	0.400		0	MC	9		0.232	0.152	
4:0	g	0.000		0	FLM	4		0.000	0.000	
6:0	g	0.000		0	FLM	4		0.000	0.000	
8:0	g	0.011		0	FLM	4		0.006	0.004	
10:0	g	0.000		0	FLM	4		0.000	0.000	
12:0	g	0.003		0	FLM	4		0.002	0.001	
13:0	g									
14:0	g	0.007		0	FLM	4		0.004	0.002	
15:0	g									
16:0	g	0.338		0	FLM	4		0.196	0.129	
17:0	g									
18:0	g	0.018		0	FLM	4		0.010	0.007	
20:0	g									
22:0	g									
24:0	g									

NDB No. 08038

Cereals ready-to-eat, wheat and malt barley granules, plain, single brand

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.220		0	FLC	4		0.128	0.084	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.023		0	FLM	4		0.013	0.009	
17:1.....g									
18:1 undifferentiated.....g	0.210		0	FLM	4		0.122	0.080	
20:1.....g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.817		0	FLC	4		0.474	0.310	
18:2 undifferentiated.....g	0.732		0	FLM	4		0.425	0.278	
18:3 undifferentiated.....g	0.059		0	FLM	4		0.034	0.022	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0	FLM	4		0.001	0.000	
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 58g: .5 cup (1 NLEA serving)

Measure 2 = 38g: 1 box (1-1/3 oz)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08084
Cereals ready-to-eat, wheat germ, toasted, plain

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.60	0.251	14		1		6.33	1.59	
Energy	kcal	382		0	NC	4		432	108	
Energy	kj	1598				4		1806	453	
Protein (N x 5.8)	g	29.10	0.516	14		1		32.88	8.25	
Total lipid (fat)	g	10.70	0.326	13		1		12.09	3.03	
Ash	g	5.00	0.094	7		1		5.65	1.42	
Carbohydrate, by difference	g	49.60		0	NC	4		56.05	14.06	
Fiber, total dietary	g	15.1	1.042	5	A	1		17.1	4.3	
Sugars, total	g	7.80		0	NR	4		8.81	2.21	
Sucrose	g	7.80	0.252	3	A	1		8.81	2.21	
Glucose (dextrose)	g									
Fructose	g									
Lactose	g									
Maltose	g									
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	45		2		1		51	13	
Iron, Fe	mg	9.09	0.437	12		1		10.27	2.58	
Magnesium, Mg	mg	320	16.369	5		1		362	91	
Phosphorus, P	mg	1146	28.137	10		1		1295	325	
Potassium, K	mg	947		1		1		1070	268	
Sodium, Na	mg	4	0.403	7		1		5	1	
Zinc, Zn	mg	16.67	0.915	9		1		18.84	4.73	
Copper, Cu	mg	0.620	0.110	9		1		0.701	0.176	
Manganese, Mn	mg	19.956	0.282	4		1		22.550	5.658	
Selenium, Se	mcg	65.0		2	A	1		73.5	18.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	6.0	1.440	9		1		6.8	1.7	
Thiamin	mg	1.670	0.069	10		1		1.887	0.473	
Riboflavin	mg	0.820	0.025	10		1		0.927	0.232	
Niacin	mg	5.590	0.224	12		1		6.317	1.585	
Pantothenic acid	mg	1.387	0.184	9		1		1.567	0.393	
Vitamin B-6	mg	0.978	0.072	12		1		1.105	0.277	
Folate, total	mcg	352	20.218	4		1		398	100	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	352	20.218	4		1		398	100	
Folate, DFE	mcg_DFE	352		0	NC	4		398	100	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	103		0	AS	1		117	29	
Vitamin A, RAE	mcg_RAE	5		0	AS	1		6	1	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	15.99		0	BFFN	4		18.06	4.53	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	4.0		1	A	1		4.5	1.1	
Lipids:										
Fatty acids, total saturated	g	1.830		0		1		2.068	0.519	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.010		0		1		0.011	0.003	
15:0	g									

NDB No. 08084
Cereals ready-to-eat, wheat germ, toasted, plain

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:0 g	1.750		0		1		1.978	0.496	
17:0 g									
18:0 g	0.060		0		1		0.068	0.017	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.500		0		1		1.695	0.425	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.040		0		1		0.045	0.011	
17:1 g									
18:1 undifferentiated g	1.470		0		1		1.661	0.417	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	6.620		0		1		7.481	1.877	
18:2 undifferentiated g	5.820		0		1		6.577	1.650	
18:3 undifferentiated g	0.800		0		1		0.904	0.227	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 g	0.000		0		1		0.000	0.000	
22:5 n-3 g	0.000		0		1		0.000	0.000	
22:6 n-3 g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.398		0		1		0.450	0.113	
Threonine g	1.218		0		1		1.376	0.345	
Isoleucine g	1.066		0		1		1.205	0.302	
Leucine g	1.976		0		1		2.233	0.560	
Lysine g	1.847		0		1		2.087	0.524	
Methionine g	0.574		0		1		0.649	0.163	
Cystine g	0.576		0		1		0.651	0.163	
Phenylalanine g	1.168		0		1		1.320	0.331	
Tyrosine g	0.885		0		1		1.000	0.251	
Valine g	1.507		0		1		1.703	0.427	
Arginine g	2.348		0		1		2.653	0.666	
Histidine g	0.810		0		1		0.915	0.230	
Alanine g	1.858		0		1		2.100	0.527	
Aspartic acid g	2.604		0		1		2.943	0.738	
Glutamic acid g	5.026		0		1		5.679	1.425	
Glycine g	1.791		0		1		2.024	0.508	
Proline g	1.549		0		1		1.750	0.439	
Serine g	1.386		0		1		1.566	0.393	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta mcg	62		1	A	1		70.060	17.577	
Carotene, alpha mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta mcg	0		0	Z	7		0.000	0.000	
Lycopene mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin mcg	790		1	A	1		892.700	223.965	

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NDB No. 08084

Cereals ready-to-eat, wheat germ, toasted, plain

Common Measures:

Measure 1 = 113g: 1 cup

Measure 2 = 28.35g: 1 oz

Calories Factors: **Protein** 3.59 **Fat** 8.37 **Carbohydrate** 3.78

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43393

Cereals ready-to-eat, wheat, bran, shredded, plain, salt and sugar free, single brand

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.50		0	MC	9		2.66		
Energy	kcal	334		0	MC	9		197		
Energy	kj	1397				9		824		
Protein	g	12.50		0	MC	9		7.38		
Total lipid (fat)	g	1.40		0	NR	4		0.83		
Ash	g	1.70		0	MC	9		1.00		
Carbohydrate, by difference	g	79.90		0	MC	9		47.14		
Fiber, total dietary	g	13.4		0	MC	9		7.9		
Sugars, total	g	1.00		0	MC	9		0.59		
Starch	g									
Minerals:										
Calcium, Ca	mg	45		0	MC	9		27		
Iron, Fe	mg	4.18		0	MC	9		2.47		
Magnesium, Mg	mg	137		0	MC	9		81		
Phosphorus, P	mg	398		0	MC	9		235		
Potassium, K	mg	420		0	MC	9		248		
Sodium, Na	mg	5		0	MC	9		3		
Zinc, Zn	mg	3.27		0	MC	9		1.93		
Copper, Cu	mg	0.400		0	MC	9		0.236		
Manganese, Mn	mg	3.237		0	FLM	4		1.910		
Selenium, Se	mcg	8.2		0	RA	4		4.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg	0.260		0	MC	9		0.153		
Riboflavin	mg	0.120		0	MC	9		0.071		
Niacin	mg	6.310		0	MC	9		3.723		
Pantothenic acid	mg	0.913		0	FLM	4		0.539		
Vitamin B-6	mg	0.330		0	MC	9		0.195		
Folate, total	mcg	46		0	MC	9		27		
Folic acid	mcg	0		0	NC	4		0		
Folate, food	mcg	46		0	CAZN	4		27		
Folate, DFE	mcg_DFE	46		0	NC	4		27		
Vitamin B-12	mcg	0.00		0	MC	9		0.00		
Vitamin A, IU	IU	0		0	MC	9		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	NC	4		0		
Vitamin E (alpha-tocopherol)	mg	2.32		0	MC	9		1.37		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000		0	MC	9		0.000		
Vitamin K (phylloquinone)	mcg	1.3		0	FLM	4		0.8		
Lipids:										
Fatty acids, total saturated	g	0.200		0	MC	9		0.118		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.006		0	FLM	4		0.004		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.000		0	FLM	4		0.000		
13:0	g									
14:0	g	0.001		0	FLM	4		0.001		
15:0	g									
16:0	g	0.176		0	FLM	4		0.104		
17:0	g									
18:0	g	0.010		0	FLM	4		0.006		
20:0	g									
22:0	g									
24:0	g									

NDB No. 43393

Cereals ready-to-eat, wheat, bran, shredded, plain, salt and sugar free, single brand

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.173		0	FLM	4		0.102		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		0	FLM	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.166		0	FLM	4		0.098		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.634		0	FLM	4		0.374		
18:2 undifferentiated.....g	0.598		0	FLM	4		0.353		
18:3 undifferentiated.....g	0.035		0	FLM	4		0.021		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0	FLM	4		0.001		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 59g: 1.25 cup (1 NLEA serving)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08157
Cereals ready-to-eat, wheat, puffed, fortified

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.00		28		1		0.36	0.43	
Energy	kcal	364		0	NC	4		44	52	
Energy	kj	1523				4		183	216	
Protein (N x 5.83)	g	14.70	0.142	38		1		1.76	2.09	
Total lipid (fat)	g	1.20	0.048	37		1		0.14	0.17	
Ash	g	1.50		28		1		0.18	0.21	
Carbohydrate, by difference	g	79.60		0	NC	4		9.55	11.30	
Fiber, total dietary	g	4.4		0		4		0.5	0.6	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	28	1.208	10		1		3	4	
Iron, Fe	mg	31.70		0		5		3.80	4.50	
Magnesium, Mg	mg	145	4.802	11		1		17	21	
Phosphorus, P	mg	355	17.240	10		1		43	50	
Potassium, K	mg	348	12.369	16		1		42	49	
Sodium, Na	mg	4	0.438	30		1		0	1	
Zinc, Zn	mg	2.36	0.035	10		1		0.28	0.34	
Copper, Cu	mg	0.409	0.013	10		1		0.049	0.058	
Manganese, Mn	mg	1.755		0		4		0.211	0.249	
Selenium, Se	mcg	123.1		0	BFZN	4		14.8	17.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	2.600		0		5		0.312	0.369	
Riboflavin	mg	1.800		0		5		0.216	0.256	
Niacin	mg	35.300		0		5		4.236	5.013	
Pantothenic acid	mg	0.518	0.022	4		1		0.062	0.074	
Vitamin B-6	mg	0.170		1		1		0.020	0.024	
Folate, total	mcg	32	4.821	10		1		4	5	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	32		0	NC	4		4	5	
Folate, DFE	mcg_DFE	32		0	NC	4		4	5	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	0		0		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.200		0		4		0.024	0.028	
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.226		0		1		0.027	0.032	
Threonine	g	0.450		0		1		0.054	0.064	
Isoleucine	g	0.626		0		1		0.075	0.089	
Leucine	g	1.064		0		1		0.128	0.151	
Lysine	g	0.405		0		1		0.049	0.058	
Methionine	g	0.257		0		1		0.031	0.036	
Cystine	g	0.289		0		1		0.035	0.041	

NDB No. 08157
Cereals ready-to-eat, wheat, puffed, fortified

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine.....g	0.762		0		1		0.091	0.108	
Tyrosine.....g	0.445		0		1		0.053	0.063	
Valine.....g	0.702		0		1		0.084	0.100	
Arginine.....g	0.712		0		1		0.085	0.101	
Histidine.....g	0.380		0		1		0.046	0.054	
Alanine.....g	0.548		0		1		0.066	0.078	
Aspartic acid.....g	0.823		0		1		0.099	0.117	
Glutamic acid.....g	4.972		0		1		0.597	0.706	
Glycine.....g	0.576		0		1		0.069	0.082	
Proline.....g	1.537		0		1		0.184	0.218	
Serine.....g	0.808		0		1		0.097	0.115	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 12.0g: 1 cup

Measure 2 = 14.2g: .5 oz

Calories Factors: **Protein** 3.59 **Fat** 8.37 **Carbohydrate** 3.78

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08073
Cereals ready-to-eat, wheat, puffed, presweetened, single brand

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.90		0	MC	9		0.78		
Energy	kcal	398		0	MC	9		107		
Energy	kj	1665				9		450		
Protein	g	5.50		0	MC	9		1.49		
Total lipid (fat)	g	1.40		0	NR	4		0.38		
Ash	g	0.80		0	MC	9		0.22		
Carbohydrate, by difference	g	90.90		0	MC	9		24.54		
Fiber, total dietary	g	0.0		0	MC	9		0.0		
Sugars, total	g	53.90		0	MC	9		14.55		
Starch	g									
Minerals:										
Calcium, Ca	mg	15		0	MC	9		4		
Iron, Fe	mg	6.67		0	MC	9		1.80		
Magnesium, Mg	mg	61		0	MC	9		16		
Phosphorus, P	mg	136		0	MC	9		37		
Potassium, K	mg	125		0	MC	9		34		
Sodium, Na	mg	150		0	MC	9		41		
Zinc, Zn	mg	5.56		0	MC	9		1.50		
Copper, Cu	mg	0.220		0	MC	9		0.059		
Manganese, Mn	mg	1.029		0	FLC	4		0.278		
Selenium, Se	mcg	48.6	0.979	5	A	1		13.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg	1.390		0	MC	9		0.375		
Riboflavin	mg	1.570		0	MC	9		0.424		
Niacin	mg	18.520		0	MC	9		5.000		
Pantothenic acid	mg	0.256		0	FLC	4		0.069		
Vitamin B-6	mg	1.850		0	MC	9		0.500		
Folate, total	mcg	370		0	MC	9		100		
Folic acid	mcg	351		0	NC	4		95		
Folate, food	mcg	19		0	CAZN	4		5		
Folate, DFE	mcg_DFE	616		0	NC	4		166		
Vitamin B-12	mcg	5.56		0	MC	9		1.50		
Vitamin A, IU	IU	2778		0	MC	9		750		
Vitamin A, RAE	mcg_RAE	834		0	NC	4		225		
Retinol	mcg	834		0	NC	4		225		
Vitamin E (alpha-tocopherol)	mg	0.33		0	MC	9		0.09		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	148.000		0	MC	9		39.960		
Vitamin K (phylloquinone)	mcg	0.4		0	FLM	4		0.1		
Lipids:										
Fatty acids, total saturated	g	0.200		0	MC	9		0.054		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.000		0	FLM	4		0.000		
13:0	g									
14:0	g	0.001		0	FLM	4		0.000		
15:0	g									
16:0	g	0.152		0	FLM	4		0.041		
17:0	g									
18:0	g	0.047		0	FLM	4		0.013		
20:0	g									
22:0	g									
24:0	g									

NDB No. 08073

Cereals ready-to-eat, wheat, puffed, presweetened, single brand

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.450		0	FLM	4		0.121		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0	FLM	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.446		0	FLM	4		0.120		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.553		0	FLM	4		0.149		
18:2 undifferentiated.....g	0.518		0	FLM	4		0.140		
18:3 undifferentiated.....g	0.035		0	FLM	4		0.010		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 27g: .75 cup (1 NLEA serving)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08147

Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free, single brand

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.10		1	A	1		2.81	2.81	
Energy	kcal	340		0	MC	9		156	156	
Energy	kj	1423				9		654	654	
Protein	g	11.38		1	A	1		5.23	5.23	
Total lipid (fat)	g	2.40		1	A	1		1.10	1.10	
Ash	g	1.56		1	A	1		0.72	0.72	
Carbohydrate, by difference	g	78.56		0	NC	4		36.14	36.14	
Fiber, total dietary	g	11.6		1	A	1		5.3	5.3	
Sugars, total	g	0.55		0	AS	1		0.25	0.25	
Sucrose	g	0.55		1	A	1		0.25	0.25	
Glucose (dextrose)	g	0.00		1	A	1		0.00	0.00	
Fructose	g	0.00		1	A	1		0.00	0.00	
Lactose	g	0.00		1	A	1		0.00	0.00	
Maltose	g	0.00		1	A	1		0.00	0.00	
Galactose	g	0.00		0	Z	7		0.00	0.00	
Starch	g	65.10		1	A	1		29.95	29.95	
Minerals:										
Calcium, Ca	mg	44		1	A	1		20	20	
Iron, Fe	mg	3.28		1	A	1		1.51	1.51	
Magnesium, Mg	mg	136		1	A	1		63	63	
Phosphorus, P	mg	358		1	A	1		165	165	
Potassium, K	mg	371		1	A	1		171	171	
Sodium, Na	mg	12		1	A	1		5	5	
Zinc, Zn	mg	3.10		1	A	1		1.43	1.43	
Copper, Cu	mg	0.384		1	A	1		0.177	0.177	
Manganese, Mn	mg	2.520		1	A	1		1.159	1.159	
Selenium, Se	mcg	4.5	1.725	13	JA	6		2.1	2.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	20.1		1	A	1		9.2	9.2	
Thiamin	mg	0.308		1	A	1		0.142	0.142	
Riboflavin	mg	0.249		1	A	1		0.114	0.114	
Niacin	mg	5.730		1	A	1		2.636	2.636	
Pantothenic acid	mg	0.615		1	A	1		0.283	0.283	
Vitamin B-6	mg	3.190		1	A	1		1.467	1.467	
Folate, total	mcg	59		1	A	1		27	27	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	59		1	A	1		27	27	
Folate, DFE	mcg_DFE	59		0	NC	4		27	27	
Vitamin B-12	mcg	0.00		1	A	1		0.00	0.00	
Vitamin A, IU	IU	0		0	MC	9		0	0	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.66		0	FLM	4		0.30	0.30	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000		0	MC	9		0.000	0.000	
Vitamin K (phylloquinone)	mcg	1.4		1	A	1		0.6	0.6	
Lipids:										
Fatty acids, total saturated	g	0.450		0	NC	4		0.207	0.207	
4:0	g	0.000		0	FLM	4		0.000	0.000	
6:0	g	0.000		0	FLM	4		0.000	0.000	
8:0	g	0.000		1	A	1		0.000	0.000	
10:0	g	0.000		1	A	1		0.000	0.000	
12:0	g	0.000		1	A	1		0.000	0.000	
13:0	g									
14:0	g	0.000		1	A	1		0.000	0.000	
15:0	g	0.000		1	A	1		0.000	0.000	

NDB No. 08147
Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free, single brand

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0 g	0.430		1	A	1		0.198	0.198	
17:0 g	0.000		1	A	1		0.000	0.000	
18:0 g	0.020		1	A	1		0.009	0.009	
20:0 g	0.000		1	A	1		0.000	0.000	
22:0 g	0.000		1	A	1		0.000	0.000	
24:0 g	0.000		1	A	1		0.000	0.000	
Fatty acids, total monounsaturated g	0.350		0	NC	4		0.161	0.161	
14:1 g	0.000		1	A	1		0.000	0.000	
15:1 g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated g	0.000		1	A	1		0.000	0.000	
17:1 g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated g	0.330		1	A	1		0.152	0.152	
20:1 g	0.020		1	A	1		0.009	0.009	
22:1 undifferentiated g	0.000		1	A	1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.260		0	NC	4		0.580	0.580	
18:2 undifferentiated g	1.180		1	A	1		0.543	0.543	
18:3 undifferentiated g	0.080		1	A	1		0.037	0.037	
18:4 g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated g	0.000		1	A	1		0.000	0.000	
20:4 undifferentiated g	0.000		1	A	1		0.000	0.000	
20:5 n-3 g	0.000		1	A	1		0.000	0.000	
22:5 n-3 g	0.000		1	A	1		0.000	0.000	
22:6 n-3 g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0	MC	9		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.140		1	A	1		0.064	0.064	
Threonine g	0.310		1	A	1		0.143	0.143	
Isoleucine g	0.340		1	A	1		0.156	0.156	
Leucine g	0.680		1	A	1		0.313	0.313	
Lysine g	0.320		1	A	1		0.147	0.147	
Methionine g	0.170		1	A	1		0.078	0.078	
Cystine g	0.240		1	A	1		0.110	0.110	
Phenylalanine g	0.460		1	A	1		0.212	0.212	
Tyrosine g	0.130		1	A	1		0.060	0.060	
Valine g	0.450		1	A	1		0.207	0.207	
Arginine g	0.450		1	A	1		0.207	0.207	
Histidine g	0.230		1	A	1		0.106	0.106	
Alanine g	0.390		1	A	1		0.179	0.179	
Aspartic acid g	0.530		1	A	1		0.244	0.244	
Glutamic acid g	2.990		1	A	1		1.375	1.375	
Glycine g	0.430		1	A	1		0.198	0.198	
Proline g	0.970		1	A	1		0.446	0.446	
Serine g	0.490		1	A	1		0.225	0.225	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	FLC	4		0	0	
Theobromine mg	0		0	FLC	4		0	0	
Carotenoids:									
Carotene, beta mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta mcg	0		0	Z	7		0.000	0.000	
Lycopene mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 08147

Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free, single brand

Common Measures:

Measure 1 = 46g: 2 biscuits (1 NLEA serving)

Measure 2 = 46g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08148

Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free, spoon size, single brand

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.10		0	MC	9		2.01	1.03	
Energy	kcal	340		0	MC	9		167	85	
Energy	kj	1423				9		697	356	
Protein	g	10.30		0	MC	9		5.05	2.58	
Total lipid (fat)	g	1.10		0	NR	4		0.54	0.28	
Ash	g	1.60		0	MC	9		0.78	0.40	
Carbohydrate, by difference	g	83.00		0	MC	9		40.67	20.75	
Fiber, total dietary	g	11.4		0	MC	9		5.6	2.9	
Sugars, total	g	0.90		0	MC	9		0.44	0.23	
Starch	g									
Minerals:										
Calcium, Ca	mg	43		0	MC	9		21	11	
Iron, Fe	mg	3.18		0	MC	9		1.56	0.80	
Magnesium, Mg	mg	116		0	MC	9		57	29	
Phosphorus, P	mg	357		0	MC	9		175	89	
Potassium, K	mg	415		0	MC	9		203	104	
Sodium, Na	mg	7		0	MC	9		3	2	
Zinc, Zn	mg	2.67		0	MC	9		1.31	0.67	
Copper, Cu	mg	0.330		0	MC	9		0.162	0.083	
Manganese, Mn	mg	3.993		0	FLC	4		1.957	0.998	
Selenium, Se	mcg	5.9	0.922	17	A	1		2.9	1.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0	0.0	
Thiamin	mg	0.270		0	MC	9		0.132	0.068	
Riboflavin	mg	0.120		0	MC	9		0.059	0.030	
Niacin	mg	5.570		0	MC	9		2.729	1.393	
Pantothenic acid	mg	0.997		0	FLC	4		0.489	0.249	
Vitamin B-6	mg	0.410		0	MC	9		0.201	0.103	
Folate, total	mcg	42		0	MC	9		21	11	
Folic acid	mcg	0		0	NC	4		0	0	
Folate, food	mcg	42		0	CAZN	4		21	11	
Folate, DFE	mcg_DFE	42		0	NC	4		21	11	
Vitamin B-12	mcg	0.00		0	MC	9		0.00	0.00	
Vitamin A, IU	IU	0		0	MC	9		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	NC	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.00		0	MC	9		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000		0	MC	9		0.000	0.000	
Vitamin K (phylloquinone)	mcg	1.5		0	FLM	4		0.7	0.4	
Lipids:										
Fatty acids, total saturated	g	0.200		0	MC	9		0.098	0.050	
4:0	g	0.000		0	FLM	4		0.000	0.000	
6:0	g	0.000		0	FLM	4		0.000	0.000	
8:0	g	0.011		0	FLM	4		0.005	0.003	
10:0	g	0.000		0	FLM	4		0.000	0.000	
12:0	g	0.000		0	FLM	4		0.000	0.000	
13:0	g									
14:0	g	0.002		0	FLM	4		0.001	0.000	
15:0	g									
16:0	g	0.169		0	FLM	4		0.083	0.042	
17:0	g									
18:0	g	0.009		0	FLM	4		0.005	0.002	
20:0	g									
22:0	g									
24:0	g									

NDB No. 08148

Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free, spoon size, single brand

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.119		0	FLC	4		0.058	0.030	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		0	FLM	4		0.004	0.002	
17:1.....g									
18:1 undifferentiated.....g	0.129		0	FLM	4		0.063	0.032	
20:1.....g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.439		0	FLC	4		0.215	0.110	
18:2 undifferentiated.....g	0.428		0	FLM	4		0.210	0.107	
18:3 undifferentiated.....g	0.022		0	FLM	4		0.011	0.005	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0	FLM	4		0.001	0.000	
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 49g: 1 cup (1 NLEA serving)

Measure 2 = 25g: 1 box, single serving (.875 oz)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08191
Cereals ready-to-eat, wheat, shredded, presweetened, single brand

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.00		0	MC	9		3.12		
Energy	kcal	352		0	MC	9		183		
Energy	kj	1473				9		766		
Protein	g	7.80		0	MC	9		4.06		
Total lipid (fat)	g	1.90		0	NR	4		0.99		
Ash	g	1.10		0	MC	9		0.57		
Carbohydrate, by difference	g	83.80		0	MC	9		43.58		
Fiber, total dietary	g	9.6		0	MC	9		5.0		
Sugars, total	g	22.30		0	MC	9		11.60		
Starch	g									
Minerals:										
Calcium, Ca	mg	13		0	MC	9		7		
Iron, Fe	mg	3.46		0	MC	9		1.80		
Magnesium, Mg	mg	93		0	MC	9		48		
Phosphorus, P	mg	276		0	MC	9		144		
Potassium, K	mg	327		0	MC	9		170		
Sodium, Na	mg	19		0	MC	9		10		
Zinc, Zn	mg	2.88		0	MC	9		1.50		
Copper, Cu	mg	0.173		0	MC	9		0.090		
Manganese, Mn	mg	4.198		0	FLM	4		2.183		
Selenium, Se	mcg	4.1		0	BFZN	4		2.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg	0.720		0	MC	9		0.374		
Riboflavin	mg	0.820		0	MC	9		0.426		
Niacin	mg	9.620		0	MC	9		5.002		
Pantothenic acid	mg	0.883		0	FLM	4		0.459		
Vitamin B-6	mg	0.960		0	MC	9		0.499		
Folate, total	mcg	192		0	MC	9		100		
Folic acid	mcg	173		0	NC	4		90		
Folate, food	mcg	19		0	CAZN	4		10		
Folate, DFE	mcg_DFE	313		0	NC	4		163		
Vitamin B-12	mcg	2.88		0	MC	9		1.50		
Vitamin A, IU	IU	0		0	MC	9		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	NC	4		0		
Vitamin E (alpha-tocopherol)	mg	0.32		0	MC	9		0.16		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000		0	MC	9		0.000		
Vitamin K (phylloquinone)	mcg	1.0		0	FLM	4		0.5		
Lipids:										
Fatty acids, total saturated	g	0.300		0	MC	9		0.156		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.006		0	FLM	4		0.003		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.001		0	FLM	4		0.000		
13:0	g									
14:0	g	0.003		0	FLM	4		0.002		
15:0	g									
16:0	g	0.261		0	FLM	4		0.136		
17:0	g									
18:0	g	0.017		0	FLM	4		0.009		
20:0	g									
22:0	g									
24:0	g									

NDB No. 08191

Cereals ready-to-eat, wheat, shredded, presweetened, single brand

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.271		0	FLM	4		0.141		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009		0	FLM	4		0.005		
17:1.....g									
18:1 undifferentiated.....g	0.262		0	FLM	4		0.136		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.925		0	FLM	4		0.481		
18:2 undifferentiated.....g	0.860		0	FLM	4		0.447		
18:3 undifferentiated.....g	0.063		0	FLM	4		0.033		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0	FLM	4		0.001		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 52g: 1 cup (1 NLEA serving)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 42265

Cereals ready-to-eat, whole wheat, rolled oats, presweetened, with nuts and fruit, single brand

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	8.70		0	MC	9		4.70		
Energy	kcal	377		0	MC	9		204		
Energy	kj	1577				9		852		
Protein	g	8.00		0	MC	9		4.32		
Total lipid (fat)	g	8.40		0	NR	4		4.54		
Ash	g	1.90		0	MC	9		1.03		
Carbohydrate, by difference	g	73.20		0	MC	9		39.53		
Fiber, total dietary	g	7.4		0	MC	9		4.0		
Sugars, total	g	24.60		0	MC	9		13.28		
Starch	g									
Minerals:										
Calcium, Ca	mg	31		0	MC	9		17		
Iron, Fe	mg	6.67		0	MC	9		3.60		
Magnesium, Mg	mg	84		0	MC	9		45		
Phosphorus, P	mg	197		0	MC	9		106		
Potassium, K	mg	326		0	MC	9		176		
Sodium, Na	mg	288		0	MC	9		156		
Zinc, Zn	mg	2.22		0	MC	9		1.20		
Copper, Cu	mg	0.308		0	MC	9		0.166		
Manganese, Mn	mg	1.863		0	FLC	4		1.006		
Selenium, Se	mcg	14.1		0	RA	4		7.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0	MC	9		0.1		
Thiamin	mg	0.700		0	MC	9		0.378		
Riboflavin	mg	0.790		0	MC	9		0.427		
Niacin	mg	9.260		0	MC	9		5.000		
Pantothenic acid	mg	0.623		0	FLC	4		0.336		
Vitamin B-6	mg	0.930		0	MC	9		0.502		
Folate, total	mcg	185		0	MC	9		100		
Folic acid	mcg	166		0	NC	4		90		
Folate, food	mcg	19		0	CAZN	4		10		
Folate, DFE	mcg_DFE	301		0	NC	4		163		
Vitamin B-12	mcg	2.78		0	MC	9		1.50		
Vitamin A, IU	IU	1389		0	MC	9		750		
Vitamin A, RAE	mcg_RAE	417		0	NC	4		225		
Retinol	mcg	417		0	NC	4		225		
Vitamin E (alpha-tocopherol)	mg	0.62		0	MC	9		0.33		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	74.000		0	MC	9		39.960		
Vitamin K (phylloquinone)	mcg	2.1		0	FLM	4		1.1		
Lipids:										
Fatty acids, total saturated	g	1.100		0	MC	9		0.594		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.004		0	FLM	4		0.002		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.005		0	FLM	4		0.003		
13:0	g	0.000		0	FLM	4		0.000		
14:0	g	0.004		0	FLM	4		0.002		
15:0	g	0.000		0	FLM	4		0.000		
16:0	g	0.755		0	FLM	4		0.408		
17:0	g	0.000		0	FLM	4		0.000		
18:0	g	0.251		0	FLM	4		0.136		
20:0	g	0.003		0	FLM	4		0.002		
22:0	g	0.000		0	FLM	4		0.000		
24:0	g	0.000		0	FLM	4		0.000		

NDB No. 42265

Cereals ready-to-eat, whole wheat, rolled oats, presweetened, with nuts and fruit, single brand

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.664		0	FLM	4		1.979		
14:1.....g	0.000		0	FLM	4		0.000		
15:1.....g	0.000		0	FLM	4		0.000		
16:1 undifferentiated.....g	0.018		0	FLM	4		0.010		
17:1.....g	0.000		0	FLM	4		0.000		
18:1 undifferentiated.....g	3.638		0	FLM	4		1.965		
20:1.....g	0.008		0	FLM	4		0.004		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated.....g	2.953		0	FLM	4		1.595		
18:2 undifferentiated.....g	2.874		0	FLM	4		1.552		
18:3 undifferentiated.....g	0.079		0	FLM	4		0.043		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLM	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 54g: .667 cup (1 NLEA serving)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 42261
Cereals ready-to-eat, whole wheat, rolled oats, presweetened, with pecans

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.80		0	MC	9		3.07		
Energy	kcal	408		0	MC	9		216		
Energy	kj	1707				9		905		
Protein	g	9.30		0	MC	9		4.93		
Total lipid (fat)	g	11.80		0	NR	4		6.25		
Ash	g	2.00		0	MC	9		1.06		
Carbohydrate, by difference	g	71.40		0	MC	9		37.84		
Fiber, total dietary	g	7.0		0	MC	9		3.7		
Sugars, total	g	15.30		0	MC	9		8.11		
Starch	g									
Minerals:										
Calcium, Ca	mg	28		0	MC	9		15		
Iron, Fe	mg	5.09		0	MC	9		2.70		
Magnesium, Mg	mg	87		0	MC	9		46		
Phosphorus, P	mg	223		0	MC	9		118		
Potassium, K	mg	321		0	MC	9		170		
Sodium, Na	mg	403		0	MC	9		214		
Zinc, Zn	mg	2.26		0	MC	9		1.20		
Copper, Cu	mg	0.338		0	MC	9		0.179		
Manganese, Mn	mg	2.753		0	FLC	4		1.459		
Selenium, Se	mcg	14.1		0	RA	4		7.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0	MC	9		0.1		
Thiamin	mg	0.710		0	MC	9		0.376		
Riboflavin	mg	0.850		0	MC	9		0.451		
Niacin	mg	9.430		0	MC	9		4.998		
Pantothenic acid	mg	0.851		0	FLC	4		0.451		
Vitamin B-6	mg	0.940		0	MC	9		0.498		
Folate, total	mcg	189		0	MC	9		100		
Folic acid	mcg	170		0	NC	4		90		
Folate, food	mcg	19		0	CAZN	4		10		
Folate, DFE	mcg_DFE	308		0	NC	4		163		
Vitamin B-12	mcg	2.83		0	MC	9		1.50		
Vitamin A, IU	IU	1415		0	MC	9		750		
Vitamin A, RAE	mcg_RAE	425		0	NC	4		225		
Retinol	mcg	425		0	NC	4		225		
Vitamin E (alpha-tocopherol)	mg	0.80		0	MC	9		0.43		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	75.000		0	MC	9		39.750		
Vitamin K (phylloquinone)	mcg	1.9		0	FLM	4		1.0		
Lipids:										
Fatty acids, total saturated	g	1.400		0	MC	9		0.742		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.005		0	FLM	4		0.003		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.006		0	FLM	4		0.003		
13:0	g	0.000		0	FLM	4		0.000		
14:0	g	0.004		0	FLM	4		0.002		
15:0	g	0.000		0	FLM	4		0.000		
16:0	g	1.022		0	FLM	4		0.542		
17:0	g	0.000		0	FLM	4		0.000		
18:0	g	0.305		0	FLM	4		0.162		
20:0	g	0.009		0	FLM	4		0.005		
22:0	g	0.000		0	FLM	4		0.000		

NDB No. 42261
Cereals ready-to-eat, whole wheat, rolled oats, presweetened, with pecans

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
24:0 ... g	0.000		0	FLM	4		0.000		
Fatty acids, total monounsaturated ... g	6.262		0	FLC	4		3.319		
14:1 ... g	0.000		0	FLM	4		0.000		
15:1 ... g									
16:1 undifferentiated ... g	0.009		0	FLM	4		0.005		
17:1 ... g									
18:1 undifferentiated ... g	5.733		0	FLM	4		3.038		
20:1 ... g	0.023		0	FLM	4		0.012		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated ... g	3.797		0	FLM	4		2.012		
18:2 undifferentiated ... g	3.646		0	FLM	4		1.932		
18:3 undifferentiated ... g	0.150		0	FLM	4		0.079		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g	0.000		0	FLM	4		0.000		
20:3 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:4 undifferentiated ... g	0.001		0	FLM	4		0.000		
20:5 n-3 ... g	0.000		0	FLM	4		0.000		
22:5 n-3 ... g	0.000		0	FLM	4		0.000		
22:6 n-3 ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	0		0	FLC	4		0		
Theobromine ... mg	0		0	FLC	4		0		
Carotenoids:									
Carotene, beta ... mcg	0		0	Z	7		0.000		
Carotene, alpha ... mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta ... mcg	0		0	Z	7		0.000		
Lycopene ... mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin ... mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 53g: .667 cup (1 NLEA serving)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 42297

Cereals ready-to-eat, whole wheat, rolled oats, presweetened, with walnuts and fruit, single brand

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.50		0	MC	9		2.66		
Energy	kcal	422		0	MC	9		249		
Energy	kj	1766				9		1042		
Protein	g	8.50		0	MC	9		5.02		
Total lipid (fat)	g	10.30		0	NR	4		6.08		
Ash	g	2.50		0	MC	9		1.48		
Carbohydrate, by difference	g	74.00		0	MC	9		43.66		
Fiber, total dietary	g	6.8		0	MC	9		4.0		
Sugars, total	g	20.40		0	MC	9		12.04		
Starch	g									
Minerals:										
Calcium, Ca	mg	36		0	MC	9		21		
Iron, Fe	mg	27.46		0	MC	9		16.20		
Magnesium, Mg	mg	82		0	MC	9		48		
Phosphorus, P	mg	310		0	MC	9		183		
Potassium, K	mg	290		0	MC	9		171		
Sodium, Na	mg	428		0	MC	9		253		
Zinc, Zn	mg	2.54		0	MC	9		1.50		
Copper, Cu	mg	0.383		0	MC	9		0.226		
Manganese, Mn	mg	2.200		0	FLM	4		1.298		
Selenium, Se	mcg	18.0		0	RA	4		10.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0	MC	9		0.1		
Thiamin	mg	0.640		0	MC	9		0.378		
Riboflavin	mg	0.720		0	MC	9		0.425		
Niacin	mg	8.470		0	MC	9		4.997		
Pantothenic acid	mg	0.746		0	FLM	4		0.440		
Vitamin B-6	mg	0.850		0	MC	9		0.502		
Folate, total	mcg	169		0	MC	9		100		
Folic acid	mcg	150		0	NC	4		89		
Folate, food	mcg	19		0	CAZN	4		11		
Folate, DFE	mcg_DFE	274		0	NC	4		162		
Vitamin B-12	mcg	2.54		0	MC	9		1.50		
Vitamin A, IU	IU	1271		0	MC	9		750		
Vitamin A, RAE	mcg_RAE	382		0	NC	4		225		
Retinol	mcg	382		0	NC	4		225		
Vitamin E (alpha-tocopherol)	mg	1.17		0	MC	9		0.69		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	68.000		0	MC	9		40.120		
Vitamin K (phylloquinone)	mcg	1.7		0	FLM	4		1.0		
Lipids:										
Fatty acids, total saturated	g	1.400		0	MC	9		0.826		
4:0	g	0.001		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.008		0	FLM	4		0.005		
10:0	g	0.001		0	FLM	4		0.000		
12:0	g	0.005		0	FLM	4		0.003		
13:0	g									
14:0	g	0.006		0	FLM	4		0.004		
15:0	g	0.000		0	FLM	4		0.000		
16:0	g	0.890		0	FLM	4		0.525		
17:0	g	0.000		0	FLM	4		0.000		
18:0	g	0.369		0	FLM	4		0.218		
20:0	g	0.000		0	FLM	4		0.000		
22:0	g	0.000		0	FLM	4		0.000		
24:0	g									

NDB No. 42297

Cereals ready-to-eat, whole wheat, rolled oats, presweetened, with walnuts and fruit, single brand

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.667		0	FLC	4		2.164		
14:1.....g	0.000		0	FLM	4		0.000		
15:1.....g	0.000		0	FLM	4		0.000		
16:1 undifferentiated.....g	0.022		0	FLM	4		0.013		
17:1.....g	0.000		0	FLM	4		0.000		
18:1 undifferentiated.....g	3.465		0	FLM	4		2.045		
20:1.....g	0.021		0	FLM	4		0.012		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.485		0	FLM	4		2.646		
18:2 undifferentiated.....g	4.334		0	FLM	4		2.557		
18:3 undifferentiated.....g	0.151		0	FLM	4		0.089		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLM	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:4 undifferentiated.....g	0.001		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 59g: 1 cup (1 NLEA serving)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08081
Cereals ready-to-eat, whole wheat, shredded, presweetened, single brand

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.82		0	FLC	4		1.99		
Energy	kcal	385		0	LC	8		200		
Energy	kj	1611				8		838		
Protein	g	9.82		0	LC	8		5.11		
Total lipid (fat)	g	3.77		0	LC	8		1.96		
Ash	g	1.37		0	FLC	4		0.71		
Carbohydrate, by difference	g	81.22		0	LC	8		42.23		
Fiber, total dietary	g	7.7		0	LC	8		4.0		
Sugars, total	g	23.08		0	LC	8		12.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	27		0	FLC	4		14		
Iron, Fe	mg	3.46		0	LC	8		1.80		
Magnesium, Mg	mg	89		0	FLC	4		46		
Phosphorus, P	mg	237		0	FLC	4		123		
Potassium, K	mg	253		0	FLC	4		132		
Sodium, Na	mg	22		0	FLC	4		11		
Zinc, Zn	mg	2.18		0	FLC	4		1.13		
Copper, Cu	mg	0.311		0	FLC	4		0.162		
Manganese, Mn	mg	2.851		0	FLC	4		1.483		
Selenium, Se	mcg	40.9		0	FLC	4		21.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	FLC	4		0.0		
Thiamin	mg	0.721		0	LC	8		0.375		
Riboflavin	mg	0.817		0	LC	8		0.425		
Niacin	mg	9.615		0	LC	8		5.000		
Pantothenic acid	mg	0.615		0	FLC	4		0.320		
Vitamin B-6	mg	0.962		0	LC	8		0.500		
Folate, total	mcg	192		0	LC	8		100		
* Folic acid	mcg	150		0	NC	4		78		
Folate, food	mcg	42		0	BFZN	4		22		
Folate, DFE	mcg_DFE	297		0	NC	4		154		
Vitamin B-12	mcg	2.88		0	LC	8		1.50		
Vitamin A, IU	IU	0		0	FLC	4		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol)	mg	1.80		0	NR	4		0.94		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	1.5		0	BFZN	4		0.8		
Lipids:										
Fatty acids, total saturated	g	0.469		0	FLC	4		0.244		
4:0	g	0.000		0	FLC	4		0.000		
6:0	g	0.000		0	FLC	4		0.000		
8:0	g	0.000		0	FLC	4		0.000		
10:0	g	0.000		0	FLC	4		0.000		
12:0	g	0.000		0	FLC	4		0.000		
13:0	g									
14:0	g	0.016		0	FLC	4		0.008		
15:0	g									
16:0	g	0.380		0	FLC	4		0.198		
17:0	g									
18:0	g	0.057		0	FLC	4		0.030		
20:0	g									
22:0	g									
24:0	g									

NDB No. 08081

Cereals ready-to-eat, whole wheat, shredded, presweetened, single brand

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.759		0	FLC	4		0.915		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.050		0	FLC	4		0.026		
17:1.....g									
18:1 undifferentiated.....g	1.695		0	FLC	4		0.881		
20:1.....g	0.002		0	FLC	4		0.001		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.196		0	FLC	4		0.622		
18:2 undifferentiated.....g	1.121		0	FLC	4		0.583		
18:3 undifferentiated.....g	0.070		0	FLC	4		0.036		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0	FLC	4		0.001		
20:5 n-3.....g	0.000		0	FLC	4		0.000		
22:5 n-3.....g	0.000		0	FLC	4		0.000		
22:6 n-3.....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLC	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	BFZN	4		0		
Theobromine.....mg	0		0	BFZN	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000		
Carotene, alpha.....mcg	0		0	BFZN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 52g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08386

Cereals ready-to-eat,, KASHI GoLEAN CRUNCH by KELLOGG

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.00		0	MC	9				
Energy	kcal	377		0	MC	9				
Energy	kj	1577		0	MC	9				
Protein (N x 6.25)	g	17.50		0	MC	9				
Total lipid (fat)	g	5.80		0	MC	9				
Ash	g	4.80		0	MC	9				
Carbohydrate, by difference	g	67.90		0	MC	9				
Fiber, total dietary	g	15.2		0	MC	9				
Sugars, total	g	24.60		0	MC	9				
Starch	g									
Minerals:										
Calcium, Ca	mg	87		0	MC	9				
Iron, Fe	mg	3.50		0	MC	9				
Magnesium, Mg	mg	83		0	MC	9				
Phosphorus, P	mg	213		0	MC	9				
Potassium, K	mg	566		0	MC	9				
Sodium, Na	mg	180		0	MC	9				
Zinc, Zn	mg	0.90		0	MC	9				
Copper, Cu	mg	0.300		0	MC	9				
Manganese, Mn	mg	0.120		0	MC	9				
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9				
Thiamin	mg	0.060		0	MC	9				
Riboflavin	mg	0.030		0	MC	9				
Niacin	mg	0.300		0	MC	9				
Pantothenic acid	mg									
Vitamin B-6	mg	0.030		0	MC	9				
Folate, total	mcg	2		0	MC	9				
Folic acid	mcg									
Folate, food	mcg	2		0	MC	9				
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	9		0	MC	9				
Vitamin A, RAE	mcg_RAE	0		0	NC	4				
Retinol	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.470		0	MC	9				
Fatty acids, total monounsaturated	g	3.230		0	MC	9				
Fatty acids, total polyunsaturated	g	2.100		0	MC	9				
Fatty acids, total trans	g									
Cholesterol	mg	0		0	MC	9				
Phytosterols	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 08386
Cereals ready-to-eat,, KASHI GoLEAN CRUNCH by KELLOGG

Calories Factors:	**Protein**	**Fat**	**Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08168
Cereals, CREAM OF RICE, cooked with water, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	87.50		0		1		213.50	160.13	
Energy	kcal	52		0	NC	4		127	95	
Energy	kj	218				4		531	398	
Protein (N x 5.95)	g	0.90		0		1		2.20	1.65	
Total lipid (fat)	g	0.10		0		1		0.24	0.18	
Ash	g	0.30		0		1		0.73	0.55	
Carbohydrate, by difference	g	11.50		0	NC	4		28.06	21.05	
Fiber, total dietary	g	0.1		0		4		0.2	0.2	
Sugars, total	g	0.02		0	BFNN	4		0.04	0.03	
Starch	g									
Minerals:										
Calcium, Ca	mg	3		0		1		7	5	
Iron, Fe	mg	0.20		0		5		0.49	0.37	
Magnesium, Mg	mg	3		0		1		7	5	
Phosphorus, P	mg	17		0		1		41	31	
Potassium, K	mg	20		0		1		49	37	
Sodium, Na	mg	173		0		1		422	317	
Zinc, Zn	mg	0.16		0		1		0.39	0.29	
Copper, Cu	mg	0.034		0		1		0.083	0.062	
Manganese, Mn	mg	0.144		0		1		0.351	0.264	
Selenium, Se	mcg	3.0		0	BFZN	4		7.3	5.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.000		0		5		0.000	0.000	
Riboflavin	mg	0.000		0		5		0.000	0.000	
Niacin	mg	0.400		0		5		0.976	0.732	
Pantothenic acid	mg	0.076		0		4		0.185	0.139	
Vitamin B-6	mg	0.027		0		1		0.066	0.049	
Folate, total	mcg	3		0		1		7	5	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	3		0	BFZN	4		7	5	
Folate, DFE	mcg_DFE	3		0	NC	4		7	5	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	0		0		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	BFZN	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.02		0	BFNN	4		0.04	0.03	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	BFNN	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	0.020		0		4		0.049	0.037	
4:0	g	0.000		0	BFZN	4		0.000	0.000	
6:0	g	0.000		0	BFZN	4		0.000	0.000	
8:0	g	0.000		0	BFZN	4		0.000	0.000	
10:0	g	0.000		0	BFZN	4		0.000	0.000	
12:0	g	0.000		0	BFZN	4		0.000	0.000	
13:0	g									
14:0	g	0.001		0	BFZN	4		0.002	0.002	
15:0	g									
16:0	g	0.025		0	BFZN	4		0.061	0.046	
17:0	g									
18:0	g	0.002		0	BFZN	4		0.005	0.004	
20:0	g									
22:0	g									
24:0	g									

NDB No. 08168
Cereals, CREAM OF RICE, cooked with water, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.031		0	BFZN	4		0.076	0.057	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.031		0	BFZN	4		0.076	0.057	
20:1.....g	0.000		0	BFZN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.027		0	BFZN	4		0.066	0.049	
18:2 undifferentiated.....g	0.022		0	BFZN	4		0.054	0.040	
18:3 undifferentiated.....g	0.005		0	BFZN	4		0.012	0.009	
18:4.....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine.....mg	0		0	BFNN	4		0	0	
Theobromine.....mg	0		0	BFNN	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	BFNN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFNN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFNN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFNN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFNN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 183g: .75 cup

Calories Factors: **Protein** 3.82 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08101
Cereals, CREAM OF RICE, cooked with water, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	87.50		0		1		213.50	13.13	160.13
Energy	kcal	52		0	NC	4		127	8	95
Energy	kj	218				4		531	33	398
Protein (N x 5.95)	g	0.90		0		1		2.20	0.14	1.65
Total lipid (fat)	g	0.10		0		1		0.24	0.02	0.18
Ash	g	0.10		0		1		0.24	0.02	0.18
Carbohydrate, by difference	g	11.40		0	NC	4		27.82	1.71	20.86
Fiber, total dietary	g	0.1		0		4		0.2	0.0	0.2
Sugars, total	g	0.02		0	BFNN	4		0.04	0.00	0.03
Starch	g									
Minerals:										
Calcium, Ca	mg	3		0		1		7	0	5
Iron, Fe	mg	0.20		0		5		0.49	0.03	0.37
Magnesium, Mg	mg	3		0		1		7	0	5
Phosphorus, P	mg	17		0		1		41	3	31
Potassium, K	mg	20		0		1		49	3	37
Sodium, Na	mg	1		0		1		2	0	2
Zinc, Zn	mg	0.16		0		1		0.39	0.02	0.29
Copper, Cu	mg	0.034		0		1		0.083	0.005	0.062
Manganese, Mn	mg	0.144		0		1		0.351	0.022	0.264
Selenium, Se	mcg	3.0		0	BFSN	4		7.3	0.5	5.5
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		5		0.000	0.000	0.000
Riboflavin	mg	0.000		0		5		0.000	0.000	0.000
Niacin	mg	0.400		0		5		0.976	0.060	0.732
Pantothenic acid	mg	0.076		0		4		0.185	0.011	0.139
Vitamin B-6	mg	0.027		0		1		0.066	0.004	0.049
Folate, total	mcg	3		0		1		7	0	5
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	3		0	NC	4		7	0	5
Folate, DFE	mcg_DFE	3		0	NC	4		7	0	5
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, IU	IU	0		0		4		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.02		0	BFNN	4		0.04	0.00	0.03
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	BFNN	4		0.0	0.0	0.0
Lipids:										
Fatty acids, total saturated	g	0.027		0		4		0.066	0.004	0.049
4:0	g	0.000		0		4		0.000	0.000	0.000
6:0	g	0.000		0		4		0.000	0.000	0.000
8:0	g	0.000		0		4		0.000	0.000	0.000
10:0	g	0.000		0		4		0.000	0.000	0.000
12:0	g	0.000		0		4		0.000	0.000	0.000
13:0	g									
14:0	g	0.001		0		4		0.002	0.000	0.002
15:0	g									
16:0	g	0.025		0		4		0.061	0.004	0.046
17:0	g									
18:0	g	0.002		0		4		0.005	0.000	0.004
20:0	g									
22:0	g									
24:0	g									

NDB No. 08101
Cereals, CREAM OF RICE, cooked with water, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.031		0		4		0.076	0.005	0.057
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.031		0		4		0.076	0.005	0.057
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.027		0		4		0.066	0.004	0.049
18:2 undifferentiated.....g	0.022		0		4		0.054	0.003	0.040
18:3 undifferentiated.....g	0.005		0		4		0.012	0.001	0.009
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	BFNN	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	BFNN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFNN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFNN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFNN	4		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 15g: 1 tbsp

Measure 3 = 183g: .75 cup

Calories Factors: Protein 3.82 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08100
Cereals, CREAM OF RICE, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	10.50	1.392	3		1		18.17	1.07	
Energy	kcal	370		0	NC	4		640	38	
Energy	kj	1548				4		2678	158	
Protein (N x 5.95)	g	6.30	0.496	3		1		10.90	0.64	
Total lipid (fat)	g	0.50		2		1		0.87	0.05	
Ash	g	0.40	0.130	3		1		0.69	0.04	
Carbohydrate, by difference	g	82.40		0	NC	4		142.55	8.40	
Fiber, total dietary	g	0.7		0		4		1.2	0.1	
Sugars, total	g	0.12		0	BFNN	4		0.20	0.01	
Starch	g									
Minerals:										
Calcium, Ca	mg	24		0		1		42	2	
Iron, Fe	mg	1.30		0		5		2.25	0.13	
Magnesium, Mg	mg	23		0		1		40	2	
Phosphorus, P	mg	124		0		1		215	13	
Potassium, K	mg	143		0		1		247	15	
Sodium, Na	mg	6		0		1		10	1	
Zinc, Zn	mg	1.12		0		1		1.94	0.11	
Copper, Cu	mg	0.244		0		1		0.422	0.025	
Manganese, Mn	mg	1.033		0		1		1.787	0.105	
Selenium, Se	mcg	19.0		0	RA	4		32.9	1.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.200		0		5		0.346	0.020	
Riboflavin	mg	0.100		0		5		0.173	0.010	
Niacin	mg	3.000		0		5		5.190	0.306	
Pantothenic acid	mg	0.550		0		4		0.952	0.056	
Vitamin B-6	mg	0.195		0		1		0.337	0.020	
Folate, total	mcg	29		0		1		50	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	29		0	NC	4		50	3	
Folate, DFE	mcg_DFE	29		0	NC	4		50	3	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	0		0		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.11		0	BFNN	4		0.19	0.01	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.1		0	BFNN	4		0.1	0.0	
Lipids:										
Fatty acids, total saturated	g	0.136		0		4		0.235	0.014	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		4		0.000	0.000	
13:0	g									
14:0	g	0.003		0		4		0.005	0.000	
15:0	g									
16:0	g	0.122		0		4		0.211	0.012	
17:0	g									
18:0	g	0.009		0		4		0.016	0.001	
20:0	g									

NDB No. 08100
Cereals, CREAM OF RICE, dry

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.156		0		4		0.270	0.016	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.002		0		4		0.003	0.000	
17:1 ... g									
18:1 undifferentiated ... g	0.154		0		4		0.266	0.016	
20:1 ... g	0.000		0		4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.134		0		4		0.232	0.014	
18:2 undifferentiated ... g	0.111		0		4		0.192	0.011	
18:3 undifferentiated ... g	0.024		0		4		0.042	0.002	
18:4 ... g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000	0.000	
20:5 n-3 ... g	0.000		0		4		0.000	0.000	
22:5 n-3 ... g	0.000		0		4		0.000	0.000	
22:6 n-3 ... g	0.000		0		4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	Z	7		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg	0		0	BFNN	4		0	0	
Theobromine ... mg	0		0	BFNN	4		0	0	
Carotenoids:									
Carotene, beta ... mcg	0		0	BFNN	4		0.000	0.000	
Carotene, alpha ... mcg	0		0	BFNN	4		0.000	0.000	
Cryptoxanthin, beta ... mcg	0		0	BFNN	4		0.000	0.000	
Lycopene ... mcg	0		0	BFNN	4		0.000	0.000	
Lutein + zeaxanthin ... mcg	0		0	BFNN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 173g: 1 cup

Measure 2 = 10.2g: 1 tbsp

Calories Factors: **Protein** 3.82 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08106
Cereals, CREAM OF WHEAT, instant, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	10.40	0.165	23		1		18.51	1.20	
Energy	kcal	366		0	NC	4		651	42	
Energy	kj	1531				4		2726	176	
Protein (N x 5.7)	g	10.60	0.083	23		1		18.87	1.22	
Total lipid (fat)	g	1.40	0.071	23		1		2.49	0.16	
Ash	g	2.10	0.033	23		1		3.74	0.24	
Carbohydrate, by difference	g	75.50		0	NC	4		134.39	8.68	
Fiber, total dietary	g	3.3		2		1		5.8	0.4	
Sugars, total	g	0.40		0	NR	4		0.71	0.05	
Sucrose	g	0.40		1		1		0.71	0.05	
Glucose (dextrose)	g									
Fructose	g									
Lactose	g									
Maltose	g									
Galactose	g									
Starch	g									
Minerals:										
* Calcium, Ca	mg	357		1	LC	8		636	41	
* Iron, Fe	mg	28.60		0		5		50.91	3.29	
Magnesium, Mg	mg	34		1		1		61	4	
Phosphorus, P	mg	103		1		1		183	12	
Potassium, K	mg	115		1		1		205	13	
Sodium, Na	mg	15		1		1		27	2	
Zinc, Zn	mg	0.98		1		1		1.74	0.11	
Copper, Cu	mg	0.216		1		1		0.384	0.025	
Manganese, Mn	mg									
Selenium, Se	mcg	20.0		0	BFZN	4		35.6	2.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
* Thiamin	mg	1.339		1	LC	8		2.384	0.154	
* Riboflavin	mg	1.214		1	LC	8		2.161	0.140	
* Niacin	mg	17.857		1	LC	8		31.786	2.054	
Pantothenic acid	mg	0.474		0		4		0.844	0.055	
* Vitamin B-6	mg	1.786		1	LC	8		3.179	0.205	
* Folate, total	mcg	357		0	LC	8		635	41	
Folic acid	mcg	323		0	NC	4		575	37	
Folate, food	mcg	34	4.850	4		1		61	4	
Folate, DFE	mcg_DFE	583		0	NC	4		1038	67	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
* Vitamin A, IU	IU	4464		1	LC	8		7946	513	
Vitamin A, RAE	mcg_RAE	1341		0	NC	4		2387	154	
Retinol	mcg	1341		0	NC	4		2387	154	
Vitamin E (alpha-tocopherol)	mg	0.11		0	NR	4		0.20	0.01	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.5		0	FLM	4		0.9	0.1	
Lipids:										
Fatty acids, total saturated	g	0.222		0	FLM	4		0.396	0.026	
4:0	g	0.000		0	FLM	4		0.000	0.000	
6:0	g	0.000		0	FLM	4		0.000	0.000	
8:0	g	0.000		0	FLM	4		0.000	0.000	
10:0	g	0.000		0	FLM	4		0.000	0.000	
12:0	g	0.000		0	FLM	4		0.000	0.000	
13:0	g									
14:0	g	0.001		0	FLM	4		0.002	0.000	
15:0	g									

NDB No. 08106
Cereals, CREAM OF WHEAT, instant, dry

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:0....g	0.208		0	FLM	4		0.370	0.024	
17:0....g									
18:0....g	0.014		0	FLM	4		0.024	0.002	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.192		0	FLM	4		0.342	0.022	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.004		0	FLM	4		0.008	0.001	
17:1....g									
18:1 undifferentiated....g	0.188		0	FLM	4		0.334	0.022	
20:1....g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLM	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.774		0	FLM	4		1.378	0.089	
18:2 undifferentiated....g	0.692		0	FLM	4		1.232	0.080	
18:3 undifferentiated....g	0.082		0	FLM	4		0.146	0.009	
18:4....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.145		0		1		0.258	0.017	
Threonine....g	0.332		0		1		0.591	0.038	
Isoleucine....g	0.460		0		1		0.819	0.053	
Leucine....g	0.800		0		1		1.424	0.092	
Lysine....g	0.272		0		1		0.484	0.031	
Methionine....g	0.196		0		1		0.349	0.023	
Cystine....g	0.238		0		1		0.424	0.027	
Phenylalanine....g	0.571		0		1		1.016	0.066	
Tyrosine....g	0.335		0		1		0.596	0.039	
Valine....g	0.513		0		1		0.913	0.059	
Arginine....g	0.457		0		1		0.813	0.053	
Histidine....g	0.242		0		1		0.431	0.028	
Alanine....g	0.369		0		1		0.657	0.042	
Aspartic acid....g	0.498		0		1		0.886	0.057	
Glutamic acid....g	3.928		0		1		6.992	0.452	
Glycine....g	0.408		0		1		0.726	0.047	
Proline....g	1.289		0		1		2.294	0.148	
Serine....g	0.596		0		1		1.061	0.069	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLM	4		0	0	
Theobromine....mg	0		0	FLM	4		0	0	
Carotenoids:									
Carotene, beta....mcg	0		0	FLM	4		0.000	0.000	
Carotene, alpha....mcg	0		0	FLM	4		0.000	0.000	
Cryptoxanthin, beta....mcg	0		0	FLM	4		0.000	0.000	
Lycopene....mcg	0		0	FLM	4		0.000	0.000	
Lutein + zeaxanthin....mcg	16		0	FLM	4		28.772	1.859	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 08106
Cereals, CREAM OF WHEAT, instant, dry

Common Measures:

Measure 1 = 178g: 1 cup

Measure 2 = 11.5g: 1 tbsp

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 4.05 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08171
Cereals, CREAM OF WHEAT, instant, prepared with water, with salt, (wheat)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	84.40		0	BFZN	4		203.40	152.76	
Energy	kcal	62		0	BFZN	4		149	112	
Energy	kj	259		0	BFZN	4		623	468	
Protein (N x 5.7)	g	1.84		0	BFZN	4		4.42	3.32	
Total lipid (fat)	g	0.24		0	BFZN	4		0.58	0.44	
Ash	g	0.45		0	BFZN	4		1.08	0.81	
Carbohydrate, by difference	g	13.08		0	BFZN	4		31.51	23.67	
Fiber, total dietary	g	0.6		0	BFZN	4		1.4	1.0	
Sugars, total	g	0.07		0	BFZN	4		0.17	0.13	
Sucrose	g	0.07		0	BFZN	4		0.17	0.13	
Glucose (dextrose)	g									
Fructose	g									
Lactose	g									
Maltose	g									
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	64		0	BFZN	4		154	116	
Iron, Fe	mg	4.96		0	BFZN	4		11.95	8.97	
Magnesium, Mg	mg	6		0	BFZN	4		15	12	
Phosphorus, P	mg	18		0	BFZN	4		43	32	
Potassium, K	mg	20		0	BFZN	4		48	36	
Sodium, Na	mg	151		0		1		364	273	
Zinc, Zn	mg	0.17		0	BFZN	4		0.42	0.31	
Copper, Cu	mg	0.043		0	BFZN	4		0.104	0.078	
Manganese, Mn	mg	0.000		0	BFZN	4		0.001	0.001	
Selenium, Se	mcg	3.5		0	BFZN	4		8.3	6.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	BFZN	4		0.0	0.0	
Thiamin	mg	0.232		0	BFZN	4		0.559	0.420	
Riboflavin	mg	0.210		0	BFZN	4		0.507	0.381	
Niacin	mg	3.093		0	BFZN	4		7.453	5.597	
Pantothenic acid	mg	0.082		0	BFZN	4		0.198	0.149	
Vitamin B-6	mg	0.309		0	BFZN	4		0.745	0.560	
Folate, total	mcg	62		0	BFZN	4		149	112	
Folic acid	mcg	56		0	BFZN	4		135	101	
Folate, food	mcg	6		0	BFZN	4		14	11	
Folate, DFE	mcg_DFE	101		0	NC	4		243	183	
Vitamin B-12	mcg	0.00		0	BFZN	4		0.00	0.00	
Vitamin A, IU	IU	773		0	BFZN	4		1863	1399	
Vitamin A, RAE	mcg_RAE	232		0	BFZN	4		560	420	
Retinol	mcg	232		0	BFZN	4		560	420	
Vitamin E (alpha-tocopherol)	mg	0.02		0	BFZN	4		0.05	0.03	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.1		0	BFZN	4		0.2	0.2	
Lipids:										
Fatty acids, total saturated	g	0.038		0	BFZN	4		0.093	0.070	
4:0	g	0.000		0	BFZN	4		0.000	0.000	
6:0	g	0.000		0	BFZN	4		0.000	0.000	
8:0	g	0.000		0	BFZN	4		0.000	0.000	
10:0	g	0.000		0	BFZN	4		0.000	0.000	
12:0	g	0.000		0	BFZN	4		0.000	0.000	
13:0	g									
14:0	g	0.000		0	BFZN	4		0.000	0.000	
15:0	g									

NDB No. 08171
Cereals, CREAM OF WHEAT, instant, prepared with water, with salt, (wheat)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0....g	0.036		0	BFZN	4		0.087	0.065	
17:0....g									
18:0....g	0.002		0	BFZN	4		0.006	0.004	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.033		0	BFZN	4		0.080	0.060	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0	BFZN	4		0.002	0.001	
17:1....g									
18:1 undifferentiated....g	0.032		0	BFZN	4		0.078	0.059	
20:1....g	0.000		0	BFZN	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.134		0	BFZN	4		0.323	0.243	
18:2 undifferentiated....g	0.120		0	BFZN	4		0.289	0.217	
18:3 undifferentiated....g	0.014		0	BFZN	4		0.034	0.026	
18:4....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3....g	0.000		0	BFZN	4		0.000	0.000	
22:5 n-3....g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3....g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	BFZN	4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine....mg	0		0	BFZN	4		0	0	
Theobromine....mg	0		0	BFZN	4		0	0	
Carotenoids:									
Carotene, beta....mcg	0		0	BFZN	4		0.056	0.042	
Carotene, alpha....mcg	0		0	BFZN	4		0.026	0.020	
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0.037	0.028	
Lycopene....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin....mcg	3		0	BFZN	4		6.746	5.067	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 241g: 1 cup

Measure 2 = 181g: .75 cup

Calories Factors: **Protein** 4.05 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08107
Cereals, CREAM OF WHEAT, instant, prepared with water, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	84.40		0	FLA	4		203.40	12.66	152.76
Energy	kcal	62		0	FLA	4		149	9	112
Energy	kj	259		0	FLA	4		623	39	468
Protein (N x 5.7)	g	1.84		0	FLA	4		4.42	0.28	3.32
Total lipid (fat)	g	0.24		0	FLA	4		0.58	0.04	0.44
Ash	g	0.45		0	FLA	4		1.08	0.07	0.81
Carbohydrate, by difference	g	13.08		0	FLA	4		31.51	1.96	23.67
Fiber, total dietary	g	0.6		0	FLA	4		1.4	0.1	1.0
Sugars, total	g	0.07		0	FLA	4		0.17	0.01	0.13
Sucrose	g	0.07		0	FLA	4		0.17	0.01	0.13
Glucose (dextrose)	g									
Fructose	g									
Lactose	g									
Maltose	g									
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	64		0	FLA	4		154	10	116
Iron, Fe	mg	4.96		0	FLA	4		11.95	0.74	8.97
Magnesium, Mg	mg	6		0	FLA	4		15	1	12
Phosphorus, P	mg	18		0	FLA	4		43	3	32
Potassium, K	mg	20		0	FLA	4		48	3	36
Sodium, Na	mg	4		0	FLA	4		11	1	8
Zinc, Zn	mg	0.17		0	FLA	4		0.42	0.03	0.31
Copper, Cu	mg	0.043		0	FLA	4		0.104	0.006	0.078
Manganese, Mn	mg	0.000		0	FLA	4		0.001	0.000	0.001
Selenium, Se	mcg	3.5		0	FLA	4		8.3	0.5	6.3
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	FLA	4		0.0	0.0	0.0
Thiamin	mg	0.232		0	FLA	4		0.559	0.035	0.420
Riboflavin	mg	0.210		0	FLA	4		0.507	0.032	0.381
Niacin	mg	3.093		0	FLA	4		7.453	0.464	5.597
Pantothenic acid	mg	0.082		0	FLA	4		0.198	0.012	0.149
Vitamin B-6	mg	0.309		0	FLA	4		0.745	0.046	0.560
Folate, total	mcg	62		0	FLA	4		149	9	112
Folic acid	mcg	56		0	FLA	4		135	8	101
Folate, food	mcg	6		0	FLA	4		14	1	11
Folate, DFE	mcg_DFE	101		0	NC	4		243	15	183
Vitamin B-12	mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, IU	IU	773		0	FLA	4		1863	116	1399
Vitamin A, RAE	mcg_RAE	232		0	FLA	4		560	35	420
Retinol	mcg	232		0	FLA	4		560	35	420
Vitamin E (alpha-tocopherol)	mg	0.02		0	FLA	4		0.05	0.00	0.03
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.1		0	FLA	4		0.2	0.0	0.2
Lipids:										
Fatty acids, total saturated	g	0.038		0	FLA	4		0.093	0.006	0.070
4:0	g	0.000		0	FLA	4		0.000	0.000	0.000
6:0	g	0.000		0	FLA	4		0.000	0.000	0.000
8:0	g	0.000		0	FLA	4		0.000	0.000	0.000
10:0	g	0.000		0	FLA	4		0.000	0.000	0.000
12:0	g	0.000		0	FLA	4		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0	FLA	4		0.000	0.000	0.000
15:0	g									

NDB No. 08107
Cereals, CREAM OF WHEAT, instant, prepared with water, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:0 g	0.036		0	FLA	4		0.087	0.005	0.065
17:0 g									
18:0 g	0.002		0	FLA	4		0.006	0.000	0.004
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.033		0	FLA	4		0.080	0.005	0.060
14:1 g									
15:1 g									
16:1 undifferentiated g	0.001		0	FLA	4		0.002	0.000	0.001
17:1 g									
18:1 undifferentiated g	0.032		0	FLA	4		0.078	0.005	0.059
20:1 g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.134		0	FLA	4		0.323	0.020	0.243
18:2 undifferentiated g	0.120		0	FLA	4		0.289	0.018	0.217
18:3 undifferentiated g	0.014		0	FLA	4		0.034	0.002	0.026
18:4 g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0	FLA	4		0	0	0
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine mg	0		0	FLA	4		0	0	0
Theobromine mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta mcg	0		0	FLA	4		0.056	0.003	0.042
Carotene, alpha mcg	0		0	FLA	4		0.026	0.002	0.020
Cryptoxanthin, beta mcg	0		0	FLA	4		0.037	0.002	0.028
Lycopene mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin mcg	3		0	FLA	4		6.746	0.420	5.067

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 241g: 1 cup

Measure 2 = 15g: 1 tbsp

Measure 3 = 181g: .75 cup

Calories Factors: Protein 4.05 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08110
Cereals, CREAM OF WHEAT, mix'n eat, apple, banana and maple flavored, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	8.00	0.061	65		1		2.80		
Energy	kcal	373		0	NC	4		131		
Energy	kj	1561				4		546		
Protein (N x 5.7)	g	6.90	0.048	67		1		2.42		
Total lipid (fat)	g	1.10	0.035	64		1		0.39		
Ash	g	2.40	0.026	67		1		0.84		
Carbohydrate, by difference	g	81.60		0	NC	4		28.56		
Fiber, total dietary	g	2.5		0		4		0.9		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	113		0		5		40		
Iron, Fe	mg	22.90		0		5		8.02		
Magnesium, Mg	mg	26		1		1		9		
Phosphorus, P	mg	57		0		5		20		
Potassium, K	mg	155		1		1		54		
Sodium, Na	mg	680		1		1		238		
Zinc, Zn	mg	0.65		1		1		0.23		
Copper, Cu	mg	0.159		1		1		0.056		
Manganese, Mn	mg									
Selenium, Se	mcg	20.0		0	BFZN	4		7.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	1.100		0		5		0.385		
Riboflavin	mg	0.700		0		5		0.245		
Niacin	mg	14.100		0		5		4.935		
Pantothenic acid	mg	0.329		0		4		0.115		
Vitamin B-6	mg	1.400		0		5		0.490		
Folate, total	mcg	282		0		5		99		
Folic acid	mcg	255		0	O	4		89		
Folate, food	mcg	27		0	NC	4		9		
Folate, DFE	mcg_DFE	461		0	NC	4		161		
Vitamin B-12	mcg	0.00		0		4		0.00		
Vitamin A, IU	IU	3531		0		5		1236		
Vitamin A, RAE	mcg_RAE	1060		0	NC	4		371		
Retinol	mcg	1060		0	NC	4		371		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.096		0		1		0.034		
Threonine	g	0.219		0		1		0.077		
Isoleucine	g	0.303		0		1		0.106		
Leucine	g	0.523		0		1		0.183		
Lysine	g	0.183		0		1		0.064		
Methionine	g	0.129		0		1		0.045		
Cystine	g	0.155		0		1		0.054		

NDB No. 08110
Cereals, CREAM OF WHEAT, mix'n eat, apple, banana and maple flavored, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine.....g	0.373		0		1		0.131		
Tyrosine.....g	0.220		0		1		0.077		
Valine.....g	0.336		0		1		0.118		
Arginine.....g	0.311		0		1		0.109		
Histidine.....g	0.160		0		1		0.056		
Alanine.....g	0.246		0		1		0.086		
Aspartic acid.....g	0.337		0		1		0.118		
Glutamic acid.....g	2.537		0		1		0.888		
Glycine.....g	0.271		0		1		0.095		
Proline.....g	0.831		0		1		0.291		
Serine.....g	0.390		0		1		0.137		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 35g: 1 packet

Calories Factors: **Protein** 4.05 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08111
Cereals, CREAM OF WHEAT, mix'n eat, apple, banana and maple flavored, prepared

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	78.30		0		1		117.45		
Energy	kcal	88		0	NC	4		132		
Energy	kj	368				4		552		
Protein (N x 5.7)	g	1.60		0		1		2.40		
Total lipid (fat)	g	0.30		0		1		0.45		
Ash	g	0.60		0		1		0.90		
Carbohydrate, by difference	g	19.30		0	NC	4		28.95		
Fiber, total dietary	g	0.3		0		4		0.5		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	27		0		5		41		
Iron, Fe	mg	5.40		0		5		8.10		
Magnesium, Mg	mg	6		0		1		9		
Phosphorus, P	mg	13		0		5		20		
Potassium, K	mg	37		0		1		56		
Sodium, Na	mg	161		0		1		242		
Zinc, Zn	mg	0.15		0		1		0.23		
Copper, Cu	mg	0.038		0		1		0.057		
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.300		0		5		0.450		
Riboflavin	mg	0.200		0		5		0.300		
Niacin	mg	3.300		0		5		4.950		
Pantothenic acid	mg	0.078		0		4		0.117		
Vitamin B-6	mg	0.300		0		5		0.450		
Folate, total	mcg	67		0		5		101		
Folic acid	mcg	61		0	O	4		92		
Folate, food	mcg	6		0	NC	4		9		
Folate, DFE	mcg_DFE	110		0	NC	4		165		
Vitamin B-12	mcg	0.00		0		4		0.00		
Vitamin A, IU	IU	834		0		5		1251		
Vitamin A, RAE	mcg_RAE	250		0	NC	4		376		
Retinol	mcg	250		0	NC	4		376		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.044		0		4		0.066		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.023		0		1		0.035		
Threonine	g	0.052		0		1		0.078		
Isoleucine	g	0.071		0		1		0.107		
Leucine	g	0.124		0		1		0.186		
Lysine	g	0.043		0		1		0.065		
Methionine	g	0.031		0		1		0.047		
Cystine	g	0.037		0		1		0.056		

NDB No. 08111
Cereals, CREAM OF WHEAT, mix'n eat, apple, banana and maple flavored, prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine.....g	0.088		0		1		0.132		
Tyrosine.....g	0.052		0		1		0.078		
Valine.....g	0.079		0		1		0.119		
Arginine.....g	0.073		0		1		0.110		
Histidine.....g	0.038		0		1		0.057		
Alanine.....g	0.058		0		1		0.087		
Aspartic acid.....g	0.079		0		1		0.119		
Glutamic acid.....g	0.600		0		1		0.900		
Glycine.....g	0.064		0		1		0.096		
Proline.....g	0.196		0		1		0.294		
Serine.....g	0.092		0		1		0.138		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 150g: 1 packet, prepared

Calories Factors: **Protein** 4.05 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08108
Cereals, CREAM OF WHEAT, mix'n eat, plain, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	10.70	0.094	31		1		3.00		
Energy	kcal	361		0	NC	4		101		
Energy	kj	1510				4		423		
Protein (N x 5.7)	g	9.70	0.074	31		1		2.72		
Total lipid (fat)	g	1.20	0.056	31		1		0.34		
Ash	g	2.80	0.072	31		1		0.78		
Carbohydrate, by difference	g	75.60		0	NC	4		21.17		
Fiber, total dietary	g	2.3		0		4		0.6		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	71		0		5		20		
Iron, Fe	mg	28.60		0		5		8.01		
Magnesium, Mg	mg	27		1		1		8		
Phosphorus, P	mg	71		0		5		20		
Potassium, K	mg	135		1		1		38		
Sodium, Na	mg	850		1		1		238		
Zinc, Zn	mg	0.85		1		1		0.24		
Copper, Cu	mg	0.144		1		1		0.040		
Manganese, Mn	mg									
Selenium, Se	mcg	20.0		0	BFZN	4		5.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	1.300		0		5		0.364		
Riboflavin	mg	0.900		0		5		0.252		
Niacin	mg	17.600		0		5		4.928		
Pantothenic acid	mg	0.462	0.027	4		1		0.129		
Vitamin B-6	mg	1.800		0		5		0.504		
Folate, total	mcg	353		0		5		99		
Folic acid	mcg	319		0	O	4		89		
Folate, food	mcg	34		0	NC	4		10		
Folate, DFE	mcg_DFE	576		0	NC	4		161		
Vitamin B-12	mcg	0.00		0		4		0.00		
Vitamin A, IU	IU	4409		0		5		1235		
Vitamin A, RAE	mcg_RAE	1324		0	NC	4		371		
Retinol	mcg	1324		0	NC	4		371		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.203		0		4		0.057		
4:0	g	0.000		0		4		0.000		
6:0	g	0.000		0		4		0.000		
8:0	g	0.000		0		4		0.000		
10:0	g	0.000		0		4		0.000		
12:0	g	0.000		0		4		0.000		
13:0	g									
14:0	g	0.001		0		4		0.000		
15:0	g									
16:0	g	0.190		0		4		0.053		
17:0	g									
18:0	g	0.012		0		4		0.003		
20:0	g									
22:0	g									
24:0	g									

NDB No. 08108
Cereals, CREAM OF WHEAT, mix'n eat, plain, dry

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.166		0		4		0.046		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		4		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.163		0		4		0.046		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.666		0		4		0.186		
18:2 undifferentiated.....g	0.596		0		4		0.167		
18:3 undifferentiated.....g	0.071		0		4		0.020		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.134		0		1		0.038		
Threonine.....g	0.306		0		1		0.086		
Isoleucine.....g	0.425		0		1		0.119		
Leucine.....g	0.735		0		1		0.206		
Lysine.....g	0.254		0		1		0.071		
Methionine.....g	0.180		0		1		0.050		
Cystine.....g	0.218		0		1		0.061		
Phenylalanine.....g	0.524		0		1		0.147		
Tyrosine.....g	0.309		0		1		0.087		
Valine.....g	0.471		0		1		0.132		
Arginine.....g	0.431		0		1		0.121		
Histidine.....g	0.223		0		1		0.062		
Alanine.....g	0.341		0		1		0.095		
Aspartic acid.....g	0.465		0		1		0.130		
Glutamic acid.....g	3.575		0		1		1.001		
Glycine.....g	0.377		0		1		0.106		
Proline.....g	1.177		0		1		0.330		
Serine.....g	0.546		0		1		0.153		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 packet

Calories Factors: **Protein** 4.05 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08109
Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	82.10		0		1		116.58		
Energy	kcal	72		0	NC	4		102		
Energy	kj	301				4		428		
Protein (N x 5.7)	g	1.90		0		1		2.70		
Total lipid (fat)	g	0.20		0		1		0.28		
Ash	g	0.60		0		1		0.85		
Carbohydrate, by difference	g	15.10		0	NC	4		21.44		
Fiber, total dietary	g	0.3		0		4		0.4		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	14		0		5		20		
Iron, Fe	mg	5.70		0		5		8.09		
Magnesium, Mg	mg	5		0		1		7		
Phosphorus, P	mg	14		0		5		20		
Potassium, K	mg	27		0		1		38		
Sodium, Na	mg	170		0		1		241		
Zinc, Zn	mg	0.17		0		1		0.24		
Copper, Cu	mg	0.029		0		1		0.041		
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.300		0		5		0.426		
Riboflavin	mg	0.200		0		5		0.284		
Niacin	mg	3.500		0		5		4.970		
Pantothenic acid	mg	0.092		0		1		0.131		
Vitamin B-6	mg	0.400		0		5		0.568		
Folate, total	mcg	71		0		5		101		
Folic acid	mcg	64		0	O	4		91		
Folate, food	mcg	7		0	NC	4		10		
Folate, DFE	mcg_DFE	116		0	NC	4		164		
Vitamin B-12	mcg	0.00		0		4		0.00		
Vitamin A, IU	IU	882		0		5		1252		
Vitamin A, RAE	mcg_RAE	265		0	NC	4		376		
Retinol	mcg	265		0	NC	4		376		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.034		0		4		0.048		
4:0	g	0.000		0		4		0.000		
6:0	g	0.000		0		4		0.000		
8:0	g	0.000		0		4		0.000		
10:0	g	0.000		0		4		0.000		
12:0	g	0.000		0		4		0.000		
13:0	g									
14:0	g	0.000		0		4		0.000		
15:0	g									
16:0	g	0.032		0		4		0.045		
17:0	g									
18:0	g	0.002		0		4		0.003		
20:0	g									
22:0	g									
24:0	g									

NDB No. 08109
Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.028		0		4		0.040		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		4		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.027		0		4		0.038		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.111		0		4		0.158		
18:2 undifferentiated.....g	0.099		0		4		0.141		
18:3 undifferentiated.....g	0.012		0		4		0.017		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.027		0		1		0.038		
Threonine.....g	0.061		0		1		0.087		
Isoleucine.....g	0.085		0		1		0.121		
Leucine.....g	0.147		0		1		0.209		
Lysine.....g	0.051		0		1		0.072		
Methionine.....g	0.036		0		1		0.051		
Cystine.....g	0.044		0		1		0.062		
Phenylalanine.....g	0.105		0		1		0.149		
Tyrosine.....g	0.062		0		1		0.088		
Valine.....g	0.095		0		1		0.135		
Arginine.....g	0.086		0		1		0.122		
Histidine.....g	0.044		0		1		0.062		
Alanine.....g	0.068		0		1		0.097		
Aspartic acid.....g	0.093		0		1		0.132		
Glutamic acid.....g	0.715		0		1		1.015		
Glycine.....g	0.075		0		1		0.107		
Proline.....g	0.236		0		1		0.335		
Serine.....g	0.109		0		1		0.155		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 142g: 1 packet, prepared

Calories Factors: **Protein** 4.05 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08170
Cereals, CREAM OF WHEAT, quick, cooked with water, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	86.60		0		1		206.97	155.01	
Energy	kcal	54		0	NC	4		129	97	
Energy	kj	226				4		540	404	
Protein (N x 5.7)	g	1.50		0		1		3.59	2.69	
Total lipid (fat)	g	0.20		0		1		0.48	0.36	
Ash	g	0.50		0		1		1.20	0.90	
Carbohydrate, by difference	g	11.20		0	NC	4		26.77	20.05	
Fiber, total dietary	g	0.5		0		4		1.2	0.9	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	21		0		5		50	38	
Iron, Fe	mg	4.30		0		5		10.28	7.70	
Magnesium, Mg	mg	5		0		1		12	9	
Phosphorus, P	mg	42		0		5		100	75	
Potassium, K	mg	19		0		1		45	34	
Sodium, Na	mg	194		0		1		464	347	
Zinc, Zn	mg	0.14		0		1		0.33	0.25	
Copper, Cu	mg	0.028		0		1		0.067	0.050	
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.100		0		5		0.239	0.179	
Riboflavin	mg	0.000		0		5		0.000	0.000	
Niacin	mg	0.600		0		5		1.434	1.074	
Pantothenic acid	mg	0.071		0		1		0.170	0.127	
Vitamin B-6	mg	0.012		0		4		0.029	0.021	
Folate, total	mcg	45		0	BFSN	4		108	81	
Folic acid	mcg	41		0	NC	4		98	73	
Folate, food	mcg	4		0		1		10	7	
Folate, DFE	mcg_DFE	74		0	NC	4		176	132	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	0		0		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.031		0		4		0.074	0.055	
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.021		0		1		0.050	0.038	
Threonine	g	0.048		0		1		0.115	0.086	
Isoleucine	g	0.067		0		1		0.160	0.120	
Leucine	g	0.115		0		1		0.275	0.206	
Lysine	g	0.039		0		1		0.093	0.070	
Methionine	g	0.028		0		1		0.067	0.050	
Cystine	g	0.034		0		1		0.081	0.061	

NDB No. 08170
Cereals, CREAM OF WHEAT, quick, cooked with water, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine.....g	0.082		0		1		0.196	0.147	
Tyrosine.....g	0.048		0		1		0.115	0.086	
Valine.....g	0.074		0		1		0.177	0.132	
Arginine.....g	0.066		0		1		0.158	0.118	
Histidine.....g	0.035		0		1		0.084	0.063	
Alanine.....g	0.053		0		1		0.127	0.095	
Aspartic acid.....g	0.072		0		1		0.172	0.129	
Glutamic acid.....g	0.566		0		1		1.353	1.013	
Glycine.....g	0.059		0		1		0.141	0.106	
Proline.....g	0.186		0		1		0.445	0.333	
Serine.....g	0.086		0		1		0.206	0.154	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 239g: 1 cup

Measure 2 = 179g: .75 cup

Calories Factors: **Protein** 4.05 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08105
Cereals, CREAM OF WHEAT, quick, cooked with water, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	86.60		0		1		206.97	12.90	155.01
Energy	kcal	54		0	NC	4		129	8	97
Energy	kj	226				4		540	34	404
Protein (N x 5.7)	g	1.50		0		1		3.59	0.22	2.69
Total lipid (fat)	g	0.20		0		1		0.48	0.03	0.36
Ash	g	0.50		0		1		1.20	0.07	0.90
Carbohydrate, by difference	g	11.20		0	NC	4		26.77	1.67	20.05
Fiber, total dietary	g	0.5		0		1		1.2	0.1	0.9
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	21		0		5		50	3	38
Iron, Fe	mg	4.30		0		5		10.28	0.64	7.70
Magnesium, Mg	mg	5		0		1		12	1	9
Phosphorus, P	mg	42		0		5		100	6	75
Potassium, K	mg	19		0		1		45	3	34
Sodium, Na	mg	58		0		1		139	9	104
Zinc, Zn	mg	0.14		0		1		0.33	0.02	0.25
Copper, Cu	mg	0.028		0		1		0.067	0.004	0.050
Manganese, Mn	mg									
Selenium, Se	mcg	12.8		1	A	1		30.6	1.9	22.9
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.100		0		5		0.239	0.015	0.179
Riboflavin	mg	0.000		0		5		0.000	0.000	0.000
Niacin	mg	0.600		0		5		1.434	0.089	1.074
Pantothenic acid	mg	0.071		0		1		0.170	0.011	0.127
Vitamin B-6	mg	0.012		0		4		0.029	0.002	0.021
Folate, total	mcg	45		0	BFSN	4		108	7	81
Folic acid	mcg	41		0	NC	4		98	6	73
Folate, food	mcg	4		0		1		10	1	7
Folate, DFE	mcg_DFE	74		0	NC	4		176	11	132
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, IU	IU	0		0		4		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.034		0		4		0.081	0.005	0.061
4:0	g	0.000		0		4		0.000	0.000	0.000
6:0	g	0.000		0		4		0.000	0.000	0.000
8:0	g	0.000		0		4		0.000	0.000	0.000
10:0	g	0.000		0		4		0.000	0.000	0.000
12:0	g	0.000		0		4		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0		4		0.000	0.000	0.000
15:0	g									
16:0	g	0.032		0		4		0.076	0.005	0.057
17:0	g									
18:0	g	0.002		0		4		0.005	0.000	0.004
20:0	g									
22:0	g									
24:0	g									

NDB No. 08105
Cereals, CREAM OF WHEAT, quick, cooked with water, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.027		0		4		0.065	0.004	0.048
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		4		0.002	0.000	0.002
17:1.....g									
18:1 undifferentiated.....g	0.027		0		4		0.065	0.004	0.048
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.110		0		4		0.263	0.016	0.197
18:2 undifferentiated.....g	0.099		0		4		0.237	0.015	0.177
18:3 undifferentiated.....g	0.012		0		4		0.029	0.002	0.021
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.021		0		1		0.050	0.003	0.038
Threonine.....g	0.048		0		1		0.115	0.007	0.086
Isoleucine.....g	0.067		0		1		0.160	0.010	0.120
Leucine.....g	0.115		0		1		0.275	0.017	0.206
Lysine.....g	0.039		0		1		0.093	0.006	0.070
Methionine.....g	0.028		0		1		0.067	0.004	0.050
Cystine.....g	0.034		0		1		0.081	0.005	0.061
Phenylalanine.....g	0.082		0		1		0.196	0.012	0.147
Tyrosine.....g	0.048		0		1		0.115	0.007	0.086
Valine.....g	0.074		0		1		0.177	0.011	0.132
Arginine.....g	0.066		0		1		0.158	0.010	0.118
Histidine.....g	0.035		0		1		0.084	0.005	0.063
Alanine.....g	0.053		0		1		0.127	0.008	0.095
Aspartic acid.....g	0.072		0		1		0.172	0.011	0.129
Glutamic acid.....g	0.566		0		1		1.353	0.084	1.013
Glycine.....g	0.059		0		1		0.141	0.009	0.106
Proline.....g	0.186		0		1		0.445	0.028	0.333
Serine.....g	0.086		0		1		0.206	0.013	0.154
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 239g: 1 cup

Measure 2 = 14.9g: 1 tbsp

Measure 3 = 179g: .75 cup

Calories Factors: Protein 4.05 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08104
Cereals, CREAM OF WHEAT, quick, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	10.40	0.212	26		1		18.30	1.14	
Energy	kcal	361		0	NC	4		635	40	
Energy	kj	1510				4		2658	166	
Protein (N x 5.7)	g	10.20	0.142	26		1		17.95	1.12	
Total lipid (fat)	g	1.30	0.062	24		1		2.29	0.14	
Ash	g	3.20	0.130	26		1		5.63	0.35	
Carbohydrate, by difference	g	75.00		0	NC	4		132.00	8.25	
Fiber, total dietary	g	2.8		2		1		4.8	0.3	
Sugars, total	g	0.40		0	NR	4		0.70	0.04	
Sucrose	g	0.40		1		1		0.70	0.04	
Glucose (dextrose)	g									
Fructose	g									
Lactose	g									
Maltose	g									
Galactose	g									
Starch	g									
Minerals:										
* Calcium, Ca	mg	303		1	LC	8		533	33	
* Iron, Fe	mg	28.60		0		5		50.34	3.15	
Magnesium, Mg	mg	33		1		1		58	4	
Phosphorus, P	mg	282		0		5		496	31	
Potassium, K	mg	130		1		1		229	14	
Sodium, Na	mg	391	75.593	3		1		688	43	
Zinc, Zn	mg	0.97		1		1		1.71	0.11	
Copper, Cu	mg	0.185		1		1		0.326	0.020	
Manganese, Mn	mg									
Selenium, Se	mcg	20.0		0	BFZN	4		35.2	2.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
* Thiamin	mg	0.500		0		5		0.880	0.055	
* Riboflavin	mg	0.200		0		5		0.352	0.022	
* Niacin	mg	4.200		0		5		7.392	0.462	
Pantothenic acid	mg	0.474	0.014	4		1		0.834	0.052	
Vitamin B-6	mg	0.091		0		4		0.160	0.010	
* Folate, total	mcg	121		0	LC	8		213	13	
Folic acid	mcg	87		0	NC	4		153	10	
Folate, food	mcg	34	4.850	4		1		60	4	
Folate, DFE	mcg_DFE	182		0	NC	4		320	20	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	0		0	FLM	4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	FLM	4		0	0	
Retinol	mcg	0		0	FLM	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.11		0	NR	4		0.19	0.01	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.5		0	FLM	4		0.9	0.1	
Lipids:										
Fatty acids, total saturated	g	0.207		0	FLM	4		0.364	0.023	
4:0	g	0.000		0	FLM	4		0.000	0.000	
6:0	g	0.000		0	FLM	4		0.000	0.000	
8:0	g	0.000		0	FLM	4		0.000	0.000	
10:0	g	0.000		0	FLM	4		0.000	0.000	
12:0	g	0.000		0	FLM	4		0.000	0.000	
13:0	g									
14:0	g	0.001		0	FLM	4		0.001	0.000	
15:0	g									

NDB No. 08104
Cereals, CREAM OF WHEAT, quick, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0 ... g	0.193		0	FLM	4		0.339	0.021	
17:0 ... g									
18:0 ... g	0.013		0	FLM	4		0.023	0.001	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.178		0	FLM	4		0.313	0.020	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.004		0	FLM	4		0.007	0.000	
17:1 ... g									
18:1 undifferentiated ... g	0.174		0	FLM	4		0.306	0.019	
20:1 ... g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.718		0	FLM	4		1.264	0.079	
18:2 undifferentiated ... g	0.642		0	FLM	4		1.130	0.071	
18:3 undifferentiated ... g	0.076		0	FLM	4		0.133	0.008	
18:4 ... g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3 ... g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3 ... g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3 ... g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	Z	7		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.140		0		1		0.246	0.015	
Threonine ... g	0.323		0		1		0.568	0.036	
Isoleucine ... g	0.448		0		1		0.788	0.049	
Leucine ... g	0.774		0		1		1.362	0.085	
Lysine ... g	0.265		0		1		0.466	0.029	
Methionine ... g	0.190		0		1		0.334	0.021	
Cystine ... g	0.230		0		1		0.405	0.025	
Phenylalanine ... g	0.552		0		1		0.972	0.061	
Tyrosine ... g	0.324		0		1		0.570	0.036	
Valine ... g	0.496		0		1		0.873	0.055	
Arginine ... g	0.444		0		1		0.781	0.049	
Histidine ... g	0.235		0		1		0.414	0.026	
Alanine ... g	0.359		0		1		0.632	0.039	
Aspartic acid ... g	0.485		0		1		0.854	0.053	
Glutamic acid ... g	3.797		0		1		6.683	0.418	
Glycine ... g	0.396		0		1		0.697	0.044	
Proline ... g	1.250		0		1		2.200	0.138	
Serine ... g	0.576		0		1		1.014	0.063	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg	0		0	FLM	4		0	0	
Theobromine ... mg	0		0	FLM	4		0	0	
Carotenoids:									
Carotene, beta ... mcg	0		0	FLM	4		0.000	0.000	
Carotene, alpha ... mcg	0		0	FLM	4		0.000	0.000	
Cryptoxanthin, beta ... mcg	0		0	FLM	4		0.000	0.000	
Lycopene ... mcg	0		0	FLM	4		0.000	0.000	
Lutein + zeaxanthin ... mcg	16		0	FLM	4		28.198	1.762	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 08104
Cereals, CREAM OF WHEAT, quick, dry

Common Measures:

Measure 1 = 176g: 1 cup

Measure 2 = 11.0g: 1 tbsp

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 4.05 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	87.10		0	BFZN	4		218.62	163.75	
Energy	kcal	50		0	BFZN	4		127	95	
Energy	kj	211		0	BFZN	4		529	397	
Protein (N x 5.7)	g	1.46		0	BFZN	4		3.66	2.74	
Total lipid (fat)	g	0.19		0	BFZN	4		0.47	0.35	
Ash	g	0.54		0	BFZN	4		1.36	1.02	
Carbohydrate, by difference	g	10.73		0	BFZN	4		26.92	20.17	
Fiber, total dietary	g	0.4		0	BFZN	4		1.0	0.7	
Sugars, total	g	0.06		0	BFZN	4		0.14	0.11	
Sucrose	g	0.06		0	BFZN	4		0.14	0.11	
Glucose (dextrose)	g									
Fructose	g									
Lactose	g									
Maltose	g									
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	45		0	BFZN	4		114	85	
Iron, Fe	mg	3.89		0	BFZN	4		9.76	7.31	
Magnesium, Mg	mg	5		0	BFZN	4		13	10	
Phosphorus, P	mg	38		0	BFZN	4		96	72	
Potassium, K	mg	18		0	BFZN	4		45	33	
Sodium, Na	mg	134		0		1		336	252	
Zinc, Zn	mg	0.14		0	BFZN	4		0.36	0.27	
Copper, Cu	mg	0.031		0	BFZN	4		0.078	0.058	
Manganese, Mn	mg	0.000		0	BFZN	4		0.001	0.001	
Selenium, Se	mcg	2.9		0	BFZN	4		7.2	5.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	BFZN	4		0.0	0.0	
Thiamin	mg	0.057		0	BFZN	4		0.144	0.108	
Riboflavin	mg	0.026		0	BFZN	4		0.065	0.048	
Niacin	mg	0.541		0	BFZN	4		1.357	1.016	
Pantothenic acid	mg	0.068		0	BFZN	4		0.170	0.127	
Vitamin B-6	mg	0.012		0	BFZN	4		0.029	0.022	
Folate, total	mcg	12		0	BFZN	4		30	23	
Folic acid	mcg	9		0	BFZN	4		22	16	
Folate, food	mcg	3		0	BFZN	4		9	6	
Folate, DFE	mcg_DFE	18		0	NC	4		46	34	
Vitamin B-12	mcg	0.00		0	BFZN	4		0.00	0.00	
Vitamin A, IU	IU	0		0	BFZN	4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	BFZN	4		0	0	
Retinol	mcg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.02		0	BFZN	4		0.04	0.03	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.1		0	BFZN	4		0.2	0.1	
Lipids:										
Fatty acids, total saturated	g	0.030		0	BFZN	4		0.074	0.056	
4:0	g	0.000		0	BFZN	4		0.000	0.000	
6:0	g	0.000		0	BFZN	4		0.000	0.000	
8:0	g	0.000		0	BFZN	4		0.000	0.000	
10:0	g	0.000		0	BFZN	4		0.000	0.000	
12:0	g	0.000		0	BFZN	4		0.000	0.000	
13:0	g									
14:0	g	0.000		0	BFZN	4		0.000	0.000	
15:0	g									

NDB No. 08169
Cereals, CREAM OF WHEAT, regular, cooked with water, with salt, (wheat)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:0....g	0.028		0	BFZN	4		0.069	0.052	
17:0....g									
18:0....g	0.002		0	BFZN	4		0.005	0.004	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.025		0	BFZN	4		0.064	0.048	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0	BFZN	4		0.001	0.001	
17:1....g									
18:1 undifferentiated....g	0.025		0	BFZN	4		0.062	0.047	
20:1....g	0.000		0	BFZN	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.103		0	BFZN	4		0.258	0.193	
18:2 undifferentiated....g	0.092		0	BFZN	4		0.231	0.173	
18:3 undifferentiated....g	0.011		0	BFZN	4		0.027	0.020	
18:4....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3....g	0.000		0	BFZN	4		0.000	0.000	
22:5 n-3....g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3....g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	BFZN	4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.020		0	BFZN	4		0.050	0.038	
Threonine....g	0.046		0	BFZN	4		0.116	0.087	
Isoleucine....g	0.064		0	BFZN	4		0.161	0.120	
Leucine....g	0.111		0	BFZN	4		0.278	0.208	
Lysine....g	0.038		0	BFZN	4		0.095	0.071	
Methionine....g	0.027		0	BFZN	4		0.068	0.051	
Cystine....g	0.033		0	BFZN	4		0.083	0.062	
Phenylalanine....g	0.079		0	BFZN	4		0.198	0.148	
Tyrosine....g	0.046		0	BFZN	4		0.116	0.087	
Valine....g	0.071		0	BFZN	4		0.178	0.133	
Arginine....g	0.064		0	BFZN	4		0.159	0.119	
Histidine....g	0.034		0	BFZN	4		0.084	0.063	
Alanine....g	0.051		0	BFZN	4		0.129	0.097	
Aspartic acid....g	0.069		0	BFZN	4		0.174	0.130	
Glutamic acid....g	0.543		0	BFZN	4		1.363	1.021	
Glycine....g	0.057		0	BFZN	4		0.142	0.106	
Proline....g	0.179		0	BFZN	4		0.449	0.336	
Serine....g	0.082		0	BFZN	4		0.207	0.155	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine....mg	0		0	BFZN	4		0	0	
Theobromine....mg	0		0	BFZN	4		0	0	
Carotenoids:									
Carotene, beta....mcg	0		0	BFZN	4		0.000	0.000	
Carotene, alpha....mcg	0		0	BFZN	4		0.000	0.000	
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0.000	0.000	
Lycopene....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin....mcg	2		0	BFZN	4		5.176	3.877	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 08169

Cereals, CREAM OF WHEAT, regular, cooked with water, with salt, (wheat)

Common Measures:

Measure 1 = 251g: 1 cup

Measure 2 = 188g: .75 cup

Calories Factors: **Protein** 4.05 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08103
Cereals, CREAM OF WHEAT, regular, cooked with water, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	87.10		0	FLA	4		218.62	13.94	163.75
Energy	kcal	50		0	FLA	4		127	8	95
Energy	kj	211		0	FLA	4		529	34	397
Protein (N x 5.7)	g	1.46		0	FLA	4		3.66	0.23	2.74
Total lipid (fat)	g	0.19		0	FLA	4		0.47	0.03	0.35
Ash	g	0.54		0	FLA	4		1.36	0.09	1.02
Carbohydrate, by difference	g	10.73		0	FLA	4		26.92	1.72	20.17
Fiber, total dietary	g	0.4		0	FLA	4		1.0	0.1	0.7
Sugars, total	g	0.06		0	FLA	4		0.14	0.01	0.11
Sucrose	g	0.06		0	FLA	4		0.14	0.01	0.11
Glucose (dextrose)	g									
Fructose	g									
Lactose	g									
Maltose	g									
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	45		0	FLA	4		114	7	85
Iron, Fe	mg	3.89		0	FLA	4		9.76	0.62	7.31
Magnesium, Mg	mg	5		0	FLA	4		13	1	10
Phosphorus, P	mg	38		0	FLA	4		96	6	72
Potassium, K	mg	18		0	FLA	4		45	3	33
Sodium, Na	mg	58		0	FLA	4		145	9	109
Zinc, Zn	mg	0.14		0	FLA	4		0.36	0.02	0.27
Copper, Cu	mg	0.031		0	FLA	4		0.078	0.005	0.058
Manganese, Mn	mg	0.000		0	FLA	4		0.001	0.000	0.001
Selenium, Se	mcg	2.9		0	FLA	4		7.2	0.5	5.4
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	FLA	4		0.0	0.0	0.0
Thiamin	mg	0.057		0	FLA	4		0.144	0.009	0.108
Riboflavin	mg	0.026		0	FLA	4		0.065	0.004	0.048
Niacin	mg	0.541		0	FLA	4		1.357	0.086	1.016
Pantothenic acid	mg	0.068		0	FLA	4		0.170	0.011	0.127
Vitamin B-6	mg	0.012		0	FLA	4		0.029	0.002	0.022
Folate, total	mcg	12		0	FLA	4		30	2	23
Folic acid	mcg	9		0	FLA	4		22	1	16
Folate, food	mcg	3		0	FLA	4		9	1	6
Folate, DFE	mcg_DFE	18		0	NC	4		46	3	34
Vitamin B-12	mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, IU	IU	0		0	FLA	4		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	FLA	4		0	0	0
Retinol	mcg	0		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.02		0	FLA	4		0.04	0.00	0.03
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.1		0	FLA	4		0.2	0.0	0.1
Lipids:										
Fatty acids, total saturated	g	0.030		0	FLA	4		0.074	0.005	0.056
4:0	g	0.000		0	FLA	4		0.000	0.000	0.000
6:0	g	0.000		0	FLA	4		0.000	0.000	0.000
8:0	g	0.000		0	FLA	4		0.000	0.000	0.000
10:0	g	0.000		0	FLA	4		0.000	0.000	0.000
12:0	g	0.000		0	FLA	4		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0	FLA	4		0.000	0.000	0.000
15:0	g									

NDB No. 08103
Cereals, CREAM OF WHEAT, regular, cooked with water, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0 g	0.028		0	FLA	4		0.069	0.004	0.052
17:0 g									
18:0 g	0.002		0	FLA	4		0.005	0.000	0.004
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.025		0	FLA	4		0.064	0.004	0.048
14:1 g									
15:1 g									
16:1 undifferentiated g	0.001		0	FLA	4		0.001	0.000	0.001
17:1 g									
18:1 undifferentiated g	0.025		0	FLA	4		0.062	0.004	0.047
20:1 g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.103		0	FLA	4		0.258	0.016	0.193
18:2 undifferentiated g	0.092		0	FLA	4		0.231	0.015	0.173
18:3 undifferentiated g	0.011		0	FLA	4		0.027	0.002	0.020
18:4 g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0	FLA	4		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.020		0	FLA	4		0.050	0.003	0.038
Threonine g	0.046		0	FLA	4		0.116	0.007	0.087
Isoleucine g	0.064		0	FLA	4		0.161	0.010	0.120
Leucine g	0.111		0	FLA	4		0.278	0.018	0.208
Lysine g	0.038		0	FLA	4		0.095	0.006	0.071
Methionine g	0.027		0	FLA	4		0.068	0.004	0.051
Cystine g	0.033		0	FLA	4		0.083	0.005	0.062
Phenylalanine g	0.079		0	FLA	4		0.198	0.013	0.148
Tyrosine g	0.046		0	FLA	4		0.116	0.007	0.087
Valine g	0.071		0	FLA	4		0.178	0.011	0.133
Arginine g	0.064		0	FLA	4		0.159	0.010	0.119
Histidine g	0.034		0	FLA	4		0.084	0.005	0.063
Alanine g	0.051		0	FLA	4		0.129	0.008	0.097
Aspartic acid g	0.069		0	FLA	4		0.174	0.011	0.130
Glutamic acid g	0.543		0	FLA	4		1.363	0.087	1.021
Glycine g	0.057		0	FLA	4		0.142	0.009	0.106
Proline g	0.179		0	FLA	4		0.449	0.029	0.336
Serine g	0.082		0	FLA	4		0.207	0.013	0.155
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine mg	0		0	FLA	4		0	0	0
Theobromine mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta mcg	0		0	FLA	4		0.000	0.000	0.000
Carotene, alpha mcg	0		0	FLA	4		0.000	0.000	0.000
Cryptoxanthin, beta mcg	0		0	FLA	4		0.000	0.000	0.000
Lycopene mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin mcg	2		0	FLA	4		5.176	0.330	3.877

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 08103

Cereals, CREAM OF WHEAT, regular, cooked with water, without salt

Common Measures:

Measure 1 = 251g: 1 cup

Measure 2 = 16g: 1 tbsp

Measure 3 = 188g: .75 cup

Calories Factors: **Protein** 4.05 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08102
Cereals, CREAM OF WHEAT, regular, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	10.90	0.183	23		1		18.86	1.16	
Energy	kcal	370		0	NC	4		640	39	
Energy	kj	1548				4		2678	164	
Protein (N x 5.7)	g	10.50	0.075	23		1		18.17	1.11	
Total lipid (fat)	g	1.50	0.066	22		1		2.60	0.16	
Ash	g	0.60	0.019	23		1		1.04	0.06	
Carbohydrate, by difference	g	76.50		0	NC	4		132.35	8.11	
Fiber, total dietary	g	3.8		2		1		6.5	0.4	
Sugars, total	g	0.20		0	NR	4		0.35	0.02	
Sucrose	g	0.20		1		1		0.35	0.02	
Glucose (dextrose)	g									
Fructose	g									
Lactose	g									
Maltose	g									
Galactose	g									
Starch	g									
Minerals:										
* Calcium, Ca	mg	303		1	LC	8		524	32	
* Iron, Fe	mg	28.60		0		5		49.48	3.03	
Magnesium, Mg	mg	27		1		1		47	3	
Phosphorus, P	mg	115	2.887	3		1		199	12	
Potassium, K	mg	120		1		1		208	13	
Sodium, Na	mg	7		1		1		12	1	
Zinc, Zn	mg	0.88		1		1		1.52	0.09	
Copper, Cu	mg	0.206		1		1		0.356	0.022	
Manganese, Mn	mg									
Selenium, Se	mcg	20.0		3		1		34.6	2.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
* Thiamin	mg	0.500		0		5		0.865	0.053	
* Riboflavin	mg	0.200		0		5		0.346	0.021	
* Niacin	mg	4.200		0		5		7.266	0.445	
Pantothenic acid	mg	0.518	0.017	4		1		0.896	0.055	
Vitamin B-6	mg	0.108		0		4		0.187	0.011	
* Folate, total	mcg	121		0	LC	8		209	13	
Folic acid	mcg	87		0	NC	4		151	9	
Folate, food	mcg	34	4.850	4		1		59	4	
Folate, DFE	mcg_DFE	182		0	NC	4		315	19	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	0		0	FLA	4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	FLA	4		0	0	
Retinol	mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.11		0	NR	4		0.19	0.01	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.5		0	FLA	4		0.9	0.1	
Lipids:										
Fatty acids, total saturated	g	0.238		0	FLA	4		0.411	0.025	
4:0	g	0.000		0	FLA	4		0.000	0.000	
6:0	g	0.000		0	FLA	4		0.000	0.000	
8:0	g	0.000		0	FLA	4		0.000	0.000	
10:0	g	0.000		0	FLA	4		0.000	0.000	
12:0	g	0.000		0	FLA	4		0.000	0.000	
13:0	g									
14:0	g	0.001		0	FLA	4		0.002	0.000	
15:0	g									

NDB No. 08102
Cereals, CREAM OF WHEAT, regular, dry

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:0....g	0.223		0	FLA	4		0.385	0.024	
17:0....g									
18:0....g	0.014		0	FLA	4		0.024	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.205		0	FLA	4		0.355	0.022	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.005		0	FLA	4		0.008	0.001	
17:1....g									
18:1 undifferentiated....g	0.200		0	FLA	4		0.346	0.021	
20:1....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.829		0	FLA	4		1.434	0.088	
18:2 undifferentiated....g	0.741		0	FLA	4		1.282	0.079	
18:3 undifferentiated....g	0.088		0	FLA	4		0.153	0.009	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.145		0		1		0.251	0.015	
Threonine....g	0.330		0		1		0.571	0.035	
Isoleucine....g	0.461		0		1		0.798	0.049	
Leucine....g	0.796		0		1		1.377	0.084	
Lysine....g	0.271		0		1		0.469	0.029	
Methionine....g	0.196		0		1		0.339	0.021	
Cystine....g	0.237		0		1		0.410	0.025	
Phenylalanine....g	0.568		0		1		0.983	0.060	
Tyrosine....g	0.334		0		1		0.578	0.035	
Valine....g	0.510		0		1		0.882	0.054	
Arginine....g	0.455		0		1		0.787	0.048	
Histidine....g	0.242		0		1		0.419	0.026	
Alanine....g	0.367		0		1		0.635	0.039	
Aspartic acid....g	0.495		0		1		0.856	0.052	
Glutamic acid....g	3.903		0		1		6.752	0.414	
Glycine....g	0.406		0		1		0.702	0.043	
Proline....g	1.285		0		1		2.223	0.136	
Serine....g	0.593		0		1		1.026	0.063	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta....mcg	0		0	FLA	4		0.000	0.000	
Carotene, alpha....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta....mcg	0		0	FLA	4		0.000	0.000	
Lycopene....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin....mcg	16		0	FLA	4		27.943	1.712	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 08102
Cereals, CREAM OF WHEAT, regular, dry

Common Measures:

Measure 1 = 173g: 1 cup

Measure 2 = 10.6g: 1 tbsp

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 4.05 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08177
Cereals, MALT-O-MEAL, chocolate, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	10.30	0.472	10		1		17.00	1.06	
Energy	kcal	368		0	NC	4		607	38	
Energy	kj	1540				4		2541	159	
Protein (N x 5.7)	g	10.50	0.271	10		1		17.33	1.08	
Total lipid (fat)	g	0.90	0.045	10		1		1.49	0.09	
Ash	g	0.60	0.038	10		1		0.99	0.06	
Carbohydrate, by difference	g	77.70		0	NC	4		128.21	8.00	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	14		0		1		23	1	
Iron, Fe	mg	28.60		0		5		47.19	2.95	
Magnesium, Mg	mg	13		0		4		21	1	
Phosphorus, P	mg	71		0		5		117	7	
Potassium, K	mg	94		0		4		155	10	
Sodium, Na	mg	10		0		1		17	1	
Zinc, Zn	mg	0.53		0		1		0.87	0.05	
Copper, Cu	mg	0.079		0		1		0.130	0.008	
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	1.300		0		5		2.145	0.134	
Riboflavin	mg	0.900		0		5		1.485	0.093	
Niacin	mg	17.600		0		5		29.040	1.813	
Pantothenic acid	mg	0.416		0		1		0.686	0.043	
Vitamin B-6	mg	0.058		0		1		0.096	0.006	
Folate, total	mcg	24		0		1		40	2	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	24		0		1		40	2	
Folate, DFE	mcg_DFE	24		0	NC	4		40	2	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	0		0		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0	0	
Phytosterols	mg									
Others:										
Alcohol, ethyl	g									
Caffeine	mg	3		0	CAZN	4		5	0	
Theobromine	mg	97		0	CAZN	4		160	10	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 08177
Cereals, MALT-O-MEAL, chocolate, dry

Common Measures:

Measure 1 = 165g: 1 cup

Measure 2 = 10.3g: 1 tbsp

Calories Factors: **Protein** 4 **Fat** 8.37 **Carbohydrate** 4.1

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08178
Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	87.60		0		1		210.24	157.68	
Energy	kcal	51		0	NC	4		122	92	
Energy	kj	213				4		512	384	
Protein (N x 5.7)	g	1.50		0		1		3.60	2.70	
Total lipid (fat)	g	0.10		0		1		0.24	0.18	
Ash	g	0.20		0		1		0.48	0.36	
Carbohydrate, by difference	g	10.80		0	NC	4		25.92	19.44	
Fiber, total dietary	g	0.4		0		4		1.0	0.7	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	2		0		1		5	4	
Iron, Fe	mg	4.00		0		5		9.60	7.20	
Magnesium, Mg	mg	2		0		4		5	4	
Phosphorus, P	mg	10		0		5		24	18	
Potassium, K	mg	13		0		4		31	23	
Sodium, Na	mg	135		0		1		324	243	
Zinc, Zn	mg	0.07		0		1		0.17	0.13	
Copper, Cu	mg	0.011		0		1		0.026	0.020	
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.200		0		5		0.480	0.360	
Riboflavin	mg	0.100		0		5		0.240	0.180	
Niacin	mg	2.400		0		5		5.760	4.320	
Pantothenic acid	mg	0.058		0		1		0.139	0.104	
Vitamin B-6	mg	0.008		0		1		0.019	0.014	
Folate, total	mcg	2		0		1		5	4	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	2		0		1		5	4	
Folate, DFE	mcg_DFE	2		0	NC	4		5	4	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	0		0		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.020		0		4		0.048	0.036	
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0	0	
Phytosterols	mg									
Others:										
Alcohol, ethyl	g									
Caffeine	mg	1		0	BFSN	4		2	2	
Theobromine	mg	7		0	BFSN	4		17	13	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 08178

Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, with salt

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 180g: .75 cup

Calories Factors: **Protein** 4 **Fat** 8.37 **Carbohydrate** 4.1

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08117

Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	87.60		0		1		210.24	13.14	157.68
Energy	kcal	51		0	NC	4		122	8	92
Energy	kj	213				4		512	32	384
Protein (N x 5.7)	g	1.50		0		1		3.60	0.23	2.70
Total lipid (fat)	g	0.10		0		1		0.24	0.02	0.18
Ash	g	0.10		0		1		0.24	0.02	0.18
Carbohydrate, by difference	g	10.70		0	NC	4		25.68	1.61	19.26
Fiber, total dietary	g	0.4		0		4		1.0	0.1	0.7
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	2		0		1		5	0	4
Iron, Fe	mg	4.00		0		5		9.60	0.60	7.20
Magnesium, Mg	mg	2		0		4		5	0	4
Phosphorus, P	mg	10		0		5		24	2	18
Potassium, K	mg	13		0		4		31	2	23
Sodium, Na	mg	1		0		5		2	0	2
Zinc, Zn	mg	0.07		0		1		0.17	0.01	0.13
Copper, Cu	mg	0.011		0		1		0.026	0.002	0.020
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.200		0		5		0.480	0.030	0.360
Riboflavin	mg	0.100		0		5		0.240	0.015	0.180
Niacin	mg	2.400		0		5		5.760	0.360	4.320
Pantothenic acid	mg	0.058		0		1		0.139	0.009	0.104
Vitamin B-6	mg	0.008		0		1		0.019	0.001	0.014
Folate, total	mcg	2		0		1		5	0	4
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	2		0	NC	4		5	0	4
Folate, DFE	mcg_DFE	2		0	NC	4		5	0	4
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, IU	IU	0		0		4		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.042		0		4		0.101	0.006	0.076
4:0	g	0.000		0		4		0.000	0.000	0.000
6:0	g	0.000		0		4		0.000	0.000	0.000
8:0	g	0.000		0		4		0.000	0.000	0.000
10:0	g	0.000		0		4		0.000	0.000	0.000
12:0	g	0.000		0		4		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0		4		0.000	0.000	0.000
15:0	g									
16:0	g	0.021		0		4		0.050	0.003	0.038
17:0	g									
18:0	g	0.020		0		4		0.048	0.003	0.036
20:0	g									
22:0	g									
24:0	g									

NDB No. 08117

Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.025		0		4		0.060	0.004	0.045
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.025		0		4		0.060	0.004	0.045
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.016		0		4		0.038	0.002	0.029
18:2 undifferentiated.....g	0.015		0		4		0.036	0.002	0.027
18:3 undifferentiated.....g	0.001		0		4		0.002	0.000	0.002
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	1		0	BFSN	4		2	0	2
Theobromine.....mg	7		0	BFSN	4		17	1	13

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 15.0g: 1 tbsp

Measure 3 = 180g: .75 cup

Calories Factors: Protein 3.6 **Fat** 8.37 **Carbohydrate** 4.1

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08116
Cereals, MALT-O-MEAL, plain, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	10.30	0.472	10		1		17.00	1.06	
Energy	kcal	368		0	NC	4		607	38	
Energy	kj	1540				4		2541	159	
Protein (N x 5.7)	g	10.50	0.271	10		1		17.33	1.08	
Total lipid (fat)	g	0.90	0.045	10		1		1.49	0.09	
Ash	g	0.60	0.038	10		1		0.99	0.06	
Carbohydrate, by difference	g	77.70		0	NC	4		128.21	8.00	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	14		0		1		23	1	
Iron, Fe	mg	28.60		0		5		47.19	2.95	
Magnesium, Mg	mg	13		0		4		21	1	
Phosphorus, P	mg	71		0		5		117	7	
Potassium, K	mg	94		0		4		155	10	
Sodium, Na	mg	7		0		5		12	1	
Zinc, Zn	mg	0.53		0		1		0.87	0.05	
Copper, Cu	mg	0.079		0		1		0.130	0.008	
Manganese, Mn	mg									
Selenium, Se	mcg	23.5		0	BFZN	4		38.8	2.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	1.300		0		5		2.145	0.134	
Riboflavin	mg	0.900		0		5		1.485	0.093	
Niacin	mg	17.600		0		5		29.040	1.813	
Pantothenic acid	mg	0.416		0		1		0.686	0.043	
Vitamin B-6	mg	0.058		0		1		0.096	0.006	
Folate, total	mcg	24		0		1		40	2	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	24		0	NC	4		40	2	
Folate, DFE	mcg_DFE	24		0	NC	4		40	2	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	0		0		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0	0	
Phytosterols	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 165g: 1 cup

NDB No. 08116
Cereals, MALT-O-MEAL, plain, dry

Measure 2 = 10.3g: 1 tbsp

Calories Factors: Protein 3.6 **Fat** 8.37 **Carbohydrate** 4.1

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08176
Cereals, MALTEX, cooked with water, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	81.00		0	FLM	4		201.69	151.47	
Energy	kcal	76		0	FLM	4		190	143	
Energy	kj	319		0	FLM	4		795	597	
Protein (N x 5.83)	g	2.29		0	FLM	4		5.70	4.28	
Total lipid (fat)	g	0.43		0	FLM	4		1.07	0.80	
Ash	g	0.47		0	FLM	4		1.17	0.88	
Carbohydrate, by difference	g	15.81		0	FLM	4		39.37	29.57	
Fiber, total dietary	g	0.9		0	FLM	4		2.1	1.6	
Sugars, total	g	0.13		0	FLM	4		0.33	0.25	
Starch	g									
Minerals:										
Calcium, Ca	mg	9		0	FLM	4		23	17	
Iron, Fe	mg	0.72		0	FLM	4		1.79	1.35	
Magnesium, Mg	mg	23		0	FLM	4		58	43	
Phosphorus, P	mg	71		0	FLM	4		178	134	
Potassium, K	mg	107		0	FLM	4		266	200	
Sodium, Na	mg	76		0		1		189	142	
Zinc, Zn	mg	0.75		0	FLM	4		1.86	1.40	
Copper, Cu	mg	0.140		0	FLM	4		0.348	0.261	
Manganese, Mn	mg	0.000		0	FLM	4		0.001	0.001	
Selenium, Se	mcg	14.5		0	FLM	4		36.0	27.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	FLM	4		0.0	0.0	
Thiamin	mg	0.106		0	FLM	4		0.265	0.199	
Riboflavin	mg	0.041		0	FLM	4		0.102	0.077	
Niacin	mg	0.953		0	FLM	4		2.373	1.782	
Pantothenic acid	mg	0.140		0	FLM	4		0.348	0.261	
Vitamin B-6	mg	0.031		0	FLM	4		0.076	0.057	
Folate, total	mcg	12		0	FLM	4		29	22	
Folic acid	mcg	0		0	FLM	4		0	0	
Folate, food	mcg	12		0	FLM	4		29	22	
Folate, DFE	mcg_DFE	12		0	NC	4		29	22	
Vitamin B-12	mcg	0.00		0	FLM	4		0.00	0.00	
Vitamin A, IU	IU	0		0	FLM	4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	FLM	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.45		0	FLM	4		1.12	0.84	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.6		0	FLM	4		1.4	1.1	
Lipids:										
Fatty acids, total saturated	g	0.061		0	FLM	4		0.152	0.114	
4:0	g	0.000		0	FLM	4		0.000	0.000	
6:0	g	0.000		0	FLM	4		0.000	0.000	
8:0	g	0.001		0	FLM	4		0.003	0.002	
10:0	g	0.000		0	FLM	4		0.000	0.000	
12:0	g	0.000		0	FLM	4		0.000	0.000	
13:0	g									
14:0	g	0.000		0	FLM	4		0.001	0.001	
15:0	g									
16:0	g	0.057		0	FLM	4		0.142	0.107	
17:0	g									
18:0	g	0.002		0	FLM	4		0.006	0.004	
20:0	g									
22:0	g									
24:0	g									

NDB No. 08176
Cereals, MALTEX, cooked with water, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.046		0	FLM	4		0.115	0.087	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	FLM	4		0.004	0.003	
17:1.....g									
18:1 undifferentiated.....g	0.044		0	FLM	4		0.111	0.083	
20:1.....g	0.000		0	FLM	4		0.001	0.000	
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.155		0	FLM	4		0.386	0.290	
18:2 undifferentiated.....g	0.140		0	FLM	4		0.348	0.261	
18:3 undifferentiated.....g	0.015		0	FLM	4		0.038	0.028	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLM	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0	0.0	
Caffeine.....mg	0		0	FLM	4		0	0	
Theobromine.....mg	0		0	FLM	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLM	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	FLM	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000	0.000	
Lycopene.....mcg	0		0	FLM	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	34		0	FLM	4		85.098	63.909	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 249g: 1 cup

Measure 2 = 187g: .75 cup

Calories Factors: **Protein** 3.6 **Fat** 8.37 **Carbohydrate** 3.8

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08115
Cereals, MALTEX, cooked with water, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	81.00		0	FLC	4		201.69	12.96	151.47
Energy	kcal	76		0	FLC	4		190	12	143
Energy	kj	319		0	FLC	4		795	51	597
Protein (N x 5.83)	g	2.29		0	FLC	4		5.70	0.37	4.28
Total lipid (fat)	g	0.43		0	FLC	4		1.07	0.07	0.80
Ash	g	0.47		0	FLC	4		1.17	0.07	0.88
Carbohydrate, by difference	g	15.81		0	FLC	4		39.37	2.53	29.57
Fiber, total dietary	g	0.9		0	FLC	4		2.1	0.1	1.6
Sugars, total	g	0.13		0	FLC	4		0.33	0.02	0.25
Starch	g									
Minerals:										
Calcium, Ca	mg	9		0	FLC	4		23	1	17
Iron, Fe	mg	0.72		0	FLC	4		1.79	0.12	1.35
Magnesium, Mg	mg	23		0	FLC	4		58	4	43
Phosphorus, P	mg	71		0	FLC	4		178	11	134
Potassium, K	mg	107		0	FLC	4		266	17	200
Sodium, Na	mg	5		0	FLC	4		13	1	10
Zinc, Zn	mg	0.75		0	FLC	4		1.86	0.12	1.40
Copper, Cu	mg	0.140		0	FLC	4		0.348	0.022	0.261
Manganese, Mn	mg	0.000		0	FLC	4		0.001	0.000	0.001
Selenium, Se	mcg	14.5		0	FLC	4		36.0	2.3	27.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	FLC	4		0.0	0.0	0.0
Thiamin	mg	0.085		0	FLC	4		0.212	0.014	0.159
Riboflavin	mg	0.037		0	FLC	4		0.092	0.006	0.069
Niacin	mg	0.858		0	FLC	4		2.136	0.137	1.604
Pantothenic acid	mg	0.140		0	FLC	4		0.348	0.022	0.261
Vitamin B-6	mg	0.028		0	FLC	4		0.069	0.004	0.052
Folate, total	mcg	8		0	FLC	4		20	1	15
Folic acid	mcg	0		0	FLC	4		0	0	0
Folate, food	mcg	8		0	FLC	4		20	1	15
Folate, DFE	mcg_DFE	8		0	NC	4		20	1	15
Vitamin B-12	mcg	0.00		0	FLC	4		0.00	0.00	0.00
Vitamin A, IU	IU	0		0	FLC	4		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	FLC	4		0	0	0
Retinol	mcg	0		0	FLC	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.45		0	FLC	4		1.12	0.07	0.84
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.6		0	FLC	4		1.4	0.1	1.1
Lipids:										
Fatty acids, total saturated	g	0.069		0	FLC	4		0.172	0.011	0.129
4:0	g	0.000		0	FLC	4		0.000	0.000	0.000
6:0	g	0.000		0	FLC	4		0.000	0.000	0.000
8:0	g	0.001		0	FLC	4		0.003	0.000	0.003
10:0	g	0.000		0	FLC	4		0.000	0.000	0.000
12:0	g	0.000		0	FLC	4		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0	FLC	4		0.001	0.000	0.001
15:0	g									
16:0	g	0.065		0	FLC	4		0.161	0.010	0.121
17:0	g									
18:0	g	0.003		0	FLC	4		0.007	0.000	0.005
20:0	g									
22:0	g									
24:0	g									

NDB No. 08115
Cereals, MALTEX, cooked with water, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.050		0	FLC	4		0.125	0.008	0.094
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	FLC	4		0.004	0.000	0.003
17:1.....g									
18:1 undifferentiated.....g	0.048		0	FLC	4		0.120	0.008	0.090
20:1.....g	0.000		0	FLC	4		0.001	0.000	0.001
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.167		0	FLC	4		0.416	0.027	0.312
18:2 undifferentiated.....g	0.151		0	FLC	4		0.375	0.024	0.282
18:3 undifferentiated.....g	0.016		0	FLC	4		0.040	0.003	0.030
18:4.....g	0.000		0	FLC	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLC	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLC	4		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLC	4		0	0	0
Theobromine.....mg	0		0	FLC	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	FLC	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	31		0	FLC	4		76.588	4.921	57.518

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 249g: 1 cup

Measure 2 = 16g: 1 tbsp

Measure 3 = 187g: .75 cup

Calories Factors: Protein 3.6 **Fat** 8.37 **Carbohydrate** 3.8

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08114
Cereals, MALTEX, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	7.50		6		1		11.33	2.85	
Energy	kcal	352		0	NC	4		532	134	
Energy	kj	1473				4		2224	560	
Protein (N x 5.83)	g	11.20		6		1		16.91	4.26	
Total lipid (fat)	g	2.10		6		1		3.17	0.80	
Ash	g	1.90		6		1		2.87	0.72	
Carbohydrate, by difference	g	77.30		0	NC	4		116.72	29.37	
Fiber, total dietary	g	4.2		0		4		6.3	1.6	
Sugars, total	g	0.66		0	FLM	4		0.99	0.25	
Starch	g									
Minerals:										
Calcium, Ca	mg	36		6		1		54	14	
Iron, Fe	mg	3.50		6		1		5.29	1.33	
Magnesium, Mg	mg	111		6		1		168	42	
Phosphorus, P	mg	349		6		1		527	133	
Potassium, K	mg	521		6		1		787	198	
Sodium, Na	mg	17		6		1		26	6	
Zinc, Zn	mg	3.64		6		1		5.50	1.38	
Copper, Cu	mg	0.657		6		1		0.992	0.250	
Manganese, Mn	mg									
Selenium, Se	mcg	70.7		0	BFZN	4		106.8	26.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.520		6		1		0.785	0.198	
Riboflavin	mg	0.200		6		1		0.302	0.076	
Niacin	mg	4.660		6		1		7.037	1.771	
Pantothenic acid	mg	0.683		6		1		1.031	0.260	
Vitamin B-6	mg	0.150		6		1		0.227	0.057	
Folate, total	mcg	57		6		1		86	22	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	57		0	NC	4		86	22	
Folate, DFE	mcg_DFE	57		0	NC	4		86	22	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	0		0	Z	7		0	0	
Vitamin A, RAE	mcg_RAE	0		0	Z	7		0	0	
Retinol	mcg	0		0	FLM	4		0	0	
Vitamin E (alpha-tocopherol)	mg	2.19		0	FLM	4		3.31	0.83	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.8		0	FLM	4		4.3	1.1	
Lipids:										
Fatty acids, total saturated	g	0.321		0	FLM	4		0.484	0.122	
4:0	g	0.000		0	FLM	4		0.000	0.000	
6:0	g	0.000		0	FLM	4		0.000	0.000	
8:0	g	0.006		0	FLM	4		0.010	0.002	
10:0	g	0.000		0	FLM	4		0.000	0.000	
12:0	g	0.000		0	FLM	4		0.000	0.000	
13:0	g									
14:0	g	0.002		0	FLM	4		0.003	0.001	
15:0	g									
16:0	g	0.300		0	FLM	4		0.453	0.114	
17:0	g									
18:0	g	0.012		0	FLM	4		0.019	0.005	
20:0	g									
22:0	g									
24:0	g									

NDB No. 08114
Cereals, MALTEX, dry

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.243		0	FLM	4		0.367	0.092	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		0	FLM	4		0.013	0.003	
17:1.....g									
18:1 undifferentiated.....g	0.234		0	FLM	4		0.353	0.089	
20:1.....g	0.001		0	FLM	4		0.002	0.000	
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.813		0	FLM	4		1.228	0.309	
18:2 undifferentiated.....g	0.734		0	FLM	4		1.108	0.279	
18:3 undifferentiated.....g	0.079		0	FLM	4		0.120	0.030	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	FLM	4		0	0	
Theobromine.....mg	0		0	FLM	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	FLM	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000	0.000	
Lycopene.....mcg	0		0	FLM	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	167		0	FLM	4		252.289	63.490	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 151g: 1 cup

Measure 2 = 38g: .25 cup

Calories Factors: Protein 3.6 **Fat** 8.37 **Carbohydrate** 3.8

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08179
Cereals, MAYPO, cooked with water, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	82.70		0	FLM	4		198.48	148.86	
Energy	kcal	71		0	FLM	4		171	129	
Energy	kj	299		0	FLM	4		717	538	
Protein (N x 5.83)	g	2.43		0	FLM	4		5.82	4.37	
Total lipid (fat)	g	0.97		0	FLM	4		2.34	1.75	
Ash	g	0.67		0	FLM	4		1.61	1.21	
Carbohydrate, by difference	g	13.23		0	FLM	4		31.75	23.82	
Fiber, total dietary	g	2.0		0	FLM	4		4.8	3.6	
Sugars, total	g	6.26		0	FLM	4		15.02	11.26	
Starch	g									
Minerals:										
Calcium, Ca	mg	54		0	FLM	4		129	97	
Iron, Fe	mg	3.49		0	FLM	4		8.39	6.29	
Magnesium, Mg	mg	22		0	FLM	4		52	39	
Phosphorus, P	mg	103		0	FLM	4		248	186	
Potassium, K	mg	88		0	FLM	4		211	158	
Sodium, Na	mg	108		0		1		259	194	
Zinc, Zn	mg	0.62		0	FLM	4		1.49	1.11	
Copper, Cu	mg	0.072		0	FLM	4		0.172	0.129	
Manganese, Mn	mg	0.000		0	FLM	4		0.001	0.001	
Selenium, Se	mcg	7.7		0	FLM	4		18.4	13.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	11.8		0	FLM	4		28.2	21.2	
Thiamin	mg	0.294		0	FLM	4		0.706	0.529	
Riboflavin	mg	0.331		0	FLM	4		0.794	0.595	
Niacin	mg	3.896		0	FLM	4		9.350	7.012	
Pantothenic acid	mg	0.141		0	FLM	4		0.339	0.254	
Vitamin B-6	mg	0.386		0	FLM	4		0.926	0.695	
Folate, total	mcg	5		0	FLM	4		12	9	
Folic acid	mcg	0		0	FLM	4		0	0	
Folate, food	mcg	5		0	FLM	4		12	9	
Folate, DFE	mcg_DFE	5		0	NC	4		12	9	
Vitamin B-12	mcg	1.16		0	FLM	4		2.78	2.08	
Vitamin A, IU	IU	973		0	NC	4		2336	1752	
Vitamin A, RAE	mcg_RAE	292		0	NC	4		701	526	
Retinol	mcg	292		0	FLM	4		701	526	
Vitamin E (alpha-tocopherol)	mg	0.07		0	FLM	4		0.17	0.12	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.6		0	FLM	4		1.3	1.0	
Lipids:										
Fatty acids, total saturated	g	0.185		0	FLM	4		0.444	0.333	
4:0	g	0.000		0	FLM	4		0.000	0.000	
6:0	g	0.000		0	FLM	4		0.000	0.000	
8:0	g	0.000		0	FLM	4		0.000	0.000	
10:0	g	0.000		0	FLM	4		0.000	0.000	
12:0	g	0.003		0	FLM	4		0.008	0.006	
13:0	g									
14:0	g	0.002		0	FLM	4		0.004	0.003	
15:0	g									
16:0	g	0.170		0	FLM	4		0.408	0.306	
17:0	g									
18:0	g	0.010		0	FLM	4		0.025	0.018	
20:0	g									
22:0	g									
24:0	g									

NDB No. 08179
Cereals, MAYPO, cooked with water, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.255		0	FLM	4		0.611	0.458	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	FLM	4		0.004	0.003	
17:1.....g									
18:1 undifferentiated.....g	0.252		0	FLM	4		0.605	0.454	
20:1.....g	0.001		0	FLM	4		0.002	0.001	
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.212		0	FLM	4		0.510	0.382	
18:2 undifferentiated.....g	0.199		0	FLM	4		0.478	0.358	
18:3 undifferentiated.....g	0.013		0	FLM	4		0.032	0.024	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLM	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0	0.0	
Caffeine.....mg	0		0	FLM	4		0	0	
Theobromine.....mg	0		0	FLM	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLM	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	FLM	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000	0.000	
Lycopene.....mcg	0		0	FLM	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	23		0	FLM	4		54.559	40.919	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 180g: .75 cup

Calories Factors: **Protein** 3.46 **Fat** 8.37 **Carbohydrate** 4.1

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08119
Cereals, MAYPO, cooked with water, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	82.70		0		1		198.48	12.41	148.86
Energy	kcal	71		0	NC	4		170	11	128
Energy	kj	297				4		713	45	535
Protein (N x 5.83)	g	2.40		0		1		5.76	0.36	4.32
Total lipid (fat)	g	1.00		0		1		2.40	0.15	1.80
Ash	g	0.60		0		1		1.44	0.09	1.08
Carbohydrate, by difference	g	13.30		0	NC	4		31.92	2.00	23.94
Fiber, total dietary	g	2.4		0		1		5.8	0.4	4.3
Sugars, total	g	6.26		0	FLM	4		15.02	0.94	11.26
Starch	g									
Minerals:										
Calcium, Ca	mg	52		0		5		125	8	94
Iron, Fe	mg	3.50		0		5		8.40	0.53	6.30
Magnesium, Mg	mg	21		0		1		50	3	38
Phosphorus, P	mg	103		0		1		247	15	185
Potassium, K	mg	88		0		1		211	13	158
Sodium, Na	mg	4		0		1		10	1	7
Zinc, Zn	mg	0.62		0		1		1.49	0.09	1.12
Copper, Cu	mg	0.066		0		1		0.158	0.010	0.119
Manganese, Mn	mg									
Selenium, Se	mcg	7.7		0	BFSN	4		18.5	1.2	13.9
Vitamins:										
Vitamin C, total ascorbic acid	mg	12.0		0		5		28.8	1.8	21.6
Thiamin	mg	0.300		0		5		0.720	0.045	0.540
Riboflavin	mg	0.300		0		5		0.720	0.045	0.540
Niacin	mg	3.900		0		5		9.360	0.585	7.020
Pantothenic acid	mg	0.141		0		1		0.338	0.021	0.254
Vitamin B-6	mg	0.400		0		5		0.960	0.060	0.720
Folate, total	mcg	4		0		1		10	1	7
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	4		0		1		10	1	7
Folate, DFE	mcg_DFE	4		0	NC	4		10	1	7
Vitamin B-12	mcg	1.20		0		5		2.88	0.18	2.16
Vitamin A, IU	IU	974		0		5		2338	146	1753
Vitamin A, RAE	mcg_RAE	292		0	NC	4		701	44	526
Retinol	mcg	292		0	NC	4		701	44	526
Vitamin E (alpha-tocopherol)	mg	0.07		0	FLM	4		0.17	0.01	0.12
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.6		0	FLM	4		1.3	0.1	1.0
Lipids:										
Fatty acids, total saturated	g	0.175		0		4		0.420	0.026	0.315
4:0	g	0.000		0		4		0.000	0.000	0.000
6:0	g	0.000		0		4		0.000	0.000	0.000
8:0	g	0.000		0		4		0.000	0.000	0.000
10:0	g	0.000		0		4		0.000	0.000	0.000
12:0	g	0.003		0		4		0.007	0.000	0.005
13:0	g									
14:0	g	0.002		0		4		0.005	0.000	0.004
15:0	g									
16:0	g	0.148		0		4		0.355	0.022	0.266
17:0	g									
18:0	g	0.009		0		4		0.022	0.001	0.016
20:0	g									
22:0	g									
24:0	g									

NDB No. 08119
Cereals, MAYPO, cooked with water, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.305		0		4		0.732	0.046	0.549
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		4		0.005	0.000	0.004
17:1.....g									
18:1 undifferentiated.....g	0.303		0		4		0.727	0.045	0.545
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.368		0		4		0.883	0.055	0.662
18:2 undifferentiated.....g	0.351		0		4		0.842	0.053	0.632
18:3 undifferentiated.....g	0.003		0		4		0.007	0.000	0.005
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	FLM	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	FLM	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	FLM	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	20		0	FLM	4		49.103	3.069	36.827

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 15.0g: 1 tbsp

Measure 3 = 180g: .75 cup

Calories Factors: Protein 3.46 **Fat** 8.37 **Carbohydrate** 4.1

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08118
Cereals, MAYPO, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.30		12		1		5.92	2.96	
Energy	kcal	385		0	NC	4		362	181	
Energy	kj	1611				4		1514	757	
Protein (N x 5.83)	g	13.20		12		1		12.41	6.20	
Total lipid (fat)	g	5.30		12		1		4.98	2.49	
Ash	g	3.20		12		1		3.01	1.50	
Carbohydrate, by difference	g	72.00		0	NC	4		67.68	33.84	
Fiber, total dietary	g	10.8		0		1		10.2	5.1	
Sugars, total	g	34.05		0	FLA	4		32.01	16.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	282		0		5		265	133	
Iron, Fe	mg	19.00		0		5		17.86	8.93	
Magnesium, Mg	mg	115		12		1		108	54	
Phosphorus, P	mg	562		12		1		528	264	
Potassium, K	mg	478		12		1		449	225	
Sodium, Na	mg	19		12		1		18	9	
Zinc, Zn	mg	3.35		12		1		3.15	1.57	
Copper, Cu	mg	0.360		12		1		0.338	0.169	
Manganese, Mn	mg									
Selenium, Se	mcg	41.7		0	RA	4		39.2	19.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	64.0		0		5		60.2	30.1	
Thiamin	mg	1.600		0		5		1.504	0.752	
Riboflavin	mg	1.800		0		5		1.692	0.846	
Niacin	mg	21.200		0		5		19.928	9.964	
Pantothenic acid	mg	0.768		12		1		0.722	0.361	
Vitamin B-6	mg	2.100		0		5		1.974	0.987	
Folate, total	mcg	27		12		1		25	13	
Folic acid	mcg	0		0	FLA	4		0	0	
Folate, food	mcg	27		12		1		25	13	
Folate, DFE	mcg_DFE	27		0	NC	4		25	13	
Vitamin B-12	mcg	6.30		0		5		5.92	2.96	
Vitamin A, IU	IU	5291		0		5		4974	2487	
Vitamin A, RAE	mcg_RAE	1589		0	NC	4		1494	747	
Retinol	mcg	1589		0	NC	4		1494	747	
Vitamin E (alpha-tocopherol)	mg	0.38		0	FLA	4		0.35	0.18	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	3.0		0	FLA	4		2.9	1.4	
Lipids:										
Fatty acids, total saturated	g	0.686		0	FLA	4		0.645	0.322	
4:0	g	0.000		0	FLA	4		0.000	0.000	
6:0	g	0.000		0	FLA	4		0.000	0.000	
8:0	g	0.000		0	FLA	4		0.000	0.000	
10:0	g	0.000		0	FLA	4		0.000	0.000	
12:0	g	0.012		0	FLA	4		0.011	0.005	
13:0	g									
14:0	g	0.006		0	FLA	4		0.006	0.003	
15:0	g									
16:0	g	0.630		0	FLA	4		0.592	0.296	
17:0	g									
18:0	g	0.038		0	FLA	4		0.036	0.018	
20:0	g									
22:0	g									
24:0	g									

NDB No. 08118
Cereals, MAYPO, dry

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.510		0	FLA	4		1.419	0.710	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.011		0	FLA	4		0.010	0.005	
17:1.....g									
18:1 undifferentiated.....g	1.495		0	FLA	4		1.405	0.703	
20:1.....g	0.004		0	FLA	4		0.004	0.002	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.260		0	FLA	4		1.184	0.592	
18:2 undifferentiated.....g	1.181		0	FLA	4		1.110	0.555	
18:3 undifferentiated.....g	0.079		0	FLA	4		0.074	0.037	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	124		0	FLA	4		116.287	58.143	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 94g: 1 cup

Measure 2 = 47g: .5 cup

Calories Factors: Protein 3.46 **Fat** 8.37 **Carbohydrate** 4.1

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43306
Cereals, NESTUM, prepared with water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	81.50				4		199.68	12.23	
Energy	kcal	78				4		191	12	
Energy	kj	326				4		800	49	
Protein	g	2.60				4		6.37	0.39	
Total lipid (fat)	g	0.50				4		1.23	0.08	
Ash	g	2.00		0	NC	4		4.90	0.30	
Carbohydrate, by difference	g	13.90				4		34.06	2.09	
Fiber, total dietary	g	2.8				4		6.9	0.4	
Sugars, total	g	0.04		0	BFZN	4		0.09	0.01	
Starch	g									
Minerals:										
Calcium, Ca	mg	73				4		179	11	
Iron, Fe	mg	0.70				4		1.72	0.11	
Magnesium, Mg	mg	29				4		71	4	
Phosphorus, P	mg	94				4		230	14	
Potassium, K	mg	61				4		149	9	
Sodium, Na	mg	4				4		10	1	
Zinc, Zn	mg	0.56				4		1.37	0.08	
Copper, Cu	mg	0.062				4		0.152	0.009	
Manganese, Mn	mg									
Selenium, Se	mcg	9.7		0	RA	4		23.8	1.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	8.0				4		19.6	1.2	
Thiamin	mg	0.100				4		0.245	0.015	
Riboflavin	mg	0.170				4		0.417	0.026	
Niacin	mg	0.800				4		1.960	0.120	
Pantothenic acid	mg									
Vitamin B-6	mg	0.170				4		0.417	0.026	
Folate, total	mcg	7				4		17	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	7				4		17	1	
Folate, DFE	mcg_DFE	7		0	NC	4		17	1	
Vitamin B-12	mcg	0.00				7		0.00	0.00	
Vitamin A, IU	IU	0				4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.25		0	NR	4		0.61	0.04	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	BFZN	4		0.1	0.0	
Lipids:										
Fatty acids, total saturated	g	0.090				4		0.221	0.014	
4:0	g	0.000				4		0.000	0.000	
6:0	g	0.000				4		0.000	0.000	
8:0	g	0.001				4		0.002	0.000	
10:0	g	0.000				4		0.000	0.000	
12:0	g	0.001				4		0.002	0.000	
13:0	g									
14:0	g	0.001				4		0.002	0.000	
15:0	g									
16:0	g	0.076				4		0.186	0.011	
17:0	g									
18:0	g	0.006				4		0.015	0.001	
20:0	g									
22:0	g									
24:0	g									

NDB No. 43306
Cereals, NESTUM, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.119				4		0.292	0.018	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002				4		0.005	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.115				4		0.282	0.017	
20:1.....g	0.000				4		0.000	0.000	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.197				4		0.483	0.030	
18:2 undifferentiated.....g	0.186				4		0.456	0.028	
18:3 undifferentiated.....g	0.007				4		0.017	0.001	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.000				4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 15g: 1 tbsp

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08240

Cereals, Oat Bran, QUAKER, QUAKER/MOTHER'S Oat Bran, prepared with water, salt

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	88.98		0	RA	4				
Energy	kcal	43		0	RA	4				
Energy	kj	180				4				
Protein	g	2.03		0	RA	4				
Total lipid (fat)	g	0.95		0	RA	4				
Ash	g	0.57		0	RA	4				
Carbohydrate, by difference	g	7.49		0	RA	4				
Fiber, total dietary	g	1.7		0	RA	4				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	11		0	RA	4				
Iron, Fe	mg	0.97		0	RA	4				
Magnesium, Mg	mg	30		0	RA	4				
Phosphorus, P	mg	82		0	RA	4				
Potassium, K	mg	69		0	RA	4				
Sodium, Na	mg	46		0	RA	4				
Zinc, Zn	mg	0.53		0	RA	4				
Copper, Cu	mg	0.041		0	RA	4				
Manganese, Mn	mg	0.678		0	RA	4				
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RA	4				
Thiamin	mg	0.115		0	RA	4				
Riboflavin	mg	0.036		0	RA	4				
Niacin	mg	0.095		0	RA	4				
Pantothenic acid	mg	0.101		0	RA	4				
Vitamin B-6	mg	0.013		0	RA	4				
Folate, total	mcg	5		0	RA	4				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	5		0	RA	4				
Folate, DFE	mcg_DFE	5		0	NC	4				
Vitamin B-12	mcg	0.00		0	RA	4				
Vitamin A, IU	IU	12		0	RA	4				
Vitamin A, RAE	mcg_RAE	1		0	NC	4				
Retinol	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.170		0	RA	4				
4:0	g	0.000		0	RA	4				
6:0	g	0.000		0	RA	4				
8:0	g	0.000		0	RA	4				
10:0	g	0.000		0	RA	4				
12:0	g	0.003		0	RA	4				
13:0	g									
14:0	g	0.001		0	RA	4				
15:0	g									
16:0	g	0.140		0	RA	4				
17:0	g									
18:0	g	0.009		0	RA	4				
20:0	g									
22:0	g									
24:0	g									

NDB No. 08240
Cereals, Oat Bran, QUAKER, QUAKER/MOTHER'S Oat Bran, prepared with water, salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.310		0	RA	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	RA	4				
17:1.....g									
18:1 undifferentiated.....g	0.299		0	RA	4				
20:1.....g	0.000		0	RA	4				
22:1 undifferentiated.....g	0.000		0	RA	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.360		0	RA	4				
18:2 undifferentiated.....g	0.334		0	RA	4				
18:3 undifferentiated.....g	0.015		0	RA	4				
18:4.....g	0.000		0	RA	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RA	4				
20:5 n-3.....g	0.000		0	RA	4				
22:5 n-3.....g	0.000		0	RA	4				
22:6 n-3.....g	0.000		0	RA	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RA	4				
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08237

Cereals, QUAKER, Creamy Wheat, farina, enriched, prepared with water, no salt

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	86.99		0	RA	4				
Energy	kcal	51		0	RA	4				
Energy	kj	213				4				
Protein	g	1.53		0	RA	4				
Total lipid (fat)	g	0.07		0	RA	4				
Ash	g	0.15		0	RA	4				
Carbohydrate, by difference	g	11.26		0	RA	4				
Fiber, total dietary	g	0.4		0	RA	4				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	4		0	RA	4				
Iron, Fe	mg	4.73		0	RA	4				
Magnesium, Mg	mg	3		0	RA	4				
Phosphorus, P	mg	13		0	RA	4				
Potassium, K	mg	14		0	RA	4				
Sodium, Na	mg	3		0	RA	4				
Zinc, Zn	mg	0.10		0	RA	4				
Copper, Cu	mg	0.015		0	RA	4				
Manganese, Mn	mg	0.041		0	RA	4				
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RA	4				
Thiamin	mg	0.069		0	RA	4				
Riboflavin	mg	0.048		0	RA	4				
Niacin	mg	0.778		0	RA	4				
Pantothenic acid	mg	0.053		0	RA	4				
Vitamin B-6	mg	0.007		0	RA	4				
Folate, total	mcg	23		0	BFSN	4				
Folic acid	mcg	20		0	NC	4				
Folate, food	mcg	3		0		4				
Folate, DFE	mcg_DFE	37		0	NC	4				
Vitamin B-12	mcg	0.00		0	RA	4				
Vitamin A, IU	IU	0		0	RA	4				
Vitamin A, RAE	mcg_RAE	0		0	NC	4				
Retinol	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.010		0	RA	4				
4:0	g	0.000		0	RA	4				
6:0	g	0.000		0	RA	4				
8:0	g	0.000		0	RA	4				
10:0	g	0.000		0	RA	4				
12:0	g	0.000		0	RA	4				
13:0	g									
14:0	g	0.000		0	RA	4				
15:0	g									
16:0	g	0.009		0	RA	4				
17:0	g									
18:0	g	0.001		0	RA	4				
20:0	g									
22:0	g									
24:0	g									

NDB No. 08237

Cereals, QUAKER, Creamy Wheat, farina, enriched, prepared with water, no salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.040		0	RA	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RA	4				
17:1.....g									
18:1 undifferentiated.....g	0.039		0	RA	4				
20:1.....g	0.000		0	RA	4				
22:1 undifferentiated.....g	0.000		0	RA	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.022		0	RA	4				
18:2 undifferentiated.....g	0.019		0	RA	4				
18:3 undifferentiated.....g	0.002		0	RA	4				
18:4.....g	0.000		0	RA	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RA	4				
20:5 n-3.....g	0.000		0	RA	4				
22:5 n-3.....g	0.000		0	RA	4				
22:6 n-3.....g	0.000		0	RA	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RA	4				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4				
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08241

Cereals, QUAKER, Creamy Wheat, farina, enriched, prepared with water, salt

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	86.87		0	RA	4				
Energy	kcal	51		0	RA	4				
Energy	kj	213				4				
Protein	g	1.53		0	RA	4				
Total lipid (fat)	g	0.07		0	RA	4				
Ash	g	0.29		0	RA	4				
Carbohydrate, by difference	g	11.24		0	RA	4				
Fiber, total dietary	g	0.4		0	RA	4				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	4		0	RA	4				
Iron, Fe	mg	4.72		0	RA	4				
Magnesium, Mg	mg	3		0	RA	4				
Phosphorus, P	mg	13		0	RA	4				
Potassium, K	mg	14		0	RA	4				
Sodium, Na	mg	55		0	RA	4				
Zinc, Zn	mg	0.10		0	RA	4				
Copper, Cu	mg	0.015		0	RA	4				
Manganese, Mn	mg	0.041		0	RA	4				
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RA	4				
Thiamin	mg	0.069		0	RA	4				
Riboflavin	mg	0.048		0	RA	4				
Niacin	mg	0.777		0	RA	4				
Pantothenic acid	mg	0.053		0	RA	4				
Vitamin B-6	mg	0.007		0	RA	4				
Folate, total	mcg	23		0	BFSN	4				
Folic acid	mcg	20		0	NC	4				
Folate, food	mcg	3		0		4				
Folate, DFE	mcg_DFE	37		0	NC	4				
Vitamin B-12	mcg	0.00		0	RA	4				
Vitamin A, IU	IU	0		0	RA	4				
Vitamin A, RAE	mcg_RAE	0		0	NC	4				
Retinol	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.010		0	RA	4				
4:0	g	0.000		0	RA	4				
6:0	g	0.000		0	RA	4				
8:0	g	0.000		0	RA	4				
10:0	g	0.000		0	RA	4				
12:0	g	0.000		0	RA	4				
13:0	g									
14:0	g	0.000		0	RA	4				
15:0	g									
16:0	g	0.009		0	RA	4				
17:0	g									
18:0	g	0.001		0	RA	4				
20:0	g									
22:0	g									
24:0	g									

NDB No. 08241

Cereals, QUAKER, Creamy Wheat, farina, enriched, prepared with water, salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.040		0	RA	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RA	4				
17:1.....g									
18:1 undifferentiated.....g	0.039		0	RA	4				
20:1.....g	0.000		0	RA	4				
22:1 undifferentiated.....g	0.000		0	RA	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.022		0	RA	4				
18:2 undifferentiated.....g	0.019		0	RA	4				
18:3 undifferentiated.....g	0.002		0	RA	4				
18:4.....g	0.000		0	RA	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RA	4				
20:5 n-3.....g	0.000		0	RA	4				
22:5 n-3.....g	0.000		0	RA	4				
22:6 n-3.....g	0.000		0	RA	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RA	4				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4				
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08449

Cereals, QUAKER, Instant Grits Product with American Cheese Flavor, Dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.80		0	MC	9		1.90		
Energy	kcal	364		0	MC	9		102		
Energy	kj	1522		0	MC	9		426		
Protein (N x 6.25)	g	8.90		0	MC	9		2.49		
Total lipid (fat)	g	4.67		0	MC	9		1.31		
Ash	g	4.46		0	MC	9		1.25		
Carbohydrate, by difference	g	75.15		0	MC	9		21.04		
Fiber, total dietary	g	4.4		0	MC	9		1.2		
Sugars, total	g	2.01		0	MC	9		0.56		
Starch	g									
Minerals:										
Calcium, Ca	mg	12		0	MC	9		3		
* Iron, Fe	mg	28.93		0	MC	9		8.10		
Magnesium, Mg	mg	25		0	MC	9		7		
Phosphorus, P	mg	77		0	MC	9		22		
Potassium, K	mg	135		0	MC	9		38		
Sodium, Na	mg	1518		0	MC	9		425		
Zinc, Zn	mg	0.41		0	MC	9		0.11		
Copper, Cu	mg	0.060		0	MC	9		0.017		
Manganese, Mn	mg	0.090		0	MC	9		0.025		
Selenium, Se	mcg	0.0		0	MC	9		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
* Thiamin	mg	0.610		0	MC	9		0.171		
* Riboflavin	mg	0.690		0	MC	9		0.193		
* Niacin	mg	8.150		0	MC	9		2.282		
Pantothenic acid	mg	0.410		0	MC	9		0.115		
Vitamin B-6	mg	0.140		0	MC	9		0.039		
* Folate, total	mcg	162		0	MC	9		45		
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg	0.29		0	MC	9		0.08		
Vitamin A, IU	IU	9		0	MC	9		3		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.090		0	MC	9		0.025		
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.080		0	MC	9		0.302		
Fatty acids, total monounsaturated	g	2.290		0	MC	9		0.641		
Fatty acids, total polyunsaturated	g	1.120		0	MC	9		0.314		
Fatty acids, total trans	g									
Cholesterol	mg	1		0	MC	9		0		
Phytosterols	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 0 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08449
Cereals, QUAKER, Instant Grits Product with American Cheese Flavor, Dry

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08448

Cereals, QUAKER, Instant Grits Product with Imitation Bacon Bits and Cheddar Flavor, Dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.96		0	MC	9		1.95		
Energy	kcal	363		0	MC	9		102		
Energy	kj	1520		0	MC	9		426		
Protein (N x 6.25)	g	10.29		0	MC	9		2.88		
Total lipid (fat)	g	5.35		0	MC	9		1.50		
Ash	g	4.88		0	MC	9		1.37		
Carbohydrate, by difference	g	72.49		0	MC	9		20.30		
Fiber, total dietary	g	4.7		0	MC	9		1.3		
Sugars, total	g	2.27		0	MC	9		0.64		
Starch	g									
Minerals:										
Calcium, Ca	mg	24		0	MC	9		7		
* Iron, Fe	mg	28.93		0	MC	9		8.10		
Magnesium, Mg	mg	24		0	MC	9		7		
Phosphorus, P	mg	99		0	MC	9		28		
Potassium, K	mg	209		0	MC	9		59		
Sodium, Na	mg	1557		0	MC	9		436		
Zinc, Zn	mg	0.56		0	MC	9		0.16		
Copper, Cu	mg	0.110		0	MC	9		0.031		
Manganese, Mn	mg	0.090		0	MC	9		0.025		
Selenium, Se	mcg	0.0		0	MC	9		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
* Thiamin	mg	0.570		0	MC	9		0.160		
* Riboflavin	mg	0.650		0	MC	9		0.182		
* Niacin	mg	7.640		0	MC	9		2.139		
Pantothenic acid	mg	0.430		0	MC	9		0.120		
Vitamin B-6	mg	0.160		0	MC	9		0.045		
* Folate, total	mcg	152		0	MC	9		43		
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg	0.38		0	MC	9		0.11		
Vitamin A, IU	IU	12		0	MC	9		3		
Vitamin A, RAE	mcg_RAE	1		0	NC	4		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.120		0	MC	9		0.034		
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.200		0	MC	9		0.336		
Fatty acids, total monounsaturated	g	2.530		0	MC	9		0.708		
Fatty acids, total polyunsaturated	g	1.430		0	MC	9		0.400		
Fatty acids, total trans	g									
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08448

Cereals, QUAKER, Instant Grits Product with Imitation Bacon Bits and Cheddar Flavor, Dry

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08444

Cereals, QUAKER, Instant Grits Product with Redeye Gravy and Imitation Ham Bits, Dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	7.13		0	MC	9		2.00		
Energy	kcal	346		0	MC	9		97		
Energy	kj	1450		0	MC	9		406		
Protein (N x 6.25)	g	9.93		0	MC	9		2.78		
Total lipid (fat)	g	1.75		0	MC	9		0.49		
Ash	g	4.55		0	MC	9		1.27		
Carbohydrate, by difference	g	76.62		0	MC	9		21.45		
Fiber, total dietary	g	4.6		0	MC	9		1.3		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	9		0	MC	9		3		
* Iron, Fe	mg	28.93		0	MC	9		8.10		
Magnesium, Mg	mg	31		0	MC	9		9		
Phosphorus, P	mg	80		0	MC	9		22		
Potassium, K	mg	173		0	MC	9		49		
Sodium, Na	mg	1764		0	MC	9		494		
Zinc, Zn	mg	0.48		0	MC	9		0.13		
Copper, Cu	mg	0.090		0	MC	9		0.025		
Manganese, Mn	mg	0.100		0	MC	9		0.028		
Selenium, Se	mcg	0.0		0	MC	9		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
* Thiamin	mg	0.620		0	MC	9		0.174		
* Riboflavin	mg	0.710		0	MC	9		0.199		
* Niacin	mg	8.350		0	MC	9		2.338		
Pantothenic acid	mg	0.470		0	MC	9		0.132		
Vitamin B-6	mg	0.140		0	MC	9		0.039		
* Folate, total	mcg	166		0	MC	9		47		
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg	0.00		0	MC	9		0.00		
Vitamin A, IU	IU	0		0	MC	9		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000		0	MC	9		0.000		
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.250		0	MC	9		0.070		
Fatty acids, total monounsaturated	g	0.520		0	MC	9		0.146		
Fatty acids, total polyunsaturated	g	0.730		0	MC	9		0.204		
Fatty acids, total trans	g									
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08444

Cereals, QUAKER, Instant Grits Product with Redeye Gravy and Imitation Ham Bits, Dry

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08450

Cereals, QUAKER, Instant Grits Product--Ham 'n' Cheese

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.82		0	MC	9		1.91		
Energy	kcal	359		0	MC	9		101		
Energy	kj	1504		0	MC	9		421		
Protein (N x 6.25)	g	10.83		0	MC	9		3.03		
Total lipid (fat)	g	4.69		0	MC	9		1.31		
Ash	g	5.66		0	MC	9		1.58		
Carbohydrate, by difference	g	71.98		0	MC	9		20.15		
Fiber, total dietary	g	4.2		0	MC	9		1.2		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	23		0	MC	9		6		
* Iron, Fe	mg	28.93		0	MC	9		8.10		
Magnesium, Mg	mg	34		0	MC	9		9		
Phosphorus, P	mg	95		0	MC	9		27		
Potassium, K	mg	212		0	MC	9		59		
Sodium, Na	mg	1930		0	MC	9		541		
Zinc, Zn	mg	0.58		0	MC	9		0.16		
Copper, Cu	mg	0.110		0	MC	9		0.031		
Manganese, Mn	mg	0.090		0	MC	9		0.025		
Selenium, Se	mcg	0.0		0	MC	9		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
* Thiamin	mg	0.560		0	MC	9		0.157		
* Riboflavin	mg	0.640		0	MC	9		0.179		
* Niacin	mg	7.560		0	MC	9		2.117		
Pantothenic acid	mg	0.460		0	MC	9		0.129		
Vitamin B-6	mg	0.180		0	MC	9		0.050		
* Folate, total	mcg	150		0	MC	9		42		
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg	0.42		0	MC	9		0.12		
Vitamin A, IU	IU	13		0	MC	9		4		
Vitamin A, RAE	mcg_RAE	1		0	NC	4		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.140		0	MC	9		0.039		
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.060		0	MC	9		0.297		
Fatty acids, total monounsaturated	g	2.260		0	MC	9		0.633		
Fatty acids, total polyunsaturated	g	1.050		0	MC	9		0.294		
Fatty acids, total trans	g									
Cholesterol	mg	1		0	MC	9		0		
Phytosterols	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08450
Cereals, QUAKER, Instant Grits Product--Ham 'n' Cheese

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08419

Cereals, QUAKER, Instant Oatmeal EXPRESS Cinnamon Roll, Dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.77		0	MC	9				
Energy	kcal	371		0	MC	9				
Energy	kj	1553		0	MC	9				
Protein	g	8.85		0	MC	9				
Total lipid (fat)	g	5.04		0	MC	9				
Ash	g	2.97		0	MC	9				
Carbohydrate, by difference	g	76.34		0	MC	9				
Fiber, total dietary	g	6.7		0	MC	9				
Sugars, total	g	30.99		0	MC	9				
Starch	g									
Minerals:										
* Calcium, Ca	mg	204		0	MC	9				
* Iron, Fe	mg	7.33		0	MC	9				
Magnesium, Mg	mg	91		0	MC	9				
Phosphorus, P	mg	315		0	MC	9				
Potassium, K	mg	261		0	MC	9				
Sodium, Na	mg	456		0	MC	9				
Zinc, Zn	mg	2.06		0	MC	9				
Copper, Cu	mg	0.210		0	MC	9				
Manganese, Mn	mg	2.850		0	MC	9				
Selenium, Se	mcg	22.6		0	FLM	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0	MC	9				
* Thiamin	mg	0.610		0	MC	9				
* Riboflavin	mg	0.690		0	MC	9				
* Niacin	mg	8.150		0	MC	9				
Pantothenic acid	mg	0.470		0	MC	9				
* Vitamin B-6	mg	0.810		0	MC	9				
* Folate, total	mcg	163		0	MC	9				
Folic acid	mcg	140		0	CAZN	4				
Folate, food	mcg	23		0	NC	4				
Folate, DFE	mcg_DFE	261		0	NC	4				
Vitamin B-12	mcg	0.00		0	MC	9				
* Vitamin A, IU	IU	2037		0	MC	9				
Vitamin A, RAE	mcg_RAE	612		0	NC	4				
Retinol	mcg	612		0	NC	4				
Vitamin E (alpha-tocopherol)	mg	0.44		0	NR	4				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000		0	MC	9				
Vitamin K (phylloquinone)	mcg	2.1		0	FLM	4				
Lipids:										
Fatty acids, total saturated	g	0.920		0	MC	9				
4:0	g	0.000		0	FLM	4				
6:0	g	0.000		0	FLM	4				
8:0	g	0.000		0	FLM	4				
10:0	g	0.000		0	FLM	4				
12:0	g	0.017		0	FLM	4				
13:0	g									
14:0	g	0.010		0	FLM	4				
15:0	g									
16:0	g	0.777		0	FLM	4				
17:0	g									
18:0	g	0.051		0	FLM	4				
20:0	g									
22:0	g									
24:0	g									

NDB No. 08419
Cereals, QUAKER, Instant Oatmeal EXPRESS Cinnamon Roll, Dry

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.730		0	MC	9				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009		0	FLM	4				
17:1.....g									
18:1 undifferentiated.....g	1.721		0	FLM	4				
20:1.....g	0.000		0	FLM	4				
22:1 undifferentiated.....g	0.000		0	FLM	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.500		0	MC	9				
18:2 undifferentiated.....g	1.435		0	FLM	4				
18:3 undifferentiated.....g	0.065		0	FLM	4				
18:4.....g	0.000		0	FLM	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4				
20:5 n-3.....g	0.000		0	FLM	4				
22:5 n-3.....g	0.000		0	FLM	4				
22:6 n-3.....g	0.000		0	FLM	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4				
Caffeine.....mg	0		0	FLM	4				
Theobromine.....mg	0		0	FLM	4				
Carotenoids:									
Carotene, beta.....mcg	0		0	MC	9				
Carotene, alpha.....mcg	0		0	FLM	4				
Cryptoxanthin, beta.....mcg	0		0	FLM	4				
Lycopene.....mcg	0		0	FLM	4				
Lutein + zeaxanthin.....mcg	118		0	FLM	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08418

Cereals, QUAKER, Instant Oatmeal EXPRESS, Baked Apple, dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.35		0	MC	9		3.43		
Energy	kcal	367		0	MC	9		198		
Energy	kj	1535		0	MC	9		829		
Protein	g	8.07		0	MC	9		4.36		
Total lipid (fat)	g	4.62		0	MC	9		2.49		
Ash	g	3.52		0	MC	9		1.90		
Carbohydrate, by difference	g	77.43		0	MC	9		41.81		
Fiber, total dietary	g	7.3		0	MC	9		4.0		
Sugars, total	g	34.57		0	MC	9		18.67		
Starch	g									
Minerals:										
* Calcium, Ca	mg	204		0	MC	9		110		
* Iron, Fe	mg	7.33		0	MC	9		3.96		
Magnesium, Mg	mg	82		0	MC	9		44		
Phosphorus, P	mg	288		0	MC	9		155		
Potassium, K	mg	303		0	MC	9		164		
Sodium, Na	mg	590		0	MC	9		319		
Zinc, Zn	mg	1.87		0	MC	9		1.01		
Copper, Cu	mg	0.220		0	MC	9		0.119		
Manganese, Mn	mg	2.550		0	MC	9		1.377		
Selenium, Se	mcg	17.7		0	FLM	4		9.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		0	MC	9		0.4		
* Thiamin	mg	0.610		0	MC	9		0.329		
* Riboflavin	mg	0.690		0	MC	9		0.373		
* Niacin	mg	8.140		0	MC	9		4.396		
Pantothenic acid	mg	0.450		0	MC	9		0.243		
* Vitamin B-6	mg	0.810		0	MC	9		0.437		
* Folate, total	mcg	163		0	MC	9		88		
Folic acid	mcg	140		0	NC	4		76		
Folate, food	mcg	23		0	CAZN	4		12		
Folate, DFE	mcg_DFE	261		0	NC	4		141		
Vitamin B-12	mcg	0.00		0	MC	9		0.00		
* Vitamin A, IU	IU	2037		0	MC	9		1100		
Vitamin A, RAE	mcg_RAE	612		0	NC	4		330		
Retinol	mcg	611		0	BNA	4		330		
Vitamin E (alpha-tocopherol)	mg	0.40		0	NR	4		0.22		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000		0	MC	9		0.000		
Vitamin K (phylloquinone)	mcg	5.4		0	FLM	4		2.9		
Lipids:										
Fatty acids, total saturated	g	0.788		0	FLM	4		0.426		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.011		0	FLM	4		0.006		
13:0	g									
14:0	g	0.009		0	FLM	4		0.005		
15:0	g									
16:0	g	0.689		0	FLM	4		0.372		
17:0	g									
18:0	g	0.079		0	FLM	4		0.043		
20:0	g									
22:0	g									
24:0	g									

NDB No. 08418
Cereals, QUAKER, Instant Oatmeal EXPRESS, Baked Apple, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.550		0	FLM	4		0.837		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.015		0	FLM	4		0.008		
17:1.....g									
18:1 undifferentiated.....g	1.535		0	FLM	4		0.829		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.370		0	FLM	4		0.740		
18:2 undifferentiated.....g	1.275		0	FLM	4		0.688		
18:3 undifferentiated.....g	0.095		0	FLM	4		0.051		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	BNA	4		0.000		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	0		0	BNA	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BNA	4		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 54g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08414

Cereals, QUAKER, Instant Oatmeal EXPRESS, Golden Brown Sugar, dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.60		0	MC	9		3.56		
Energy	kcal	372		0	MC	9		201		
Energy	kj	1555		0	MC	9		840		
Protein	g	8.50		0	MC	9		4.59		
Total lipid (fat)	g	4.78		0	MC	9		2.58		
Ash	g	3.11		0	MC	9		1.68		
Carbohydrate, by difference	g	77.00		0	MC	9		41.58		
Fiber, total dietary	g	6.2		0	MC	9		3.4		
Sugars, total	g	32.45		0	MC	9		17.52		
Starch	g									
Minerals:										
* Calcium, Ca	mg	204		0	MC	9		110		
* Iron, Fe	mg	7.33		0	MC	9		3.96		
Magnesium, Mg	mg	87		0	MC	9		47		
Phosphorus, P	mg	303		0	MC	9		164		
Potassium, K	mg	248		0	MC	9		134		
Sodium, Na	mg	538		0	MC	9		291		
Zinc, Zn	mg	1.97		0	MC	9		1.06		
Copper, Cu	mg	0.210		0	MC	9		0.113		
Manganese, Mn	mg	2.740		0	MC	9		1.480		
Selenium, Se	mcg	21.0		0	FLM	4		11.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
* Thiamin	mg	0.610		0	MC	9		0.329		
* Riboflavin	mg	0.690		0	MC	9		0.373		
* Niacin	mg	8.140		0	MC	9		4.396		
Pantothenic acid	mg	0.450		0	MC	9		0.243		
* Vitamin B-6	mg	0.810		0	MC	9		0.437		
* Folate, total	mcg	163		0	MC	9		88		
Folic acid	mcg	140		0	NC	4		76		
Folate, food	mcg	23		0	CAZN	4		12		
Folate, DFE	mcg_DFE	261		0	NC	4		141		
Vitamin B-12	mcg	0.00		0	MC	9		0.00		
* Vitamin A, IU	IU	2037		0	MC	9		1100		
Vitamin A, RAE	mcg_RAE	612		0	NC	4		330		
Retinol	mcg	611		0	BNA	4		330		
Vitamin E (alpha-tocopherol)	mg	0.43		0	NR	4		0.23		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000		0	MC	9		0.000		
Vitamin K (phylloquinone)	mcg	3.7		0	FLM	4		2.0		
Lipids:										
Fatty acids, total saturated	g	0.827		0	FLM	4		0.446		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.013		0	FLM	4		0.007		
13:0	g									
14:0	g	0.008		0	FLM	4		0.004		
15:0	g									
16:0	g	0.738		0	FLM	4		0.399		
17:0	g									
18:0	g	0.067		0	FLM	4		0.036		
20:0	g									
22:0	g									
24:0	g									

NDB No. 08414
Cereals, QUAKER, Instant Oatmeal EXPRESS, Golden Brown Sugar, dry

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.660		0	FLM	4		0.896		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.012		0	FLM	4		0.007		
17:1.....g									
18:1 undifferentiated.....g	1.648		0	FLM	4		0.890		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.440		0	FLM	4		0.778		
18:2 undifferentiated.....g	1.355		0	FLM	4		0.732		
18:3 undifferentiated.....g	0.085		0	FLM	4		0.046		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	BNA	4		0.000		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	0		0	BNA	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BNA	4		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 54g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08413

Cereals, QUAKER, Instant Oatmeal, Baked Apple, dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.28		0	MC	9		2.51		
Energy	kcal	363		0	MC	9		145		
Energy	kj	1520		0	MC	9		608		
Protein	g	7.99		0	MC	9		3.20		
Total lipid (fat)	g	4.39		0	MC	9		1.76		
Ash	g	4.23		0	MC	9		1.69		
Carbohydrate, by difference	g	77.09		0	MC	9		30.84		
Fiber, total dietary	g	7.3		0	MC	9		2.9		
Sugars, total	g	34.80		0	MC	9		13.92		
Starch	g									
Minerals:										
* Calcium, Ca	mg	550		0	MC	9		220		
* Iron, Fe	mg	9.90		0	MC	9		3.96		
Magnesium, Mg	mg	82		0	MC	9		33		
Phosphorus, P	mg	279		0	MC	9		112		
Potassium, K	mg	300		0	MC	9		120		
Sodium, Na	mg	565		0	MC	9		226		
Zinc, Zn	mg	1.85		0	MC	9		0.74		
Copper, Cu	mg	0.220		0	MC	9		0.088		
Manganese, Mn	mg	2.520		0	MC	9		1.008		
Selenium, Se	mcg	17.5		0	FLM	4		7.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		0	MC	9		0.3		
* Thiamin	mg	0.820		0	MC	9		0.328		
* Riboflavin	mg	0.930		0	MC	9		0.372		
* Niacin	mg	11.000		0	MC	9		4.400		
Pantothenic acid	mg	0.450		0	MC	9		0.180		
* Vitamin B-6	mg	1.100		0	MC	9		0.440		
* Folate, total	mcg	220		0	MC	9		88		
Folic acid	mcg	197		0	NC	4		79		
Folate, food	mcg	23		0	CAZN	4		9		
Folate, DFE	mcg_DFE	358		0	NC	4		143		
Vitamin B-12	mcg	0.00		0	MC	9		0.00		
* Vitamin A, IU	IU	2750		0	MC	9		1100		
Vitamin A, RAE	mcg_RAE	826		0	NC	4		330		
Retinol	mcg	825		0	BNA	4		330		
Vitamin E (alpha-tocopherol)	mg	0.38		0	NR	4		0.15		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000		0	MC	9		0.000		
Vitamin K (phylloquinone)	mcg	2.3		0	FLM	4		0.9		
Lipids:										
Fatty acids, total saturated	g	0.754		0	FLM	4		0.301		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.015		0	FLM	4		0.006		
13:0	g									
14:0	g	0.009		0	FLM	4		0.004		
15:0	g									
16:0	g	0.682		0	FLM	4		0.273		
17:0	g									
18:0	g	0.047		0	FLM	4		0.019		
20:0	g									
22:0	g									
24:0	g									

NDB No. 08413
Cereals, QUAKER, Instant Oatmeal, Baked Apple, dry

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.520		0	FLM	4		0.608		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009		0	FLM	4		0.003		
17:1.....g									
18:1 undifferentiated.....g	1.512		0	FLM	4		0.605		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.270		0	FLM	4		0.508		
18:2 undifferentiated.....g	1.213		0	FLM	4		0.485		
18:3 undifferentiated.....g	0.057		0	FLM	4		0.023		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	BNA	4		0.000		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	0		0	BNA	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BNA	4		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 40g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08426

Cereals, QUAKER, Instant Oatmeal, Baked Apple, prepared with boiling water

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	76.27		0	RP	4				
Energy	kcal	96		0	RP	4				
Energy	kj	401		0	RP	4				
Protein	g	2.02		0	RP	4				
Total lipid (fat)	g	1.11		0	RP	4				
Ash	g	1.14		0	RP	4				
Carbohydrate, by difference	g	19.45		0	RP	4				
Fiber, total dietary	g	1.8		0	RP	4				
Sugars, total	g	8.78		0	RP	4				
Starch	g									
Minerals:										
* Calcium, Ca	mg	141		0	RP	4				
* Iron, Fe	mg	2.50		0	RP	4				
Magnesium, Mg	mg	21		0	RP	4				
Phosphorus, P	mg	70		0	RP	4				
Potassium, K	mg	76		0	RP	4				
Sodium, Na	mg	144		0	RP	4				
Zinc, Zn	mg	0.47		0	RP	4				
Copper, Cu	mg	0.061		0	RP	4				
Manganese, Mn	mg	0.636		0	RP	4				
Selenium, Se	mcg	4.4		0	RP	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0	RP	4				
* Thiamin	mg	0.186		0	RP	4				
* Riboflavin	mg	0.223		0	RP	4				
* Niacin	mg	2.637		0	RP	4				
Pantothenic acid	mg	0.114		0	RP	4				
* Vitamin B-6	mg	0.278		0	RP	4				
* Folate, total	mcg	56		0	RP	4				
Folic acid	mcg	50		0	RP	4				
Folate, food	mcg	6		0	RP	4				
Folate, DFE	mcg_DFE	90		0	NC	4				
Vitamin B-12	mcg	0.00		0	RP	4				
* Vitamin A, IU	IU	694		0	RP	4				
Vitamin A, RAE	mcg_RAE	208		0	RP	4				
Retinol	mcg	208		0	RP	4				
Vitamin E (alpha-tocopherol)	mg	0.10		0	RP	4				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.6		0	RP	4				
Lipids:										
Fatty acids, total saturated	g	0.190		0	RP	4				
4:0	g	0.000		0	RP	4				
6:0	g	0.000		0	RP	4				
8:0	g	0.000		0	RP	4				
10:0	g	0.000		0	RP	4				
12:0	g	0.004		0	RP	4				
13:0	g									
14:0	g	0.002		0	RP	4				
15:0	g									
16:0	g	0.172		0	RP	4				
17:0	g									
18:0	g	0.012		0	RP	4				
20:0	g									
22:0	g									
24:0	g									

NDB No. 08426
Cereals, QUAKER, Instant Oatmeal, Baked Apple, prepared with boiling water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.384		0	RP	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	RP	4				
17:1.....g									
18:1 undifferentiated.....g	0.381		0	RP	4				
20:1.....g	0.000		0	RP	4				
22:1 undifferentiated.....g	0.000		0	RP	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.321		0	RP	4				
18:2 undifferentiated.....g	0.306		0	RP	4				
18:3 undifferentiated.....g	0.014		0	RP	4				
18:4.....g	0.000		0	RP	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP	4				
20:5 n-3.....g	0.000		0	RP	4				
22:5 n-3.....g	0.000		0	RP	4				
22:6 n-3.....g	0.000		0	RP	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RP	4				
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g									
Threonine.....g									
Isoleucine.....g									
Leucine.....g									
Lysine.....g									
Methionine.....g									
Cystine.....g									
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g									
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RP	4				
Caffeine.....mg	0		0	RP	4				
Theobromine.....mg	0		0	RP	4				
Carotenoids:									
Carotene, beta.....mcg	0		0	RP	4				
Carotene, alpha.....mcg	0		0	RP	4				
Cryptoxanthin, beta.....mcg	0		0	RP	4				
Lycopene.....mcg	0		0	RP	4				
Lutein + zeaxanthin.....mcg	0		0	RP	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08426

Cereals, QUAKER, Instant Oatmeal, Baked Apple, prepared with boiling water

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08417

Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.68		0	MC	9		2.74		
Energy	kcal	368		0	MC	9		151		
Energy	kj	1538		0	MC	9		630		
Protein	g	8.85		0	MC	9		3.63		
Total lipid (fat)	g	4.75		0	MC	9		1.95		
Ash	g	3.83		0	MC	9		1.57		
Carbohydrate, by difference	g	75.86		0	MC	9		31.10		
Fiber, total dietary	g	6.4		0	MC	9		2.6		
Sugars, total	g	30.47		0	MC	9		12.49		
Starch	g									
Minerals:										
* Calcium, Ca	mg	268		0	MC	9		110		
* Iron, Fe	mg	9.95		0	MC	9		4.08		
Magnesium, Mg	mg	93		0	MC	9		38		
Phosphorus, P	mg	308		0	MC	9		126		
Potassium, K	mg	284		0	MC	9		116		
Sodium, Na	mg	700		0	MC	9		287		
Zinc, Zn	mg	2.05		0	MC	9		0.84		
Copper, Cu	mg	0.210		0	MC	9		0.086		
Manganese, Mn	mg	2.830		0	MC	9		1.160		
Selenium, Se	mcg	17.9		0	FLM	4		7.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9		0	MC	9		0.4		
* Thiamin	mg	0.800		0	MC	9		0.328		
* Riboflavin	mg	0.910		0	MC	9		0.373		
* Niacin	mg	10.730		0	MC	9		4.399		
Pantothenic acid	mg	0.460		0	MC	9		0.189		
* Vitamin B-6	mg	1.070		0	MC	9		0.439		
* Folate, total	mcg	215		0	MC	9		88		
Folic acid	mcg	192		0	NC	4		79		
Folate, food	mcg	23		0	CAZN	4		9		
Folate, DFE	mcg_DFE	349		0	NC	4		143		
Vitamin B-12	mcg	0.00		0	MC	9		0.00		
* Vitamin A, IU	IU	2683		0	MC	9		1100		
Vitamin A, RAE	mcg_RAE	806		0	NC	4		330		
Retinol	mcg	805		0	BNA	4		330		
Vitamin E (alpha-tocopherol)	mg	0.43		0	NR	4		0.18		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000		0	MC	9		0.000		
Vitamin K (phylloquinone)	mcg	1.6		0	FLM	4		0.7		
Lipids:										
Fatty acids, total saturated	g	0.785		0	FLM	4		0.322		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		
10:0	g	0.001		0	FLM	4		0.001		
12:0	g	0.014		0	FLM	4		0.006		
13:0	g									
14:0	g	0.010		0	FLM	4		0.004		
15:0	g									
16:0	g	0.716		0	FLM	4		0.294		
17:0	g									
18:0	g	0.044		0	FLM	4		0.018		
20:0	g									
22:0	g									
24:0	g									

NDB No. 08417
Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.708		0	FLM	4		0.700		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.023		0	FLM	4		0.009		
17:1.....g									
18:1 undifferentiated.....g	1.685		0	FLM	4		0.691		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.410		0	FLM	4		0.578		
18:2 undifferentiated.....g	1.324		0	FLM	4		0.543		
18:3 undifferentiated.....g	0.086		0	FLM	4		0.035		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	BNA	4		0.000		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	0		0	BNA	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BNA	4		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 41g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08423

Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, prepared with boiling water

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.80		0	RP	4				
Energy	kcal	107		0	RP	4				
Energy	kj	450		0	RP	4				
Protein	g	2.40		0	RP	4				
Total lipid (fat)	g	1.31		0	RP	4				
Ash	g	0.96		0	RP	4				
Carbohydrate, by difference	g	21.52		0	RP	4				
Fiber, total dietary	g	1.8		0	RP	4				
Sugars, total	g	9.42		0	RP	4				
Starch	g									
Minerals:										
* Calcium, Ca	mg	69		0	RP	4				
* Iron, Fe	mg	2.41		0	RP	4				
Magnesium, Mg	mg	25		0	RP	4				
Phosphorus, P	mg	84		0	RP	4				
Potassium, K	mg	70		0	RP	4				
Sodium, Na	mg	151		0	RP	4				
Zinc, Zn	mg	0.56		0	RP	4				
Copper, Cu	mg	0.064		0	RP	4				
Manganese, Mn	mg	0.775		0	RP	4				
Selenium, Se	mcg	0.0		0	RP	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RP	4				
* Thiamin	mg	0.179		0	RP	4				
* Riboflavin	mg	0.215		0	RP	4				
* Niacin	mg	2.540		0	RP	4				
Pantothenic acid	mg	0.126		0	RP	4				
* Vitamin B-6	mg	0.266		0	RP	4				
* Folate, total	mcg	54		0	RP	4				
Folic acid	mcg	47		0	RP	4				
Folate, food	mcg	6		0	RP	4				
Folate, DFE	mcg_DFE	86		0	NC	4				
Vitamin B-12	mcg	0.00		0	RP	4				
* Vitamin A, IU	IU	669		0	NC	4				
Vitamin A, RAE	mcg_RAE	201		0	RP	4				
Retinol	mcg	201		0	RP	4				
Vitamin E (alpha-tocopherol)	mg	0.12		0	RP	4				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.5		0	RP	4				
Lipids:										
Fatty acids, total saturated	g	0.226		0	RP	4				
4:0	g	0.000		0	RP	4				
6:0	g	0.000		0	RP	4				
8:0	g	0.000		0	RP	4				
10:0	g	0.000		0	RP	4				
12:0	g	0.004		0	RP	4				
13:0	g									
14:0	g	0.003		0	RP	4				
15:0	g									
16:0	g	0.205		0	RP	4				
17:0	g									
18:0	g	0.014		0	RP	4				
20:0	g									
22:0	g									
24:0	g									

NDB No. 08423
Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, prepared with boiling water

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.467		0	RP	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	RP	4				
17:1.....g									
18:1 undifferentiated.....g	0.465		0	RP	4				
20:1.....g	0.000		0	RP	4				
22:1 undifferentiated.....g	0.000		0	RP	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.386		0	RP	4				
18:2 undifferentiated.....g	0.369		0	RP	4				
18:3 undifferentiated.....g	0.017		0	RP	4				
18:4.....g	0.000		0	RP	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP	4				
20:5 n-3.....g	0.000		0	RP	4				
22:5 n-3.....g	0.000		0	RP	4				
22:6 n-3.....g	0.000		0	RP	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RP	4				
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g									
Threonine.....g									
Isoleucine.....g									
Leucine.....g									
Lysine.....g									
Methionine.....g									
Cystine.....g									
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g									
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RP	4				
Caffeine.....mg	0		0	RP	4				
Theobromine.....mg	0		0	RP	4				
Carotenoids:									
Carotene, beta.....mcg	0		0	RP	4				
Carotene, alpha.....mcg	0		0	RP	4				
Cryptoxanthin, beta.....mcg	0		0	RP	4				
Lycopene.....mcg	0		0	RP	4				
Lutein + zeaxanthin.....mcg	0		0	RP	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08423

Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, prepared with boiling water

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08410

Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.56		0	MC	9		3.02		
Energy	kcal	370		0	MC	9		170		
Energy	kj	1548		0	MC	9		712		
Protein (N x 6.25)	g	8.59		0	MC	9		3.95		
Total lipid (fat)	g	4.67		0	MC	9		2.15		
Ash	g	3.19		0	MC	9		1.47		
Carbohydrate, by difference	g	76.97		0	MC	9		35.41		
Fiber, total dietary	g	6.6		0	MC	9		3.0		
Sugars, total	g	33.70		0	MC	9		15.50		
Starch	g									
Minerals:										
* Calcium, Ca	mg	239		0	MC	9		110		
* Iron, Fe	mg	8.60		0	MC	9		3.96		
Magnesium, Mg	mg	89		0	MC	9		41		
Phosphorus, P	mg	300		0	MC	9		138		
Potassium, K	mg	251		0	MC	9		115		
Sodium, Na	mg	535		0	MC	9		246		
Zinc, Zn	mg	2.00		0	MC	9		0.92		
Copper, Cu	mg	0.210		0	MC	9		0.097		
Manganese, Mn	mg	2.770		0	MC	9		1.274		
Selenium, Se	mcg	0.0		0	MC	9		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0	MC	9		0.1		
* Thiamin	mg	0.710		0	MC	9		0.327		
* Riboflavin	mg	0.810		0	MC	9		0.373		
* Niacin	mg	9.560		0	MC	9		4.398		
Pantothenic acid	mg	0.450		0	MC	9		0.207		
* Vitamin B-6	mg	0.950		0	MC	9		0.437		
* Folate, total	mcg	191		0	MC	9		88		
Folic acid	mcg	168		0	BFZN	4		77		
Folate, food	mcg	23		0	BFZN	4		11		
Folate, DFE	mcg_DFE	309		0	NC	4		142		
Vitamin B-12	mcg	0.00		0	MC	9		0.00		
* Vitamin A, IU	IU	2391		0	MC	9		1100		
Vitamin A, RAE	mcg_RAE	718		0	NC	4		330		
Retinol	mcg	717		0	BFZN	4		330		
Vitamin E (alpha-tocopherol)	mg	0.42		0	BFZN	4		0.19		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000		0	MC	9		0.000		
Vitamin K (phylloquinone)	mcg	2.0		0	BFZN	4		0.9		
Lipids:										
Fatty acids, total saturated	g	0.870		0	MC	9		0.400		
4:0	g	0.000		0	BFZN	4		0.000		
6:0	g	0.000		0	BFZN	4		0.000		
8:0	g	0.000		0	BFZN	4		0.000		
10:0	g	0.000		0	BFZN	4		0.000		
12:0	g	0.016		0	BFZN	4		0.007		
13:0	g									
14:0	g	0.009		0	BFZN	4		0.004		
15:0	g									
16:0	g	0.735		0	BFZN	4		0.338		
17:0	g									
18:0	g	0.048		0	BFZN	4		0.022		
20:0	g									
22:0	g									
24:0	g									

NDB No. 08410
Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.670		0	MC	9		0.768		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009		0	BFZN	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	1.661		0	BFZN	4		0.764		
20:1.....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.380		0	MC	9		0.635		
18:2 undifferentiated.....g	1.320		0	BFZN	4		0.607		
18:3 undifferentiated.....g	0.060		0	BFZN	4		0.027		
18:4.....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:5 n-3.....g	0.000		0	BFZN	4		0.000		
22:5 n-3.....g	0.000		0	BFZN	4		0.000		
22:6 n-3.....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0		
Caffeine.....mg	0		0	BFZN	4		0		
Theobromine.....mg	0		0	BFZN	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	MC	9		0.000		
Carotene, alpha.....mcg	0		0	BFZN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 46g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08411

Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS with "DINOSAUR BONES", Brown Sugar Cinnamon, dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.04		0	MC	9		3.02		
Energy	kcal	389		0	MC	9		195		
Energy	kj	1629		0	MC	9		815		
Protein	g	7.67		0	MC	9		3.84		
Total lipid (fat)	g	7.47		0	MC	9		3.74		
Ash	g	2.94		0	MC	9		1.47		
Carbohydrate, by difference	g	75.85		0	MC	9		37.93		
Fiber, total dietary	g	5.6		0	MC	9		2.8		
Sugars, total	g	39.00		0	MC	9		19.50		
Starch	g									
Minerals:										
* Calcium, Ca	mg	220		0	MC	9		110		
* Iron, Fe	mg	7.92		0	MC	9		3.96		
Magnesium, Mg	mg	78		0	MC	9		39		
Phosphorus, P	mg	263		0	MC	9		131		
Potassium, K	mg	218		0	MC	9		109		
Sodium, Na	mg	502		0	MC	9		251		
Zinc, Zn	mg	1.75		0	MC	9		0.88		
Copper, Cu	mg	0.180		0	MC	9		0.090		
Manganese, Mn	mg	2.430		0	MC	9		1.215		
Selenium, Se	mcg	20.0		0	FLM	4		10.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
* Thiamin	mg	0.660		0	MC	9		0.330		
* Riboflavin	mg	0.740		0	MC	9		0.370		
* Niacin	mg	8.800		0	MC	9		4.400		
Pantothenic acid	mg	0.400		0	MC	9		0.200		
* Vitamin B-6	mg	0.880		0	MC	9		0.440		
* Folate, total	mcg	176		0	MC	9		88		
Folic acid	mcg	153		0	NC	4		77		
Folate, food	mcg	23		0	CAZN	4		12		
Folate, DFE	mcg_DFE	283		0	NC	4		142		
Vitamin B-12	mcg	0.00		0	MC	9		0.00		
* Vitamin A, IU	IU	2200		0	MC	9		1100		
Vitamin A, RAE	mcg_RAE	661		0	NC	4		330		
Retinol	mcg	660		0	BNA	4		330		
Vitamin E (alpha-tocopherol)	mg	0.37		0	NR	4		0.18		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000		0	MC	9		0.000		
Vitamin K (phylloquinone)	mcg	1.9		0	FLM	4		0.9		
Lipids:										
Fatty acids, total saturated	g	3.501		0	FLM	4		1.750		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.067		0	FLM	4		0.034		
13:0	g									
14:0	g	0.034		0	FLM	4		0.017		
15:0	g									
16:0	g	3.189		0	FLM	4		1.594		
17:0	g									
18:0	g	0.211		0	FLM	4		0.105		
20:0	g									
22:0	g									
24:0	g									

NDB No. 08411

Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS with "DINOSAUR BONES", Brown Sugar Cinnamon, dry

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.520		0	FLM	4		0.760		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		0	FLM	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	1.512		0	FLM	4		0.756		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.210		0	FLM	4		0.605		
18:2 undifferentiated.....g	1.157		0	FLM	4		0.579		
18:3 undifferentiated.....g	0.052		0	FLM	4		0.026		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	BNA	4		0.000		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	0		0	BNA	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BNA	4		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 50g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08424

Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS with DINOSAUR BONES, Brown Sugar Cinnamon, prepared with boiling wa

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.05		0	RP	4				
Energy	kcal	119		0	RP	4				
Energy	kj	498		0	RP	4				
Protein	g	2.28		0	RP	4				
Total lipid (fat)	g	2.22		0	RP	4				
Ash	g	0.94		0	RP	4				
Carbohydrate, by difference	g	22.51		0	RP	4				
Fiber, total dietary	g	1.7		0	RP	4				
Sugars, total	g	11.57		0	RP	4				
Starch	g									
Minerals:										
* Calcium, Ca	mg	67		0	RP	4				
* Iron, Fe	mg	2.35		0	RP	4				
Magnesium, Mg	mg	23		0	RP	4				
Phosphorus, P	mg	78		0	RP	4				
Potassium, K	mg	65		0	RP	4				
Sodium, Na	mg	150		0	RP	4				
Zinc, Zn	mg	0.52		0	RP	4				
Copper, Cu	mg	0.058		0	RP	4				
Manganese, Mn	mg	0.721		0	RP	4				
Selenium, Se	mcg	5.9		0	RP	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RP	4				
* Thiamin	mg	0.176		0	RP	4				
* Riboflavin	mg	0.209		0	RP	4				
* Niacin	mg	2.481		0	RP	4				
Pantothenic acid	mg	0.119		0	RP	4				
* Vitamin B-6	mg	0.261		0	RP	4				
* Folate, total	mcg	52		0	RP	4				
Folic acid	mcg	45		0	RP	4				
Folate, food	mcg	7		0	RP	4				
Folate, DFE	mcg_DFE	84		0	NC	4				
Vitamin B-12	mcg	0.00		0	RP	4				
* Vitamin A, IU	IU	653		0	RP	4				
Vitamin A, RAE	mcg_RAE	196		0	RP	4				
Retinol	mcg	196		0	RP	4				
Vitamin E (alpha-tocopherol)	mg	0.11		0	RP	4				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.6		0	RP	4				
Lipids:										
Fatty acids, total saturated	g	1.039		0	RP	4				
4:0	g	0.000		0	RP	4				
6:0	g	0.000		0	RP	4				
8:0	g	0.000		0	RP	4				
10:0	g	0.000		0	RP	4				
12:0	g	0.020		0	RP	4				
13:0	g									
14:0	g	0.010		0	RP	4				
15:0	g									
16:0	g	0.946		0	RP	4				
17:0	g									
18:0	g	0.062		0	RP	4				
20:0	g									
22:0	g									

NDB No. 08424

Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS with DINOSAUR BONES, Brown Sugar Cinnamon, prepared with boiling wa

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
24:0 g									
Fatty acids, total monounsaturated g	0.451		0	RP	4				
14:1 g									
15:1 g									
16:1 undifferentiated g	0.002		0	RP	4				
17:1 g									
18:1 undifferentiated g	0.449		0	RP	4				
20:1 g	0.000		0	RP	4				
22:1 undifferentiated g	0.000		0	RP	4				
24:1 c g									
Fatty acids, total polyunsaturated g	0.359		0	RP	4				
18:2 undifferentiated g	0.343		0	RP	4				
18:3 undifferentiated g	0.016		0	RP	4				
18:4 g	0.000		0	RP	4				
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	RP	4				
20:5 n-3 g	0.000		0	RP	4				
22:5 n-3 g	0.000		0	RP	4				
22:6 n-3 g	0.000		0	RP	4				
Fatty acids, total trans g									
Cholesterol mg	0		0	RP	4				
Phytosterols mg									
Amino Acids:									
Tryptophan g									
Threonine g									
Isoleucine g									
Leucine g									
Lysine g									
Methionine g									
Cystine g									
Phenylalanine g									
Tyrosine g									
Valine g									
Arginine g									
Histidine g									
Alanine g									
Aspartic acid g									
Glutamic acid g									
Glycine g									
Proline g									
Serine g									
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	RP	4				
Caffeine mg	0		0	RP	4				
Theobromine mg	0		0	RP	4				
Carotenoids:									
Carotene, beta mcg	0		0	RP	4				
Carotene, alpha mcg	0		0	RP	4				
Cryptoxanthin, beta mcg	0		0	RP	4				
Lycopene mcg	0		0	RP	4				
Lutein + zeaxanthin mcg	0		0	RP	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

NDB No. 08424

Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS with DINOSAUR BONES, Brown Sugar Cinnamon, prepared with boiling wa

Calories Factors:	**Protein**	**Fat**	**Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08429

Cereals, QUAKER, Instant Oatmeal, EXPRESS Baked Apple, prepared with boiling water

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.61		0	RP	4				
Energy	kcal	120		0	RP	4				
Energy	kj	502		0	RP	4				
Protein	g	2.53		0	RP	4				
Total lipid (fat)	g	1.45		0	RP	4				
Ash	g	1.17		0	RP	4				
Carbohydrate, by difference	g	24.24		0	RP	4				
Fiber, total dietary	g	2.3		0	RP	4				
Sugars, total	g	10.82		0	RP	4				
Starch	g									
Minerals:										
* Calcium, Ca	mg	65		0	RP	4				
* Iron, Fe	mg	2.30		0	RP	4				
Magnesium, Mg	mg	26		0	RP	4				
Phosphorus, P	mg	90		0	RP	4				
Potassium, K	mg	95		0	RP	4				
Sodium, Na	mg	186		0	RP	4				
Zinc, Zn	mg	0.59		0	RP	4				
Copper, Cu	mg	0.074		0	RP	4				
Manganese, Mn	mg	0.799		0	RP	4				
Selenium, Se	mcg	5.5		0	RP	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0	RP	4				
* Thiamin	mg	0.172		0	RP	4				
* Riboflavin	mg	0.205		0	RP	4				
* Niacin	mg	2.421		0	RP	4				
Pantothenic acid	mg	0.141		0	RP	4				
* Vitamin B-6	mg	0.254		0	RP	4				
* Folate, total	mcg	51		0	RP	4				
Folic acid	mcg	44		0	RP	4				
Folate, food	mcg	7		0	RP	4				
Folate, DFE	mcg_DFE	82		0	NC	4				
Vitamin B-12	mcg	0.00		0	RP	4				
* Vitamin A, IU	IU	638		0	RP	4				
Vitamin A, RAE	mcg_RAE	191		0	RP	4				
Retinol	mcg	191		0	RP	4				
Vitamin E (alpha-tocopherol)	mg	0.13		0	RP	4				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	1.7		0	RP	4				
Lipids:										
Fatty acids, total saturated	g	0.247		0	RP	4				
4:0	g	0.000		0	RP	4				
6:0	g	0.000		0	RP	4				
8:0	g	0.000		0	RP	4				
10:0	g	0.000		0	RP	4				
12:0	g	0.003		0	RP	4				
13:0	g									
14:0	g	0.003		0	RP	4				
15:0	g									
16:0	g	0.216		0	RP	4				
17:0	g									
18:0	g	0.025		0	RP	4				
20:0	g									
22:0	g									
24:0	g									

NDB No. 08429

Cereals, QUAKER, Instant Oatmeal, EXPRESS Baked Apple, prepared with boiling water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.485		0	RP	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0	RP	4				
17:1.....g									
18:1 undifferentiated.....g	0.480		0	RP	4				
20:1.....g	0.000		0	RP	4				
22:1 undifferentiated.....g	0.000		0	RP	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.429		0	RP	4				
18:2 undifferentiated.....g	0.399		0	RP	4				
18:3 undifferentiated.....g	0.030		0	RP	4				
18:4.....g	0.000		0	RP	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP	4				
20:5 n-3.....g	0.000		0	RP	4				
22:5 n-3.....g	0.000		0	RP	4				
22:6 n-3.....g	0.000		0	RP	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RP	4				
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g									
Threonine.....g									
Isoleucine.....g									
Leucine.....g									
Lysine.....g									
Methionine.....g									
Cystine.....g									
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g									
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RP	4				
Caffeine.....mg	0		0	RP	4				
Theobromine.....mg	0		0	RP	4				
Carotenoids:									
Carotene, beta.....mcg	0		0	RP	4				
Carotene, alpha.....mcg	0		0	RP	4				
Cryptoxanthin, beta.....mcg	0		0	RP	4				
Lycopene.....mcg	0		0	RP	4				
Lutein + zeaxanthin.....mcg	0		0	RP	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08429

Cereals, QUAKER, Instant Oatmeal, EXPRESS Baked Apple, prepared with boiling water

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08430

Cereals, QUAKER, Instant Oatmeal, EXPRESS Cinnamon Roll, prepared with boiling water

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.75		0	RP	4				
Energy	kcal	121		0	RP	4				
Energy	kj	506		0	RP	4				
Protein	g	2.77		0	RP	4				
Total lipid (fat)	g	1.58		0	RP	4				
Ash	g	1.00		0	RP	4				
Carbohydrate, by difference	g	23.90		0	RP	4				
Fiber, total dietary	g	2.1		0	RP	4				
Sugars, total	g	9.70		0	RP	4				
Starch	g									
Minerals:										
* Calcium, Ca	mg	65		0	RP	4				
* Iron, Fe	mg	2.30		0	RP	4				
Magnesium, Mg	mg	29		0	RP	4				
Phosphorus, P	mg	99		0	RP	4				
Potassium, K	mg	82		0	RP	4				
Sodium, Na	mg	144		0	RP	4				
Zinc, Zn	mg	0.65		0	RP	4				
Copper, Cu	mg	0.070		0	RP	4				
Manganese, Mn	mg	0.892		0	RP	4				
Selenium, Se	mcg	7.1		0	RP	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RP	4				
* Thiamin	mg	0.172		0	RP	4				
* Riboflavin	mg	0.205		0	RP	4				
* Niacin	mg	2.424		0	RP	4				
Pantothenic acid	mg	0.147		0	RP	4				
* Vitamin B-6	mg	0.254		0	RP	4				
* Folate, total	mcg	51		0	RP	4				
Folic acid	mcg	44		0	RP	4				
Folate, food	mcg	7		0	RP	4				
Folate, DFE	mcg_DFE	82		0	NC	4				
Vitamin B-12	mcg	0.00		0	RP	4				
* Vitamin A, IU	IU	638		0	RP	4				
Vitamin A, RAE	mcg_RAE	192		0	RP	4				
Retinol	mcg	192		0	RP	4				
Vitamin E (alpha-tocopherol)	mg	0.14		0	RP	4				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.7		0	RP	4				
Lipids:										
Fatty acids, total saturated	g	0.267		0	RP	4				
4:0	g	0.000		0	RP	4				
6:0	g	0.000		0	RP	4				
8:0	g	0.000		0	RP	4				
10:0	g	0.000		0	RP	4				
12:0	g	0.005		0	RP	4				
13:0	g									
14:0	g	0.003		0	RP	4				
15:0	g									
16:0	g	0.243		0	RP	4				
17:0	g									
18:0	g	0.016		0	RP	4				
20:0	g									
22:0	g									
24:0	g									

NDB No. 08430

Cereals, QUAKER, Instant Oatmeal, EXPRESS Cinnamon Roll, prepared with boiling water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.542		0	RP	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0	RP	4				
17:1.....g									
18:1 undifferentiated.....g	0.539		0	RP	4				
20:1.....g	0.000		0	RP	4				
22:1 undifferentiated.....g	0.000		0	RP	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.470		0	RP	4				
18:2 undifferentiated.....g	0.449		0	RP	4				
18:3 undifferentiated.....g	0.020		0	RP	4				
18:4.....g	0.000		0	RP	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP	4				
20:5 n-3.....g	0.000		0	RP	4				
22:5 n-3.....g	0.000		0	RP	4				
22:6 n-3.....g	0.000		0	RP	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RP	4				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RP	4				
Caffeine.....mg	0		0	RP	4				
Theobromine.....mg	0		0	RP	4				
Carotenoids:									
Carotene, beta.....mcg	0		0	RP	4				
Carotene, alpha.....mcg	0		0	RP	4				
Cryptoxanthin, beta.....mcg	0		0	RP	4				
Lycopene.....mcg	0		0	RP	4				
Lutein + zeaxanthin.....mcg	37		0	RP	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08434

Cereals, QUAKER, Instant Oatmeal, EXPRESS, Golden Brown Sugar, prepared with boiling water

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.69		0	RP	4				
Energy	kcal	121		0	RP	4				
Energy	kj	504		0	RP	4				
Protein	g	2.66		0	RP	4				
Total lipid (fat)	g	1.50		0	RP	4				
Ash	g	1.04		0	RP	4				
Carbohydrate, by difference	g	24.10		0	RP	4				
Fiber, total dietary	g	2.0		0	RP	4				
Sugars, total	g	10.16		0	RP	4				
Starch	g									
Minerals:										
* Calcium, Ca	mg	65		0	RP	4				
* Iron, Fe	mg	2.30		0	RP	4				
Magnesium, Mg	mg	28		0	RP	4				
Phosphorus, P	mg	95		0	RP	4				
Potassium, K	mg	78		0	RP	4				
Sodium, Na	mg	170		0	RP	4				
Zinc, Zn	mg	0.62		0	RP	4				
Copper, Cu	mg	0.070		0	RP	4				
Manganese, Mn	mg	0.858		0	RP	4				
Selenium, Se	mcg	6.6		0	RP	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RP	4				
* Thiamin	mg	0.172		0	RP	4				
* Riboflavin	mg	0.205		0	RP	4				
* Niacin	mg	2.421		0	RP	4				
Pantothenic acid	mg	0.141		0	RP	4				
* Vitamin B-6	mg	0.254		0	RP	4				
* Folate, total	mcg	51		0	RP	4				
Folic acid	mcg	44		0	RP	4				
Folate, food	mcg	7		0	RP	4				
Folate, DFE	mcg_DFE	82		0	NC	4				
Vitamin B-12	mcg	0.00		0	RP	4				
* Vitamin A, IU	IU	638		0	RP	4				
Vitamin A, RAE	mcg_RAE	192		0	RP	4				
Retinol	mcg	191		0	RP	4				
Vitamin E (alpha-tocopherol)	mg	0.13		0	RP	4				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	1.2		0	RP	4				
Lipids:										
Fatty acids, total saturated	g	0.259		0	RP	4				
4:0	g	0.000		0	RP	4				
6:0	g	0.000		0	RP	4				
8:0	g	0.000		0	RP	4				
10:0	g	0.000		0	RP	4				
12:0	g	0.004		0	RP	4				
13:0	g									
14:0	g	0.002		0	RP	4				
15:0	g									
16:0	g	0.231		0	RP	4				
17:0	g									
18:0	g	0.021		0	RP	4				
20:0	g									
22:0	g									
24:0	g									

NDB No. 08434

Cereals, QUAKER, Instant Oatmeal, EXPRESS, Golden Brown Sugar, prepared with boiling water

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated....g	0.520		0	RP	4				
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.004		0	RP	4				
17:1....g									
18:1 undifferentiated....g	0.516		0	RP	4				
20:1....g	0.000		0	RP	4				
22:1 undifferentiated....g	0.000		0	RP	4				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.451		0	RP	4				
18:2 undifferentiated....g	0.424		0	RP	4				
18:3 undifferentiated....g	0.026		0	RP	4				
18:4....g	0.000		0	RP	4				
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RP	4				
20:5 n-3....g	0.000		0	RP	4				
22:5 n-3....g	0.000		0	RP	4				
22:6 n-3....g	0.000		0	RP	4				
Fatty acids, total trans....g									
Cholesterol....mg	0		0	RP	4				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g									
Isoleucine....g									
Leucine....g									
Lysine....g									
Methionine....g									
Cystine....g									
Phenylalanine....g									
Tyrosine....g									
Valine....g									
Arginine....g									
Histidine....g									
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RP	4				
Caffeine....mg	0		0	RP	4				
Theobromine....mg	0		0	RP	4				
Carotenoids:									
Carotene, beta....mcg	0		0	RP	4				
Carotene, alpha....mcg	0		0	RP	4				
Cryptoxanthin, beta....mcg	0		0	RP	4				
Lycopene....mcg	0		0	RP	4				
Lutein + zeaxanthin....mcg	0		0	RP	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08434

Cereals, QUAKER, Instant Oatmeal, EXPRESS, Golden Brown Sugar, prepared with boiling water

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08412

Cereals, QUAKER, Instant Oatmeal, French Vanilla Flavor, dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.88		0	MC	9		2.96		
Energy	kcal	369		0	MC	9		159		
Energy	kj	1543		0	MC	9		664		
Protein	g	9.05		0	MC	9		3.89		
Total lipid (fat)	g	4.93		0	MC	9		2.12		
Ash	g	3.39		0	MC	9		1.46		
Carbohydrate, by difference	g	75.73		0	MC	9		32.56		
Fiber, total dietary	g	6.8		0	MC	9		2.9		
Sugars, total	g	29.59		0	MC	9		12.72		
Starch	g									
Minerals:										
* Calcium, Ca	mg	256		0	MC	9		110		
* Iron, Fe	mg	9.20		0	MC	9		3.96		
Magnesium, Mg	mg	93		0	MC	9		40		
Phosphorus, P	mg	317		0	MC	9		136		
Potassium, K	mg	263		0	MC	9		113		
Sodium, Na	mg	572		0	MC	9		246		
Zinc, Zn	mg	2.10		0	MC	9		0.90		
Copper, Cu	mg	0.220		0	MC	9		0.095		
Manganese, Mn	mg	2.920		0	MC	9		1.256		
Selenium, Se	mcg	20.9		0	FLM	4		9.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0	MC	9		0.0		
* Thiamin	mg	0.760		0	MC	9		0.327		
* Riboflavin	mg	0.870		0	MC	9		0.374		
* Niacin	mg	10.230		0	MC	9		4.399		
Pantothenic acid	mg	0.480		0	MC	9		0.206		
* Vitamin B-6	mg	1.020		0	MC	9		0.439		
* Folate, total	mcg	205		0	MC	9		88		
Folic acid	mcg	182		0	NC	4		78		
Folate, food	mcg	23		0	CAZN	4		10		
Folate, DFE	mcg_DFE	332		0	NC	4		143		
Vitamin B-12	mcg	0.00		0	MC	9		0.00		
* Vitamin A, IU	IU	2558		0	MC	9		1100		
Vitamin A, RAE	mcg_RAE	768		0	NC	4		330		
Retinol	mcg	767		0	BNA	4		330		
Vitamin E (alpha-tocopherol)	mg	0.44		0	NR	4		0.19		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000		0	MC	9		0.000		
Vitamin K (phylloquinone)	mcg	2.0		0	FLM	4		0.8		
Lipids:										
Fatty acids, total saturated	g	0.890		0	FLM	4		0.383		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.021		0	FLM	4		0.009		
10:0	g	0.023		0	FLM	4		0.010		
12:0	g	0.224		0	FLM	4		0.096		
13:0	g									
14:0	g	0.100		0	FLM	4		0.043		
15:0	g									
16:0	g	0.398		0	FLM	4		0.171		
17:0	g									
18:0	g	0.124		0	FLM	4		0.053		
20:0	g									
22:0	g									
24:0	g									

NDB No. 08412
Cereals, QUAKER, Instant Oatmeal, French Vanilla Flavor, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.770		0	FLM	4		0.761		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009		0	FLM	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	1.761		0	FLM	4		0.757		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.470		0	FLM	4		0.632		
18:2 undifferentiated.....g	1.406		0	FLM	4		0.605		
18:3 undifferentiated.....g	0.064		0	FLM	4		0.027		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0			MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	BNA	4		0.000		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	0		0	BNA	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BNA	4		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 43g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08425

Cereals, QUAKER, Instant Oatmeal, French Vanilla, prepared with boiling water

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.13		0	RP	4				
Energy	kcal	102		0	RP	4				
Energy	kj	427		0	RP	4				
Protein	g	2.41		0	RP	4				
Total lipid (fat)	g	1.31		0	RP	4				
Ash	g	0.98		0	RP	4				
Carbohydrate, by difference	g	20.16		0	RP	4				
Fiber, total dietary	g	1.8		0	RP	4				
Sugars, total	g	7.88		0	RP	4				
Starch	g									
Minerals:										
* Calcium, Ca	mg	70		0	RP	4				
* Iron, Fe	mg	2.45		0	RP	4				
Magnesium, Mg	mg	25		0	RP	4				
Phosphorus, P	mg	84		0	RP	4				
Potassium, K	mg	70		0	RP	4				
Sodium, Na	mg	154		0	RP	4				
Zinc, Zn	mg	0.56		0	RP	4				
Copper, Cu	mg	0.064		0	RP	4				
Manganese, Mn	mg	0.778		0	RP	4				
Selenium, Se	mcg	5.6		0	RP	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RP	4				
* Thiamin	mg	0.182		0	RP	4				
* Riboflavin	mg	0.220		0	RP	4				
* Niacin	mg	2.588		0	RP	4				
Pantothenic acid	mg	0.128		0	RP	4				
* Vitamin B-6	mg	0.272		0	RP	4				
* Folate, total	mcg	55		0	RP	4				
Folic acid	mcg	48		0	RP	4				
Folate, food	mcg	6		0	RP	4				
Folate, DFE	mcg_DFE	88		0	NC	4				
Vitamin B-12	mcg	0.00		0	RP	4				
* Vitamin A, IU	IU	681		0	RP	4				
Vitamin A, RAE	mcg_RAE	205		0	RP	4				
Retinol	mcg	204		0	RP	4				
Vitamin E (alpha-tocopherol)	mg	0.12		0	RP	4				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000		0	RP	4				
Vitamin K (phylloquinone)	mcg	0.5		0	RP	4				
Lipids:										
Fatty acids, total saturated	g	0.237		0	RP	4				
4:0	g	0.000		0	RP	4				
6:0	g	0.000		0	RP	4				
8:0	g	0.006		0	RP	4				
10:0	g	0.006		0	RP	4				
12:0	g	0.060		0	RP	4				
13:0	g									
14:0	g	0.027		0	RP	4				
15:0	g									
16:0	g	0.106		0	RP	4				
17:0	g									
18:0	g	0.033		0	RP	4				
20:0	g									
22:0	g									
24:0	g									

NDB No. 08425
Cereals, QUAKER, Instant Oatmeal, French Vanilla, prepared with boiling water

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.471		0	RP	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	RP	4				
17:1.....g									
18:1 undifferentiated.....g	0.469		0	RP	4				
20:1.....g	0.000		0	RP	4				
22:1 undifferentiated.....g	0.000		0	RP	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.391		0	RP	4				
18:2 undifferentiated.....g	0.374		0	RP	4				
18:3 undifferentiated.....g	0.017		0	RP	4				
18:4.....g	0.000		0	RP	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP	4				
20:5 n-3.....g	0.000		0	RP	4				
22:5 n-3.....g	0.000		0	RP	4				
22:6 n-3.....g	0.000		0	RP	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RP	4				
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g									
Threonine.....g									
Isoleucine.....g									
Leucine.....g									
Lysine.....g									
Methionine.....g									
Cystine.....g									
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g									
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RP	4				
Caffeine.....mg	0		0	RP	4				
Theobromine.....mg	0		0	RP	4				
Carotenoids:									
Carotene, beta.....mcg	0		0	RP	4				
Carotene, alpha.....mcg	0		0	RP	4				
Cryptoxanthin, beta.....mcg	0		0	RP	4				
Lycopene.....mcg	0		0	RP	4				
Lutein + zeaxanthin.....mcg	0		0	RP	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08425

Cereals, QUAKER, Instant Oatmeal, French Vanilla, prepared with boiling water

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08416

Cereals, QUAKER, Instant Oatmeal, Honey Nut, dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.46		0	MC	9		2.78		
Energy	kcal	389		0	MC	9		167		
Energy	kj	1626		0	MC	9		699		
Protein	g	9.29		0	MC	9		3.99		
Total lipid (fat)	g	8.37		0	MC	9		3.60		
Ash	g	3.28		0	MC	9		1.41		
Carbohydrate, by difference	g	72.58		0	MC	9		31.21		
Fiber, total dietary	g	6.4		0	MC	9		2.8		
Sugars, total	g	29.92		0	MC	9		12.87		
Starch	g									
Minerals:										
* Calcium, Ca	mg	244		0	MC	9		105		
* Iron, Fe	mg	8.80		0	MC	9		3.78		
Magnesium, Mg	mg	95		0	MC	9		41		
Phosphorus, P	mg	311		0	MC	9		134		
Potassium, K	mg	267		0	MC	9		115		
Sodium, Na	mg	547		0	MC	9		235		
Zinc, Zn	mg	2.09		0	MC	9		0.90		
Copper, Cu	mg	0.280		0	MC	9		0.120		
Manganese, Mn	mg	2.850		0	MC	9		1.226		
Selenium, Se	mcg	20.5		0	FLM	4		8.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0	MC	9		0.1		
* Thiamin	mg	0.730		0	MC	9		0.314		
* Riboflavin	mg	0.830		0	MC	9		0.357		
* Niacin	mg	9.770		0	MC	9		4.201		
Pantothenic acid	mg	0.480		0	MC	9		0.206		
* Vitamin B-6	mg	0.970		0	MC	9		0.417		
* Folate, total	mcg	196		0	MC	9		84		
Folic acid	mcg	173		0	NC	4		74		
Folate, food	mcg	23		0	CAZN	4		10		
Folate, DFE	mcg_DFE	316		0	NC	4		136		
Vitamin B-12	mcg	0.00		0	MC	9		0.00		
* Vitamin A, IU	IU	2444		0	MC	9		1051		
Vitamin A, RAE	mcg_RAE	734		0	NC	4		316		
Retinol	mcg	733		0	BNA	4		315		
Vitamin E (alpha-tocopherol)	mg	0.66		0	NR	4		0.29		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000		0	MC	9		0.000		
Vitamin K (phylloquinone)	mcg	2.0		0	FLM	4		0.9		
Lipids:										
Fatty acids, total saturated	g	1.150		0	FLM	4		0.495		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.015		0	FLM	4		0.006		
13:0	g									
14:0	g	0.007		0	FLM	4		0.003		
15:0	g	0.000		0	FLM	4		0.000		
16:0	g	0.920		0	FLM	4		0.396		
17:0	g	0.000		0	FLM	4		0.000		
18:0	g	0.207		0	FLM	4		0.089		
20:0	g	0.000		0	FLM	4		0.000		
22:0	g	0.000		0	FLM	4		0.000		
24:0	g									

NDB No. 08416
Cereals, QUAKER, Instant Oatmeal, Honey Nut, dry

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.140		0	FLM	4		0.920		
14:1.....g	0.000		0	FLM	4		0.000		
15:1.....g	0.000		0	FLM	4		0.000		
16:1 undifferentiated.....g	0.010		0	FLM	4		0.004		
17:1.....g	0.000		0	FLM	4		0.000		
18:1 undifferentiated.....g	2.099		0	FLM	4		0.903		
20:1.....g	0.031		0	FLM	4		0.013		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.200		0	FLM	4		1.806		
18:2 undifferentiated.....g	3.977		0	FLM	4		1.710		
18:3 undifferentiated.....g	0.223		0	FLM	4		0.096		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLM	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	BNA	4		0.000		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	0		0	BNA	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BNA	4		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 43g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08428

Cereals, QUAKER, Instant Oatmeal, Honey Nut, prepared with boiling water

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.02		0	RP	4				
Energy	kcal	107		0	RP	4				
Energy	kj	449		0	RP	4				
Protein	g	2.47		0	RP	4				
Total lipid (fat)	g	2.23		0	RP	4				
Ash	g	0.95		0	RP	4				
Carbohydrate, by difference	g	19.32		0	RP	4				
Fiber, total dietary	g	1.7		0	RP	4				
Sugars, total	g	7.97		0	RP	4				
Starch	g									
Minerals:										
* Calcium, Ca	mg	67		0	RP	4				
* Iron, Fe	mg	2.35		0	RP	4				
Magnesium, Mg	mg	26		0	RP	4				
Phosphorus, P	mg	83		0	RP	4				
Potassium, K	mg	71		0	RP	4				
Sodium, Na	mg	147		0	RP	4				
Zinc, Zn	mg	0.56		0	RP	4				
Copper, Cu	mg	0.079		0	RP	4				
Manganese, Mn	mg	0.759		0	RP	4				
Selenium, Se	mcg	5.4		0	RP	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RP	4				
* Thiamin	mg	0.175		0	RP	4				
* Riboflavin	mg	0.210		0	RP	4				
* Niacin	mg	2.471		0	RP	4				
Pantothenic acid	mg	0.128		0	RP	4				
* Vitamin B-6	mg	0.258		0	RP	4				
* Folate, total	mcg	52		0	RP	4				
Folic acid	mcg	46		0	RP	4				
Folate, food	mcg	6		0	RP	4				
Folate, DFE	mcg_DFE	84		0	NC	4				
Vitamin B-12	mcg	0.00		0	RP	4				
* Vitamin A, IU	IU	651		0	RP	4				
Vitamin A, RAE	mcg_RAE	195		0	RP	4				
Retinol	mcg	195		0	RP	4				
Vitamin E (alpha-tocopherol)	mg	0.18		0	RP	4				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.5		0	RP	4				
Lipids:										
Fatty acids, total saturated	g	0.306		0	RP	4				
4:0	g	0.000		0	RP	4				
6:0	g	0.000		0	RP	4				
8:0	g	0.000		0	RP	4				
10:0	g	0.000		0	RP	4				
12:0	g	0.004		0	RP	4				
13:0	g									
14:0	g	0.002		0	RP	4				
15:0	g	0.000		0	RP	4				
16:0	g	0.245		0	RP	4				
17:0	g	0.000		0	RP	4				
18:0	g	0.055		0	RP	4				
20:0	g	0.000		0	RP	4				
22:0	g	0.000		0	RP	4				
24:0	g									

NDB No. 08428
Cereals, QUAKER, Instant Oatmeal, Honey Nut, prepared with boiling water

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.570		0	RP	4				
14:1.....g	0.000		0	RP	4				
15:1.....g	0.000		0	RP	4				
16:1 undifferentiated.....g	0.003		0	RP	4				
17:1.....g	0.000		0	RP	4				
18:1 undifferentiated.....g	0.559		0	RP	4				
20:1.....g	0.008		0	RP	4				
22:1 undifferentiated.....g	0.000		0	RP	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.118		0	RP	4				
18:2 undifferentiated.....g	1.059		0	RP	4				
18:3 undifferentiated.....g	0.059		0	RP	4				
18:4.....g	0.000		0	RP	4				
20:2 n-6 c,c.....g	0.000		0	RP	4				
20:3 undifferentiated.....g	0.000		0	RP	4				
20:4 undifferentiated.....g	0.000		0	RP	4				
20:5 n-3.....g	0.000		0	RP	4				
22:5 n-3.....g	0.000		0	RP	4				
22:6 n-3.....g	0.000		0	RP	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RP	4				
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g									
Threonine.....g									
Isoleucine.....g									
Leucine.....g									
Lysine.....g									
Methionine.....g									
Cystine.....g									
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g									
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RP	4				
Caffeine.....mg	0		0	RP	4				
Theobromine.....mg	0		0	RP	4				
Carotenoids:									
Carotene, beta.....mcg	0		0	RP	4				
Carotene, alpha.....mcg	0		0	RP	4				
Cryptoxanthin, beta.....mcg	0		0	RP	4				
Lycopene.....mcg	0		0	RP	4				
Lutein + zeaxanthin.....mcg	0		0	RP	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08428
Cereals, QUAKER, Instant Oatmeal, Honey Nut, prepared with boiling water

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08432

Cereals, QUAKER, Instant Oatmeal, NUTRION FOR WOMEN, Golden Brown Sugar, prepared with boiling water

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.79		0	RP	4				
Energy	kcal	105		0	RP	4				
Energy	kj	439		0	RP	4				
Protein	g	3.24		0	RP	4				
Total lipid (fat)	g	1.32		0	RP	4				
Ash	g	1.61		0	RP	4				
Carbohydrate, by difference	g	20.04		0	RP	4				
Fiber, total dietary	g	1.7		0	RP	4				
Sugars, total	g	7.82		0	RP	4				
Starch	g									
Minerals:										
* Calcium, Ca	mg	239		0	RP	4				
* Iron, Fe	mg	4.22		0	RP	4				
Magnesium, Mg	mg	28		0	RP	4				
Phosphorus, P	mg	91		0	RP	4				
Potassium, K	mg	88		0	RP	4				
Sodium, Na	mg	199		0	RP	4				
Zinc, Zn	mg	0.58		0	RP	4				
Copper, Cu	mg	0.075		0	RP	4				
Manganese, Mn	mg	0.761		0	RP	4				
Selenium, Se	mcg	6.4		0	RP	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RP	4				
* Thiamin	mg	0.179		0	RP	4				
* Riboflavin	mg	0.215		0	RP	4				
* Niacin	mg	2.540		0	RP	4				
Pantothenic acid	mg	0.123		0	RP	4				
* Vitamin B-6	mg	0.467		0	RP	4				
* Folate, total	mcg	94		0	RP	4				
Folic acid	mcg	87		0	RP	4				
Folate, food	mcg	6		0	RP	4				
Folate, DFE	mcg_DFE	155		0	NC	4				
Vitamin B-12	mcg	0.80		0	RP	4				
* Vitamin A, IU	IU	669		0	RP	4				
Vitamin A, RAE	mcg_RAE	201		0	RP	4				
Retinol	mcg	201		0	RP	4				
* Vitamin E (alpha-tocopherol)	mg	3.16		0	MC	9				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.6		0	RP	4				
Lipids:										
Fatty acids, total saturated	g	0.226		0	RP	4				
4:0	g	0.000		0	RP	4				
6:0	g	0.000		0	RP	4				
8:0	g	0.000		0	RP	4				
10:0	g	0.000		0	RP	4				
12:0	g	0.004		0	RP	4				
13:0	g									
14:0	g	0.002		0	RP	4				
15:0	g									
16:0	g	0.206		0	RP	4				
17:0	g									
18:0	g	0.014		0	RP	4				
20:0	g									
22:0	g									
24:0	g									

NDB No. 08432

Cereals, QUAKER, Instant Oatmeal, NUTRION FOR WOMEN, Golden Brown Sugar, prepared with boiling water

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.456		0	RP	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	RP	4				
17:1.....g									
18:1 undifferentiated.....g	0.454		0	RP	4				
20:1.....g	0.000		0	RP	4				
22:1 undifferentiated.....g	0.000		0	RP	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.389		0	RP	4				
18:2 undifferentiated.....g	0.371		0	RP	4				
18:3 undifferentiated.....g	0.017		0	RP	4				
18:4.....g	0.000		0	RP	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP	4				
20:5 n-3.....g	0.000		0	RP	4				
22:5 n-3.....g	0.000		0	RP	4				
22:6 n-3.....g	0.000		0	RP	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RP	4				
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g									
Threonine.....g									
Isoleucine.....g									
Leucine.....g									
Lysine.....g									
Methionine.....g									
Cystine.....g									
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g									
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RP	4				
Caffeine.....mg	0		0	RP	4				
Theobromine.....mg	0		0	RP	4				
Carotenoids:									
Carotene, beta.....mcg	0		0	RP	4				
Carotene, alpha.....mcg	0		0	RP	4				
Cryptoxanthin, beta.....mcg	0		0	RP	4				
Lycopene.....mcg	0		0	RP	4				
Lutein + zeaxanthin.....mcg	0		0	RP	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08432

Cereals, QUAKER, Instant Oatmeal, NUTRION FOR WOMEN, Golden Brown Sugar, prepared with boiling water

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16-1 (2004)

NDB No. 08433

Cereals, QUAKER, Instant Oatmeal, NUTRITION FOR WOMEN, Apple Spice, prepared with boiling water

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.23		0	RP	4				
Energy	kcal	107		0	RP	4				
Energy	kj	447		0	RP	4				
Protein	g	3.00		0	RP	4				
Total lipid (fat)	g	1.19		0	RP	4				
Ash	g	1.55		0	RP	4				
Carbohydrate, by difference	g	21.02		0	RP	4				
Fiber, total dietary	g	1.9		0	RP	4				
Sugars, total	g	9.66		0	RP	4				
Starch	g									
Minerals:										
* Calcium, Ca	mg	242		0	RP	4				
* Iron, Fe	mg	4.28		0	RP	4				
Magnesium, Mg	mg	22		0	RP	4				
Phosphorus, P	mg	81		0	RP	4				
Potassium, K	mg	83		0	RP	4				
Sodium, Na	mg	192		0	RP	4				
Zinc, Zn	mg	0.52		0	RP	4				
Copper, Cu	mg	0.079		0	RP	4				
Manganese, Mn	mg	0.662		0	RP	4				
Selenium, Se	mcg	5.7		0	RP	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0	RP	4				
* Thiamin	mg	0.181		0	RP	4				
* Riboflavin	mg	0.219		0	RP	4				
* Niacin	mg	2.576		0	RP	4				
Pantothenic acid	mg	0.116		0	RP	4				
* Vitamin B-6	mg	0.474		0	RP	4				
Folate, total	mcg	95		0	RP	4				
Folic acid	mcg	88		0	RP	4				
Folate, food	mcg	7		0	RP	4				
Folate, DFE	mcg_DFE	157		0	NC	4				
Vitamin B-12	mcg	0.81		0	RP	4				
* Vitamin A, IU	IU	678		0	RP	4				
Vitamin A, RAE	mcg_RAE	204		0	RP	4				
Retinol	mcg	203		0	RP	4				
* Vitamin E (alpha-tocopherol)	mg	3.21		0	MC	9				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.7		0	RP	4				
Lipids:										
Fatty acids, total saturated	g	0.198		0	RP	4				
4:0	g	0.000		0	RP	4				
6:0	g	0.000		0	RP	4				
8:0	g	0.000		0	RP	4				
10:0	g	0.000		0	RP	4				
12:0	g	0.004		0	RP	4				
13:0	g									
14:0	g	0.002		0	RP	4				
15:0	g									
16:0	g	0.179		0	RP	4				
17:0	g									
18:0	g	0.013		0	RP	4				
20:0	g									
22:0	g									
24:0	g									

NDB No. 08433

Cereals, QUAKER, Instant Oatmeal, NUTRITION FOR WOMEN, Apple Spice, prepared with boiling water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.400		0	RP	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	RP	4				
17:1.....g									
18:1 undifferentiated.....g	0.398		0	RP	4				
20:1.....g	0.000		0	RP	4				
22:1 undifferentiated.....g	0.000		0	RP	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.358		0	RP	4				
18:2 undifferentiated.....g	0.341		0	RP	4				
18:3 undifferentiated.....g	0.016		0	RP	4				
18:4.....g	0.000		0	RP	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP	4				
20:5 n-3.....g	0.000		0	RP	4				
22:5 n-3.....g	0.000		0	RP	4				
22:6 n-3.....g	0.000		0	RP	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RP	4				
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g									
Threonine.....g									
Isoleucine.....g									
Leucine.....g									
Lysine.....g									
Methionine.....g									
Cystine.....g									
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g									
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RP	4				
Caffeine.....mg	0		0	RP	4				
Theobromine.....mg	0		0	RP	4				
Carotenoids:									
Carotene, beta.....mcg	0		0	RP	4				
Carotene, alpha.....mcg	0		0	RP	4				
Cryptoxanthin, beta.....mcg	0		0	RP	4				
Lycopene.....mcg	0		0	RP	4				
Lutein + zeaxanthin.....mcg	0		0	RP	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08433

Cereals, QUAKER, Instant Oatmeal, NUTRITION FOR WOMEN, Apple Spice, prepared with boiling water

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16-1 (2004)

NDB No. 08422

Cereals, QUAKER, Instant Oatmeal, NUTRITION FOR WOMEN, Apple Spice, dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.99		0	MC	9		2.82		
Energy	kcal	360		0	MC	9		169		
Energy	kj	1508		0	MC	9		709		
Protein	g	10.57		0	MC	9		4.97		
Total lipid (fat)	g	4.18		0	MC	9		1.96		
Ash	g	5.22		0	MC	9		2.45		
Carbohydrate, by difference	g	74.01		0	MC	9		34.78		
Fiber, total dietary	g	6.9		0	MC	9		3.2		
Sugars, total	g	34.00		0	MC	9		15.98		
Starch	g									
Minerals:										
* Calcium, Ca	mg	846		0	MC	9		398		
* Iron, Fe	mg	15.07		0	MC	9		7.08		
Magnesium, Mg	mg	77		0	MC	9		36		
Phosphorus, P	mg	284		0	MC	9		134		
Potassium, K	mg	292		0	MC	9		137		
Sodium, Na	mg	672		0	MC	9		316		
Zinc, Zn	mg	1.83		0	MC	9		0.86		
Copper, Cu	mg	0.260		0	MC	9		0.122		
Manganese, Mn	mg	2.330		0	MC	9		1.095		
Selenium, Se	mcg	20.2		0	FLM	4		9.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		0	MC	9		0.4		
* Thiamin	mg	0.710		0	MC	9		0.334		
* Riboflavin	mg	0.810		0	MC	9		0.381		
* Niacin	mg	9.550		0	MC	9		4.489		
Pantothenic acid	mg	0.410		0	MC	9		0.193		
* Vitamin B-6	mg	1.670		0	MC	9		0.785		
Folate, total	mcg	334		0	MC	9		157		
Folic acid	mcg	311		0	NC	4		146		
Folate, food	mcg	23		0	CAZN	4		11		
Folate, DFE	mcg_DFE	552		0	NC	4		260		
Vitamin B-12	mcg	2.86		0	MC	9		1.34		
* Vitamin A, IU	IU	2388		0	MC	9		1122		
Vitamin A, RAE	mcg_RAE	717		0	NC	4		337		
Retinol	mcg	716		0	BNA	4		337		
* Vitamin E (alpha-tocopherol)	mg	11.29		0	MC	9		5.30		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	334.300		0	MC	9		157.121		
Vitamin K (phylloquinone)	mcg	2.4		0	FLM	4		1.1		
Lipids:										
Fatty acids, total saturated	g	0.698		0	FLM	4		0.328		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.014		0	FLM	4		0.006		
13:0	g									
14:0	g	0.009		0	FLM	4		0.004		
15:0	g									
16:0	g	0.631		0	FLM	4		0.297		
17:0	g									
18:0	g	0.045		0	FLM	4		0.021		
20:0	g									
22:0	g									
24:0	g									

NDB No. 08422

Cereals, QUAKER, Instant Oatmeal, NUTRITION FOR WOMEN, Apple Spice, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.410		0	FLM	4		0.663		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		0	FLM	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	1.402		0	FLM	4		0.659		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.260		0	FLM	4		0.592		
18:2 undifferentiated.....g	1.202		0	FLM	4		0.565		
18:3 undifferentiated.....g	0.058		0	FLM	4		0.027		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	BNA	4		0.000		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	0		0	BNA	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BNA	4		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 47g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16-1 (2004)

NDB No. 08421

Cereals, QUAKER, Instant Oatmeal, NUTRITION FOR WOMEN, Golden Brown Sugar, dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.52		0	MC	9		3.00		
Energy	kcal	363		0	MC	9		167		
Energy	kj	1517		0	MC	9		698		
Protein	g	11.60		0	MC	9		5.34		
Total lipid (fat)	g	4.72		0	MC	9		2.17		
Ash	g	5.49		0	MC	9		2.53		
Carbohydrate, by difference	g	71.65		0	MC	9		32.96		
Fiber, total dietary	g	6.1		0	MC	9		2.8		
Sugars, total	g	27.96		0	MC	9		12.86		
Starch	g									
Minerals:										
* Calcium, Ca	mg	847		0	MC	9		390		
* Iron, Fe	mg	15.09		0	MC	9		6.94		
Magnesium, Mg	mg	97		0	MC	9		45		
Phosphorus, P	mg	324		0	MC	9		149		
Potassium, K	mg	314		0	MC	9		144		
Sodium, Na	mg	706		0	MC	9		325		
Zinc, Zn	mg	2.07		0	MC	9		0.95		
Copper, Cu	mg	0.250		0	MC	9		0.115		
Manganese, Mn	mg	2.720		0	MC	9		1.251		
Selenium, Se	mcg	22.7		0	FLM	4		10.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
* Thiamin	mg	0.710		0	MC	9		0.327		
* Riboflavin	mg	0.810		0	MC	9		0.373		
* Niacin	mg	9.560		0	MC	9		4.398		
Pantothenic acid	mg	0.440		0	MC	9		0.202		
* Vitamin B-6	mg	1.670		0	MC	9		0.768		
* Folate, total	mcg	335		0	MC	9		154		
Folic acid	mcg	312		0	NC	4		143		
Folate, food	mcg	23		0	CAZN	4		11		
Folate, DFE	mcg_DFE	553		0	NC	4		255		
Vitamin B-12	mcg	2.87		0	MC	9		1.32		
* Vitamin A, IU	IU	2391		0	MC	9		1100		
Vitamin A, RAE	mcg_RAE	718		0	NC	4		330		
Retinol	mcg	717		0	BNA	4		330		
* Vitamin E (alpha-tocopherol)	mg	11.30		0	MC	9		5.20		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
* Vitamin D	IU	334.780		0	MC	9		153.999		
Vitamin K (phylloquinone)	mcg	2.1		0	FLM	4		1.0		
Lipids:										
Fatty acids, total saturated	g	0.808		0	FLM	4		0.372		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.016		0	FLM	4		0.007		
13:0	g									
14:0	g	0.008		0	FLM	4		0.004		
15:0	g									
16:0	g	0.736		0	FLM	4		0.339		
17:0	g									
18:0	g	0.048		0	FLM	4		0.022		
20:0	g									
22:0	g									
24:0	g									

NDB No. 08421

Cereals, QUAKER, Instant Oatmeal, NUTRITION FOR WOMEN, Golden Brown Sugar, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.630		0	FLM	4		0.750		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		0	FLM	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	1.622		0	FLM	4		0.746		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.390		0	FLM	4		0.639		
18:2 undifferentiated.....g	1.328		0	FLM	4		0.611		
18:3 undifferentiated.....g	0.062		0	FLM	4		0.029		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	BNA	4		0.000		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	0		0	BNA	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BNA	4		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 46g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16-1 (2004)

NDB No. 08420

Cereals, QUAKER, Instant Oatmeal, NUTRITION FOR WOMEN, Vanilla Cinnamon, dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.47		0	MC	9		2.91		
Energy	kcal	363		0	MC	9		163		
Energy	kj	1520		0	MC	9		684		
Protein	g	11.71		0	MC	9		5.27		
Total lipid (fat)	g	4.65		0	MC	9		2.09		
Ash	g	5.12		0	MC	9		2.30		
Carbohydrate, by difference	g	72.03		0	MC	9		32.41		
Fiber, total dietary	g	6.3		0	MC	9		2.8		
Sugars, total	g	29.44		0	MC	9		13.25		
Starch	g									
Minerals:										
* Calcium, Ca	mg	866		0	MC	9		390		
* Iron, Fe	mg	15.43		0	MC	9		6.94		
Magnesium, Mg	mg	89		0	MC	9		40		
Phosphorus, P	mg	321		0	MC	9		144		
Potassium, K	mg	264		0	MC	9		119		
Sodium, Na	mg	638		0	MC	9		287		
Zinc, Zn	mg	2.08		0	MC	9		0.94		
Copper, Cu	mg	0.260		0	MC	9		0.117		
Manganese, Mn	mg	2.700		0	MC	9		1.215		
Selenium, Se	mcg	22.5		0	FLM	4		10.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0	MC	9		0.0		
* Thiamin	mg	0.730		0	MC	9		0.329		
* Riboflavin	mg	0.830		0	MC	9		0.374		
* Niacin	mg	9.780		0	MC	9		4.401		
Pantothenic acid	mg	0.440		0	MC	9		0.198		
* Vitamin B-6	mg	1.710		0	MC	9		0.770		
* Folate, total	mcg	342		0	MC	9		154		
Folic acid	mcg	319		0	NC	4		144		
Folate, food	mcg	23		0	CAZN	4		10		
Folate, DFE	mcg_DFE	566		0	NC	4		255		
Vitamin B-12	mcg	2.93		0	MC	9		1.32		
* Vitamin A, IU	IU	2445		0	MC	9		1100		
Vitamin A, RAE	mcg_RAE	734		0	NC	4		330		
Retinol	mcg	733		0	BNA	4		330		
* Vitamin E (alpha-tocopherol)	mg	11.55		0	MC	9		5.20		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
* Vitamin D	IU	342.230		0	MC	9		154.004		
Vitamin K (phylloquinone)	mcg	2.1		0	FLM	4		1.0		
Lipids:										
Fatty acids, total saturated	g	0.799		0	FLM	4		0.360		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.016		0	FLM	4		0.007		
13:0	g									
14:0	g	0.009		0	FLM	4		0.004		
15:0	g									
16:0	g	0.725		0	FLM	4		0.326		
17:0	g									
18:0	g	0.050		0	FLM	4		0.022		
20:0	g									
22:0	g									
24:0	g									

NDB No. 08420

Cereals, QUAKER, Instant Oatmeal, NUTRITION FOR WOMEN, Vanilla Cinnamon, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.630		0	FLM	4		0.734		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009		0	FLM	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	1.621		0	FLM	4		0.730		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.410		0	FLM	4		0.634		
18:2 undifferentiated.....g	1.347		0	FLM	4		0.606		
18:3 undifferentiated.....g	0.063		0	FLM	4		0.028		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	BNA	4		0.000		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	0		0	BNA	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BNA	4		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 45g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16-1 (2004)

NDB No. 08431

Cereals, QUAKER Instant Oatmeal, NUTRITION FOR WOMEN, Vanilla Cinnamon, prepared with boiling water

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.19		0	RP	4				
Energy	kcal	104		0	RP	4				
Energy	kj	434		0	RP	4				
Protein	g	3.22		0	RP	4				
Total lipid (fat)	g	1.28		0	RP	4				
Ash	g	1.48		0	RP	4				
Carbohydrate, by difference	g	19.82		0	RP	4				
Fiber, total dietary	g	1.7		0	RP	4				
Sugars, total	g	8.10		0	RP	4				
Starch	g									
Minerals:										
* Calcium, Ca	mg	240		0	RP	4				
* Iron, Fe	mg	4.25		0	RP	4				
Magnesium, Mg	mg	25		0	RP	4				
Phosphorus, P	mg	88		0	RP	4				
Potassium, K	mg	73		0	RP	4				
Sodium, Na	mg	177		0	RP	4				
Zinc, Zn	mg	0.58		0	RP	4				
Copper, Cu	mg	0.076		0	RP	4				
Manganese, Mn	mg	0.743		0	RP	4				
Selenium, Se	mcg	6.2		0	RP	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RP	4				
* Thiamin	mg	0.181		0	RP	4				
* Riboflavin	mg	0.217		0	RP	4				
* Niacin	mg	2.557		0	RP	4				
Pantothenic acid	mg	0.121		0	RP	4				
* Vitamin B-6	mg	0.471		0	RP	4				
* Folate, total	mcg	94		0	RP	4				
Folic acid	mcg	88		0	RP	4				
Folate, food	mcg	6		0	RP	4				
Folate, DFE	mcg_DFE	156		0	NC	4				
Vitamin B-12	mcg	0.81		0	RP	4				
* Vitamin A, IU	IU	673		0	RP	4				
Vitamin A, RAE	mcg_RAE	202		0	RP	4				
Retinol	mcg	202		0	RP	4				
* Vitamin E (alpha-tocopherol)	mg	3.18		0	MC	9				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.6		0	RP	4				
Lipids:										
Fatty acids, total saturated	g	0.220		0	RP	4				
4:0	g	0.000		0	RP	4				
6:0	g	0.000		0	RP	4				
8:0	g	0.000		0	RP	4				
10:0	g	0.000		0	RP	4				
12:0	g	0.004		0	RP	4				
13:0	g									
14:0	g	0.003		0	RP	4				
15:0	g									
16:0	g	0.200		0	RP	4				
17:0	g									
18:0	g	0.014		0	RP	4				
20:0	g									
22:0	g									
24:0	g									

NDB No. 08431

Cereals, QUAKER Instant Oatmeal, NUTRITION FOR WOMEN, Vanilla Cinnamon, prepared with boiling water

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.449		0	RP	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	RP	4				
17:1.....g									
18:1 undifferentiated.....g	0.446		0	RP	4				
20:1.....g	0.000		0	RP	4				
22:1 undifferentiated.....g	0.000		0	RP	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.388		0	RP	4				
18:2 undifferentiated.....g	0.371		0	RP	4				
18:3 undifferentiated.....g	0.017		0	RP	4				
18:4.....g	0.000		0	RP	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP	4				
20:5 n-3.....g	0.000		0	RP	4				
22:5 n-3.....g	0.000		0	RP	4				
22:6 n-3.....g	0.000		0	RP	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RP	4				
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g									
Threonine.....g									
Isoleucine.....g									
Leucine.....g									
Lysine.....g									
Methionine.....g									
Cystine.....g									
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g									
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RP	4				
Caffeine.....mg	0		0	RP	4				
Theobromine.....mg	0		0	RP	4				
Carotenoids:									
Carotene, beta.....mcg	0		0	RP	4				
Carotene, alpha.....mcg	0		0	RP	4				
Cryptoxanthin, beta.....mcg	0		0	RP	4				
Lycopene.....mcg	0		0	RP	4				
Lutein + zeaxanthin.....mcg	0		0	RP	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08431

Cereals, QUAKER Instant Oatmeal, NUTRITION FOR WOMEN, Vanilla Cinnamon, prepared with boiling water

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16-1 (2004)

NDB No. 08436
Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	8.23		0	MC	9				
Energy	kcal	360		0	MC	9				
Energy	kj	1507		0	MC	9				
Protein	g	7.76		0	MC	9				
Total lipid (fat)	g	4.27		0	MC	9				
Ash	g	3.42		0	MC	9				
Carbohydrate, by difference	g	76.31		0	MC	9				
Fiber, total dietary	g	6.2		0	MC	9				
Sugars, total	g	36.31		0	FLM	4				
Starch	g									
Minerals:										
* Calcium, Ca	mg	256		0	MC	9				
* Iron, Fe	mg	9.20		0	MC	9				
Magnesium, Mg	mg	80		0	MC	9				
Phosphorus, P	mg	268		0	MC	9				
Potassium, K	mg	361		0	MC	9				
Sodium, Na	mg	562		0	MC	9				
Zinc, Zn	mg	1.70		0	MC	9				
Copper, Cu	mg	0.240		0	MC	9				
Manganese, Mn	mg	2.350		0	MC	9				
Selenium, Se	mcg	21.7		0	BFZN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0	MC	9				
* Thiamin	mg	0.760		0	MC	9				
* Riboflavin	mg	0.860		0	MC	9				
* Niacin	mg	10.220		0	MC	9				
Pantothenic acid	mg	0.380		0	MC	9				
* Vitamin B-6	mg	1.020		0	MC	9				
* Folate, total	mcg	205		0	MC	9				
Folic acid	mcg	176		0	NC	4				
Folate, food	mcg	29		0	CAAN	4				
Folate, DFE	mcg_DFE	327		0	NC	4				
Vitamin B-12	mcg	0.00		0	MC	9				
* Vitamin A, IU	IU	2556		0	MC	9				
Vitamin A, RAE	mcg_RAE	768		0	NC	4				
Retinol	mcg	768		0	NC	4				
Vitamin E (alpha-tocopherol)	mg	0.42		0	BFZN	4				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000		0	MC	9				
Vitamin K (phylloquinone)	mcg	2.4		0	FLM	4				
Lipids:										
Fatty acids, total saturated	g	0.800		0	MC	9				
4:0	g	0.000		0	FLM	4				
6:0	g	0.000		0	FLM	4				
8:0	g	0.000		0	FLM	4				
10:0	g	0.000		0	FLM	4				
12:0	g	0.015		0	FLM	4				
13:0	g									
14:0	g	0.009		0	FLM	4				
15:0	g	0.000		0	FLM	4				
16:0	g	0.675		0	FLM	4				
17:0	g	0.000		0	FLM	4				
18:0	g	0.045		0	FLM	4				
20:0	g	0.000		0	FLM	4				
22:0	g	0.000		0	FLM	4				
24:0	g									

NDB No. 08436
Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.490		0	MC	9				
14:1.....g	0.000		0	FLM	4				
15:1.....g	0.000		0	FLM	4				
16:1 undifferentiated.....g	0.009		0	FLM	4				
17:1.....g	0.000		0	FLM	4				
18:1 undifferentiated.....g	1.481		0	FLM	4				
20:1.....g	0.000		0	FLM	4				
22:1 undifferentiated.....g	0.000		0	FLM	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.340		0	MC	9				
18:2 undifferentiated.....g	1.282		0	FLM	4				
18:3 undifferentiated.....g	0.058		0	FLM	4				
18:4.....g	0.000		0	FLM	4				
20:2 n-6 c,c.....g	0.000		0	FLM	4				
20:3 undifferentiated.....g	0.000		0	FLM	4				
20:4 undifferentiated.....g	0.000		0	FLM	4				
20:5 n-3.....g	0.000		0	FLM	4				
22:5 n-3.....g	0.000		0	FLM	4				
22:6 n-3.....g	0.000		0	FLM	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4				
Caffeine.....mg	0		0	FLM	4				
Theobromine.....mg	0		0	FLM	4				
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4				
Carotene, alpha.....mcg	0		0	BFZN	4				
Cryptoxanthin, beta.....mcg	0		0	BFZN	4				
Lycopene.....mcg	0		0	BFZN	4				
Lutein + zeaxanthin.....mcg	0		0	BFZN	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08437
Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, prepared

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.49		0	RP	4				
Energy	kcal	100		0	RP	4				
Energy	kj	417		0	RP	4				
Protein	g	2.07		0	RP	4				
Total lipid (fat)	g	1.14		0	RP	4				
Ash	g	0.98		0	RP	4				
Carbohydrate, by difference	g	20.32		0	RP	4				
Fiber, total dietary	g	1.6		0	RP	4				
Sugars, total	g	9.67		0	RP	4				
Starch	g									
Minerals:										
* Calcium, Ca	mg	70		0	RP	4				
* Iron, Fe	mg	2.45		0	RP	4				
Magnesium, Mg	mg	22		0	RP	4				
Phosphorus, P	mg	71		0	RP	4				
Potassium, K	mg	96		0	RP	4				
Sodium, Na	mg	151		0	RP	4				
Zinc, Zn	mg	0.46		0	RP	4				
Copper, Cu	mg	0.069		0	RP	4				
Manganese, Mn	mg	0.626		0	RP	4				
Selenium, Se	mcg	5.8		0	RP	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0	RP	4				
* Thiamin	mg	0.182		0	RP	4				
* Riboflavin	mg	0.218		0	RP	4				
* Niacin	mg	2.585		0	RP	4				
Pantothenic acid	mg	0.101		0	RP	4				
* Vitamin B-6	mg	0.272		0	RP	4				
* Folate, total	mcg	54		0	RP	4				
Folic acid	mcg	47		0	RP	4				
Folate, food	mcg	8		0	RP	4				
Folate, DFE	mcg_DFE	87		0	NC	4				
Vitamin B-12	mcg	0.00		0	RP	4				
* Vitamin A, IU	IU	681		0	RP	4				
Vitamin A, RAE	mcg_RAE	204		0	RP	4				
Retinol	mcg	204		0	RP	4				
Vitamin E (alpha-tocopherol)	mg	0.11		0	RP	4				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000		0	RP	4				
Vitamin K (phylloquinone)	mcg	0.6		0	RP	4				
Lipids:										
Fatty acids, total saturated	g	0.198		0	RP	4				
4:0	g	0.000		0	RP	4				
6:0	g	0.000		0	RP	4				
8:0	g	0.000		0	RP	4				
10:0	g	0.000		0	RP	4				
12:0	g	0.004		0	RP	4				
13:0	g									
14:0	g	0.002		0	RP	4				
15:0	g	0.000		0	RP	4				
16:0	g	0.180		0	RP	4				
17:0	g	0.000		0	RP	4				
18:0	g	0.012		0	RP	4				
20:0	g	0.000		0	RP	4				
22:0	g	0.000		0	RP	4				
24:0	g									

NDB No. 08437
Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.397		0	RP	4				
14:1.....g	0.000		0	RP	4				
15:1.....g	0.000		0	RP	4				
16:1 undifferentiated.....g	0.002		0	RP	4				
17:1.....g	0.000		0	RP	4				
18:1 undifferentiated.....g	0.394		0	RP	4				
20:1.....g	0.000		0	RP	4				
22:1 undifferentiated.....g	0.000		0	RP	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.357		0	RP	4				
18:2 undifferentiated.....g	0.341		0	RP	4				
18:3 undifferentiated.....g	0.015		0	RP	4				
18:4.....g	0.000		0	RP	4				
20:2 n-6 c,c.....g	0.000		0	RP	4				
20:3 undifferentiated.....g	0.000		0	RP	4				
20:4 undifferentiated.....g	0.000		0	RP	4				
20:5 n-3.....g	0.000		0	RP	4				
22:5 n-3.....g	0.000		0	RP	4				
22:6 n-3.....g	0.000		0	RP	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RP	4				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RP	4				
Caffeine.....mg	0		0	RP	4				
Theobromine.....mg	0		0	RP	4				
Carotenoids:									
Carotene, beta.....mcg	0		0	RP	4				
Carotene, alpha.....mcg	0		0	RP	4				
Cryptoxanthin, beta.....mcg	0		0	RP	4				
Lycopene.....mcg	0		0	RP	4				
Lutein + zeaxanthin.....mcg	0		0	RP	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08124

Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.30		0	MC	9		2.21		
Energy	kcal	365		0	MC	9		128		
Energy	kj	1526		0	MC	9		534		
Protein	g	8.00		0	MC	9		2.80		
Total lipid (fat)	g	4.39		0	MC	9		1.54		
Ash	g	3.36		0	MC	9		1.18		
Carbohydrate, by difference	g	77.92		0	MC	9		27.27		
Fiber, total dietary	g	7.9		0	MC	9		2.8		
Sugars, total	g	35.53		0	MC	9		12.44		
Starch	g									
Minerals:										
* Calcium, Ca	mg	314		0	MC	9		110		
* Iron, Fe	mg	11.31		0	MC	9		3.96		
Magnesium, Mg	mg	81		0	MC	9		28		
Phosphorus, P	mg	278		0	MC	9		97		
Potassium, K	mg	318		0	MC	9		111		
Sodium, Na	mg	480		0	MC	9		168		
Zinc, Zn	mg	1.86		0	MC	9		0.65		
Copper, Cu	mg	0.220		0	MC	9		0.077		
Manganese, Mn	mg	2.510		0	MC	9		0.879		
Selenium, Se	mcg	22.5		0	FLM	4		7.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.2		0	MC	9		0.4		
* Thiamin	mg	0.940		0	MC	9		0.329		
* Riboflavin	mg	1.070		0	MC	9		0.375		
* Niacin	mg	12.600		0	MC	9		4.410		
Pantothenic acid	mg	0.460		0	MC	9		0.161		
* Vitamin B-6	mg	1.260		0	MC	9		0.441		
* Folate, total	mcg	252		0	MC	9		88		
Folic acid	mcg	229		0	NC	4		80		
Folate, food	mcg	23		0	CAZN	4		8		
Folate, DFE	mcg_DFE	412		0	NC	4		144		
Vitamin B-12	mcg	0.00		0	MC	9		0.00		
* Vitamin A, IU	IU	3150		0	MC	9		1103		
Vitamin A, RAE	mcg_RAE	946		0	NC	4		331		
Retinol	mcg	945		0	BNA	4		331		
Vitamin E (alpha-tocopherol)	mg	0.38		0	NR	4		0.13		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000		0	MC	9		0.000		
Vitamin K (phylloquinone)	mcg	2.2		0	FLM	4		0.8		
Lipids:										
Fatty acids, total saturated	g	0.734		0	FLM	4		0.257		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.014		0	FLM	4		0.005		
13:0	g									
14:0	g	0.008		0	FLM	4		0.003		
15:0	g									
16:0	g	0.667		0	FLM	4		0.233		
17:0	g									
18:0	g	0.044		0	FLM	4		0.015		
20:0	g									
22:0	g									
24:0	g									

NDB No. 08124
Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.510		0	FLM	4		0.529		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		0	FLM	4		0.003		
17:1.....g									
18:1 undifferentiated.....g	1.502		0	FLM	4		0.526		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.260		0	FLM	4		0.441		
18:2 undifferentiated.....g	1.205		0	FLM	4		0.422		
18:3 undifferentiated.....g	0.055		0	FLM	4		0.019		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	BNA	4		0.000		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	0		0	BNA	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BNA	4		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 35g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16-1 (2004)

NDB No. 08427

Cereals, QUAKER, Instant Oatmeal, TREASURE HUNT, prepared with boiling water

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.53		0	RP	4				
Energy	kcal	108		0	RP	4				
Energy	kj	453		0	RP	4				
Protein	g	2.19		0	RP	4				
Total lipid (fat)	g	1.35		0	RP	4				
Ash	g	1.07		0	RP	4				
Carbohydrate, by difference	g	21.85		0	RP	4				
Fiber, total dietary	g	1.6		0	RP	4				
Sugars, total	g	10.27		0	RP	4				
Starch	g									
Minerals:										
* Calcium, Ca	mg	65		0	RP	4				
* Iron, Fe	mg	2.29		0	RP	4				
Magnesium, Mg	mg	26		0	RP	4				
Phosphorus, P	mg	76		0	RP	4				
Potassium, K	mg	63		0	RP	4				
Sodium, Na	mg	155		0	RP	4				
Zinc, Zn	mg	0.51		0	RP	4				
Copper, Cu	mg	0.056		0	RP	4				
Manganese, Mn	mg	0.699		0	RP	4				
Selenium, Se	mcg	5.4		0	RP	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RP	4				
* Thiamin	mg	0.171		0	RP	4				
* Riboflavin	mg	0.216		0	RP	4				
* Niacin	mg	2.541		0	RP	4				
Pantothenic acid	mg	0.116		0	RP	4				
* Vitamin B-6	mg	0.267		0	RP	4				
* Folate, total	mcg	54		0	RP	4				
Folic acid	mcg	47		0	RP	4				
Folate, food	mcg	7		0	RP	4				
Folate, DFE	mcg_DFE	86		0	NC	4				
Vitamin B-12	mcg	0.00		0	RP	4				
* Vitamin A, IU	IU	669		0	RP	4				
Vitamin A, RAE	mcg_RAE	201		0	RP	4				
Retinol	mcg	201		0	RP	4				
Vitamin E (alpha-tocopherol)	mg	0.11		0	RP	4				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	1.1		0	RP	4				
Lipids:										
Fatty acids, total saturated	g	0.327		0	RP	4				
4:0	g	0.000		0	RP	4				
6:0	g	0.000		0	RP	4				
8:0	g	0.000		0	RP	4				
10:0	g	0.000		0	RP	4				
12:0	g	0.005		0	RP	4				
13:0	g									
14:0	g	0.003		0	RP	4				
15:0	g									
16:0	g	0.289		0	RP	4				
17:0	g									
18:0	g	0.029		0	RP	4				
20:0	g									
22:0	g									
24:0	g									

NDB No. 08427
Cereals, QUAKER, Instant Oatmeal, TREASURE HUNT, prepared with boiling water

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.446		0	RP	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0	RP	4				
17:1.....g									
18:1 undifferentiated.....g	0.442		0	RP	4				
20:1.....g	0.000		0	RP	4				
22:1 undifferentiated.....g	0.000		0	RP	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.352		0	RP	4				
18:2 undifferentiated.....g	0.330		0	RP	4				
18:3 undifferentiated.....g	0.022		0	RP	4				
18:4.....g	0.000		0	RP	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP	4				
20:5 n-3.....g	0.000		0	RP	4				
22:5 n-3.....g	0.000		0	RP	4				
22:6 n-3.....g	0.000		0	RP	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RP	4				
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g									
Threonine.....g									
Isoleucine.....g									
Leucine.....g									
Lysine.....g									
Methionine.....g									
Cystine.....g									
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g									
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RP	4				
Caffeine.....mg	0		0	RP	4				
Theobromine.....mg	0		0	RP	4				
Carotenoids:									
Carotene, beta.....mcg	0		0	RP	4				
Carotene, alpha.....mcg	0		0	RP	4				
Cryptoxanthin, beta.....mcg	0		0	RP	4				
Lycopene.....mcg	0		0	RP	4				
Lutein + zeaxanthin.....mcg	0		0	RP	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08427

Cereals, QUAKER, Instant Oatmeal, TREASURE HUNT, prepared with boiling water

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08225

Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.39		0	MC	9		2.24		
Energy	kcal	386		0	MC	9		135		
Energy	kj	1615		0	MC	9		565		
Protein	g	7.99		0	MC	9		2.80		
Total lipid (fat)	g	7.52		0	MC	9		2.63		
Ash	g	3.37		0	MC	9		1.18		
Carbohydrate, by difference	g	74.72		0	MC	9		26.15		
Fiber, total dietary	g	5.8		0	MC	9		2.0		
Sugars, total	g	31.20		0	MC	9		10.92		
Starch	g									
Minerals:										
* Calcium, Ca	mg	314		0	MC	9		110		
* Iron, Fe	mg	11.31		0	MC	9		3.96		
Magnesium, Mg	mg	80		0	MC	9		28		
Phosphorus, P	mg	298		0	MC	9		104		
Potassium, K	mg	283		0	MC	9		99		
Sodium, Na	mg	509		0	MC	9		178		
Zinc, Zn	mg	1.73		0	MC	9		0.60		
Copper, Cu	mg	0.187		0	MC	9		0.065		
Manganese, Mn	mg	2.383		0	MC	9		0.834		
Selenium, Se	mcg	16.0		0	FLM	4		5.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0	MC	9		0.1		
* Thiamin	mg	0.940		0	MC	9		0.329		
* Riboflavin	mg	1.060		0	MC	9		0.371		
* Niacin	mg	12.570		0	MC	9		4.400		
Pantothenic acid	mg	0.400		0	MC	9		0.140		
* Vitamin B-6	mg	1.250		0	MC	9		0.438		
* Folate, total	mcg	251		0	MC	9		88		
Folic acid	mcg	228		0	NC	4		80		
Folate, food	mcg	23		0	CAZN	4		8		
Folate, DFE	mcg_DFE	411		0	NC	4		144		
Vitamin B-12	mcg	0.05		0	MC	9		0.02		
* Vitamin A, IU	IU	3142		0	MC	9		1100		
Vitamin A, RAE	mcg_RAE	944		0	NC	4		330		
Retinol	mcg	943		0	BNA	4		330		
Vitamin E (alpha-tocopherol)	mg	0.44		0	NR	4		0.15		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.143		0	MC	9		0.050		
Vitamin K (phylloquinone)	mcg	2.0		0	FLM	4		0.7		
Lipids:										
Fatty acids, total saturated	g	1.588		0	FLM	4		0.556		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.059		0	FLM	4		0.021		
10:0	g	0.064		0	FLM	4		0.022		
12:0	g	0.600		0	FLM	4		0.210		
13:0	g									
14:0	g	0.265		0	FLM	4		0.093		
15:0	g									
16:0	g	0.311		0	FLM	4		0.109		
17:0	g									
18:0	g	0.288		0	FLM	4		0.101		
20:0	g									
22:0	g									
24:0	g									

NDB No. 08225
Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.384		0	FLM	4		0.834		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.011		0	FLM	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	2.373		0	FLM	4		0.831		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.280		0	FLM	4		0.448		
18:2 undifferentiated.....g	1.221		0	FLM	4		0.427		
18:3 undifferentiated.....g	0.059		0	FLM	4		0.021		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	BNA	4		0.000		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	0		0	BNA	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BNA	4		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 35g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08227

Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, prepared with boiling water

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	82.93		0	RP	4				
Energy	kcal	72		0	RP	4				
Energy	kj	303		0	RP	4				
Protein	g	1.45		0	RP	4				
Total lipid (fat)	g	1.36		0	RP	4				
Ash	g	0.69		0	RP	4				
Carbohydrate, by difference	g	13.56		0	RP	4				
Fiber, total dietary	g	1.1		0	RP	4				
Sugars, total	g	5.66		0	RP	4				
Starch	g									
Minerals:										
Calcium, Ca	mg	59		0	RP	4				
Iron, Fe	mg	2.06		0	RP	4				
Magnesium, Mg	mg	15		0	RP	4				
Phosphorus, P	mg	54		0	RP	4				
Potassium, K	mg	51		0	RP	4				
Sodium, Na	mg	94		0	RP	4				
Zinc, Zn	mg	0.32		0	RP	4				
Copper, Cu	mg	0.039		0	RP	4				
Manganese, Mn	mg	0.433		0	RP	4				
Selenium, Se	mcg	2.9		0	RP	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0	RP	4				
Thiamin	mg	0.154		0	RP	4				
Riboflavin	mg	0.183		0	RP	4				
Niacin	mg	2.167		0	RP	4				
Pantothenic acid	mg	0.073		0	RP	4				
Vitamin B-6	mg	0.227		0	RP	4				
Folate, total	mcg	46		0	RP	4				
Folic acid	mcg	41		0	RP	4				
Folate, food	mcg	4		0	RP	4				
Folate, DFE	mcg_DFE	75		0	NC	4				
Vitamin B-12	mcg	0.01		0	RP	4				
Vitamin A, IU	IU	570		0	RP	4				
Vitamin A, RAE	mcg_RAE	171		0	RP	4				
Retinol	mcg	171		0	RP	4				
Vitamin E (alpha-tocopherol)	mg	0.08		0	RP	4				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.4		0	RP	4				
Lipids:										
Fatty acids, total saturated	g	0.288		0	RP	4				
4:0	g	0.000		0	RP	4				
6:0	g	0.000		0	RP	4				
8:0	g	0.011		0	RP	4				
10:0	g	0.012		0	RP	4				
12:0	g	0.109		0	RP	4				
13:0	g									
14:0	g	0.048		0	RP	4				
15:0	g									
16:0	g	0.057		0	RP	4				
17:0	g									
18:0	g	0.052		0	RP	4				
20:0	g									
22:0	g									
24:0	g									

NDB No. 08227

Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, prepared with boiling water

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.433		0	RP	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	RP	4				
17:1.....g									
18:1 undifferentiated.....g	0.431		0	RP	4				
20:1.....g	0.000		0	RP	4				
22:1 undifferentiated.....g	0.000		0	RP	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.232		0	RP	4				
18:2 undifferentiated.....g	0.222		0	RP	4				
18:3 undifferentiated.....g	0.011		0	RP	4				
18:4.....g	0.000		0	RP	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP	4				
20:5 n-3.....g	0.000		0	RP	4				
22:5 n-3.....g	0.000		0	RP	4				
22:6 n-3.....g	0.000		0	RP	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RP	4				
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g									
Threonine.....g									
Isoleucine.....g									
Leucine.....g									
Lysine.....g									
Methionine.....g									
Cystine.....g									
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g									
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RP	4				
Caffeine.....mg	0		0	RP	4				
Theobromine.....mg	0		0	RP	4				
Carotenoids:									
Carotene, beta.....mcg	0		0	RP	4				
Carotene, alpha.....mcg	0		0	RP	4				
Cryptoxanthin, beta.....mcg	0		0	RP	4				
Lycopene.....mcg	0		0	RP	4				
Lutein + zeaxanthin.....mcg	0		0	RP	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein Fat Carbohydrate

NDB No. 08227

Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, prepared with boiling water

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08229

Cereals, QUAKER, Instant Oatmeal, low sodium, dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	9.09		0	MC	9		2.55		
Energy	kcal	365		0	MC	9		102		
Energy	kj	1525		0	MC	9		427		
Protein	g	13.00		0	MC	9		3.64		
Total lipid (fat)	g	7.09		0	MC	9		1.99		
Ash	g	3.50		0	MC	9		0.98		
Carbohydrate, by difference	g	67.29		0	MC	9		18.84		
Fiber, total dietary	g	9.8		0	MC	9		2.7		
Sugars, total	g	1.09		0	MC	9		0.31		
Starch	g									
Minerals:										
* Calcium, Ca	mg	393		0	MC	9		110		
* Iron, Fe	mg	29.40		0	MC	9		8.23		
Magnesium, Mg	mg	134		0	MC	9		38		
Phosphorus, P	mg	452		0	MC	9		127		
Potassium, K	mg	375		0	MC	9		105		
Sodium, Na	mg	278		0	MC	9		78		
Zinc, Zn	mg	3.01		0	MC	9		0.84		
Copper, Cu	mg	0.300		0	MC	9		0.084		
Manganese, Mn	mg	4.190		0	MC	9		1.173		
Selenium, Se	mcg	33.2		0	FLM	4		9.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
* Thiamin	mg	1.170		0	MC	9		0.328		
* Riboflavin	mg	1.330		0	MC	9		0.372		
* Niacin	mg	15.720		0	MC	9		4.402		
Pantothenic acid	mg	0.690		0	MC	9		0.193		
* Vitamin B-6	mg	1.570		0	MC	9		0.440		
* Folate, total	mcg	315		0	MC	9		88		
Folic acid	mcg	281		0	NC	4		79		
Folate, food	mcg	34		0	CAZN	4		10		
Folate, DFE	mcg_DFE	511		0	NC	4		143		
Vitamin B-12	mcg	0.00		0	MC	9		0.00		
* Vitamin A, IU	IU	3929		0	MC	9		1100		
Vitamin A, RAE	mcg_RAE	1180		0	NC	4		330		
Retinol	mcg	1179		0	BNA	4		330		
Vitamin E (alpha-tocopherol)	mg	0.64		0	NR	4		0.18		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000		0	MC	9		0.000		
Vitamin K (phylloquinone)	mcg	3.2		0	FLM	4		0.9		
Lipids:										
Fatty acids, total saturated	g	1.253		0	FLM	4		0.351		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.024		0	FLM	4		0.007		
13:0	g									
14:0	g	0.012		0	FLM	4		0.003		
15:0	g									
16:0	g	1.143		0	FLM	4		0.320		
17:0	g									
18:0	g	0.073		0	FLM	4		0.020		
20:0	g									
22:0	g									
24:0	g									

NDB No. 08229
Cereals, QUAKER, Instant Oatmeal, low sodium, dry

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.570		0	FLM	4		0.720		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.013		0	FLM	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	2.557		0	FLM	4		0.716		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.830		0	FLM	4		0.792		
18:2 undifferentiated.....g	2.707		0	FLM	4		0.758		
18:3 undifferentiated.....g	0.123		0	FLM	4		0.034		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	BNA	4		0.000		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	0		0	BNA	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BNA	4		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08130

Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.87		0	MC	9		2.95		
Energy	kcal	366		0	MC	9		157		
Energy	kj	1532		0	MC	9		659		
Protein	g	8.93		0	MC	9		3.84		
Total lipid (fat)	g	4.83		0	MC	9		2.08		
Ash	g	4.07		0	MC	9		1.75		
Carbohydrate, by difference	g	75.28		0	MC	9		32.37		
Fiber, total dietary	g	6.6		0	MC	9		2.8		
Sugars, total	g	30.43		0	MC	9		13.08		
Starch	g									
Minerals:										
* Calcium, Ca	mg	256		0	MC	9		110		
* Iron, Fe	mg	9.21		0	MC	9		3.96		
Magnesium, Mg	mg	93		0	MC	9		40		
Phosphorus, P	mg	312		0	MC	9		134		
Potassium, K	mg	258		0	MC	9		111		
Sodium, Na	mg	606		0	MC	9		261		
Zinc, Zn	mg	2.08		0	MC	9		0.89		
Copper, Cu	mg	0.220		0	MC	9		0.095		
Manganese, Mn	mg	2.880		0	MC	9		1.238		
Selenium, Se	mcg	21.7		0	FLM	4		9.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
* Thiamin	mg	0.760		0	MC	9		0.327		
* Riboflavin	mg	0.870		0	MC	9		0.374		
* Niacin	mg	10.230		0	MC	9		4.399		
Pantothenic acid	mg	0.470		0	MC	9		0.202		
* Vitamin B-6	mg	1.020		0	MC	9		0.439		
* Folate, total	mcg	205		0	MC	9		88		
Folic acid	mcg	182		0	NC	4		78		
Folate, food	mcg	23		0	CAZN	4		10		
Folate, DFE	mcg_DFE	332		0	NC	4		143		
Vitamin B-12	mcg	0.00		0	MC	9		0.00		
* Vitamin A, IU	IU	2558		0	MC	9		1100		
Vitamin A, RAE	mcg_RAE	768		0	NC	4		330		
Retinol	mcg	767		0	BNA	4		330		
Vitamin E (alpha-tocopherol)	mg	0.44		0	NR	4		0.19		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000		0	MC	9		0.000		
Vitamin K (phylloquinone)	mcg	2.0		0	FLM	4		0.9		
Lipids:										
Fatty acids, total saturated	g	0.835		0	FLM	4		0.359		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.016		0	FLM	4		0.007		
13:0	g									
14:0	g	0.008		0	FLM	4		0.003		
15:0	g									
16:0	g	0.762		0	FLM	4		0.328		
17:0	g									
18:0	g	0.049		0	FLM	4		0.021		
20:0	g									
22:0	g									
24:0	g									

NDB No. 08130
Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.740		0	FLM	4		0.748		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009		0	FLM	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	1.731		0	FLM	4		0.744		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.440		0	FLM	4		0.619		
18:2 undifferentiated.....g	1.377		0	FLM	4		0.592		
18:3 undifferentiated.....g	0.063		0	FLM	4		0.027		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	BNA	4		0.000		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	0		0	BNA	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BNA	4		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 43g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08131

Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.13		0	RP	4		116.45		
Energy	kcal	101		0	RP	4		157		
Energy	kj	424		0	RP	4		657		
Protein	g	2.38		0	RP	4		3.69		
Total lipid (fat)	g	1.29		0	RP	4		1.99		
Ash	g	1.16		0	RP	4		1.79		
Carbohydrate, by difference	g	20.04		0	RP	4		31.07		
Fiber, total dietary	g	1.8		0	RP	4		2.7		
Sugars, total	g	8.10		0	RP	4		12.56		
Starch	g									
Minerals:										
Calcium, Ca	mg	70		0	RP	4		108		
Iron, Fe	mg	2.46		0	RP	4		3.81		
Magnesium, Mg	mg	25		0	RP	4		39		
Phosphorus, P	mg	83		0	RP	4		129		
Potassium, K	mg	69		0	RP	4		107		
Sodium, Na	mg	163		0	RP	4		253		
Zinc, Zn	mg	0.56		0	RP	4		0.86		
Copper, Cu	mg	0.064		0	RP	4		0.098		
Manganese, Mn	mg	0.767		0	RP	4		1.189		
Selenium, Se	mcg	5.8		0	RP	4		9.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RP	4		0.0		
Thiamin	mg	0.182		0	RP	4		0.282		
Riboflavin	mg	0.220		0	RP	4		0.341		
Niacin	mg	2.588		0	RP	4		4.011		
Pantothenic acid	mg	0.125		0	RP	4		0.194		
Vitamin B-6	mg	0.272		0	RP	4		0.421		
Folate, total	mcg	55		0	RP	4		84		
Folic acid	mcg	48		0	RP	4		75		
Folate, food	mcg	6		0	RP	4		9		
Folate, DFE	mcg_DFE	89		0	NC	4		137		
Vitamin B-12	mcg	0.00		0	RP	4		0.00		
Vitamin A, IU	IU	681		0	RP	4		1056		
Vitamin A, RAE	mcg_RAE	205		0	RP	4		317		
Retinol	mcg	204		0	RP	4		317		
Vitamin E (alpha-tocopherol)	mg	0.12		0	RP	4		0.18		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.5		0	RP	4		0.8		
Lipids:										
Fatty acids, total saturated	g	0.222		0	RP	4		0.345		
4:0	g	0.000		0	RP	4		0.000		
6:0	g	0.000		0	RP	4		0.000		
8:0	g	0.000		0	RP	4		0.000		
10:0	g	0.000		0	RP	4		0.000		
12:0	g	0.004		0	RP	4		0.007		
13:0	g									
14:0	g	0.002		0	RP	4		0.003		
15:0	g									
16:0	g	0.203		0	RP	4		0.315		
17:0	g									
18:0	g	0.013		0	RP	4		0.020		
20:0	g									
22:0	g									
24:0	g									

NDB No. 08131

Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.463		0	RP	4		0.718		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	RP	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.461		0	RP	4		0.714		
20:1.....g	0.000		0	RP	4		0.000		
22:1 undifferentiated.....g	0.000		0	RP	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.383		0	RP	4		0.594		
18:2 undifferentiated.....g	0.367		0	RP	4		0.568		
18:3 undifferentiated.....g	0.017		0	RP	4		0.026		
18:4.....g	0.000		0	RP	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP	4		0.000		
20:5 n-3.....g	0.000		0	RP	4		0.000		
22:5 n-3.....g	0.000		0	RP	4		0.000		
22:6 n-3.....g	0.000		0	RP	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RP	4		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g									
Threonine.....g									
Isoleucine.....g									
Leucine.....g									
Lysine.....g									
Methionine.....g									
Cystine.....g									
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g									
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RP	4		0.0		
Caffeine.....mg	0		0	RP	4		0		
Theobromine.....mg	0		0	RP	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	RP	4		0.000		
Carotene, alpha.....mcg	0		0	RP	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	RP	4		0.000		
Lycopene.....mcg	0		0	RP	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	RP	4		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 155g: 1 packet, prepared

NDB No. 08131
Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water

Calories Factors:	**Protein**	**Fat**	**Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08228

Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	8.12		0	MC	9		3.00		
Energy	kcal	365		0	MC	9		135		
Energy	kj	1527				9		565		
Protein	g	8.87		0	MC	9		3.28		
Total lipid (fat)	g	5.50		0	MC	9		2.04		
Ash	g	3.82		0	MC	9		1.41		
Carbohydrate, by difference	g	73.69		0	MC	9		27.27		
Fiber, total dietary	g	6.6		0	MC	9		2.4		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	288		0	ML	5		107		
Iron, Fe	mg	10.82		0	ML	5		4.00		
Magnesium, Mg	mg	90		0	MC	9		33		
Phosphorus, P	mg	295		0	MC	9		109		
Potassium, K	mg	350		0	MC	9		130		
Sodium, Na	mg	641		0	MC	9		237		
Zinc, Zn	mg	1.94		0	MC	9		0.72		
Copper, Cu	mg	0.260		0	MC	9		0.096		
Manganese, Mn	mg	2.660		0	MC	9		0.984		
Selenium, Se	mcg	21.2		0	FLM	4		7.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.6		0	MC	9		0.2		
Thiamin	mg	0.840		0	ML	5		0.311		
Riboflavin	mg	0.960		0	ML	5		0.355		
Niacin	mg	11.350		0	ML	5		4.200		
Pantothenic acid	mg	0.440		0	MC	9		0.163		
Vitamin B-6	mg	1.140		0	ML	5		0.422		
Folate, total	mcg	227		0	ML	5		84		
Folic acid	mcg	202		0	O	4		75		
Folate, food	mcg	25		0	NC	4		9		
Folate, DFE	mcg_DFE	368		0	NC	4		136		
Vitamin B-12	mcg	0.00		0	MC	9		0.00		
Vitamin A, IU	IU	2838		0	ML	5		1050		
Vitamin A, RAE	mcg_RAE	852		0	NC	4		315		
Retinol	mcg	852		0	NC	4		315		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.940		0	MC	9		0.348		
4:0	g	0.000		0	FLC	4		0.000		
6:0	g	0.000		0	FLC	4		0.000		
8:0	g	0.000		0	FLC	4		0.000		
10:0	g	0.000		0	FLC	4		0.000		
12:0	g	0.014		0	FLC	4		0.005		
13:0	g									
14:0	g	0.012		0	FLC	4		0.004		
15:0	g									
16:0	g	0.744		0	FLC	4		0.275		
17:0	g									
18:0	g	0.065		0	FLC	4		0.024		
20:0	g									
22:0	g									
24:0	g									

NDB No. 08228
Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.730		0	MC	9		0.640		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		0	FLC	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	1.635		0	FLC	4		0.605		
20:1.....g	0.010		0	FLC	4		0.004		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.110		0	MC	9		0.781		
18:2 undifferentiated.....g	1.861		0	FLC	4		0.689		
18:3 undifferentiated.....g	0.177		0	FLC	4		0.065		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3.....g	0.000		0	FLC	4		0.000		
22:5 n-3.....g	0.000		0	FLC	4		0.000		
22:6 n-3.....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 37g: 1 packet

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08415

Cereals, QUAKER, Instant Oatmeal,TREASURE HUNT, dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	7.06		0	MC	9		3.32		
Energy	kcal	369		0	MC	9		173		
Energy	kj	1543		0	MC	9		725		
Protein	g	7.72		0	MC	9		3.63		
Total lipid (fat)	g	4.76		0	MC	9		2.24		
Ash	g	3.51		0	MC	9		1.65		
Carbohydrate, by difference	g	76.93		0	MC	9		36.16		
Fiber, total dietary	g	5.7		0	MC	9		2.7		
Sugars, total	g	36.17		0	MC	9		17.00		
Starch	g									
Minerals:										
* Calcium, Ca	mg	223		0	MC	9		105		
* Iron, Fe	mg	8.04		0	MC	9		3.78		
Magnesium, Mg	mg	90		0	MC	9		42		
Phosphorus, P	mg	266		0	MC	9		125		
Potassium, K	mg	223		0	MC	9		105		
Sodium, Na	mg	541		0	MC	9		254		
Zinc, Zn	mg	1.78		0	MC	9		0.84		
Copper, Cu	mg	0.180		0	MC	9		0.085		
Manganese, Mn	mg	2.460		0	MC	9		1.156		
Selenium, Se	mcg	19.2		0	FLM	4		9.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0	MC	9		0.0		
* Thiamin	mg	0.670		0	MC	9		0.315		
* Riboflavin	mg	0.800		0	MC	9		0.376		
* Niacin	mg	9.420		0	MC	9		4.427		
Pantothenic acid	mg	0.410		0	MC	9		0.193		
* Vitamin B-6	mg	0.940		0	MC	9		0.442		
* Folate, total	mcg	189		0	MC	9		89		
Folic acid	mcg	166		0	NC	4		78		
Folate, food	mcg	23		0	CAZN	4		11		
Folate, DFE	mcg_DFE	305		0	NC	4		143		
Vitamin B-12	mcg	0.00		0	MC	9		0.00		
* Vitamin A, IU	IU	2357		0	MC	9		1108		
Vitamin A, RAE	mcg_RAE	708		0	NC	4		333		
Retinol	mcg	707		0	BNA	4		332		
Vitamin E (alpha-tocopherol)	mg	0.38		0	NR	4		0.18		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000		0	MC	9		0.000		
Vitamin K (phylloquinone)	mcg	4.0		0	FLM	4		1.9		
Lipids:										
Fatty acids, total saturated	g	1.151		0	FLM	4		0.541		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.018		0	FLM	4		0.008		
13:0	g									
14:0	g	0.012		0	FLM	4		0.006		
15:0	g									
16:0	g	1.018		0	FLM	4		0.478		
17:0	g									
18:0	g	0.104		0	FLM	4		0.049		
20:0	g									
22:0	g									
24:0	g									

NDB No. 08415
Cereals, QUAKER, Instant Oatmeal,TREASURE HUNT, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.570		0	FLM	4		0.738		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.013		0	FLM	4		0.006		
17:1.....g									
18:1 undifferentiated.....g	1.557		0	FLM	4		0.732		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.240		0	FLM	4		0.583		
18:2 undifferentiated.....g	1.162		0	FLM	4		0.546		
18:3 undifferentiated.....g	0.078		0	FLM	4		0.037		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	BNA	4		0.000		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	0		0	BNA	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BNA	4		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 47g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08446

Cereals, QUAKER, Mother's Instant Oatmeal (Non-Fortified), Dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	11.50		0	MC	9				
Energy	kcal	359		0	MC	9				
Energy	kj	1502		0	MC	9				
Protein (N x 6.25)	g	13.70		0	MC	9				
Total lipid (fat)	g	7.10		0	MC	9				
Ash	g	1.89		0	MC	9				
Carbohydrate, by difference	g	65.81		0	MC	9				
Fiber, total dietary	g	9.5		0	MC	9				
Sugars, total	g	1.42		0	MC	9				
Starch	g									
Minerals:										
Calcium, Ca	mg	52		0	MC	9				
Iron, Fe	mg	3.81		0	MC	9				
Magnesium, Mg	mg	136		0	MC	9				
Phosphorus, P	mg	460		0	MC	9				
Potassium, K	mg	384		0	MC	9				
Sodium, Na	mg	3		0	MC	9				
Zinc, Zn	mg	3.08		0	MC	9				
Copper, Cu	mg	0.310		0	MC	9				
Manganese, Mn	mg	4.300		0	MC	9				
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9				
Thiamin	mg	0.560		0	MC	9				
Riboflavin	mg	0.130		0	MC	9				
Niacin	mg	0.870		0	MC	9				
Pantothenic acid	mg	0.710		0	MC	9				
Vitamin B-6	mg	0.100		0	MC	9				
Folate, total	mcg	27		0	MC	9				
Folic acid	mcg	0		0	NC	4				
Folate, food	mcg	27		0	MC	9				
Folate, DFE	mcg_DFE	27		0	NC	4				
Vitamin B-12	mcg	0.00		0	MC	9				
Vitamin A, IU	IU	0		0	MC	9				
Vitamin A, RAE	mcg_RAE	0		0	NC	4				
Retinol	mcg	0		0	NC	4				
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000		0	MC	9				
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.340		0	MC	9				
Fatty acids, total monounsaturated	g	2.590		0	MC	9				
Fatty acids, total polyunsaturated	g	2.140		0	MC	9				
Fatty acids, total trans	g									
Cholesterol	mg	0		0	MC	9				
Phytosterols	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 08446
Cereals, QUAKER, Mother's Instant Oatmeal (Non-Fortified), Dry

Calories Factors:	**Protein**	**Fat**	**Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08231

Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	8.90		0	MC	9		3.56		
Energy	kcal	364		0	MC	9		146		
Energy	kj	1525		0	MC	9		610		
Protein	g	17.03		0	MC	9		6.81		
Total lipid (fat)	g	7.97		0	MC	9		3.19		
Ash	g	3.14		0	MC	9		1.26		
Carbohydrate, by difference	g	62.94		0	MC	9		25.18		
Fiber, total dietary	g	14.3		0	MC	9		5.7		
Sugars, total	g	1.43		0	MC	9		0.57		
Starch	g									
Minerals:										
Calcium, Ca	mg	79		0	MC	9		32		
Iron, Fe	mg	8.07		0	MC	9		3.23		
Magnesium, Mg	mg	241		0	MC	9		96		
Phosphorus, P	mg	694		0	MC	9		278		
Potassium, K	mg	579		0	MC	9		232		
Sodium, Na	mg	5		0	MC	9		2		
Zinc, Zn	mg	4.20		0	MC	9		1.68		
Copper, Cu	mg	0.300		0	MC	9		0.120		
Manganese, Mn	mg	5.700		0	MC	9		2.280		
Selenium, Se	mcg	0.0		0	MC	9		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg	0.970		0	MC	9		0.388		
Riboflavin	mg	0.300		0	MC	9		0.120		
Niacin	mg	0.800		0	MC	9		0.320		
Pantothenic acid	mg	0.850		0	MC	9		0.340		
Vitamin B-6	mg	0.110		0	MC	9		0.044		
Folate, total	mcg	38		0	MC	9		15		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	38		0	MC	9		15		
Folate, DFE	mcg_DFE	38		0	NC	4		15		
Vitamin B-12	mcg	0.00		0	MC	9		0.00		
Vitamin A, IU	IU	100		0	MC	9		40		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000		0	MC	9		0.000		
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.430		0	MC	9		0.572		
Fatty acids, total monounsaturated	g	2.610		0	MC	9		1.044		
Fatty acids, total polyunsaturated	g	3.030		0	MC	9		1.212		
Fatty acids, total trans	g									
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0		
Caffeine	mg									
Theobromine	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 08231

Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry

Common Measures:

Measure 1 = 40g: .5 cup (1 NLEA serving)

Calories Factors:	**Protein**	**Fat**	**Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08236

Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, prepared with water, no salt

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	89.07		0	RA	4				
Energy	kcal	43		0	RA	4				
Energy	kj	180				4				
Protein	g	2.03		0	RA	4				
Total lipid (fat)	g	0.95		0	RA	4				
Ash	g	0.46		0	RA	4				
Carbohydrate, by difference	g	7.49		0	RA	4				
Fiber, total dietary	g	1.7		0	RA	4				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	11		0	RA	4				
Iron, Fe	mg	0.97		0	RA	4				
Magnesium, Mg	mg	30		0	RA	4				
Phosphorus, P	mg	83		0	RA	4				
Potassium, K	mg	69		0	RA	4				
Sodium, Na	mg	3		0	RA	4				
Zinc, Zn	mg	0.53		0	RA	4				
Copper, Cu	mg	0.041		0	RA	4				
Manganese, Mn	mg	0.679		0	RA	4				
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RA	4				
Thiamin	mg	0.115		0	RA	4				
Riboflavin	mg	0.036		0	RA	4				
Niacin	mg	0.096		0	RA	4				
Pantothenic acid	mg	0.101		0	RA	4				
Vitamin B-6	mg	0.013		0	RA	4				
Folate, total	mcg	5		0	RA	4				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	5		0	RA	4				
Folate, DFE	mcg_DFE	5		0	NC	4				
Vitamin B-12	mcg	0.00		0	RA	4				
Vitamin A, IU	IU	12		0	RA	4				
Vitamin A, RAE	mcg_RAE	1		0	NC	4				
Retinol	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.170		0	RA	4				
4:0	g	0.000		0	RA	4				
6:0	g	0.000		0	RA	4				
8:0	g	0.000		0	RA	4				
10:0	g	0.000		0	RA	4				
12:0	g	0.003		0	RA	4				
13:0	g									
14:0	g	0.001		0	RA	4				
15:0	g									
16:0	g	0.140		0	RA	4				
17:0	g									
18:0	g	0.009		0	RA	4				
20:0	g									
22:0	g									
24:0	g									

NDB No. 08236

Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, prepared with water, no salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.310		0	RA	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	RA	4				
17:1.....g									
18:1 undifferentiated.....g	0.300		0	RA	4				
20:1.....g	0.000		0	RA	4				
22:1 undifferentiated.....g	0.000		0	RA	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.360		0	RA	4				
18:2 undifferentiated.....g	0.334		0	RA	4				
18:3 undifferentiated.....g	0.015		0	RA	4				
18:4.....g	0.000		0	RA	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RA	4				
20:5 n-3.....g	0.000		0	RA	4				
22:5 n-3.....g	0.000		0	RA	4				
22:6 n-3.....g	0.000		0	RA	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RA	4				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4				
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08200
Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry
The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	11.07		0	MC	9		4.43		
Energy	kcal	333		0	MC	9		133		
Energy	kj	1393		0	MC	9		557		
Protein	g	11.30		0	MC	9		4.52		
Total lipid (fat)	g	2.58		0	MC	9		1.03		
Ash	g	1.59		0	MC	9		0.64		
Carbohydrate, by difference	g	73.44		0	MC	9		29.38		
Fiber, total dietary	g	12.0		0	MC	9		4.8		
Sugars, total	g	0.60		0	MC	9		0.24		
Starch	g									
Minerals:										
Calcium, Ca	mg	34		0	MC	9		14		
Iron, Fe	mg	2.98		0	MC	9		1.19		
Magnesium, Mg	mg	115		0	MC	9		46		
Phosphorus, P	mg	346		0	MC	9		138		
Potassium, K	mg	411		0	MC	9		165		
Sodium, Na	mg	3		0	MC	9		1		
Zinc, Zn	mg	3.20		0	MC	9		1.28		
Copper, Cu	mg	0.440		0	MC	9		0.176		
Manganese, Mn	mg	2.620		0	MC	9		1.048		
Selenium, Se	mcg	44.4		0	RA	4		17.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg	0.290		0	MC	9		0.116		
Riboflavin	mg	0.130		0	MC	9		0.052		
Niacin	mg	3.570		0	MC	9		1.428		
Pantothenic acid	mg	0.500		0	MC	9		0.200		
Vitamin B-6	mg	0.240		0	MC	9		0.096		
Folate, total	mcg	26		0	MC	9		10		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	26		0	MC	9		10		
Folate, DFE	mcg_DFE	26		0	NC	4		10		
Vitamin B-12	mcg	0.00		0	MC	9		0.00		
Vitamin A, IU	IU	10		0	RA	4		4		
Vitamin A, RAE	mcg_RAE	1		0	RA	4		0		
Retinol	mcg	0		0	RA	4		0		
Vitamin E (alpha-tocopherol)	mg	0.75		0	RA	4		0.30		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000		0	MC	9		0.000		
Vitamin K (phylloquinone)	mcg	3.3		0	RA	4		1.3		
Lipids:										
Fatty acids, total saturated	g	0.520		0	MC	9		0.208		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.003		0	FLM	4		0.001		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.005		0	FLM	4		0.002		
13:0	g									
14:0	g	0.005		0	FLM	4		0.002		
15:0	g									
16:0	g	0.359		0	FLM	4		0.144		
17:0	g									
18:0	g	0.019		0	FLM	4		0.008		
20:0	g									
22:0	g									
24:0	g									

NDB No. 08200
Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.570		0	MC	9		0.228		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		0	FLM	4		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.551		0	FLM	4		0.220		
20:1.....g	0.004		0	FLM	4		0.002		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.280		0	MC	9		0.512		
18:2 undifferentiated.....g	0.952		0	FLM	4		0.381		
18:3 undifferentiated.....g	0.083		0	FLM	4		0.033		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	RA	4		0		
Theobromine.....mg	0		0	RA	4		0		
Carotenoids:									
Carotene, beta.....mcg	6		0	RA	4		2.480		
Carotene, alpha.....mcg	0		0	RA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	RA	4		0.000		
Lycopene.....mcg	0		0	RA	4		0.000		
Lutein + zeaxanthin.....mcg	193		0	RA	4		77.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 40g: .5 cup (1 NLEA serving)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08249

Cereals, QUAKER, QUAKER MultiGrain Oatmeal, prepared with water, no salt

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	83.58		0	RA	4				
Energy	kcal	61		0	RA	4				
Energy	kj	255				4				
Protein	g	2.08		0	RA	4				
Total lipid (fat)	g	0.47		0	RA	4				
Ash	g	0.37		0	RA	4				
Carbohydrate, by difference	g	13.49		0	RA	4				
Fiber, total dietary	g	2.2		0	RA	4				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	8		0	RA	4				
Iron, Fe	mg	0.56		0	RA	4				
Magnesium, Mg	mg	22		0	RA	4				
Phosphorus, P	mg	64		0	RA	4				
Potassium, K	mg	75		0	RA	4				
Sodium, Na	mg	3		0	RA	4				
Zinc, Zn	mg	0.61		0	RA	4				
Copper, Cu	mg	0.086		0	RA	4				
Manganese, Mn	mg	0.482		0	RA	4				
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RA	4				
Thiamin	mg	0.053		0	RA	4				
Riboflavin	mg	0.024		0	RA	4				
Niacin	mg	0.656		0	RA	4				
Pantothenic acid	mg	0.092		0	RA	4				
Vitamin B-6	mg	0.044		0	RA	4				
Folate, total	mcg	5		0	RA	4				
Folic acid	mcg	4		0	BFSN	4				
Folate, food	mcg	1		0	BFSN	4				
Folate, DFE	mcg_DFE	8		0	NC	4				
Vitamin B-12	mcg	0.00		0	RA	4				
Vitamin A, IU	IU	1		0	RA	4				
Vitamin A, RAE	mcg_RAE	0		0	NC	4				
Retinol	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.096		0	RA	4				
4:0	g	0.000		0	RA	4				
6:0	g	0.000		0	RA	4				
8:0	g	0.001		0	RA	4				
10:0	g	0.000		0	RA	4				
12:0	g	0.001		0	RA	4				
13:0	g									
14:0	g	0.001		0	RA	4				
15:0	g									
16:0	g	0.066		0	RA	4				
17:0	g									
18:0	g	0.003		0	RA	4				
20:0	g									
22:0	g									
24:0	g									

NDB No. 08249
Cereals, QUAKER, QUAKER MultiGrain Oatmeal, prepared with water, no salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.105		0	RA	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	RA	4				
17:1.....g									
18:1 undifferentiated.....g	0.101		0	RA	4				
20:1.....g	0.001		0	RA	4				
22:1 undifferentiated.....g	0.000		0	RA	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.235		0	RA	4				
18:2 undifferentiated.....g	0.175		0	RA	4				
18:3 undifferentiated.....g	0.015		0	RA	4				
18:4.....g	0.000		0	RA	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RA	4				
20:5 n-3.....g	0.000		0	RA	4				
22:5 n-3.....g	0.000		0	RA	4				
22:6 n-3.....g	0.000		0	RA	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RA	4				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08252

Cereals, QUAKER, QUAKER MultiGrain Oatmeal, prepared with water, salt

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	83.44		0	RA	4				
Energy	kcal	61		0	RA	4				
Energy	kj	255				4				
Protein	g	2.07		0	RA	4				
Total lipid (fat)	g	0.47		0	RA	4				
Ash	g	0.54		0	RA	4				
Carbohydrate, by difference	g	13.47		0	RA	4				
Fiber, total dietary	g	2.2		0	RA	4				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	8		0	RA	4				
Iron, Fe	mg	0.56		0	RA	4				
Magnesium, Mg	mg	22		0	RA	4				
Phosphorus, P	mg	63		0	RA	4				
Potassium, K	mg	75		0	RA	4				
Sodium, Na	mg	70		0	RA	4				
Zinc, Zn	mg	0.61		0	RA	4				
Copper, Cu	mg	0.086		0	RA	4				
Manganese, Mn	mg	0.481		0	RA	4				
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RA	4				
Thiamin	mg	0.053		0	RA	4				
Riboflavin	mg	0.024		0	RA	4				
Niacin	mg	0.655		0	RA	4				
Pantothenic acid	mg	0.092		0	RA	4				
Vitamin B-6	mg	0.044		0	RA	4				
Folate, total	mcg	5		0	RA	4				
Folic acid	mcg	4		0	BFSN	4				
Folate, food	mcg	1		0	BFSN	4				
Folate, DFE	mcg_DFE	8		0	NC	4				
Vitamin B-12	mcg	0.00		0	RA	4				
Vitamin A, IU	IU	1		0	RA	4				
Vitamin A, RAE	mcg_RAE	0		0	NC	4				
Retinol	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.095		0	RA	4				
4:0	g	0.000		0	RA	4				
6:0	g	0.000		0	RA	4				
8:0	g	0.001		0	RA	4				
10:0	g	0.000		0	RA	4				
12:0	g	0.001		0	RA	4				
13:0	g									
14:0	g	0.001		0	RA	4				
15:0	g									
16:0	g	0.066		0	RA	4				
17:0	g									
18:0	g	0.003		0	RA	4				
20:0	g									
22:0	g									
24:0	g									

NDB No. 08252
Cereals, QUAKER, QUAKER MultiGrain Oatmeal, prepared with water, salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.105		0	RA	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	RA	4				
17:1.....g									
18:1 undifferentiated.....g	0.101		0	RA	4				
20:1.....g	0.001		0	RA	4				
22:1 undifferentiated.....g	0.000		0	RA	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.235		0	RA	4				
18:2 undifferentiated.....g	0.175		0	RA	4				
18:3 undifferentiated.....g	0.015		0	RA	4				
18:4.....g	0.000		0	RA	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RA	4				
20:5 n-3.....g	0.000		0	RA	4				
22:5 n-3.....g	0.000		0	RA	4				
22:6 n-3.....g	0.000		0	RA	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RA	4				
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08402
Cereals, QUAKER, Quick Oats, Dry
The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	9.37		0	MC	9				
Energy	kcal	371		0	MC	9				
Energy	kj	1552		0	MC	9				
Protein (N x 6.25)	g	13.70		0	MC	9				
Total lipid (fat)	g	6.87		0	MC	9				
Ash	g	1.87		0	MC	9				
Carbohydrate, by difference	g	68.18		0	MC	9				
Fiber, total dietary	g	9.4		0	MC	9				
Sugars, total	g	1.42		0	MC	9				
Starch	g									
Minerals:										
Calcium, Ca	mg	47		0	MC	9				
Iron, Fe	mg	4.64		0	MC	9				
Magnesium, Mg	mg	270		0	MC	9				
Phosphorus, P	mg	458		0	MC	9				
Potassium, K	mg	358		0	MC	9				
Sodium, Na	mg	3		0	MC	9				
Zinc, Zn	mg	3.20		0	MC	9				
Copper, Cu	mg	0.370		0	MC	9				
Manganese, Mn	mg	4.300		0	MC	9				
Selenium, Se	mcg	34.0		0	BFZN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9				
Thiamin	mg	0.540		0	MC	9				
Riboflavin	mg	0.120		0	MC	9				
Niacin	mg	0.820		0	MC	9				
Pantothenic acid	mg	0.710		0	MC	9				
Vitamin B-6	mg	0.100		0	MC	9				
Folate, total	mcg	32		0	BFZN	4				
Folic acid	mcg	0		0	BFZN	4				
Folate, food	mcg	32		0	BFZN	4				
Folate, DFE	mcg_DFE	32		0	NC	4				
Vitamin B-12	mcg	0.00		0	MC	9				
Vitamin A, IU	IU	0		0	MC	9				
Vitamin A, RAE	mcg_RAE	0		0	NC	4				
Retinol	mcg	0		0	BFZN	4				
Vitamin E (alpha-tocopherol)	mg	0.70		0	BFZN	4				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000		0	MC	9				
Vitamin K (phylloquinone)	mcg	3.2		0	BFZN	4				
Lipids:										
Fatty acids, total saturated	g	1.110		0	BFZN	4				
4:0	g	0.000		0	BFZN	4				
6:0	g	0.000		0	BFZN	4				
8:0	g	0.000		0	BFZN	4				
10:0	g	0.000		0	BFZN	4				
12:0	g	0.020		0	BFZN	4				
13:0	g									
14:0	g	0.010		0	BFZN	4				
15:0	g									
16:0	g	0.940		0	BFZN	4				
17:0	g									
18:0	g	0.060		0	BFZN	4				
20:0	g									
22:0	g									
24:0	g									

NDB No. 08402
Cereals, QUAKER, Quick Oats, Dry

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.980		0	BFZN	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		0	BFZN	4				
17:1.....g									
18:1 undifferentiated.....g	1.970		0	BFZN	4				
20:1.....g	0.000		0	BFZN	4				
22:1 undifferentiated.....g	0.000		0	BFZN	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.300		0	BFZN	4				
18:2 undifferentiated.....g	2.200		0	BFZN	4				
18:3 undifferentiated.....g	0.100		0	BFZN	4				
18:4.....g	0.000		0	BFZN	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4				
20:5 n-3.....g	0.000		0	BFZN	4				
22:5 n-3.....g	0.000		0	BFZN	4				
22:6 n-3.....g	0.000		0	BFZN	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4				
Caffeine.....mg	0		0	BFZN	4				
Theobromine.....mg	0		0	BFZN	4				
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4				
Carotene, alpha.....mcg	0		0	BFZN	4				
Cryptoxanthin, beta.....mcg	0		0	BFZN	4				
Lycopene.....mcg	0		0	BFZN	4				
Lutein + zeaxanthin.....mcg	180		0	BFZN	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08232

Cereals, QUAKER, Scotch Barley, regular and quick, dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	9.65		0	MC	9				
Energy	kcal	346		0	MC	9				
Energy	kj	1446		0	MC	9				
Protein	g	10.74		0	MC	9				
Total lipid (fat)	g	2.24		0	MC	9				
Ash	g	0.97		0	MC	9				
Carbohydrate, by difference	g	76.38		0	MC	9				
Fiber, total dietary	g	10.4		0	MC	9				
Sugars, total	g	0.66		0	MC	9				
Starch	g									
Minerals:										
Calcium, Ca	mg	28		0	MC	9				
Iron, Fe	mg	1.99		0	MC	9				
Magnesium, Mg	mg	60		0	MC	9				
Phosphorus, P	mg	211		0	MC	9				
Potassium, K	mg	261		0	MC	9				
Sodium, Na	mg	7		0	MC	9				
Zinc, Zn	mg	1.46		0	MC	9				
Copper, Cu	mg	0.380		0	MC	9				
Manganese, Mn	mg	1.260		0	MC	9				
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9				
Thiamin	mg	0.250		0	MC	9				
Riboflavin	mg	0.090		0	MC	9				
Niacin	mg	4.520		0	MC	9				
Pantothenic acid	mg	0.280		0	MC	9				
Vitamin B-6	mg	0.260		0	MC	9				
Folate, total	mcg	23		0	MC	9				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	23		0	MC	9				
Folate, DFE	mcg_DFE	23		0	NC	4				
Vitamin B-12	mcg	0.00		0	MC	9				
Vitamin A, IU	IU	22		0	MC	9				
Vitamin A, RAE	mcg_RAE	1		0	NC	4				
Retinol	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000		0	MC	9				
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.470		0	MC	9				
Fatty acids, total monounsaturated	g	0.200		0	MC	9				
Fatty acids, total polyunsaturated	g	1.030		0	MC	9				
Fatty acids, total trans	g									
Cholesterol	mg	0		0	MC	9				
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	Z	7				
Caffeine	mg									
Theobromine	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 08232
Cereals, QUAKER, Scotch Barley, regular and quick, dry

Common Measures:

Calories Factors:	**Protein**	**Fat**	**Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08221

Cereals, QUAKER, corn grits, instant, butter flavor, dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.73		0	MC	9		1.88		
Energy	kcal	366		0	MC	9		102		
Energy	kj	1531		0	MC	9		429		
Protein	g	8.09		0	MC	9		2.27		
Total lipid (fat)	g	5.51		0	MC	9		1.54		
Ash	g	4.62		0	MC	9		1.29		
Carbohydrate, by difference	g	75.04		0	MC	9		21.01		
Fiber, total dietary	g	4.8		0	MC	9		1.3		
Sugars, total	g	0.87		0	MC	9		0.24		
Starch	g									
Minerals:										
Calcium, Ca	mg	411		0	MC	9		115		
* Iron, Fe	mg	28.93		0	MC	9		8.10		
Magnesium, Mg	mg	27		0	MC	9		8		
Phosphorus, P	mg	84		0	MC	9		24		
Potassium, K	mg	147		0	MC	9		41		
Sodium, Na	mg	1310		0	MC	9		367		
Zinc, Zn	mg	0.39		0	MC	9		0.11		
Copper, Cu	mg	0.070		0	MC	9		0.020		
Manganese, Mn	mg	0.090		0	MC	9		0.025		
Selenium, Se	mcg	0.0		0	MC	9		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
* Thiamin	mg	0.590		0	MC	9		0.165		
* Riboflavin	mg	0.660		0	MC	9		0.185		
* Niacin	mg	7.850		0	MC	9		2.198		
Pantothenic acid	mg	0.430		0	MC	9		0.120		
Vitamin B-6	mg	0.130		0	MC	9		0.036		
* Folate, total	mcg	156		0	MC	9		44		
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg	0.00		0	MC	9		0.00		
Vitamin A, IU	IU	813		0	MC	9		228		
Vitamin A, RAE	mcg_RAE	41		0	NC	4		11		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000		0	MC	9		0.000		
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.440		0	MC	9		0.683		
Fatty acids, total monounsaturated	g	0.980		0	MC	9		0.274		
Fatty acids, total polyunsaturated	g	0.510		0	MC	9		0.143		
Fatty acids, total trans	g									
Cholesterol	mg	1		0	MC	9		0		
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0		
Caffeine	mg									
Theobromine	mg									
Carotenoids:										
Carotene, beta	mcg	666		0	MC	9		186.407		
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Lycopene	mcg									
Lutein + zeaxanthin	mcg									

NDB No. 08221
Cereals, QUAKER, corn grits, instant, butter flavor, dry

	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08238

Cereals, QUAKER, corn grits, instant, butter flavor, prepared with water

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	82.49		0	FLM	4				
Energy	kcal	71		0	FLM	4				
Energy	kj	299		0	FLM	4				
Protein	g	1.51		0	FLM	4				
Total lipid (fat)	g	1.03		0	FLM	4				
Ash	g	0.94		0	FLM	4				
Carbohydrate, by difference	g	14.02		0	FLM	4				
Fiber, total dietary	g	0.9		0	FLM	4				
Sugars, total	g	0.16		0	FLM	4				
Starch	g									
Minerals:										
Calcium, Ca	mg	79		0	FLM	4				
* Iron, Fe	mg	5.41		0	FLM	4				
Magnesium, Mg	mg	6		0	FLM	4				
Phosphorus, P	mg	16		0	FLM	4				
Potassium, K	mg	28		0	FLM	4				
Sodium, Na	mg	247		0	FLM	4				
Zinc, Zn	mg	0.08		0	FLM	4				
Copper, Cu	mg	0.019		0	FLM	4				
Manganese, Mn	mg	0.017		0	FLM	4				
Selenium, Se	mcg	0.0		0	FLM	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	FLM	4				
* Thiamin	mg	0.110		0	FLM	4				
* Riboflavin	mg	0.123		0	FLM	4				
* Niacin	mg	1.467		0	FLM	4				
Pantothenic acid	mg	0.080		0	FLM	4				
Vitamin B-6	mg	0.024		0	FLM	4				
* Folate, total	mcg	29		0	FLM	4				
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg	0.00		0	FLM	4				
Vitamin A, IU	IU	152		0	FLM	4				
Vitamin A, RAE	mcg_RAE	8		0	FLM	4				
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000		0	FLM	4				
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.000		0	FLM	4				
Fatty acids, total monounsaturated	g	0.000		0	FLM	4				
Fatty acids, total polyunsaturated	g	0.000		0	FLM	4				
Fatty acids, total trans	g									
Cholesterol	mg	0		0	FLM	4				
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	FLM	4				
Caffeine	mg									
Theobromine	mg									
Carotenoids:										
Carotene, beta	mcg	124		0	FLM	4				
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Lycopene	mcg									
Lutein + zeaxanthin	mcg									

NDB No. 08238
Cereals, QUAKER, corn grits, instant, butter flavor, prepared with water

	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08094

Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	7.60		0	MC	9		2.13		
Energy	kcal	366		0	MC	9		102		
Energy	kj	1529		0	MC	9		428		
Protein	g	8.37		0	MC	9		2.34		
Total lipid (fat)	g	5.97		0	MC	9		1.67		
Ash	g	4.97		0	MC	9		1.39		
Carbohydrate, by difference	g	73.08		0	MC	9		20.46		
Fiber, total dietary	g	4.2		0	MC	9		1.2		
Sugars, total	g	2.13		0	MC	9		0.60		
Starch	g									
Minerals:										
Calcium, Ca	mg	46		0	MC	9		13		
* Iron, Fe	mg	28.93		0	MC	9		8.10		
Magnesium, Mg	mg	37		0	MC	9		10		
Phosphorus, P	mg	139		0	MC	9		39		
Potassium, K	mg	170		0	MC	9		47		
Sodium, Na	mg	1865		0	MC	9		522		
Zinc, Zn	mg	0.75		0	MC	9		0.21		
Copper, Cu	mg	0.110		0	MC	9		0.031		
Manganese, Mn	mg	0.270		0	MC	9		0.076		
Selenium, Se	mcg	15.7		0	FLM	4		4.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
* Thiamin	mg	0.580		0	MC	9		0.162		
* Riboflavin	mg	0.660		0	MC	9		0.185		
* Niacin	mg	7.830		0	MC	9		2.192		
Pantothenic acid	mg	0.400		0	MC	9		0.112		
Vitamin B-6	mg	0.160		0	MC	9		0.045		
* Folate, total	mcg	156		0	MC	9		44		
Folic acid	mcg	142		0	NC	4		40		
Folate, food	mcg	14		0	NC	4		4		
Folate, DFE	mcg_DFE	255		0	NC	4		72		
Vitamin B-12	mcg	0.20		0	MC	9		0.06		
Vitamin A, IU	IU	13		0	FLM	4		4		
Vitamin A, RAE	mcg_RAE	3		0	NC	4		1		
Retinol	mcg	3		0	FLM	4		1		
Vitamin E (alpha-tocopherol)	mg	0.40		0	FLM	4		0.11		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.150		0	MC	9		0.042		
Vitamin K (phylloquinone)	mcg	1.2		0	FLM	4		0.3		
Lipids:										
Fatty acids, total saturated	g	1.760		0	MC	9		0.493		
4:0	g	0.033		0	FLM	4		0.009		
6:0	g	0.017		0	FLM	4		0.005		
8:0	g	0.009		0	FLM	4		0.002		
10:0	g	0.022		0	FLM	4		0.006		
12:0	g	0.018		0	FLM	4		0.005		
13:0	g									
14:0	g	0.112		0	FLM	4		0.031		
15:0	g									
16:0	g	1.045		0	FLM	4		0.292		
17:0	g									
18:0	g	0.437		0	FLM	4		0.122		
20:0	g									
22:0	g									
24:0	g									

NDB No. 08094
Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.570		0	MC	9		0.440		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.029		0	FLM	4		0.008		
17:1.....g									
18:1 undifferentiated.....g	1.520		0	FLM	4		0.426		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.870		0	MC	9		0.244		
18:2 undifferentiated.....g	0.720		0	FLM	4		0.202		
18:3 undifferentiated.....g	0.048		0	FLM	4		0.014		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	2		0	MC	9		1		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	2		0	FLM	4		0.537		
Carotene, alpha.....mcg	0		0	FLM	4		0.015		
Cryptoxanthin, beta.....mcg	1		0	FLM	4		0.320		
Lycopene.....mcg	0		0	FLM	4		0.000		
Lutein + zeaxanthin.....mcg	4		0	FLM	4		1.204		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08095

Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, prepared with water

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	82.26		0	FLA	4		23.03	116.81	
Energy	kcal	72		0	FLA	4		20	103	
Energy	kj	302		0	FLA	4		85	430	
Protein	g	1.60		0	FLA	4		0.45	2.28	
Total lipid (fat)	g	1.10		0	FLA	4		0.31	1.56	
Ash	g	1.03		0	FLA	4		0.29	1.46	
Carbohydrate, by difference	g	14.01		0	FLA	4		3.92	19.89	
Fiber, total dietary	g	0.8		0	FLA	4		0.2	1.1	
Sugars, total	g	0.41		0	FLA	4		0.11	0.58	
Starch	g									
Minerals:										
Calcium, Ca	mg	11		0	FLA	4		3	15	
Iron, Fe	mg	5.53		0	FLA	4		1.55	7.86	
Magnesium, Mg	mg	8		0	FLA	4		2	11	
Phosphorus, P	mg	27		0	FLA	4		7	38	
Potassium, K	mg	33		0	FLA	4		9	46	
Sodium, Na	mg	358		0	FLA	4		100	509	
Zinc, Zn	mg	0.15		0	FLA	4		0.04	0.21	
Copper, Cu	mg	0.026		0	FLA	4		0.007	0.038	
Manganese, Mn	mg	0.052		0	FLA	4		0.015	0.074	
Selenium, Se	mcg	3.1		0	FLA	4		0.9	4.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	FLA	4		0.0	0.0	
Thiamin	mg	0.113		0	FLA	4		0.032	0.160	
Riboflavin	mg	0.126		0	FLA	4		0.035	0.179	
Niacin	mg	1.500		0	FLA	4		0.420	2.130	
Pantothenic acid	mg	0.076		0	FLA	4		0.021	0.109	
Vitamin B-6	mg	0.031		0	FLA	4		0.009	0.043	
Folate, total	mcg	30		0	FLA	4		8	42	
Folic acid	mcg	27		0	FLA	4		8	39	
Folate, food	mcg	3		0	FLA	4		1	4	
Folate, DFE	mcg_DFE	49		0	NC	4		14	69	
Vitamin B-12	mcg	0.04		0	FLA	4		0.01	0.05	
Vitamin A, IU	IU	3		0	FLA	4		1	4	
Vitamin A, RAE	mcg_RAE	1		0	FLA	4		0	1	
Retinol	mcg	1		0	FLA	4		0	1	
Vitamin E (alpha-tocopherol)	mg	0.08		0	FLA	4		0.02	0.11	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.2		0	FLA	4		0.1	0.3	
Lipids:										
Fatty acids, total saturated	g	0.308		0	FLA	4		0.086	0.437	
4:0	g	0.011		0	FLA	4		0.003	0.016	
6:0	g	0.006		0	FLA	4		0.002	0.008	
8:0	g	0.003		0	FLA	4		0.001	0.004	
10:0	g	0.007		0	FLA	4		0.002	0.011	
12:0	g	0.006		0	FLA	4		0.002	0.008	
13:0	g									
14:0	g	0.037		0	FLA	4		0.010	0.052	
15:0	g									
16:0	g	0.170		0	FLA	4		0.047	0.241	
17:0	g									
18:0	g	0.068		0	FLA	4		0.019	0.097	
20:0	g									
22:0	g									
24:0	g									

NDB No. 08095

Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.284		0	FLA	4		0.080	0.404	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.011		0	FLA	4		0.003	0.015	
17:1.....g									
18:1 undifferentiated.....g	0.273		0	FLA	4		0.077	0.388	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.142		0	FLA	4		0.040	0.201	
18:2 undifferentiated.....g	0.132		0	FLA	4		0.037	0.188	
18:3 undifferentiated.....g	0.009		0	FLA	4		0.003	0.013	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	1	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g									
Threonine.....g									
Isoleucine.....g									
Leucine.....g									
Lysine.....g									
Methionine.....g									
Cystine.....g									
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g									
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.103	0.521	
Carotene, alpha.....mcg	0		0	FLA	4		0.003	0.014	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.061	0.310	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	1		0	FLA	4		0.230	1.167	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 packet

Measure 2 = 142g: 1 packet, prepared

NDB No. 08095
Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, prepared with water

Calories Factors:	**Protein**	**Fat**	**Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08097

Cereals, QUAKER, corn grits, instant, country bacon (imitation bacon bits), prepared with water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	82.20		0	FLM	4		115.90		
Energy	kcal	69		0	FLM	4		97		
Energy	kj	289		0	FLM	4		408		
Protein	g	1.92		0	FLM	4		2.70		
Total lipid (fat)	g	0.33		0	FLM	4		0.47		
Ash	g	0.93		0	FLM	4		1.32		
Carbohydrate, by difference	g	14.61		0	FLM	4		20.61		
Fiber, total dietary	g	1.0		0	FLM	4		1.4		
Sugars, total	g	0.07		0	FLM	4		0.10		
Starch	g									
Minerals:										
Calcium, Ca	mg	4		0	FLM	4		6		
* Iron, Fe	mg	5.53		0	FLM	4		7.80		
Magnesium, Mg	mg	5		0	FLM	4		8		
Phosphorus, P	mg	18		0	FLM	4		25		
Potassium, K	mg	40		0	FLM	4		57		
Sodium, Na	mg	293		0	FLM	4		413		
Zinc, Zn	mg	0.11		0	FLM	4		0.15		
Copper, Cu	mg	0.028		0	FLM	4		0.040		
Manganese, Mn	mg	0.019		0	FLM	4		0.027		
Selenium, Se	mcg	0.0		0	FLM	4		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	FLM	4		0.0		
* Thiamin	mg	0.120		0	FLM	4		0.170		
* Riboflavin	mg	0.136		0	FLM	4		0.191		
* Niacin	mg	1.602		0	FLM	4		2.259		
Pantothenic acid	mg	0.086		0	FLM	4		0.121		
Vitamin B-6	mg	0.027		0	FLM	4		0.038		
* Folate, total	mcg	32		0	FLM	4		45		
Folic acid	mcg	0		0	FLM	4		0		
Folate, food	mcg	32		0	FLM	4		45		
Folate, DFE	mcg_DFE	32		0	NC	4		45		
Vitamin B-12	mcg	0.00		0	FLM	4		0.00		
Vitamin A, IU	IU	0		0	FLM	4		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	FLM	4		0		
Vitamin E (alpha-tocopherol)	mg	0.00		0	FLM	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000		0	FLM	4		0.000		
Vitamin K (phylloquinone)	mcg	0.0		0	FLM	4		0.0		
Lipids:										
Fatty acids, total saturated	g	0.000		0	FLM	4		0.000		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.000		0	FLM	4		0.000		
13:0	g									
14:0	g	0.000		0	FLM	4		0.000		
15:0	g									
16:0	g	0.000		0	FLM	4		0.000		
17:0	g									
18:0	g	0.000		0	FLM	4		0.000		
20:0	g									
22:0	g									
24:0	g									

NDB No. 08097

Cereals, QUAKER, corn grits, instant, country bacon (imitation bacon bits), prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		0	FLM	4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLM	4		0.000		
18:2 undifferentiated.....g	0.000		0	FLM	4		0.000		
18:3 undifferentiated.....g	0.000		0	FLM	4		0.000		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLM	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	FLM	4		0.000		
Carotene, alpha.....mcg	0		0	FLM	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000		
Lycopene.....mcg	0		0	FLM	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	FLM	4		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 141g: 1 packet, prepared

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08092

Cereals, QUAKER, corn grits, instant, plain, dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	8.44		0	MC	9		2.36		
Energy	kcal	342		0	MC	9		96		
Energy	kj	1430		0	MC	9		400		
Protein	g	8.43		0	MC	9		2.36		
Total lipid (fat)	g	0.97		0	MC	9		0.27		
Ash	g	3.32		0	MC	9		0.93		
Carbohydrate, by difference	g	78.82		0	MC	9		22.07		
Fiber, total dietary	g	4.8		0	MC	9		1.3		
Sugars, total	g	0.29		0	MC	9		0.08		
Starch	g									
Minerals:										
Calcium, Ca	mg	21		0	MC	9		6		
* Iron, Fe	mg	30.38		0	MC	9		8.51		
Magnesium, Mg	mg	36		0	MC	9		10		
Phosphorus, P	mg	110		0	MC	9		31		
Potassium, K	mg	146		0	MC	9		41		
Sodium, Na	mg	1089		0	MC	9		305		
Zinc, Zn	mg	0.67		0	MC	9		0.19		
Copper, Cu	mg	0.100		0	MC	9		0.028		
Manganese, Mn	mg	0.310		0	MC	9		0.087		
Selenium, Se	mcg	17.0		2	A	1		4.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
* Thiamin	mg	0.660		0	MC	9		0.185		
* Riboflavin	mg	0.750		0	MC	9		0.210		
* Niacin	mg	8.900		0	MC	9		2.492		
Pantothenic acid	mg	0.430		0	MC	9		0.120		
Vitamin B-6	mg	0.210		0	MC	9		0.059		
* Folate, total	mcg	177		0	MC	9		50		
Folic acid	mcg	171		0	NC	4		48		
Folate, food	mcg	6		0	NC	4		2		
Folate, DFE	mcg_DFE	297		0	NC	4		83		
Vitamin B-12	mcg	0.00		0	MC	9		0.00		
Vitamin A, IU	IU	3		0	NC	4		1		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	FLM	4		0		
Vitamin E (alpha-tocopherol)	mg	0.12		0	FLM	4		0.03		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000		0	MC	9		0.000		
Vitamin K (phylloquinone)	mcg	0.0		0	NR	4		0.0		
Lipids:										
Fatty acids, total saturated	g	0.100		0	MC	9		0.028		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.000		0	FLM	4		0.000		
13:0	g									
14:0	g	0.000		0	FLM	4		0.000		
15:0	g									
16:0	g	0.087		0	FLM	4		0.024		
17:0	g									
18:0	g	0.012		0	FLM	4		0.003		
20:0	g									
22:0	g									
24:0	g									

NDB No. 08092
Cereals, QUAKER, corn grits, instant, plain, dry

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.140		0	MC	9		0.039		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	FLM	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.138		0	FLM	4		0.039		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.300		0	MC	9		0.084		
18:2 undifferentiated.....g	0.292		0	FLM	4		0.082		
18:3 undifferentiated.....g	0.008		0	FLM	4		0.002		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	1		0	FLM	4		0.348		
Carotene, alpha.....mcg	0		0	FLM	4		0.017		
Cryptoxanthin, beta.....mcg	1		0	FLM	4		0.356		
Lycopene.....mcg	0		0	FLM	4		0.000		
Lutein + zeaxanthin.....mcg	5		0	FLM	4		1.339		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08093

Cereals, QUAKER, corn grits, instant, plain, prepared with water

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	82.42		0	FLM	4		201.93	12.36	112.92
Energy	kcal	68		0	FLM	4		168	10	94
Energy	kj	286		0	FLM	4		701	43	392
Protein	g	1.61		0	FLM	4		3.95	0.24	2.21
Total lipid (fat)	g	0.19		0	FLM	4		0.45	0.03	0.25
Ash	g	0.72		0	FLM	4		1.75	0.11	0.98
Carbohydrate, by difference	g	15.06		0	FLM	4		36.91	2.26	20.64
Fiber, total dietary	g	0.9		0	FLM	4		2.2	0.1	1.2
Sugars, total	g	0.06		0	FLM	4		0.14	0.01	0.08
Starch	g									
Minerals:										
Calcium, Ca	mg	6		0	FLM	4		15	1	8
Iron, Fe	mg	5.81		0	FLM	4		14.23	0.87	7.96
Magnesium, Mg	mg	7		0	FLM	4		18	1	10
Phosphorus, P	mg	21		0	FLM	4		52	3	29
Potassium, K	mg	28		0	FLM	4		69	4	38
Sodium, Na	mg	210		0	FLM	4		514	31	288
Zinc, Zn	mg	0.13		0	FLM	4		0.32	0.02	0.18
Copper, Cu	mg	0.025		0	FLM	4		0.060	0.004	0.034
Manganese, Mn	mg	0.060		0	FLM	4		0.146	0.009	0.082
Selenium, Se	mcg	3.2		0	FLM	4		8.0	0.5	4.5
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	FLM	4		0.0	0.0	0.0
Thiamin	mg	0.114		0	FLM	4		0.278	0.017	0.156
Riboflavin	mg	0.136		0	FLM	4		0.334	0.020	0.187
Niacin	mg	1.616		0	FLM	4		3.959	0.242	2.214
Pantothenic acid	mg	0.082		0	FLM	4		0.201	0.012	0.113
Vitamin B-6	mg	0.040		0	FLM	4		0.098	0.006	0.055
Folate, total	mcg	34		0	FLM	4		83	5	46
Folic acid	mcg	33		0	FLM	4		80	5	45
Folate, food	mcg	1		0	FLM	4		3	0	2
Folate, DFE	mcg_DFE	57		0	NC	4		139	9	78
Vitamin B-12	mcg	0.00		0	FLM	4		0.00	0.00	0.00
Vitamin A, IU	IU	1		0	FLM	4		1	0	1
Vitamin A, RAE	mcg_RAE	0		0	FLM	4		0	0	0
Retinol	mcg	0		0	FLM	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.02		0	FLM	4		0.06	0.00	0.03
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.019		0	FLM	4		0.047	0.003	0.026
4:0	g	0.000		0	FLM	4		0.000	0.000	0.000
6:0	g	0.000		0	FLM	4		0.000	0.000	0.000
8:0	g	0.000		0	FLM	4		0.000	0.000	0.000
10:0	g	0.000		0	FLM	4		0.000	0.000	0.000
12:0	g	0.000		0	FLM	4		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0	FLM	4		0.000	0.000	0.000
15:0	g									
16:0	g	0.017		0	FLM	4		0.041	0.002	0.023
17:0	g									
18:0	g	0.002		0	FLM	4		0.005	0.000	0.003
20:0	g									
22:0	g									
24:0	g									

NDB No. 08093
Cereals, QUAKER, corn grits, instant, plain, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.027		0	FLM	4		0.066	0.004	0.037
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLM	4		0.001	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.027		0	FLM	4		0.065	0.004	0.037
20:1.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.057		0	FLM	4		0.140	0.009	0.078
18:2 undifferentiated.....g	0.055		0	FLM	4		0.136	0.008	0.076
18:3 undifferentiated.....g	0.002		0	FLM	4		0.004	0.000	0.002
18:4.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLM	4		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLM	4		0	0	0
Theobromine.....mg	0		0	FLM	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	FLM	4		0.582	0.036	0.325
Carotene, alpha.....mcg	0		0	FLM	4		0.028	0.002	0.015
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.596	0.036	0.333
Lycopene.....mcg	0		0	FLM	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	1		0	FLM	4		2.240	0.137	1.252

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 15g: 1 tbsp

Measure 3 = 137g: 1 packet, prepared

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08096

Cereals, QUAKER, corn grits, instant, with imitation bacon bits, dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	7.30		0	MC	9		2.04		
Energy	kcal	349		0	MC	9		98		
Energy	kj	1460				9		409		
Protein	g	9.85		0	MC	9		2.76		
Total lipid (fat)	g	1.65		0	MC	9		0.46		
Ash	g	3.84		0	MC	9		1.08		
Carbohydrate, by difference	g	77.35		0	MC	9		21.66		
Fiber, total dietary	g	5.3		0	MC	9		1.5		
Sugars, total	g	0.27		0	MC	9		0.08		
Starch	g									
Minerals:										
Calcium, Ca	mg	38		0	MC	9		11		
Iron, Fe	mg	28.93		0	ML	5		8.10		
Magnesium, Mg	mg	34		0	MC	9		10		
Phosphorus, P	mg	141		0	MC	9		39		
Potassium, K	mg	252		0	MC	9		71		
Sodium, Na	mg	1219		0	MC	9		341		
Zinc, Zn	mg	0.92		0	MC	9		0.26		
Copper, Cu	mg	0.070		0	MC	9		0.020		
Manganese, Mn	mg	0.100		0	MC	9		0.028		
Selenium, Se	mcg	16.0		0	FLM	4		4.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg	0.630		0	ML	5		0.176		
Riboflavin	mg	0.710		0	ML	5		0.199		
Niacin	mg	8.380		0	ML	5		2.346		
Pantothenic acid	mg	0.410		0	MC	9		0.115		
Vitamin B-6	mg	0.230		0	MC	9		0.064		
Folate, total	mcg	167		0	MC	9		47		
Folic acid	mcg	161		0	NC	4		45		
Folate, food	mcg	6		0		9		2		
Folate, DFE	mcg_DFE	280		0	NC	4		78		
Vitamin B-12	mcg	0.00		0	MC	9		0.00		
Vitamin A, IU	IU	0		0	MC	9		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.240		0	MC	9		0.067		
4:0	g	0.000		0	FLC	4		0.000		
6:0	g	0.000		0	FLC	4		0.000		
8:0	g	0.000		0	FLC	4		0.000		
10:0	g	0.000		0	FLC	4		0.000		
12:0	g	0.000		0	FLC	4		0.000		
13:0	g									
14:0	g	0.000		0	FLC	4		0.000		
15:0	g									
16:0	g	0.128		0	FLC	4		0.036		
17:0	g									
18:0	g	0.020		0	FLC	4		0.006		
20:0	g									
22:0	g									
24:0	g									

NDB No. 08096
Cereals, QUAKER, corn grits, instant, with imitation bacon bits, dry

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.420		0	FLC	4		0.118		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.290		0	FLC	4		0.081		
20:1.....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.640		0	FLC	4		0.179		
18:2 undifferentiated.....g	0.398		0	FLC	4		0.111		
18:3 undifferentiated.....g	0.008		0	FLC	4		0.002		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3.....g	0.000		0	FLC	4		0.000		
22:5 n-3.....g	0.000		0	FLC	4		0.000		
22:6 n-3.....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 packet

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08230

Cereals, QUAKER, farina, Creamy Wheat, enriched, dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	11.66		0	MC	9		5.13		
Energy	kcal	349		0	MC	9		154		
Energy	kj	1460				9		642		
Protein	g	10.82		0	MC	9		4.76		
Total lipid (fat)	g	0.95		0	MC	9		0.42		
Ash	g	0.42		0	MC	9		0.18		
Carbohydrate, by difference	g	76.13		0	MC	9		33.50		
Fiber, total dietary	g	2.9		0	MC	9		1.3		
Sugars, total	g	0.30		0	MC	9		0.13		
Starch	g									
Minerals:										
Calcium, Ca	mg	12		0	MC	9		5		
Iron, Fe	mg	30.00		0	ML	5		13.20		
Magnesium, Mg	mg	17		0	MC	9		7		
Phosphorus, P	mg	85		0	MC	9		37		
Potassium, K	mg	98		0	MC	9		43		
Sodium, Na	mg	2		0	MC	9		1		
Zinc, Zn	mg	0.61		0	MC	9		0.27		
Copper, Cu	mg	0.120		0	MC	9		0.053		
Manganese, Mn	mg	0.280		0	MC	9		0.123		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg	0.440		0	ML	5		0.194		
Riboflavin	mg	0.260		0	ML	5		0.114		
Niacin	mg	3.520		0	ML	5		1.549		
Pantothenic acid	mg	0.430		0	MC	9		0.189		
Vitamin B-6	mg	0.050		0	MC	9		0.022		
Folate, total	mcg	154		0	MC	9		68		
Folic acid	mcg	132		0	NC	4		58		
Folate, food	mcg	22		0		9		10		
Folate, DFE	mcg_DFE	246		0	NC	4		108		
Vitamin B-12	mcg	0.00		0	MC	9		0.00		
Vitamin A, IU	IU	0		0	MC	9		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.240		0	MC	9		0.106		
Fatty acids, total monounsaturated	g	0.080		0	MC	9		0.035		
Fatty acids, total polyunsaturated	g	0.480		0	MC	9		0.211		
Fatty acids, total trans	g									
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0		
Caffeine	mg									
Theobromine	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 08230
Cereals, QUAKER, farina, Creamy Wheat, enriched, dry

Common Measures:

Measure 1 = 44g: .25 cup (1 NLEA serving)

Calories Factors:	**Protein**	**Fat**	**Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08317

Cereals, QUAKER, farina, enriched cinnamon flavor, dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	12.14		0	MC	9				
Energy	kcal	346		0	MC	9				
Energy	kj	1450		0	MC	9				
Protein	g	12.11		0	MC	9				
Total lipid (fat)	g	0.79		0	MC	9				
Ash	g	0.40		0	MC	9				
Carbohydrate, by difference	g	74.54		0	MC	9				
Fiber, total dietary	g	3.7		0	MC	9				
Sugars, total	g	0.29		0	MC	9				
Starch	g									
Minerals:										
Calcium, Ca	mg	33		0	MC	9				
* Iron, Fe	mg	30.00		0	MC	9				
Magnesium, Mg	mg	14		0	MC	9				
Phosphorus, P	mg	88		0	MC	9				
Potassium, K	mg	104		0	MC	9				
Sodium, Na	mg	3		0	MC	9				
Zinc, Zn	mg	0.55		0	MC	9				
Copper, Cu	mg	0.070		0	MC	9				
Manganese, Mn	mg	0.270		0	MC	9				
Selenium, Se	mcg	0.0		0	MC	9				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0	MC	9				
* Thiamin	mg	0.440		0	MC	9				
* Riboflavin	mg	0.260		0	MC	9				
* Niacin	mg	3.520		0	MC	9				
Pantothenic acid	mg	0.360		0	MC	9				
Vitamin B-6	mg	0.050		0	MC	9				
* Folate, total	mcg	154		0	MC	9				
Folic acid	mcg									
Folate, food	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg	0.00		0	MC	9				
Vitamin A, IU	IU	4		0	MC	9				
Vitamin A, RAE	mcg_RAE	0		0	NC	4				
Retinol	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000		0	MC	9				
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.280		0	MC	9				
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	MC	9				
Phytosterols	mg									
Carotenoids:										
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Lycopene	mcg									
Lutein + zeaxanthin	mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 08317
Cereals, QUAKER, farina, enriched cinnamon flavor, dry

	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08314

Cereals, QUAKER, hominy grits, white, quick, dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	10.48		0	MC	9				
Energy	kcal	347		0	MC	9				
Energy	kj	1452				9				
Protein	g	8.53		0	MC	9				
Total lipid (fat)	g	1.36		0	MC	9				
Ash	g	0.44		0	MC	9				
Carbohydrate, by difference	g	79.16		0	MC	9				
Fiber, total dietary	g	4.8		0	MC	9				
Sugars, total	g	1.00		0	MC	9				
Starch	g									
Minerals:										
Calcium, Ca	mg	4		0	MC	9				
Iron, Fe	mg	3.52		0	MC	9				
Magnesium, Mg	mg	49		0	MC	9				
Phosphorus, P	mg	166		0	MC	9				
Potassium, K	mg	146		0	MC	9				
Sodium, Na	mg	2		0	MC	9				
Zinc, Zn	mg	0.92		0	MC	9				
Copper, Cu	mg	0.110		0	MC	9				
Manganese, Mn	mg	0.220		0	MC	9				
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9				
Thiamin	mg	0.580		0	MC	9				
Riboflavin	mg	0.330		0	MC	9				
Niacin	mg	4.810		0	MC	9				
Pantothenic acid	mg	0.310		0	MC	9				
Vitamin B-6	mg	0.270		0	MC	9				
Folate, total	mcg	154		0	MC	9				
Folic acid	mcg	150		0	NC	4				
Folate, food	mcg	4		0	CAZN	4				
Folate, DFE	mcg_DFE	259		0	NC	4				
Vitamin B-12	mcg	0.00		0	MC	9				
Vitamin A, IU	IU	0		0	MC	9				
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.260		0	MC	9				
Fatty acids, total monounsaturated	g	0.200		0	MC	9				
Fatty acids, total polyunsaturated	g	0.680		0	MC	9				
Fatty acids, total trans	g									
Cholesterol	mg	0		0	MC	9				
Phytosterols	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 08314
Cereals, QUAKER, hominy grits, white, quick, dry

Calories Factors:	**Protein**	**Fat**	**Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08316

Cereals, QUAKER, hominy grits, white, regular, dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	10.48		0	MC	9				
Energy	kcal	347		0	MC	9				
Energy	kj	1451		0	MC	9				
Protein	g	8.53		0	MC	9				
Total lipid (fat)	g	1.36		0	MC	9				
Ash	g	0.44		0	MC	9				
Carbohydrate, by difference	g	79.16		0	MC	9				
Fiber, total dietary	g	4.8		0	MC	9				
Sugars, total	g	1.00		0	MC	9				
Starch	g									
Minerals:										
Calcium, Ca	mg	4		0	MC	9				
* Iron, Fe	mg	3.52		0	MC	9				
Magnesium, Mg	mg	49		0	MC	9				
Phosphorus, P	mg	166		0	MC	9				
Potassium, K	mg	146		0	MC	9				
Sodium, Na	mg	2		0	MC	9				
Zinc, Zn	mg	0.92		0	MC	9				
Copper, Cu	mg	0.110		0	MC	9				
Manganese, Mn	mg	0.220		0	MC	9				
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9				
* Thiamin	mg	0.580		0	MC	9				
* Riboflavin	mg	0.330		0	MC	9				
* Niacin	mg	4.810		0	MC	9				
Pantothenic acid	mg	0.310		0	MC	9				
Vitamin B-6	mg	0.270		0	MC	9				
* Folate, total	mcg	154		0	MC	9				
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg	0.00		0	MC	9				
Vitamin A, IU	IU	0		0	MC	9				
Vitamin A, RAE	mcg_RAE	0		0	NC	4				
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.260		0	MC	9				
Fatty acids, total monounsaturated	g	0.200		0	MC	9				
Fatty acids, total polyunsaturated	g	0.680		0	MC	9				
Fatty acids, total trans	g									
Cholesterol	mg	0		0	MC	9				
Phytosterols	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08316
Cereals, QUAKER, hominy grits, white, regular, dry

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08315

Cereals, QUAKER, hominy grits, yellow, quick, dry

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	11.74		0	MC	9				
Energy	kcal	337		0	MC	9				
Energy	kj	1411		0	MC	9				
Protein	g	8.26		0	MC	9				
Total lipid (fat)	g	1.66		0	MC	9				
Ash	g	0.56		0	MC	9				
Carbohydrate, by difference	g	77.76		0	MC	9				
Fiber, total dietary	g	5.6		0	MC	9				
Sugars, total	g	1.08		0	MC	9				
Starch	g									
Minerals:										
Calcium, Ca	mg	4		0	MC	9				
* Iron, Fe	mg	4.11		0	MC	9				
Magnesium, Mg	mg	40		0	MC	9				
Phosphorus, P	mg	124		0	MC	9				
Potassium, K	mg	167		0	MC	9				
Sodium, Na	mg	2		0	MC	9				
Zinc, Zn	mg	0.72		0	MC	9				
Copper, Cu	mg	0.070		0	MC	9				
Manganese, Mn	mg	0.100		0	MC	9				
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9				
* Thiamin	mg	0.510		0	MC	9				
* Riboflavin	mg	0.370		0	MC	9				
* Niacin	mg	4.310		0	MC	9				
Pantothenic acid	mg	0.310		0	MC	9				
Vitamin B-6	mg	0.250		0	MC	9				
* Folate, total	mcg	154		0	MC	9				
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg	0.00		0	MC	9				
Vitamin A, IU	IU	569		0	MC	9				
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.450		0	MC	9				
Fatty acids, total monounsaturated	g	0.550		0	MC	9				
Fatty acids, total polyunsaturated	g	0.710		0	MC	9				
Fatty acids, total trans	g									
Cholesterol	mg	0		0	MC	9				
Phytosterols	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08315
Cereals, QUAKER, hominy grits, yellow, quick, dry

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08234

Cereals, QUAKER, oatmeal, instant, low sodium, prepared with water

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	76.98		0	RA	4				
Energy	kcal	93		0	RA	4				
Energy	kj	389				4				
Protein	g	3.59		0	RA	4				
Total lipid (fat)	g	1.79		0	RA	4				
Ash	g	0.96		0	RA	4				
Carbohydrate, by difference	g	16.67		0	RA	4				
Fiber, total dietary	g	2.3		0	RA	4				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	98		0	RA	4				
Iron, Fe	mg	7.43		0	RA	4				
Magnesium, Mg	mg	35		0	RA	4				
Phosphorus, P	mg	114		0	RA	4				
Potassium, K	mg	94		0	RA	4				
Sodium, Na	mg	72		0	RA	4				
Zinc, Zn	mg	0.78		0	RA	4				
Copper, Cu	mg	0.080		0	RA	4				
Manganese, Mn	mg	1.056		0	RA	4				
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RA	4				
Thiamin	mg	0.280		0	RA	4				
Riboflavin	mg	0.321		0	RA	4				
Niacin	mg	3.788		0	RA	4				
Pantothenic acid	mg	0.156		0	RA	4				
Vitamin B-6	mg	0.379		0	RA	4				
Folate, total	mcg	76		0	RA	4				
Folic acid	mcg	67		0	O	4				
Folate, food	mcg	9		0	NC	4				
Folate, DFE	mcg_DFE	123		0	NC	4				
Vitamin B-12	mcg	0.00		0	RA	4				
Vitamin A, IU	IU	946		0	RA	4				
Vitamin A, RAE	mcg_RAE	284		0	NC	4				
Retinol	mcg	284		0	NC	4				
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.341		0	RA	4				
4:0	g	0.000		0	RA	4				
6:0	g	0.000		0	RA	4				
8:0	g	0.000		0	RA	4				
10:0	g	0.000		0	RA	4				
12:0	g	0.005		0	RA	4				
13:0	g									
14:0	g	0.005		0	RA	4				
15:0	g									
16:0	g	0.279		0	RA	4				
17:0	g									
18:0	g	0.019		0	RA	4				
20:0	g									
22:0	g									
24:0	g									

NDB No. 08234
Cereals, QUAKER, oatmeal, instant, low sodium, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.649		0	RA	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RA	4				
17:1.....g									
18:1 undifferentiated.....g	0.626		0	RA	4				
20:1.....g	0.000		0	RA	4				
22:1 undifferentiated.....g	0.000		0	RA	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.714		0	RA	4				
18:2 undifferentiated.....g	0.660		0	RA	4				
18:3 undifferentiated.....g	0.030		0	RA	4				
18:4.....g	0.000		0	RA	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RA	4				
20:5 n-3.....g	0.000		0	RA	4				
22:5 n-3.....g	0.000		0	RA	4				
22:6 n-3.....g	0.000		0	RA	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RA	4				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4				
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08125
Cereals, QUAKER,Instant Oatmeal, apples and cinnamon, prepared with boiling water

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	78.56		0	RP	4		117.05		
Energy	kcal	87		0	RP	4		130		
Energy	kj	366		0	RP	4		545		
Protein	g	1.82		0	RP	4		2.72		
Total lipid (fat)	g	1.00		0	RP	4		1.49		
Ash	g	0.84		0	RP	4		1.26		
Carbohydrate, by difference	g	17.77		0	RP	4		26.47		
Fiber, total dietary	g	1.8		0	RP	4		2.7		
Sugars, total	g	8.10		0	RP	4		12.07		
Starch	g									
Minerals:										
Calcium, Ca	mg	74		0	RP	4		110		
Iron, Fe	mg	2.58		0	RP	4		3.85		
Magnesium, Mg	mg	19		0	RP	4		28		
Phosphorus, P	mg	63		0	RP	4		94		
Potassium, K	mg	73		0	RP	4		108		
Sodium, Na	mg	111		0	RP	4		165		
Zinc, Zn	mg	0.43		0	RP	4		0.64		
Copper, Cu	mg	0.055		0	RP	4		0.082		
Manganese, Mn	mg	0.573		0	RP	4		0.853		
Selenium, Se	mcg	5.1		0	RP	4		7.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0	RP	4		0.4		
Thiamin	mg	0.193		0	RP	4		0.287		
Riboflavin	mg	0.232		0	RP	4		0.345		
Niacin	mg	2.729		0	RP	4		4.067		
Pantothenic acid	mg	0.105		0	RP	4		0.156		
Vitamin B-6	mg	0.287		0	RP	4		0.428		
Folate, total	mcg	57		0	RP	4		86		
Folic acid	mcg	52		0	RP	4		78		
Folate, food	mcg	5		0	RP	4		8		
Folate, DFE	mcg_DFE	94		0	NC	4		140		
Vitamin B-12	mcg	0.00		0	RP	4		0.00		
Vitamin A, IU	IU	718		0	RP	4		1070		
Vitamin A, RAE	mcg_RAE	216		0	RP	4		321		
Retinol	mcg	215		0	RP	4		321		
Vitamin E (alpha-tocopherol)	mg	0.09		0	RP	4		0.13		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000		0	RP	4		0.000		
Vitamin K (phylloquinone)	mcg	0.5		0	RP	4		0.7		
Lipids:										
Fatty acids, total saturated	g	0.167		0	RP	4		0.249		
4:0	g	0.000		0	RP	4		0.000		
6:0	g	0.000		0	RP	4		0.000		
8:0	g	0.000		0	RP	4		0.000		
10:0	g	0.000		0	RP	4		0.000		
12:0	g	0.003		0	RP	4		0.005		
13:0	g									
14:0	g	0.002		0	RP	4		0.003		
15:0	g									
16:0	g	0.152		0	RP	4		0.227		
17:0	g									
18:0	g	0.010		0	RP	4		0.015		
20:0	g									
22:0	g									

NDB No. 08125
Cereals, QUAKER,Instant Oatmeal, apples and cinnamon, prepared with boiling water

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.344		0	RP	4		0.513		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.002		0	RP	4		0.003		
17:1 ... g									
18:1 undifferentiated ... g	0.342		0	RP	4		0.510		
20:1 ... g	0.000		0	RP	4		0.000		
22:1 undifferentiated ... g	0.000		0	RP	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.287		0	RP	4		0.428		
18:2 undifferentiated ... g	0.275		0	RP	4		0.409		
18:3 undifferentiated ... g	0.013		0	RP	4		0.019		
18:4 ... g	0.000		0	RP	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	RP	4		0.000		
20:5 n-3 ... g	0.000		0	RP	4		0.000		
22:5 n-3 ... g	0.000		0	RP	4		0.000		
22:6 n-3 ... g	0.000		0	RP	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	RP	4		0		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g									
Threonine ... g									
Isoleucine ... g									
Leucine ... g									
Lysine ... g									
Methionine ... g									
Cystine ... g									
Phenylalanine ... g									
Tyrosine ... g									
Valine ... g									
Arginine ... g									
Histidine ... g									
Alanine ... g									
Aspartic acid ... g									
Glutamic acid ... g									
Glycine ... g									
Proline ... g									
Serine ... g									
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	RP	4		0.0		
Caffeine ... mg	0		0	RP	4		0		
Theobromine ... mg	0		0	RP	4		0		
Carotenoids:									
Carotene, beta ... mcg	0		0	RP	4		0.000		
Carotene, alpha ... mcg	0		0	RP	4		0.000		
Cryptoxanthin, beta ... mcg	0		0	RP	4		0.000		
Lycopene ... mcg	0		0	RP	4		0.000		
Lutein + zeaxanthin ... mcg	0		0	RP	4		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 149g: 1 packet, prepared

NDB No. 08125
Cereals, QUAKER,Instant Oatmeal, apples and cinnamon, prepared with boiling water

Calories Factors:	**Protein**	**Fat**	**Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16-1 (2004)

NDB No. 08235

Cereals, QUAKER, oatmeal, instant, raisins, dates and walnuts, prepared with water

The Quaker Oats, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.63		0	RA	4				
Energy	kcal	116		0	RA	4				
Energy	kj	485				4				
Protein	g	2.83		0	RA	4				
Total lipid (fat)	g	1.75		0	RA	4				
Ash	g	1.29		0	RA	4				
Carbohydrate, by difference	g	23.50		0	RA	4				
Fiber, total dietary	g	2.1		0	RA	4				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	93		0	RA	4				
Iron, Fe	mg	3.46		0	RA	4				
Magnesium, Mg	mg	29		0	RA	4				
Phosphorus, P	mg	94		0	RA	4				
Potassium, K	mg	112		0	RA	4				
Sodium, Na	mg	207		0	RA	4				
Zinc, Zn	mg	0.64		0	RA	4				
Copper, Cu	mg	0.087		0	RA	4				
Manganese, Mn	mg	0.849		0	RA	4				
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0	RA	4				
Thiamin	mg	0.268		0	RA	4				
Riboflavin	mg	0.306		0	RA	4				
Niacin	mg	3.620		0	RA	4				
Pantothenic acid	mg	0.140		0	RA	4				
Vitamin B-6	mg	0.364		0	RA	4				
Folate, total	mcg	72		0	RA	4				
Folic acid	mcg	64		0	O	4				
Folate, food	mcg	8		0	NC	4				
Folate, DFE	mcg_DFE	117		0	NC	4				
Vitamin B-12	mcg	0.00		0	RA	4				
Vitamin A, IU	IU	905		0	RA	4				
Vitamin A, RAE	mcg_RAE	272		0	NC	4				
Retinol	mcg	272		0	NC	4				
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.300		0	RA	4				
4:0	g	0.000		0	RA	4				
6:0	g	0.000		0	RA	4				
8:0	g	0.000		0	RA	4				
10:0	g	0.000		0	RA	4				
12:0	g	0.004		0	RA	4				
13:0	g									
14:0	g	0.004		0	RA	4				
15:0	g									
16:0	g	0.237		0	RA	4				
17:0	g									
18:0	g	0.021		0	RA	4				
20:0	g									
22:0	g									
24:0	g									

NDB No. 08235

Cereals, QUAKER, oatmeal, instant, raisins, dates and walnuts, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.552		0	RA	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0	RA	4				
17:1.....g									
18:1 undifferentiated.....g	0.522		0	RA	4				
20:1.....g	0.003		0	RA	4				
22:1 undifferentiated.....g	0.000		0	RA	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.673		0	RA	4				
18:2 undifferentiated.....g	0.594		0	RA	4				
18:3 undifferentiated.....g	0.056		0	RA	4				
18:4.....g	0.000		0	RA	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RA	4				
20:5 n-3.....g	0.000		0	RA	4				
22:5 n-3.....g	0.000		0	RA	4				
22:6 n-3.....g	0.000		0	RA	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RA	4				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4				
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08185
Cereals, RALSTON, cooked with water, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	86.10		0		1		217.83	163.59	
Energy	kcal	53		0	NC	4		134	101	
Energy	kj	222				4		561	421	
Protein (N x 5.83)	g	2.20		0		1		5.57	4.18	
Total lipid (fat)	g	0.30		0		1		0.76	0.57	
Ash	g	0.30		0		1		0.76	0.57	
Carbohydrate, by difference	g	11.20		0	NC	4		28.34	21.28	
Fiber, total dietary	g	2.4		0		4		6.1	4.6	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	5		0		1		13	10	
Iron, Fe	mg	0.65		0		1		1.64	1.24	
Magnesium, Mg	mg	23		0		1		58	44	
Phosphorus, P	mg	58		0		1		147	110	
Potassium, K	mg	61		0		1		154	116	
Sodium, Na	mg	188		0		1		476	357	
Zinc, Zn	mg	0.56		0		1		1.42	1.06	
Copper, Cu	mg	0.079		0		1		0.200	0.150	
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.080		0		1		0.202	0.152	
Riboflavin	mg	0.070		0		1		0.177	0.133	
Niacin	mg	0.810		0		1		2.049	1.539	
Pantothenic acid	mg	0.130		0		1		0.329	0.247	
Vitamin B-6	mg	0.045		0		1		0.114	0.086	
Folate, total	mcg	7		0		1		18	13	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	7		0		1		18	13	
Folate, DFE	mcg_DFE	7		0	NC	4		18	13	
Vitamin B-12	mcg	0.04		0		1		0.11	0.08	
Vitamin A, IU	IU	0		0		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.056		0		4		0.142	0.106	
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0	0	
Phytosterols	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 253g: 1 cup

NDB No. 08185
Cereals, RALSTON, cooked with water, with salt

Measure 2 = 190g: .75 cup

Calories Factors: **Protein** 3.59 **Fat** 8.37 **Carbohydrate** 3.78

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08135
Cereals, RALSTON, cooked with water, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	86.10		0		1		217.83	13.78	163.59
Energy	kcal	53		0	NC	4		134	8	101
Energy	kj	222				4		561	35	421
Protein (N x 5.83)	g	2.20		0		1		5.57	0.35	4.18
Total lipid (fat)	g	0.30		0		1		0.76	0.05	0.57
Ash	g	0.30		0		1		0.76	0.05	0.57
Carbohydrate, by difference	g	11.20		0	NC	4		28.34	1.79	21.28
Fiber, total dietary	g	2.4		0		1		6.1	0.4	4.6
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	5		0		1		13	1	10
Iron, Fe	mg	0.65		0		1		1.64	0.10	1.24
Magnesium, Mg	mg	23		0		1		58	4	44
Phosphorus, P	mg	58		0		1		147	9	110
Potassium, K	mg	61		0		1		154	10	116
Sodium, Na	mg	2		0		1		5	0	4
Zinc, Zn	mg	0.56		0		1		1.42	0.09	1.06
Copper, Cu	mg	0.079		0		1		0.200	0.013	0.150
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.080		0		1		0.202	0.013	0.152
Riboflavin	mg	0.070		0		1		0.177	0.011	0.133
Niacin	mg	0.810		0		1		2.049	0.130	1.539
Pantothenic acid	mg	0.130		0		1		0.329	0.021	0.247
Vitamin B-6	mg	0.045		0		1		0.114	0.007	0.086
Folate, total	mcg	7		0		1		18	1	13
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	7		0	NC	4		18	1	13
Folate, DFE	mcg_DFE	7		0	NC	4		18	1	13
Vitamin B-12	mcg	0.04		0		4		0.11	0.01	0.08
Vitamin A, IU	IU	0		0		4		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.052		0		4		0.132	0.008	0.099
4:0	g	0.000		0		4		0.000	0.000	0.000
6:0	g	0.000		0		4		0.000	0.000	0.000
8:0	g	0.002		0		4		0.005	0.000	0.004
10:0	g	0.000		0		4		0.000	0.000	0.000
12:0	g	0.000		0		4		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0		4		0.000	0.000	0.000
15:0	g									
16:0	g	0.046		0		4		0.116	0.007	0.087
17:0	g									
18:0	g	0.002		0		4		0.005	0.000	0.004
20:0	g									
22:0	g									
24:0	g									

NDB No. 08135
Cereals, RALSTON, cooked with water, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.040		0		4		0.101	0.006	0.076
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		4		0.005	0.000	0.004
17:1.....g									
18:1 undifferentiated.....g	0.038		0		4		0.096	0.006	0.072
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.146		0		4		0.369	0.023	0.277
18:2 undifferentiated.....g	0.135		0		4		0.342	0.022	0.257
18:3 undifferentiated.....g	0.012		0		4		0.030	0.002	0.023
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 253g: 1 cup

Measure 2 = 16g: 1 tbsp

Measure 3 = 190g: .75 cup

Calories Factors: Protein 3.59 **Fat** 8.37 **Carbohydrate** 3.78

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08134
Cereals, RALSTON, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	9.90	0.191	36		1		11.68	2.97	
Energy	kcal	341		0	NC	4		402	102	
Energy	kj	1427				4		1684	428	
Protein (N x 5.83)	g	14.10		88		1		16.64	4.23	
Total lipid (fat)	g	2.10		76		1		2.48	0.63	
Ash	g	1.70	0.046	3		1		2.01	0.51	
Carbohydrate, by difference	g	72.10		0	NC	4		85.08	21.63	
Fiber, total dietary	g	13.4		0		1		15.8	4.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	35		50		1		41	11	
Iron, Fe	mg	4.20		118		1		4.96	1.26	
Magnesium, Mg	mg	152		109		1		179	46	
Phosphorus, P	mg	377		123		1		445	113	
Potassium, K	mg	392		49		1		463	118	
Sodium, Na	mg	11		109		1		13	3	
Zinc, Zn	mg	3.60		93		1		4.25	1.08	
Copper, Cu	mg	0.508		90		1		0.599	0.152	
Manganese, Mn	mg									
Selenium, Se	mcg	70.7		0	BFZN	4		83.4	21.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.540		121		1		0.637	0.162	
Riboflavin	mg	0.480		110		1		0.566	0.144	
Niacin	mg	5.220		13		1		6.160	1.566	
Pantothenic acid	mg	0.741		104		1		0.874	0.222	
Vitamin B-6	mg	0.289		95		1		0.341	0.087	
Folate, total	mcg	60		104		1		71	18	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	60			NC	4		71	18	
Folate, DFE	mcg_DFE	60		0	NC	4		71	18	
Vitamin B-12	mcg	0.28		0		4		0.33	0.08	
Vitamin A, IU	IU	0		0		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0	0	
Phytosterols	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 118g: 1 cup

NDB No. 08134
Cereals, RALSTON, dry

Measure 2 = 30g: .25 cup

Calories Factors: Protein 3.59 **Fat** 8.37 **Carbohydrate** 3.78

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08184
Cereals, ROMAN MEAL WITH OATS, cooked with water, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	81.50		0		1		195.60	146.70	
Energy	kcal	71		0	NC	4		170	128	
Energy	kj	297				4		713	535	
Protein (N x 5.9)	g	3.00		0		1		7.20	5.40	
Total lipid (fat)	g	0.80		0		1		1.92	1.44	
Ash	g	0.40		0		1		0.96	0.72	
Carbohydrate, by difference	g	14.20		0	NC	4		34.08	25.56	
Fiber, total dietary	g	3.4		0		4		8.2	6.1	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	11		0		1		26	20	
Iron, Fe	mg	0.58		0		1		1.39	1.04	
Magnesium, Mg	mg	31		0		1		74	56	
Phosphorus, P	mg	98		0		1		235	176	
Potassium, K	mg	107		0		4		257	193	
Sodium, Na	mg	225		0		1		540	405	
Zinc, Zn	mg	0.81		0		4		1.94	1.46	
Copper, Cu	mg	0.062		0		1		0.149	0.112	
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.130		0		1		0.312	0.234	
Riboflavin	mg	0.090		0		1		0.216	0.162	
Niacin	mg	1.360		0		1		3.264	2.448	
Pantothenic acid	mg	0.104		0		1		0.250	0.187	
Vitamin B-6	mg	0.158		0		1		0.379	0.284	
Folate, total	mcg	10		0		4		24	18	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	10		0		4		24	18	
Folate, DFE	mcg_DFE	10		0	NC	4		24	18	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	9		0		4		22	16	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		1	1	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.072		0		4		0.173	0.130	
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0	0	
Phytosterols	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 1 cup

NDB No. 08184

Cereals, ROMAN MEAL WITH OATS, cooked with water, with salt

Measure 2 = 180g: .75 cup

Calories Factors: **Protein** 3.2 **Fat** 8.37 **Carbohydrate** 3.8

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08155
Cereals, ROMAN MEAL WITH OATS, cooked with water, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	81.50		0		1		195.60	146.70	
Energy	kcal	71		0	NC	4		170	128	
Energy	kj	297				4		713	535	
Protein (N x 5.83)	g	3.00		0		1		7.20	5.40	
Total lipid (fat)	g	0.80		0		1		1.92	1.44	
Ash	g	0.40		0		1		0.96	0.72	
Carbohydrate, by difference	g	14.20		0	NC	4		34.08	25.56	
Fiber, total dietary	g	2.9		0		4		7.0	5.2	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	11		0		1		26	20	
Iron, Fe	mg	0.58		0		1		1.39	1.04	
Magnesium, Mg	mg	31		0		1		74	56	
Phosphorus, P	mg	98		0		1		235	176	
Potassium, K	mg	107		0		4		257	193	
Sodium, Na	mg	4		0		1		10	7	
Zinc, Zn	mg	0.81		0		4		1.94	1.46	
Copper, Cu	mg	0.062		0		1		0.149	0.112	
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.130		0		1		0.312	0.234	
Riboflavin	mg	0.090		0		1		0.216	0.162	
Niacin	mg	1.360		0		1		3.264	2.448	
Pantothenic acid	mg	0.104		0		1		0.250	0.187	
Vitamin B-6	mg	0.158		0		1		0.379	0.284	
Folate, total	mcg	10		0		4		24	18	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	10		0	NC	4		24	18	
Folate, DFE	mcg_DFE	10		0	NC	4		24	18	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	9		0		4		22	16	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		1	1	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.072		0		4		0.173	0.130	
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0	0	
Phytosterols	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 1 cup

NDB No. 08155

Cereals, ROMAN MEAL WITH OATS, cooked with water, without salt

Measure 2 = 180g: .75 cup

Calories Factors: **Protein** 3.2 **Fat** 8.37 **Carbohydrate** 3.8

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08181
Cereals, ROMAN MEAL, plain, cooked with water, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	82.70		0		1		199.31	149.69	
Energy	kcal	61		0	NC	4		147	110	
Energy	kj	255				4		615	462	
Protein (N x 5.9)	g	2.70		0		1		6.51	4.89	
Total lipid (fat)	g	0.40		0		1		0.96	0.72	
Ash	g	0.50		0		1		1.21	0.91	
Carbohydrate, by difference	g	13.70		0	NC	4		33.02	24.80	
Fiber, total dietary	g	3.4		0		4		8.2	6.2	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	12		0		1		29	22	
Iron, Fe	mg	0.88		0		1		2.12	1.59	
Magnesium, Mg	mg	45		0		1		108	81	
Phosphorus, P	mg	89		0		1		214	161	
Potassium, K	mg	125		0		1		301	226	
Sodium, Na	mg	82		0		1		198	148	
Zinc, Zn	mg	0.74		0		1		1.78	1.34	
Copper, Cu	mg	0.133		0		1		0.321	0.241	
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.100		0		1		0.241	0.181	
Riboflavin	mg	0.050		0		1		0.121	0.091	
Niacin	mg	1.280		0		1		3.085	2.317	
Pantothenic acid	mg	0.154		0		1		0.371	0.279	
Vitamin B-6	mg	0.047		0		1		0.113	0.085	
Folate, total	mcg	10		0		1		24	18	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	10		0		1		24	18	
Folate, DFE	mcg_DFE	10		0	NC	4		24	18	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	0		0		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.053		0		4		0.128	0.096	
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0	0	
Phytosterols	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 241g: 1 cup

NDB No. 08181

Cereals, ROMAN MEAL, plain, cooked with water, with salt

Measure 2 = 181g: .75 cup

Calories Factors: **Protein** 3.1 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08137
Cereals, ROMAN MEAL, plain, cooked with water, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	82.70		0		1		199.31	149.69	
Energy	kcal	61		0	NC	4		147	110	
Energy	kj	255				4		615	462	
Protein (N x 5.9)	g	2.70		0		1		6.51	4.89	
Total lipid (fat)	g	0.40		0		1		0.96	0.72	
Ash	g	0.50		0		1		1.21	0.91	
Carbohydrate, by difference	g	13.70		0	NC	4		33.02	24.80	
Fiber, total dietary	g	3.4		0		4		8.2	6.2	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	12		0		1		29	22	
Iron, Fe	mg	0.88		0		1		2.12	1.59	
Magnesium, Mg	mg	45		0		1		108	81	
Phosphorus, P	mg	89		0		1		214	161	
Potassium, K	mg	125		0		1		301	226	
Sodium, Na	mg	1		0		1		2	2	
Zinc, Zn	mg	0.74		0		1		1.78	1.34	
Copper, Cu	mg	0.133		0		1		0.321	0.241	
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.100		0		1		0.241	0.181	
Riboflavin	mg	0.050		0		1		0.121	0.091	
Niacin	mg	1.280		0		1		3.085	2.317	
Pantothenic acid	mg	0.154		0		1		0.371	0.279	
Vitamin B-6	mg	0.047		0		1		0.113	0.085	
Folate, total	mcg	10		0		1		24	18	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	10		0	NC	4		24	18	
Folate, DFE	mcg_DFE	10		0	NC	4		24	18	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	0		0		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.053		0		4		0.128	0.096	
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0	0	
Phytosterols	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 241g: 1 cup

NDB No. 08137

Cereals, ROMAN MEAL, plain, cooked with water, without salt

Measure 2 = 181g: .75 cup

Calories Factors: Protein 3.1 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08136
Cereals, ROMAN MEAL, plain, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	9.10	0.677	3		1		8.46	0.53	2.82
Energy	kcal	322		0	NC	4		299	19	100
Energy	kj	1347				4		1253	78	418
Protein (N x 5.9)	g	14.40	0.376	3		1		13.39	0.84	4.46
Total lipid (fat)	g	2.20	0.139	3		1		2.05	0.13	0.68
Ash	g	2.40	0.029	3		1		2.23	0.14	0.74
Carbohydrate, by difference	g	72.00		0	NC	4		66.96	4.18	22.32
Fiber, total dietary	g	17.9		0		4		16.6	1.0	5.5
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	65		1		1		60	4	20
Iron, Fe	mg	4.64		1		1		4.32	0.27	1.44
Magnesium, Mg	mg	237		1		1		220	14	73
Phosphorus, P	mg	470		1		1		437	27	146
Potassium, K	mg	660		1		1		614	38	205
Sodium, Na	mg	6		1		1		6	0	2
Zinc, Zn	mg	3.89		1		1		3.62	0.23	1.21
Copper, Cu	mg	0.700		1		1		0.651	0.041	0.217
Manganese, Mn	mg									
Selenium, Se	mcg	44.0		0	RA	4		40.9	2.6	13.6
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.500		1		1		0.465	0.029	0.155
Riboflavin	mg	0.250		1		1		0.233	0.015	0.078
Niacin	mg	6.720		1		1		6.250	0.390	2.083
Pantothenic acid	mg	0.810		1		1		0.753	0.047	0.251
Vitamin B-6	mg	0.250		1		1		0.233	0.015	0.078
Folate, total	mcg	70		1		1		65	4	22
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	70		1		1		65	4	22
Folate, DFE	mcg_DFE	70		0	NC	4		65	4	22
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, IU	IU	0		0		4		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.326		0		4		0.303	0.019	0.101
4:0	g	0.000		0		4		0.000	0.000	0.000
6:0	g	0.000		0		4		0.000	0.000	0.000
8:0	g	0.009		0		4		0.008	0.001	0.003
10:0	g	0.000		0		4		0.000	0.000	0.000
12:0	g	0.000		0		4		0.000	0.000	0.000
13:0	g									
14:0	g	0.003		0		4		0.003	0.000	0.001
15:0	g									
16:0	g	0.286		0		4		0.266	0.017	0.089
17:0	g									
18:0	g	0.015		0		4		0.014	0.001	0.005
20:0	g									
22:0	g									
24:0	g									

NDB No. 08136
Cereals, ROMAN MEAL, plain, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.288		0		4		0.268	0.017	0.089
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.012		0		4		0.011	0.001	0.004
17:1.....g									
18:1 undifferentiated.....g	0.274		0		4		0.255	0.016	0.085
20:1.....g	0.003		0		4		0.003	0.000	0.001
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.005		0		4		0.935	0.058	0.312
18:2 undifferentiated.....g	0.918		0		4		0.854	0.053	0.285
18:3 undifferentiated.....g	0.085		0		4		0.079	0.005	0.026
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0		4		0.002	0.000	0.001
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 93g: 1 cup

Measure 2 = 5.8g: 1 tbsp

Measure 3 = 31g: .333 cup

Calories Factors: Protein 3.1 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08143
Cereals, WHEATENA, cooked with water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	85.40		0		1		207.52	155.43	
Energy	kcal	56		0	NC	4		136	102	
Energy	kj	234				4		569	426	
Protein (N x 5.83)	g	2.00		0		1		4.86	3.64	
Total lipid (fat)	g	0.50		0		1		1.22	0.91	
Ash	g	0.30		0		1		0.73	0.55	
Carbohydrate, by difference	g	11.80		0	NC	4		28.67	21.48	
Fiber, total dietary	g	2.7		0		1		6.6	4.9	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	4		0		1		10	7	
Iron, Fe	mg	0.56		0		1		1.36	1.02	
Magnesium, Mg	mg	20		0		1		49	36	
Phosphorus, P	mg	60		0		1		146	109	
Potassium, K	mg	77		0		1		187	140	
Sodium, Na	mg	2		0		1		5	4	
Zinc, Zn	mg	0.69		0		1		1.68	1.26	
Copper, Cu	mg	0.052		0		1		0.126	0.095	
Manganese, Mn	mg	0.822		0		1		1.997	1.496	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.010		0		1		0.024	0.018	
Riboflavin	mg	0.020		0		1		0.049	0.036	
Niacin	mg	0.550		0		1		1.337	1.001	
Pantothenic acid	mg	0.042		0		1		0.102	0.076	
Vitamin B-6	mg	0.019		0		1		0.046	0.035	
Folate, total	mcg	7		0		1		17	13	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	7		0	NC	4		17	13	
Folate, DFE	mcg_DFE	7		0	NC	4		17	13	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	0		0		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.075		0		4		0.182	0.137	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		4		0.000	0.000	
13:0	g									
14:0	g	0.000		0		4		0.000	0.000	
15:0	g									
16:0	g	0.073		0		4		0.177	0.133	
17:0	g									
18:0	g	0.002		0		4		0.005	0.004	
20:0	g									
22:0	g									
24:0	g									

NDB No. 08143
Cereals, WHEATENA, cooked with water

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.071		0		4		0.173	0.129	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.071		0		4		0.173	0.129	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.252		0		4		0.612	0.459	
18:2 undifferentiated.....g	0.234		0		4		0.569	0.426	
18:3 undifferentiated.....g	0.019		0		4		0.046	0.035	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 243g: 1 cup

Measure 2 = 182g: .75 cup

Calories Factors: **Protein** 3.59 **Fat** 8.37 **Carbohydrate** 3.78

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08182
Cereals, WHEATENA, cooked with water, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	85.40		0	FLM	4		207.52	155.43	
Energy	kcal	59		0	FLM	4		144	108	
Energy	kj	247		0	FLM	4		601	450	
Protein (N x 5.83)	g	2.03		0	FLM	4		4.94	3.70	
Total lipid (fat)	g	0.45		0	FLM	4		1.09	0.82	
Ash	g	0.38		0	FLM	4		0.92	0.69	
Carbohydrate, by difference	g	11.74		0	FLM	4		28.52	21.36	
Fiber, total dietary	g	2.0		0	FLM	4		4.8	3.6	
Sugars, total	g	0.25		0	FLM	4		0.60	0.45	
Starch	g									
Minerals:										
Calcium, Ca	mg	6		0	FLM	4		16	12	
Iron, Fe	mg	0.56		0	FLM	4		1.36	1.02	
Magnesium, Mg	mg	21		0	FLM	4		50	38	
Phosphorus, P	mg	60		0	FLM	4		145	109	
Potassium, K	mg	77		0	FLM	4		186	139	
Sodium, Na	mg	238		0		1		578	433	
Zinc, Zn	mg	0.69		0	FLM	4		1.67	1.25	
Copper, Cu	mg	0.057		0	FLM	4		0.138	0.104	
Manganese, Mn	mg	0.817		0	FLM	4		1.986	1.487	
Selenium, Se	mcg	11.0		0	FLM	4		26.7	20.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	FLM	4		0.0	0.0	
Thiamin	mg	0.011		0	FLM	4		0.026	0.020	
Riboflavin	mg	0.022		0	FLM	4		0.053	0.040	
Niacin	mg	0.546		0	FLM	4		1.328	0.995	
Pantothenic acid	mg	0.042		0	FLM	4		0.102	0.077	
Vitamin B-6	mg	0.019		0	FLM	4		0.045	0.034	
Folate, total	mcg	9		0	FLM	4		22	17	
Folic acid	mcg	0		0	FLM	4		0	0	
Folate, food	mcg	9		0	FLM	4		22	17	
Folate, DFE	mcg_DFE	9		0	NC	4		22	17	
Vitamin B-12	mcg	0.00		0	FLM	4		0.00	0.00	
Vitamin A, IU	IU	3		0	FLM	4		8	6	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	FLM	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.53		0	FLM	4		1.30	0.97	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.4		0	FLM	4		0.9	0.7	
Lipids:										
Fatty acids, total saturated	g	0.091		0	FLM	4		0.221	0.166	
4:0	g	0.000		0	FLM	4		0.000	0.000	
6:0	g	0.000		0	FLM	4		0.000	0.000	
8:0	g	0.000		0	FLM	4		0.000	0.000	
10:0	g	0.000		0	FLM	4		0.000	0.000	
12:0	g	0.000		0	FLM	4		0.000	0.000	
13:0	g									
14:0	g	0.000		0	FLM	4		0.000	0.000	
15:0	g									
16:0	g	0.089		0	FLM	4		0.215	0.161	
17:0	g									
18:0	g	0.003		0	FLM	4		0.006	0.005	
20:0	g									
22:0	g									
24:0	g									

NDB No. 08182
Cereals, WHEATENA, cooked with water, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.067		0	FLM	4		0.164	0.123	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.067		0	FLM	4		0.164	0.123	
20:1.....g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.240		0	FLM	4		0.582	0.436	
18:2 undifferentiated.....g	0.222		0	FLM	4		0.539	0.404	
18:3 undifferentiated.....g	0.018		0	FLM	4		0.043	0.033	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLM	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0	0.0	
Caffeine.....mg	0		0	FLM	4		0	0	
Theobromine.....mg	0		0	FLM	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	2		0	FLM	4		4.955	3.711	
Carotene, alpha.....mcg	0		0	FLM	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000	0.000	
Lycopene.....mcg	0		0	FLM	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	45		0	FLM	4		110.033	82.411	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 243g: 1 cup

Measure 2 = 182g: .75 cup

Calories Factors: **Protein** 3.59 **Fat** 8.37 **Carbohydrate** 3.78

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08142
Cereals, WHEATENA, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.50		8		1		9.17	2.28	
Energy	kcal	357		0	NC	4		503	125	
Energy	kj	1494				4		2106	523	
Protein (N x 5.83)	g	13.10		7		1		18.47	4.59	
Total lipid (fat)	g	2.90		7		1		4.09	1.02	
Ash	g	1.90		9		1		2.68	0.67	
Carbohydrate, by difference	g	75.60		0	NC	4		106.60	26.46	
Fiber, total dietary	g	12.8		0		1		18.0	4.5	
Sugars, total	g	1.60		0	FLA	4		2.26	0.56	
Starch	g									
Minerals:										
Calcium, Ca	mg	28		8		1		39	10	
Iron, Fe	mg	3.57		8		1		5.03	1.25	
Magnesium, Mg	mg	130		8		1		183	46	
Phosphorus, P	mg	384		8		1		541	134	
Potassium, K	mg	492		8		1		694	172	
Sodium, Na	mg	13		8		1		18	5	
Zinc, Zn	mg	4.41		8		1		6.22	1.54	
Copper, Cu	mg	0.330		8		1		0.465	0.116	
Manganese, Mn	mg	5.262		2		1		7.419	1.842	
Selenium, Se	mcg	70.7		0	BFZN	4		99.7	24.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.070		8		1		0.099	0.025	
Riboflavin	mg	0.140		6		1		0.197	0.049	
Niacin	mg	3.520		6		1		4.963	1.232	
Pantothenic acid	mg	0.271		6		1		0.382	0.095	
Vitamin B-6	mg	0.120		8		1		0.169	0.042	
Folate, total	mcg	59		6		1		83	21	
Folic acid	mcg	0		0	FLA	4		0	0	
Folate, food	mcg	59		6		1		83	21	
Folate, DFE	mcg_DFE	59		0	NC	4		83	21	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	22		0	FLA	4		31	8	
Vitamin A, RAE	mcg_RAE	1		0	NC	4		2	0	
Retinol	mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)	mg	3.44		0	FLA	4		4.85	1.20	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.3		0	FLA	4		3.3	0.8	
Lipids:										
Fatty acids, total saturated	g	0.430		0		4		0.606	0.151	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		4		0.000	0.000	
13:0	g									
14:0	g	0.000		0		4		0.000	0.000	
15:0	g									
16:0	g	0.423		0		4		0.596	0.148	
17:0	g									
18:0	g	0.012		0		4		0.017	0.004	
20:0	g									
22:0	g									
24:0	g									

NDB No. 08142
Cereals, WHEATENA, dry

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.410		0		4		0.578	0.144	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.411		0		4		0.580	0.144	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.460		0		4		2.059	0.511	
18:2 undifferentiated.....g	1.353		0		4		1.908	0.474	
18:3 undifferentiated.....g	0.109		0		4		0.154	0.038	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	13		0	FLA	4		18.520	4.597	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	292		0	FLA	4		411.248	102.083	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 141g: 1 cup

Measure 2 = 35g: .25 cup

Calories Factors: **Protein** 3.59 **Fat** 8.37 **Carbohydrate** 3.78

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08091

Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	85.35		0	RP	4		206.54	12.80	155.33
Energy	kcal	59		0	RP	4		143	9	107
Energy	kj	247		0	RP	4		597	37	449
Protein (N x 6.25)	g	1.42		0	RP	4		3.44	0.21	2.59
Total lipid (fat)	g	0.19		0	RP	4		0.47	0.03	0.35
Ash	g	0.16		0	RP	4		0.40	0.02	0.30
Carbohydrate, by difference	g	12.87		0	RP	4		31.15	1.93	23.43
Fiber, total dietary	g	0.3		0	RP	4		0.6	0.0	0.5
Sugars, total	g	0.10		0	RP	4		0.25	0.02	0.19
Starch	g									
Minerals:										
Calcium, Ca	mg	3		0	RP	4		7	0	5
Iron, Fe	mg	0.60		0	RP	4		1.46	0.09	1.10
Magnesium, Mg	mg	5		0	RP	4		12	1	9
Phosphorus, P	mg	11		0	RP	4		27	2	20
Potassium, K	mg	21		0	RP	4		51	3	39
Sodium, Na	mg	2		0	RP	4		6	0	4
Zinc, Zn	mg	0.07		0	RP	4		0.17	0.01	0.13
Copper, Cu	mg	0.018		0	RP	4		0.044	0.003	0.033
Manganese, Mn	mg	0.018		0	RP	4		0.042	0.003	0.032
Selenium, Se	mcg	3.1	0.443	22	A	1		7.5	0.5	5.6
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RP	4		0.0	0.0	0.0
Thiamin	mg	0.083		0	RP	4		0.200	0.012	0.151
Riboflavin	mg	0.055		0	RP	4		0.134	0.008	0.101
Niacin	mg	0.722		0	RP	4		1.747	0.108	1.314
Pantothenic acid	mg	0.078		0	RP	4		0.190	0.012	0.143
Vitamin B-6	mg	0.021		0	RP	4		0.052	0.003	0.039
Folate, total	mcg	33		0	BFSN	4		81	5	61
Folic acid	mcg	32		0	NC	4		78	5	59
Folate, food	mcg	1		0		1		2	0	2
Folate, DFE	mcg_DFE	56		0	NC	4		136	8	102
Vitamin B-12	mcg	0.00		0	RP	4		0.00	0.00	0.00
Vitamin A, IU	IU	0		0	RP	4		1	0	1
Vitamin A, RAE	mcg_RAE	0		0	RP	4		0	0	0
Retinol	mcg	0		0	RP	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.02		0	RP	4		0.05	0.00	0.04
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	RP	4		0.1	0.0	0.1
Lipids:										
Fatty acids, total saturated	g	0.025		0	RP	4		0.061	0.004	0.046
4:0	g	0.000		0	RP	4		0.000	0.000	0.000
6:0	g	0.000		0	RP	4		0.000	0.000	0.000
8:0	g	0.000		0	RP	4		0.000	0.000	0.000
10:0	g	0.000		0	RP	4		0.000	0.000	0.000
12:0	g	0.000		0	RP	4		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0	RP	4		0.000	0.000	0.000
15:0	g									
16:0	g	0.022		0	RP	4		0.053	0.003	0.040
17:0	g									
18:0	g	0.003		0	RP	4		0.007	0.000	0.005
20:0	g									
22:0	g									
24:0	g									

NDB No. 08091

Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.048		0	RP	4		0.117	0.007	0.088
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	RP	4		0.001	0.000	0.001
17:1.....g									
18:1 undifferentiated.....g	0.048		0	RP	4		0.116	0.007	0.087
20:1.....g	0.000		0	RP	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	RP	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.083		0	RP	4		0.202	0.013	0.152
18:2 undifferentiated.....g	0.081		0	RP	4		0.196	0.012	0.148
18:3 undifferentiated.....g	0.002		0	RP	4		0.006	0.000	0.004
18:4.....g	0.000		0	RP	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	RP	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	RP	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	RP	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RP	4		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.010		0	RP	4		0.024	0.002	0.018
Threonine.....g	0.053		0	RP	4		0.129	0.008	0.097
Isoleucine.....g	0.051		0	RP	4		0.123	0.008	0.092
Leucine.....g	0.174		0	RP	4		0.421	0.026	0.317
Lysine.....g	0.040		0	RP	4		0.097	0.006	0.073
Methionine.....g	0.030		0	RP	4		0.072	0.004	0.054
Cystine.....g	0.026		0	RP	4		0.062	0.004	0.046
Phenylalanine.....g	0.070		0	RP	4		0.169	0.010	0.127
Tyrosine.....g	0.058		0	RP	4		0.140	0.009	0.105
Valine.....g	0.072		0	RP	4		0.174	0.011	0.131
Arginine.....g	0.071		0	RP	4		0.171	0.011	0.129
Histidine.....g	0.043		0	RP	4		0.105	0.007	0.079
Alanine.....g	0.106		0	RP	4		0.257	0.016	0.193
Aspartic acid.....g	0.099		0	RP	4		0.239	0.015	0.180
Glutamic acid.....g	0.266		0	RP	4		0.645	0.040	0.485
Glycine.....g	0.058		0	RP	4		0.141	0.009	0.106
Proline.....g	0.124		0	RP	4		0.299	0.019	0.225
Serine.....g	0.067		0	RP	4		0.163	0.010	0.123
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RP	4		0.0	0.0	0.0
Caffeine.....mg	0		0	RP	4		0	0	0
Theobromine.....mg	0		0	RP	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	RP	4		0.493	0.031	0.371
Carotene, alpha.....mcg	0		0	RP	4		0.023	0.001	0.018
Cryptoxanthin, beta.....mcg	0		0	RP	4		0.505	0.031	0.380
Lycopene.....mcg	0		0	RP	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	1		0	RP	4		1.898	0.118	1.427

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 242g: 1 cup

Measure 2 = 15g: 1 tbsp

Measure 3 = 182g: .75 cup

NDB No. 08091

Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt

Calories Factors: **Protein** 3.46 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08090
Cereals, corn grits, white, regular and quick, enriched, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	10.00		157		1		15.60	0.97	
Energy	kcal	371		0	NC	4		579	36	
Energy	kj	1552				4		2422	151	
Protein (N x 6.25)	g	8.80		156		1		13.73	0.85	
Total lipid (fat)	g	1.20		156		1		1.87	0.12	
Ash	g	0.40		156		1		0.62	0.04	
Carbohydrate, by difference	g	79.60		0	NC	4		124.18	7.72	
Fiber, total dietary	g	1.6		0		4		2.5	0.2	
Sugars, total	g	0.64		0	FLA	4		1.00	0.06	
Starch	g									
Minerals:										
Calcium, Ca	mg	2		1		1		3	0	
Iron, Fe	mg	3.91	0.076	176		1		6.10	0.38	
Magnesium, Mg	mg	27		1		1		42	3	
Phosphorus, P	mg	73		1		1		114	7	
Potassium, K	mg	137	7.569	22		1		214	13	
Sodium, Na	mg	1	0.076	154		1		2	0	
Zinc, Zn	mg	0.41	0.010	4		1		0.64	0.04	
Copper, Cu	mg	0.075	0.003	4		1		0.117	0.007	
Manganese, Mn	mg	0.106	0.005	4		1		0.165	0.010	
Selenium, Se	mcg	17.0		2	A	1		26.5	1.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.640	0.014	163		1		0.998	0.062	
Riboflavin	mg	0.380	0.008	169		1		0.593	0.037	
Niacin	mg	4.960	0.115	169		1		7.738	0.481	
Pantothenic acid	mg	0.485		0		4		0.757	0.047	
Vitamin B-6	mg	0.147		1		1		0.229	0.014	
Folate, total	mcg	205	53.249	15	A	1		320	20	
Folic acid	mcg	200		0	NC	4		312	19	
Folate, food	mcg	5	0.536	3		1		8	0	
Folate, DFE	mcg_DFE	345		0	NC	4		538	33	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	3		0	NC	4		5	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.12		0		1		0.19	0.01	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.3		0	FLA	4		0.5	0.0	
Lipids:										
Fatty acids, total saturated	g	0.155		0	FLA	4		0.242	0.015	
4:0	g	0.000		0	FLA	4		0.000	0.000	
6:0	g	0.000		0	FLA	4		0.000	0.000	
8:0	g	0.000		0	FLA	4		0.000	0.000	
10:0	g	0.000		0	FLA	4		0.000	0.000	
12:0	g	0.001		0	FLA	4		0.001	0.000	
13:0	g									
14:0	g	0.001		0	FLA	4		0.001	0.000	
15:0	g									
16:0	g	0.135		0	FLA	4		0.211	0.013	
17:0	g									
18:0	g	0.018		0	FLA	4		0.028	0.002	
20:0	g									
22:0	g									
24:0	g									

NDB No. 08090
Cereals, corn grits, white, regular and quick, enriched, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.300		0	FLA	4		0.467	0.029	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0	FLA	4		0.006	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.296		0	FLA	4		0.462	0.029	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.516		0	FLA	4		0.806	0.050	
18:2 undifferentiated.....g	0.502		0	FLA	4		0.783	0.049	
18:3 undifferentiated.....g	0.015		0	FLA	4		0.023	0.001	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.062		0		1		0.097	0.006	
Threonine.....g	0.330		0		1		0.515	0.032	
Isoleucine.....g	0.314		0		1		0.490	0.030	
Leucine.....g	1.076		0		1		1.679	0.104	
Lysine.....g	0.247		0		1		0.385	0.024	
Methionine.....g	0.184		0		1		0.287	0.018	
Cystine.....g	0.158		0		1		0.246	0.015	
Phenylalanine.....g	0.431		0		1		0.672	0.042	
Tyrosine.....g	0.357		0		1		0.557	0.035	
Valine.....g	0.444		0		1		0.693	0.043	
Arginine.....g	0.437		0		1		0.682	0.042	
Histidine.....g	0.268		0		1		0.418	0.026	
Alanine.....g	0.656		0		1		1.023	0.064	
Aspartic acid.....g	0.610		0		1		0.952	0.059	
Glutamic acid.....g	1.647		0		1		2.569	0.160	
Glycine.....g	0.360		0		1		0.562	0.035	
Proline.....g	0.765		0		1		1.193	0.074	
Serine.....g	0.417		0		1		0.651	0.040	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	1		0	FLA	4		1.966	0.122	
Carotene, alpha.....mcg	0		0	FLA	4		0.094	0.006	
Cryptoxanthin, beta.....mcg	1		0	FLA	4		2.012	0.125	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	5		0	FLA	4		7.566	0.470	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 156g: 1 cup

Measure 2 = 9.7g: 1 tbsp

NDB No. 08090
Cereals, corn grits, white, regular and quick, enriched, dry

Calories Factors: **Protein** 3.46 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08162

Cereals, corn grits, white, regular and quick, unenriched, cooked with water, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	85.35		0	RP	4		206.54	155.33	
Energy	kcal	59		0	RP	4		143	107	
Energy	kj	247		0	RP	4		597	449	
Protein (N x 6.25)	g	1.42		0	RP	4		3.44	2.59	
Total lipid (fat)	g	0.19		0	RP	4		0.47	0.35	
Ash	g	0.16		0	RP	4		0.40	0.30	
Carbohydrate, by difference	g	12.87		0	RP	4		31.15	23.43	
Fiber, total dietary	g	0.3		0	RP	4		0.6	0.5	
Sugars, total	g	0.10		0	RP	4		0.25	0.19	
Starch	g									
Minerals:										
Calcium, Ca	mg	3		0	RP	4		7	5	
Iron, Fe	mg	0.16		0	RP	4		0.38	0.29	
Magnesium, Mg	mg	5		0	RP	4		12	9	
Phosphorus, P	mg	11		0	RP	4		27	20	
Potassium, K	mg	21		0	RP	4		51	39	
Sodium, Na	mg	2		0	RP	4		6	4	
Zinc, Zn	mg	0.07		0	RP	4		0.17	0.13	
Copper, Cu	mg	0.018		0	RP	4		0.044	0.033	
Manganese, Mn	mg	0.018		0	RP	4		0.042	0.032	
Selenium, Se	mcg	3.1		0	BFZN	4		7.5	5.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RP	4		0.0	0.0	
Thiamin	mg	0.017		0	RP	4		0.041	0.031	
Riboflavin	mg	0.006		0	RP	4		0.014	0.011	
Niacin	mg	0.175		0	RP	4		0.423	0.318	
Pantothenic acid	mg	0.078		0	RP	4		0.190	0.143	
Vitamin B-6	mg	0.021		0	RP	4		0.052	0.039	
Folate, total	mcg	1		0		1		2	2	
Folic acid	mcg	0		0	RP	4		0	0	
Folate, food	mcg	1		0		1		2	2	
Folate, DFE	mcg_DFE	1		0	NC	4		2	2	
Vitamin B-12	mcg	0.00		0	RP	4		0.00	0.00	
Vitamin A, IU	IU	1		0	NC	4		1	1	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	RP	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.02		0	RP	4		0.05	0.04	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	RP	4		0.1	0.1	
Lipids:										
Fatty acids, total saturated	g	0.025		0	RP	4		0.061	0.046	
4:0	g	0.000		0	RP	4		0.000	0.000	
6:0	g	0.000		0	RP	4		0.000	0.000	
8:0	g	0.000		0	RP	4		0.000	0.000	
10:0	g	0.000		0	RP	4		0.000	0.000	
12:0	g	0.000		0	RP	4		0.000	0.000	
13:0	g									
14:0	g	0.000		0	RP	4		0.000	0.000	
15:0	g									
16:0	g	0.022		0	RP	4		0.053	0.040	
17:0	g									
18:0	g	0.003		0	RP	4		0.007	0.005	
20:0	g									
22:0	g									
24:0	g									

NDB No. 08162

Cereals, corn grits, white, regular and quick, unenriched, cooked with water, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.048		0	RP	4		0.117	0.088	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	RP	4		0.001	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.048		0	RP	4		0.116	0.087	
20:1.....g	0.000		0	RP	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RP	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.083		0	RP	4		0.202	0.152	
18:2 undifferentiated.....g	0.081		0	RP	4		0.196	0.148	
18:3 undifferentiated.....g	0.002		0	RP	4		0.006	0.004	
18:4.....g	0.000		0	RP	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP	4		0.000	0.000	
20:5 n-3.....g	0.000		0	RP	4		0.000	0.000	
22:5 n-3.....g	0.000		0	RP	4		0.000	0.000	
22:6 n-3.....g	0.000		0	RP	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RP	4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.010		0	RP	4		0.024	0.018	
Threonine.....g	0.053		0	RP	4		0.129	0.097	
Isoleucine.....g	0.051		0	RP	4		0.123	0.092	
Leucine.....g	0.174		0	RP	4		0.421	0.317	
Lysine.....g	0.040		0	RP	4		0.097	0.073	
Methionine.....g	0.030		0	RP	4		0.072	0.054	
Cystine.....g	0.026		0	RP	4		0.062	0.046	
Phenylalanine.....g	0.070		0	RP	4		0.169	0.127	
Tyrosine.....g	0.058		0	RP	4		0.140	0.105	
Valine.....g	0.072		0	RP	4		0.174	0.131	
Arginine.....g	0.071		0	RP	4		0.171	0.129	
Histidine.....g	0.043		0	RP	4		0.105	0.079	
Alanine.....g	0.106		0	RP	4		0.257	0.193	
Aspartic acid.....g	0.099		0	RP	4		0.239	0.180	
Glutamic acid.....g	0.266		0	RP	4		0.645	0.485	
Glycine.....g	0.058		0	RP	4		0.141	0.106	
Proline.....g	0.124		0	RP	4		0.299	0.225	
Serine.....g	0.067		0	RP	4		0.163	0.123	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RP	4		0.0	0.0	
Caffeine.....mg	0		0	RP	4		0	0	
Theobromine.....mg	0		0	RP	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	RP	4		0.493	0.371	
Carotene, alpha.....mcg	0		0	RP	4		0.023	0.018	
Cryptoxanthin, beta.....mcg	0		0	RP	4		0.505	0.380	
Lycopene.....mcg	0		0	RP	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	1		0	RP	4		1.898	1.427	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 242g: 1 cup

Measure 2 = 182g: .75 cup

NDB No. 08162

Cereals, corn grits, white, regular and quick, unenriched, cooked with water, without salt

Calories Factors: **Protein** 3.46 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08158
Cereals, corn grits, white, regular and quick, unenriched, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	10.00		157		1		15.60	0.97	
Energy	kcal	371		0	NC	4		579	36	
Energy	kj	1552				4		2422	151	
Protein (N x 6.25)	g	8.80		156		1		13.73	0.85	
Total lipid (fat)	g	1.20		156		1		1.87	0.12	
Ash	g	0.40		156		1		0.62	0.04	
Carbohydrate, by difference	g	79.60		0	NC	4		124.18	7.72	
Fiber, total dietary	g	1.6		0		4		2.5	0.2	
Sugars, total	g	0.64		0	FLA	4		1.00	0.06	
Starch	g									
Minerals:										
Calcium, Ca	mg	2		1		1		3	0	
Iron, Fe	mg	1.00		1		1		1.56	0.10	
Magnesium, Mg	mg	27		1		1		42	3	
Phosphorus, P	mg	73		1		1		114	7	
Potassium, K	mg	137	7.569	22		1		214	13	
Sodium, Na	mg	1	0.076	154		1		2	0	
Zinc, Zn	mg	0.41	0.010	4		1		0.64	0.04	
Copper, Cu	mg	0.075	0.003	4		1		0.117	0.007	
Manganese, Mn	mg	0.106	0.005	4		1		0.165	0.010	
Selenium, Se	mcg	17.0		0	BFSN	4		26.5	1.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.130		1		1		0.203	0.013	
Riboflavin	mg	0.040		1		1		0.062	0.004	
Niacin	mg	1.200		1		1		1.872	0.116	
Pantothenic acid	mg	0.485		0		4		0.757	0.047	
Vitamin B-6	mg	0.147		1		1		0.229	0.014	
Folate, total	mcg	5	0.536	3		1		8	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	5	0.536	3		1		8	0	
Folate, DFE	mcg_DFE	5		0	NC	4		8	0	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	3		0	NC	4		5	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.3		0	FLA	4		0.5	0.0	
Lipids:										
Fatty acids, total saturated	g	0.155		0	FLA	4		0.242	0.015	
4:0	g	0.000		0	FLA	4		0.000	0.000	
6:0	g	0.000		0	FLA	4		0.000	0.000	
8:0	g	0.000		0	FLA	4		0.000	0.000	
10:0	g	0.000		0	FLA	4		0.000	0.000	
12:0	g	0.001		0	FLA	4		0.001	0.000	
13:0	g									
14:0	g	0.001		0	FLA	4		0.001	0.000	
15:0	g									
16:0	g	0.135		0	FLA	4		0.211	0.013	
17:0	g									
18:0	g	0.018		0	FLA	4		0.028	0.002	
20:0	g									
22:0	g									
24:0	g									

NDB No. 08158
Cereals, corn grits, white, regular and quick, unenriched, dry

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated....g	0.300		0	FLA	4		0.467	0.029	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.004		0	FLA	4		0.006	0.000	
17:1....g									
18:1 undifferentiated....g	0.296		0	FLA	4		0.462	0.029	
20:1....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.516		0	FLA	4		0.806	0.050	
18:2 undifferentiated....g	0.502		0	FLA	4		0.783	0.049	
18:3 undifferentiated....g	0.015		0	FLA	4		0.023	0.001	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.062		0		1		0.097	0.006	
Threonine....g	0.330		0		1		0.515	0.032	
Isoleucine....g	0.314		0		1		0.490	0.030	
Leucine....g	1.076		0		1		1.679	0.104	
Lysine....g	0.247		0		1		0.385	0.024	
Methionine....g	0.184		0		1		0.287	0.018	
Cystine....g	0.158		0		1		0.246	0.015	
Phenylalanine....g	0.431		0		1		0.672	0.042	
Tyrosine....g	0.357		0		1		0.557	0.035	
Valine....g	0.444		0		1		0.693	0.043	
Arginine....g	0.437		0		1		0.682	0.042	
Histidine....g	0.268		0		1		0.418	0.026	
Alanine....g	0.656		0		1		1.023	0.064	
Aspartic acid....g	0.610		0		1		0.952	0.059	
Glutamic acid....g	1.647		0		1		2.569	0.160	
Glycine....g	0.360		0		1		0.562	0.035	
Proline....g	0.765		0		1		1.193	0.074	
Serine....g	0.417		0		1		0.651	0.040	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta....mcg	1		0	FLA	4		1.966	0.122	
Carotene, alpha....mcg	0		0	FLA	4		0.094	0.006	
Cryptoxanthin, beta....mcg	1		0	FLA	4		2.012	0.125	
Lycopene....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin....mcg	5		0	FLA	4		7.566	0.470	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 156g: 1 cup

Measure 2 = 9.7g: 1 tbsp

NDB No. 08158
Cereals, corn grits, white, regular and quick, unenriched, dry

Calories Factors: **Protein** 3.46 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08161

Cereals, corn grits, white, regular, quick, enriched, cooked with water, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	85.35		0	BFZN	4		206.54	155.33	
Energy	kcal	59		0	BFZN	4		143	107	
Energy	kj	247		0	BFZN	4		597	449	
Protein (N x 6.25)	g	1.42		0	BFZN	4		3.44	2.59	
Total lipid (fat)	g	0.19		0	BFZN	4		0.47	0.35	
Ash	g	0.16		0	BFZN	4		0.40	0.30	
Carbohydrate, by difference	g	12.87		0	BFZN	4		31.15	23.43	
Fiber, total dietary	g	0.3		0	BFZN	4		0.6	0.5	
Sugars, total	g	0.10		0	BFZN	4		0.25	0.19	
Starch	g									
Minerals:										
Calcium, Ca	mg	3		0	BFZN	4		7	5	
Iron, Fe	mg	0.60		0	BFZN	4		1.46	1.10	
Magnesium, Mg	mg	5		0	BFZN	4		12	9	
Phosphorus, P	mg	11		0	BFZN	4		27	20	
Potassium, K	mg	21		0	BFZN	4		51	39	
Sodium, Na	mg	223		0		1		540	406	
Zinc, Zn	mg	0.07		0	BFZN	4		0.17	0.13	
Copper, Cu	mg	0.018		0	BFZN	4		0.044	0.033	
Manganese, Mn	mg	0.018		0	BFZN	4		0.042	0.032	
Selenium, Se	mcg	3.1		0	BFZN	4		7.5	5.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	BFZN	4		0.0	0.0	
Thiamin	mg	0.083		0	BFZN	4		0.200	0.151	
Riboflavin	mg	0.055		0	BFZN	4		0.134	0.101	
Niacin	mg	0.722		0	BFZN	4		1.747	1.314	
Pantothenic acid	mg	0.078		0	BFZN	4		0.190	0.143	
Vitamin B-6	mg	0.021		0	BFZN	4		0.052	0.039	
Folate, total	mcg	33		0	BFZN	4		81	61	
Folic acid	mcg	32		0	BFZN	4		78	59	
Folate, food	mcg	1		0	BFZN	4		2	2	
Folate, DFE	mcg_DFE	56		0	NC	4		136	102	
Vitamin B-12	mcg	0.00		0	BFZN	4		0.00	0.00	
Vitamin A, IU	IU	0		0	BFZN	4		1	1	
Vitamin A, RAE	mcg_RAE	0		0	BFZN	4		0	0	
Retinol	mcg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.02		0	BFZN	4		0.05	0.04	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	BFZN	4		0.1	0.1	
Lipids:										
Fatty acids, total saturated	g	0.025		0	BFZN	4		0.061	0.046	
4:0	g	0.000		0	BFZN	4		0.000	0.000	
6:0	g	0.000		0	BFZN	4		0.000	0.000	
8:0	g	0.000		0	BFZN	4		0.000	0.000	
10:0	g	0.000		0	BFZN	4		0.000	0.000	
12:0	g	0.000		0	BFZN	4		0.000	0.000	
13:0	g									
14:0	g	0.000		0	BFZN	4		0.000	0.000	
15:0	g									
16:0	g	0.022		0	BFZN	4		0.053	0.040	
17:0	g									
18:0	g	0.003		0	BFZN	4		0.007	0.005	
20:0	g									
22:0	g									
24:0	g									

NDB No. 08161

Cereals, corn grits, white, regular, quick, enriched, cooked with water, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.048		0	BFZN	4		0.117	0.088	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	BFZN	4		0.001	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.048		0	BFZN	4		0.116	0.087	
20:1.....g	0.000		0	BFZN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.083		0	BFZN	4		0.202	0.152	
18:2 undifferentiated.....g	0.081		0	BFZN	4		0.196	0.148	
18:3 undifferentiated.....g	0.002		0	BFZN	4		0.006	0.004	
18:4.....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	BFZN	4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.010		0	BFZN	4		0.024	0.018	
Threonine.....g	0.053		0	BFZN	4		0.129	0.097	
Isoleucine.....g	0.051		0	BFZN	4		0.123	0.092	
Leucine.....g	0.174		0	BFZN	4		0.421	0.317	
Lysine.....g	0.040		0	BFZN	4		0.097	0.073	
Methionine.....g	0.030		0	BFZN	4		0.072	0.054	
Cystine.....g	0.026		0	BFZN	4		0.062	0.046	
Phenylalanine.....g	0.070		0	BFZN	4		0.169	0.127	
Tyrosine.....g	0.058		0	BFZN	4		0.140	0.105	
Valine.....g	0.072		0	BFZN	4		0.174	0.131	
Arginine.....g	0.071		0	BFZN	4		0.171	0.129	
Histidine.....g	0.043		0	BFZN	4		0.105	0.079	
Alanine.....g	0.106		0	BFZN	4		0.257	0.193	
Aspartic acid.....g	0.099		0	BFZN	4		0.239	0.180	
Glutamic acid.....g	0.266		0	BFZN	4		0.645	0.485	
Glycine.....g	0.058		0	BFZN	4		0.141	0.106	
Proline.....g	0.124		0	BFZN	4		0.299	0.225	
Serine.....g	0.067		0	BFZN	4		0.163	0.123	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.493	0.371	
Carotene, alpha.....mcg	0		0	BFZN	4		0.023	0.018	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.505	0.380	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	1		0	BFZN	4		1.898	1.427	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 242g: 1 cup

Measure 2 = 182g: .75 cup

NDB No. 08161
Cereals, corn grits, white, regular, quick, enriched, cooked with water, with salt

Calories Factors: **Protein** 3.46 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08163

Cereals, corn grits, white, regular, quick, unenriched, cooked with water, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	85.30		0		1		206.43	155.25	
Energy	kcal	60		0	NC	4		145	109	
Energy	kj	251				4		608	457	
Protein (N x 6.25)	g	1.40		0		1		3.39	2.55	
Total lipid (fat)	g	0.20		0		1		0.48	0.36	
Ash	g	0.10		0		1		0.24	0.18	
Carbohydrate, by difference	g	13.00		0	NC	4		31.46	23.66	
Fiber, total dietary	g	0.2		0		4		0.5	0.4	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		1		0	0	
Iron, Fe	mg	0.20		1		1		0.48	0.36	
Magnesium, Mg	mg	4		0		1		10	7	
Phosphorus, P	mg	12		0		1		29	22	
Potassium, K	mg	22		0		1		53	40	
Sodium, Na	mg	223		0		1		540	406	
Zinc, Zn	mg	0.07		0		1		0.17	0.13	
Copper, Cu	mg	0.012		0		1		0.029	0.022	
Manganese, Mn	mg	0.017		0		1		0.041	0.031	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.020		1		1		0.048	0.036	
Riboflavin	mg	0.010		1		1		0.024	0.018	
Niacin	mg	0.200		1		1		0.484	0.364	
Pantothenic acid	mg	0.064		0		4		0.155	0.116	
Vitamin B-6	mg	0.024		0		1		0.058	0.044	
Folate, total	mcg	1		0		1		2	2	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0	NC	4		2	2	
Folate, DFE	mcg_DFE	1		0	NC	4		2	2	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	0		0		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.02		0		1		0.05	0.04	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.030		0		1		0.073	0.055	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.020		0		1		0.048	0.036	
17:0	g									
18:0	g	0.000		0		1		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									

NDB No. 08163

Cereals, corn grits, white, regular, quick, unenriched, cooked with water, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.050		0		1		0.121	0.091	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.050		0		1		0.121	0.091	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.080		0		1		0.194	0.146	
18:2 undifferentiated.....g	0.080		0		1		0.194	0.146	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.010		0		1		0.024	0.018	
Threonine.....g	0.054		0		1		0.131	0.098	
Isoleucine.....g	0.051		0		1		0.123	0.093	
Leucine.....g	0.175		0		1		0.424	0.319	
Lysine.....g	0.040		0		1		0.097	0.073	
Methionine.....g	0.030		0		1		0.073	0.055	
Cystine.....g	0.026		0		1		0.063	0.047	
Phenylalanine.....g	0.070		0		1		0.169	0.127	
Tyrosine.....g	0.058		0		1		0.140	0.106	
Valine.....g	0.072		0		1		0.174	0.131	
Arginine.....g	0.071		0		1		0.172	0.129	
Histidine.....g	0.044		0		1		0.106	0.080	
Alanine.....g	0.107		0		1		0.259	0.195	
Aspartic acid.....g	0.099		0		1		0.240	0.180	
Glutamic acid.....g	0.268		0		1		0.649	0.488	
Glycine.....g	0.059		0		1		0.143	0.107	
Proline.....g	0.125		0		1		0.303	0.228	
Serine.....g	0.068		0		1		0.165	0.124	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 242g: 1 cup

Measure 2 = 182g: .75 cup

Calories Factors: Protein 3.46 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08164

Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	85.35		0	RP	4		206.54	155.33	
Energy	kcal	59		0	RP	4		143	107	
Energy	kj	247		0	RP	4		597	449	
Protein (N x 6.25)	g	1.42		0	RP	4		3.44	2.59	
Total lipid (fat)	g	0.19		0	RP	4		0.47	0.35	
Ash	g	0.16		0	RP	4		0.40	0.30	
Carbohydrate, by difference	g	12.87		0	RP	4		31.15	23.43	
Fiber, total dietary	g	0.3		0	RP	4		0.6	0.5	
Sugars, total	g	0.10		0	RP	4		0.25	0.19	
Starch	g									
Minerals:										
Calcium, Ca	mg	3		0	RP	4		7	5	
Iron, Fe	mg	0.60		0	RP	4		1.46	1.10	
Magnesium, Mg	mg	5		0	RP	4		12	9	
Phosphorus, P	mg	11		0	RP	4		27	20	
Potassium, K	mg	21		0	RP	4		51	39	
Sodium, Na	mg	2		0	RP	4		6	4	
Zinc, Zn	mg	0.07		0	RP	4		0.17	0.13	
Copper, Cu	mg	0.018		0	RP	4		0.044	0.033	
Manganese, Mn	mg	0.018		0	RP	4		0.042	0.032	
Selenium, Se	mcg	2.7		0	RP	4		6.7	5.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RP	4		0.0	0.0	
Thiamin	mg	0.083		0	RP	4		0.200	0.151	
Riboflavin	mg	0.055		0	RP	4		0.134	0.101	
Niacin	mg	0.722		0	RP	4		1.747	1.314	
Pantothenic acid	mg	0.078		0	RP	4		0.190	0.143	
Vitamin B-6	mg	0.021		0	RP	4		0.052	0.039	
Folate, total	mcg	33		0	BFZN	4		81	61	
Folic acid	mcg	32		0	BFZN	4		78	59	
Folate, food	mcg	1		0	BFZN	4		2	2	
Folate, DFE	mcg_DFE	56		0	NC	4		136	102	
Vitamin B-12	mcg	0.00		0	RP	4		0.00	0.00	
Vitamin A, IU	IU	31		0	RP	4		75	57	
Vitamin A, RAE	mcg_RAE	2		0	NC	4		4	3	
Retinol	mcg	0		0	RP	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.02		0	RP	4		0.05	0.04	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	RP	4		0.1	0.1	
Lipids:										
Fatty acids, total saturated	g	0.025		0	RP	4		0.061	0.046	
4:0	g	0.000		0	RP	4		0.000	0.000	
6:0	g	0.000		0	RP	4		0.000	0.000	
8:0	g	0.000		0	RP	4		0.000	0.000	
10:0	g	0.000		0	RP	4		0.000	0.000	
12:0	g	0.000		0	RP	4		0.000	0.000	
13:0	g									
14:0	g	0.000		0	RP	4		0.000	0.000	
15:0	g									
16:0	g	0.022		0	RP	4		0.053	0.040	
17:0	g									
18:0	g	0.003		0	RP	4		0.007	0.005	
20:0	g									
22:0	g									
24:0	g									

NDB No. 08164

Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.048		0	RP	4		0.117	0.088	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	RP	4		0.001	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.048		0	RP	4		0.116	0.087	
20:1.....g	0.000		0	RP	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RP	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.083		0	RP	4		0.202	0.152	
18:2 undifferentiated.....g	0.081		0	RP	4		0.196	0.148	
18:3 undifferentiated.....g	0.002		0	RP	4		0.006	0.004	
18:4.....g	0.000		0	RP	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP	4		0.000	0.000	
20:5 n-3.....g	0.000		0	RP	4		0.000	0.000	
22:5 n-3.....g	0.000		0	RP	4		0.000	0.000	
22:6 n-3.....g	0.000		0	RP	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RP	4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.010		0	RP	4		0.024	0.018	
Threonine.....g	0.053		0	RP	4		0.129	0.097	
Isoleucine.....g	0.051		0	RP	4		0.123	0.092	
Leucine.....g	0.174		0	RP	4		0.421	0.317	
Lysine.....g	0.040		0	RP	4		0.097	0.073	
Methionine.....g	0.030		0	RP	4		0.072	0.054	
Cystine.....g	0.026		0	RP	4		0.062	0.046	
Phenylalanine.....g	0.070		0	RP	4		0.169	0.127	
Tyrosine.....g	0.058		0	RP	4		0.140	0.105	
Valine.....g	0.072		0	RP	4		0.174	0.131	
Arginine.....g	0.071		0	RP	4		0.171	0.129	
Histidine.....g	0.043		0	RP	4		0.105	0.079	
Alanine.....g	0.106		0	RP	4		0.257	0.193	
Aspartic acid.....g	0.099		0	RP	4		0.239	0.180	
Glutamic acid.....g	0.266		0	RP	4		0.645	0.485	
Glycine.....g	0.058		0	RP	4		0.141	0.106	
Proline.....g	0.124		0	RP	4		0.299	0.225	
Serine.....g	0.067		0	RP	4		0.163	0.123	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RP	4		0.0	0.0	
Caffeine.....mg	0		0	RP	4		0	0	
Theobromine.....mg	0		0	RP	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	14		0	RP	4		34.057	25.613	
Carotene, alpha.....mcg	9		0	RP	4		22.294	16.766	
Cryptoxanthin, beta.....mcg	0		0	RP	4		0.000	0.000	
Lycopene.....mcg	0		0	RP	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	197		0	RP	4		477.216	358.898	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 242g: 1 cup

Measure 2 = 182g: .75 cup

NDB No. 08164

Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt

Calories Factors: **Protein** 3.46 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08159
Cereals, corn grits, yellow, regular and quick, enriched, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	10.00		157		1		15.60	0.97	
Energy	kcal	371		0	NC	4		579	36	
Energy	kj	1552				4		2422	151	
Protein (N x 6.25)	g	8.80		156		1		13.73	0.85	
Total lipid (fat)	g	1.20		156		1		1.87	0.12	
Ash	g	0.40		156		1		0.62	0.04	
Carbohydrate, by difference	g	79.60		0	NC	4		124.18	7.72	
Fiber, total dietary	g	1.6		0		4		2.5	0.2	
Sugars, total	g	0.64		0	FLA	4		1.00	0.06	
Starch	g									
Minerals:										
Calcium, Ca	mg	2		1		1		3	0	
Iron, Fe	mg	3.91	0.076	176		1		6.10	0.38	
Magnesium, Mg	mg	27		1		1		42	3	
Phosphorus, P	mg	73		1		1		114	7	
Potassium, K	mg	137	7.569	22		1		214	13	
Sodium, Na	mg	1	0.076	154		1		2	0	
Zinc, Zn	mg	0.41	0.010	4		1		0.64	0.04	
Copper, Cu	mg	0.075	0.003	4		1		0.117	0.007	
Manganese, Mn	mg	0.106	0.005	4		1		0.165	0.010	
Selenium, Se	mcg	17.0		0	BFSN	4		26.5	1.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.640	0.014	163		1		0.998	0.062	
Riboflavin	mg	0.380	0.008	169		1		0.593	0.037	
Niacin	mg	4.960	0.115	169		1		7.738	0.481	
Pantothenic acid	mg	0.485		0		4		0.757	0.047	
Vitamin B-6	mg	0.147		1		1		0.229	0.014	
Folate, total	mcg	205		0	BFZN	4		320	20	
Folic acid	mcg	200		0	BFZN	4		312	19	
Folate, food	mcg	5		0	BFZN	4		8	0	
Folate, DFE	mcg_DFE	345		0	NC	4		538	33	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	214		0	NC	4		334	21	
Vitamin A, RAE	mcg_RAE	11		0	NC	4		17	1	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.12		0		1		0.19	0.01	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.3		0	FLA	4		0.5	0.0	
Lipids:										
Fatty acids, total saturated	g	0.155		0	FLA	4		0.242	0.015	
4:0	g	0.000		0	FLA	4		0.000	0.000	
6:0	g	0.000		0	FLA	4		0.000	0.000	
8:0	g	0.000		0	FLA	4		0.000	0.000	
10:0	g	0.000		0	FLA	4		0.000	0.000	
12:0	g	0.001		0	FLA	4		0.001	0.000	
13:0	g									
14:0	g	0.001		0	FLA	4		0.001	0.000	
15:0	g									
16:0	g	0.135		0	FLA	4		0.211	0.013	
17:0	g									
18:0	g	0.018		0	FLA	4		0.028	0.002	
20:0	g									
22:0	g									
24:0	g									

NDB No. 08159
Cereals, corn grits, yellow, regular and quick, enriched, dry

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated....g	0.300		0	FLA	4		0.467	0.029	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.004		0	FLA	4		0.006	0.000	
17:1....g									
18:1 undifferentiated....g	0.296		0	FLA	4		0.462	0.029	
20:1....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.516		0	FLA	4		0.806	0.050	
18:2 undifferentiated....g	0.502		0	FLA	4		0.783	0.049	
18:3 undifferentiated....g	0.015		0	FLA	4		0.023	0.001	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.062		0		1		0.097	0.006	
Threonine....g	0.330		0		1		0.515	0.032	
Isoleucine....g	0.314		0		1		0.490	0.030	
Leucine....g	1.076		0		1		1.679	0.104	
Lysine....g	0.247		0		1		0.385	0.024	
Methionine....g	0.184		0		1		0.287	0.018	
Cystine....g	0.158		0		1		0.246	0.015	
Phenylalanine....g	0.431		0		1		0.672	0.042	
Tyrosine....g	0.357		0		1		0.557	0.035	
Valine....g	0.444		0		1		0.693	0.043	
Arginine....g	0.437		0		1		0.682	0.042	
Histidine....g	0.268		0		1		0.418	0.026	
Alanine....g	0.656		0		1		1.023	0.064	
Aspartic acid....g	0.610		0		1		0.952	0.059	
Glutamic acid....g	1.647		0		1		2.569	0.160	
Glycine....g	0.360		0		1		0.562	0.035	
Proline....g	0.765		0		1		1.193	0.074	
Serine....g	0.417		0		1		0.651	0.040	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta....mcg	97		0	FLA	4		150.852	9.380	
Carotene, alpha....mcg	63		0	FLA	4		98.748	6.140	
Cryptoxanthin, beta....mcg	0		0	FLA	4		0.000	0.000	
Lycopene....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin....mcg	1355		0	FLA	4		2113.800	131.435	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 156g: 1 cup

Measure 2 = 9.7g: 1 tbsp

NDB No. 08159
Cereals, corn grits, yellow, regular and quick, enriched, dry

Calories Factors: **Protein** 3.46 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08166

Cereals, corn grits, yellow, regular and quick, unenriched, cooked with water, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	85.35		0	RP	4		206.54	155.33	
Energy	kcal	59		0	RP	4		143	107	
Energy	kj	247		0	RP	4		597	449	
Protein (N x 6.25)	g	1.42		0	RP	4		3.44	2.59	
Total lipid (fat)	g	0.19		0	RP	4		0.47	0.35	
Ash	g	0.16		0	RP	4		0.40	0.30	
Carbohydrate, by difference	g	12.87		0	RP	4		31.15	23.43	
Fiber, total dietary	g	0.3		0	RP	4		0.6	0.5	
Sugars, total	g	0.10		0	RP	4		0.25	0.19	
Starch	g									
Minerals:										
Calcium, Ca	mg	3		0	RP	4		7	5	
Iron, Fe	mg	0.16		0	RP	4		0.38	0.29	
Magnesium, Mg	mg	5		0	RP	4		12	9	
Phosphorus, P	mg	11		0	RP	4		27	20	
Potassium, K	mg	21		0	RP	4		51	39	
Sodium, Na	mg	2		0	RP	4		6	4	
Zinc, Zn	mg	0.07		0	RP	4		0.17	0.13	
Copper, Cu	mg	0.018		0	RP	4		0.044	0.033	
Manganese, Mn	mg	0.018		0	RP	4		0.042	0.032	
Selenium, Se	mcg	2.7		0	RP	4		6.7	5.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RP	4		0.0	0.0	
Thiamin	mg	0.017		0	RP	4		0.041	0.031	
Riboflavin	mg	0.006		0	RP	4		0.014	0.011	
Niacin	mg	0.175		0	RP	4		0.423	0.318	
Pantothenic acid	mg	0.078		0	RP	4		0.190	0.143	
Vitamin B-6	mg	0.021		0	RP	4		0.052	0.039	
Folate, total	mcg	1		0	RP	4		1	1	
Folic acid	mcg	0		0	RP	4		0	0	
Folate, food	mcg	1		0	RP	4		1	1	
Folate, DFE	mcg_DFE	1		0	NC	4		1	1	
Vitamin B-12	mcg	0.00		0	RP	4		0.00	0.00	
Vitamin A, IU	IU	31		0	RP	4		75	57	
Vitamin A, RAE	mcg_RAE	2		0	NC	4		4	3	
Retinol	mcg	0		0	RP	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.02		0	RP	4		0.05	0.04	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	RP	4		0.1	0.1	
Lipids:										
Fatty acids, total saturated	g	0.025		0	RP	4		0.061	0.046	
4:0	g	0.000		0	RP	4		0.000	0.000	
6:0	g	0.000		0	RP	4		0.000	0.000	
8:0	g	0.000		0	RP	4		0.000	0.000	
10:0	g	0.000		0	RP	4		0.000	0.000	
12:0	g	0.000		0	RP	4		0.000	0.000	
13:0	g									
14:0	g	0.000		0	RP	4		0.000	0.000	
15:0	g									
16:0	g	0.022		0	RP	4		0.053	0.040	
17:0	g									
18:0	g	0.003		0	RP	4		0.007	0.005	
20:0	g									
22:0	g									
24:0	g									

NDB No. 08166

Cereals, corn grits, yellow, regular and quick, unenriched, cooked with water, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.048		0	RP	4		0.117	0.088	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	RP	4		0.001	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.048		0	RP	4		0.116	0.087	
20:1.....g	0.000		0	RP	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RP	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.083		0	RP	4		0.202	0.152	
18:2 undifferentiated.....g	0.081		0	RP	4		0.196	0.148	
18:3 undifferentiated.....g	0.002		0	RP	4		0.006	0.004	
18:4.....g	0.000		0	RP	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP	4		0.000	0.000	
20:5 n-3.....g	0.000		0	RP	4		0.000	0.000	
22:5 n-3.....g	0.000		0	RP	4		0.000	0.000	
22:6 n-3.....g	0.000		0	RP	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RP	4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.010		0	RP	4		0.024	0.018	
Threonine.....g	0.053		0	RP	4		0.129	0.097	
Isoleucine.....g	0.051		0	RP	4		0.123	0.092	
Leucine.....g	0.174		0	RP	4		0.421	0.317	
Lysine.....g	0.040		0	RP	4		0.097	0.073	
Methionine.....g	0.030		0	RP	4		0.072	0.054	
Cystine.....g	0.026		0	RP	4		0.062	0.046	
Phenylalanine.....g	0.070		0	RP	4		0.169	0.127	
Tyrosine.....g	0.058		0	RP	4		0.140	0.105	
Valine.....g	0.072		0	RP	4		0.174	0.131	
Arginine.....g	0.071		0	RP	4		0.171	0.129	
Histidine.....g	0.043		0	RP	4		0.105	0.079	
Alanine.....g	0.106		0	RP	4		0.257	0.193	
Aspartic acid.....g	0.099		0	RP	4		0.239	0.180	
Glutamic acid.....g	0.266		0	RP	4		0.645	0.485	
Glycine.....g	0.058		0	RP	4		0.141	0.106	
Proline.....g	0.124		0	RP	4		0.299	0.225	
Serine.....g	0.067		0	RP	4		0.163	0.123	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RP	4		0.0	0.0	
Caffeine.....mg	0		0	RP	4		0	0	
Theobromine.....mg	0		0	RP	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	14		0	RP	4		34.057	25.613	
Carotene, alpha.....mcg	9		0	RP	4		22.294	16.766	
Cryptoxanthin, beta.....mcg	0		0	RP	4		0.000	0.000	
Lycopene.....mcg	0		0	RP	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	197		0	RP	4		477.216	358.898	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 242g: 1 cup

Measure 2 = 182g: .75 cup

NDB No. 08166

Cereals, corn grits, yellow, regular and quick, unenriched, cooked with water, without salt

Calories Factors: **Protein** 3.46 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08160
Cereals, corn grits, yellow, regular and quick, unenriched, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	10.00		157		1		15.60	0.97	
Energy	kcal	371		0	NC	4		579	36	
Energy	kj	1552				4		2422	151	
Protein (N x 6.25)	g	8.80		156		1		13.73	0.85	
Total lipid (fat)	g	1.20		156		1		1.87	0.12	
Ash	g	0.40		156		1		0.62	0.04	
Carbohydrate, by difference	g	79.60		0	NC	4		124.18	7.72	
Fiber, total dietary	g	1.6		0		4		2.5	0.2	
Sugars, total	g	0.64		0	FLA	4		1.00	0.06	
Starch	g									
Minerals:										
Calcium, Ca	mg	2		1		1		3	0	
Iron, Fe	mg	1.00		1		1		1.56	0.10	
Magnesium, Mg	mg	27		1		1		42	3	
Phosphorus, P	mg	73		1		1		114	7	
Potassium, K	mg	137	7.569	22		1		214	13	
Sodium, Na	mg	1	0.076	154		1		2	0	
Zinc, Zn	mg	0.41	0.010	4		1		0.64	0.04	
Copper, Cu	mg	0.075	0.003	4		1		0.117	0.007	
Manganese, Mn	mg	0.106	0.005	4		1		0.165	0.010	
Selenium, Se	mcg	17.0		0	BFSN	4		26.5	1.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	BFZN	4		0.0	0.0	
Thiamin	mg	0.130		1		1		0.203	0.013	
Riboflavin	mg	0.040		1		1		0.062	0.004	
Niacin	mg	1.200		1		1		1.872	0.116	
Pantothenic acid	mg	0.485		0		4		0.757	0.047	
Vitamin B-6	mg	0.147		1		1		0.229	0.014	
Folate, total	mcg	5	0.536	3		1		8	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	5	0.536	3		1		8	0	
Folate, DFE	mcg_DFE	5		0	NC	4		8	0	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	214		0	NC	4		334	21	
Vitamin A, RAE	mcg_RAE	11		0	NC	4		17	1	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.3		0	FLA	4		0.5	0.0	
Lipids:										
Fatty acids, total saturated	g	0.155		0	FLA	4		0.242	0.015	
4:0	g	0.000		0	FLA	4		0.000	0.000	
6:0	g	0.000		0	FLA	4		0.000	0.000	
8:0	g	0.000		0	FLA	4		0.000	0.000	
10:0	g	0.000		0	FLA	4		0.000	0.000	
12:0	g	0.001		0	FLA	4		0.001	0.000	
13:0	g									
14:0	g	0.001		0	FLA	4		0.001	0.000	
15:0	g									
16:0	g	0.135		0	FLA	4		0.211	0.013	
17:0	g									
18:0	g	0.018		0	FLA	4		0.028	0.002	
20:0	g									
22:0	g									
24:0	g									

NDB No. 08160
Cereals, corn grits, yellow, regular and quick, unenriched, dry

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated....g	0.300		0	FLA	4		0.467	0.029	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.004		0	FLA	4		0.006	0.000	
17:1....g									
18:1 undifferentiated....g	0.296		0	FLA	4		0.462	0.029	
20:1....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.516		0	FLA	4		0.806	0.050	
18:2 undifferentiated....g	0.502		0	FLA	4		0.783	0.049	
18:3 undifferentiated....g	0.015		0	FLA	4		0.023	0.001	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.062		0		1		0.097	0.006	
Threonine....g	0.330		0		1		0.515	0.032	
Isoleucine....g	0.314		0		1		0.490	0.030	
Leucine....g	1.076		0		1		1.679	0.104	
Lysine....g	0.247		0		1		0.385	0.024	
Methionine....g	0.184		0		1		0.287	0.018	
Cystine....g	0.158		0		1		0.246	0.015	
Phenylalanine....g	0.431		0		1		0.672	0.042	
Tyrosine....g	0.357		0		1		0.557	0.035	
Valine....g	0.444		0		1		0.693	0.043	
Arginine....g	0.437		0		1		0.682	0.042	
Histidine....g	0.268		0		1		0.418	0.026	
Alanine....g	0.656		0		1		1.023	0.064	
Aspartic acid....g	0.610		0		1		0.952	0.059	
Glutamic acid....g	1.647		0		1		2.569	0.160	
Glycine....g	0.360		0		1		0.562	0.035	
Proline....g	0.765		0		1		1.193	0.074	
Serine....g	0.417		0		1		0.651	0.040	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta....mcg	97		0	FLA	4		150.852	9.380	
Carotene, alpha....mcg	63		0	FLA	4		98.748	6.140	
Cryptoxanthin, beta....mcg	0		0	FLA	4		0.000	0.000	
Lycopene....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin....mcg	1355		0	FLA	4		2113.800	131.435	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 156g: 1 cup

Measure 2 = 9.7g: 1 tbsp

NDB No. 08160
Cereals, corn grits, yellow, regular and quick, unenriched, dry

Calories Factors: **Protein** 3.46 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08165

Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	85.35		0	BFZN	4		206.54	155.33	
Energy	kcal	59		0	BFZN	4		143	107	
Energy	kj	247		0	BFZN	4		597	449	
Protein (N x 6.25)	g	1.42		0	BFZN	4		3.44	2.59	
Total lipid (fat)	g	0.19		0	BFZN	4		0.47	0.35	
Ash	g	0.16		0	BFZN	4		0.40	0.30	
Carbohydrate, by difference	g	12.87		0	BFZN	4		31.15	23.43	
Fiber, total dietary	g	0.3		0	BFZN	4		0.6	0.5	
Sugars, total	g	0.10		0	BFZN	4		0.25	0.19	
Starch	g									
Minerals:										
Calcium, Ca	mg	3		0	BFZN	4		7	5	
Iron, Fe	mg	0.60		0	BFZN	4		1.46	1.10	
Magnesium, Mg	mg	5		0	BFZN	4		12	9	
Phosphorus, P	mg	11		0	BFZN	4		27	20	
Potassium, K	mg	21		0	BFZN	4		51	39	
Sodium, Na	mg	223		0		1		540	406	
Zinc, Zn	mg	0.07		0	BFZN	4		0.17	0.13	
Copper, Cu	mg	0.018		0	BFZN	4		0.044	0.033	
Manganese, Mn	mg	0.018		0	BFZN	4		0.042	0.032	
Selenium, Se	mcg	2.7		0	BFZN	4		6.7	5.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	BFZN	4		0.0	0.0	
Thiamin	mg	0.083		0	BFZN	4		0.200	0.151	
Riboflavin	mg	0.055		0	BFZN	4		0.134	0.101	
Niacin	mg	0.722		0	BFZN	4		1.747	1.314	
Pantothenic acid	mg	0.078		0	BFZN	4		0.190	0.143	
Vitamin B-6	mg	0.021		0	BFZN	4		0.052	0.039	
Folate, total	mcg	33		0	BFZN	4		81	61	
Folic acid	mcg	32		0	BFZN	4		78	59	
Folate, food	mcg	1		0	BFZN	4		2	2	
Folate, DFE	mcg_DFE	56		0	NC	4		136	102	
Vitamin B-12	mcg	0.00		0	BFZN	4		0.00	0.00	
Vitamin A, IU	IU	31		0	BFZN	4		75	57	
Vitamin A, RAE	mcg_RAE	2		0	NC	4		4	3	
Retinol	mcg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.02		0	BFZN	4		0.05	0.04	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	BFZN	4		0.1	0.1	
Lipids:										
Fatty acids, total saturated	g	0.025		0	BFZN	4		0.061	0.046	
4:0	g	0.000		0	BFZN	4		0.000	0.000	
6:0	g	0.000		0	BFZN	4		0.000	0.000	
8:0	g	0.000		0	BFZN	4		0.000	0.000	
10:0	g	0.000		0	BFZN	4		0.000	0.000	
12:0	g	0.000		0	BFZN	4		0.000	0.000	
13:0	g									
14:0	g	0.000		0	BFZN	4		0.000	0.000	
15:0	g									
16:0	g	0.022		0	BFZN	4		0.053	0.040	
17:0	g									
18:0	g	0.003		0	BFZN	4		0.007	0.005	
20:0	g									
22:0	g									
24:0	g									

NDB No. 08165

Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.048		0	BFZN	4		0.117	0.088	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	BFZN	4		0.001	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.048		0	BFZN	4		0.116	0.087	
20:1.....g	0.000		0	BFZN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.083		0	BFZN	4		0.202	0.152	
18:2 undifferentiated.....g	0.081		0	BFZN	4		0.196	0.148	
18:3 undifferentiated.....g	0.002		0	BFZN	4		0.006	0.004	
18:4.....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	BFZN	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	14		0	BFZN	4		34.057	25.613	
Carotene, alpha.....mcg	9		0	BFZN	4		22.294	16.766	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	197		0	BFZN	4		477.216	358.898	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 242g: 1 cup

Measure 2 = 182g: .75 cup

Calories Factors: Protein 3.46 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08167

Cereals, corn grits, yellow, regular, quick, unenriched, cooked with water, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	85.35		0	BFZN	4		206.54	155.33	
Energy	kcal	59		0	BFZN	4		143	107	
Energy	kj	247		0	BFZN	4		597	449	
Protein (N x 6.25)	g	1.42		0	BFZN	4		3.44	2.59	
Total lipid (fat)	g	0.19		0	BFZN	4		0.47	0.35	
Ash	g	0.16		0	BFZN	4		0.40	0.30	
Carbohydrate, by difference	g	12.87		0	BFZN	4		31.15	23.43	
Fiber, total dietary	g	0.3		0	BFZN	4		0.6	0.5	
Sugars, total	g	0.10		0	BFZN	4		0.25	0.19	
Starch	g									
Minerals:										
Calcium, Ca	mg	3		0	BFZN	4		7	5	
Iron, Fe	mg	0.16		0	BFZN	4		0.38	0.29	
Magnesium, Mg	mg	5		0	BFZN	4		12	9	
Phosphorus, P	mg	11		0	BFZN	4		27	20	
Potassium, K	mg	21		0	BFZN	4		51	39	
Sodium, Na	mg	223		0		1		540	406	
Zinc, Zn	mg	0.07		0	BFZN	4		0.17	0.13	
Copper, Cu	mg	0.018		0	BFZN	4		0.044	0.033	
Manganese, Mn	mg	0.018		0	BFZN	4		0.042	0.032	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	BFZN	4		0.0	0.0	
Thiamin	mg	0.017		0	BFZN	4		0.041	0.031	
Riboflavin	mg	0.006		0	BFZN	4		0.014	0.011	
Niacin	mg	0.175		0	BFZN	4		0.423	0.318	
Pantothenic acid	mg	0.078		0	BFZN	4		0.190	0.143	
Vitamin B-6	mg	0.021		0	BFZN	4		0.052	0.039	
Folate, total	mcg	1		0	BFZN	4		2	2	
Folic acid	mcg	0		0	BFZN	4		0	0	
Folate, food	mcg	1		0	BFZN	4		2	2	
Folate, DFE	mcg_DFE	1		0	NC	4		2	2	
Vitamin B-12	mcg	0.00		0	BFZN	4		0.00	0.00	
Vitamin A, IU	IU	31		0	BFZN	4		75	57	
Vitamin A, RAE	mcg_RAE	2		0	NC	4		4	3	
Retinol	mcg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.02		0	BFZN	4		0.05	0.04	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	BFZN	4		0.1	0.1	
Lipids:										
Fatty acids, total saturated	g	0.025		0	BFZN	4		0.061	0.046	
4:0	g	0.000		0	BFZN	4		0.000	0.000	
6:0	g	0.000		0	BFZN	4		0.000	0.000	
8:0	g	0.000		0	BFZN	4		0.000	0.000	
10:0	g	0.000		0	BFZN	4		0.000	0.000	
12:0	g	0.000		0	BFZN	4		0.000	0.000	
13:0	g									
14:0	g	0.000		0	BFZN	4		0.000	0.000	
15:0	g									
16:0	g	0.022		0	BFZN	4		0.053	0.040	
17:0	g									
18:0	g	0.003		0	BFZN	4		0.007	0.005	
20:0	g									
22:0	g									
24:0	g									

NDB No. 08167

Cereals, corn grits, yellow, regular, quick, unenriched, cooked with water, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.048		0	BFZN	4		0.117	0.088	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	BFZN	4		0.001	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.048		0	BFZN	4		0.116	0.087	
20:1.....g	0.000		0	BFZN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.083		0	BFZN	4		0.202	0.152	
18:2 undifferentiated.....g	0.081		0	BFZN	4		0.196	0.148	
18:3 undifferentiated.....g	0.002		0	BFZN	4		0.006	0.004	
18:4.....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	BFZN	4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.010		0	BFZN	4		0.024	0.018	
Threonine.....g	0.053		0	BFZN	4		0.129	0.097	
Isoleucine.....g	0.051		0	BFZN	4		0.123	0.092	
Leucine.....g	0.174		0	BFZN	4		0.421	0.317	
Lysine.....g	0.040		0	BFZN	4		0.097	0.073	
Methionine.....g	0.030		0	BFZN	4		0.072	0.054	
Cystine.....g	0.026		0	BFZN	4		0.062	0.046	
Phenylalanine.....g	0.070		0	BFZN	4		0.169	0.127	
Tyrosine.....g	0.058		0	BFZN	4		0.140	0.105	
Valine.....g	0.072		0	BFZN	4		0.174	0.131	
Arginine.....g	0.071		0	BFZN	4		0.171	0.129	
Histidine.....g	0.043		0	BFZN	4		0.105	0.079	
Alanine.....g	0.106		0	BFZN	4		0.257	0.193	
Aspartic acid.....g	0.099		0	BFZN	4		0.239	0.180	
Glutamic acid.....g	0.266		0	BFZN	4		0.645	0.485	
Glycine.....g	0.058		0	BFZN	4		0.141	0.106	
Proline.....g	0.124		0	BFZN	4		0.299	0.225	
Serine.....g	0.067		0	BFZN	4		0.163	0.123	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	14		0	BFZN	4		34.057	25.613	
Carotene, alpha.....mcg	9		0	BFZN	4		22.294	16.766	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	197		0	BFZN	4		477.216	358.898	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 242g: 1 cup

Measure 2 = 182g: .75 cup

NDB No. 08167
Cereals, corn grits, yellow, regular, quick, unenriched, cooked with water, with salt

Calories Factors: **Protein** 3.46 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08173
Cereals, farina, enriched, cooked with water, with salt,

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	87.90		0	BFZN	4		204.81	153.82	
Energy	kcal	48		0	BFZN	4		112	84	
Energy	kj	202		0	BFZN	4		470	353	
Protein (N x 5.7)	g	1.42		0	BFZN	4		3.32	2.49	
Total lipid (fat)	g	0.07		0	BFZN	4		0.16	0.12	
Ash	g	0.14		0	BFZN	4		0.33	0.25	
Carbohydrate, by difference	g	10.47		0	BFZN	4		24.39	18.32	
Fiber, total dietary	g	0.3		0	BFZN	4		0.6	0.4	
Sugars, total	g	0.04		0	BFZN	4		0.08	0.06	
Starch	g									
Minerals:										
Calcium, Ca	mg	4		0	BFZN	4		9	7	
Iron, Fe	mg	0.50		0	BFZN	4		1.17	0.88	
Magnesium, Mg	mg	2		0	BFZN	4		5	4	
Phosphorus, P	mg	12		0	BFZN	4		28	21	
Potassium, K	mg	13		0	BFZN	4		30	22	
Sodium, Na	mg	329		0		1		767	576	
Zinc, Zn	mg	0.08		0	BFZN	4		0.17	0.13	
Copper, Cu	mg	0.016		0	BFZN	4		0.038	0.029	
Manganese, Mn	mg	0.093		0	BFZN	4		0.218	0.163	
Selenium, Se	mcg	9.1		0	BFZN	4		21.2	15.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	BFZN	4		0.0	0.0	
Thiamin	mg	0.061		0	BFZN	4		0.143	0.107	
Riboflavin	mg	0.043		0	BFZN	4		0.101	0.076	
Niacin	mg	0.489		0	BFZN	4		1.140	0.856	
Pantothenic acid	mg	0.056		0	BFZN	4		0.130	0.098	
Vitamin B-6	mg	0.007		0	BFZN	4		0.016	0.012	
Folate, total	mcg	34		0	BFZN	4		80	60	
Folic acid	mcg	32		0	BFZN	4		75	56	
Folate, food	mcg	2		0	BFZN	4		5	4	
Folate, DFE	mcg_DFE	57		0	NC	4		133	100	
Vitamin B-12	mcg	0.00		0	BFZN	4		0.00	0.00	
Vitamin A, IU	IU	0		0	BFZN	4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	BFZN	4		0	0	
Retinol	mcg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.01		0	BFZN	4		0.03	0.03	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	BFZN	4		0.1	0.1	
Lipids:										
Fatty acids, total saturated	g	0.010		0	BFZN	4		0.023	0.018	
4:0	g	0.000		0	BFZN	4		0.000	0.000	
6:0	g	0.000		0	BFZN	4		0.000	0.000	
8:0	g	0.000		0	BFZN	4		0.000	0.000	
10:0	g	0.000		0	BFZN	4		0.000	0.000	
12:0	g	0.000		0	BFZN	4		0.000	0.000	
13:0	g									
14:0	g	0.000		0	BFZN	4		0.000	0.000	
15:0	g									
16:0	g	0.009		0	BFZN	4		0.020	0.015	
17:0	g									
18:0	g	0.001		0	BFZN	4		0.003	0.002	
20:0	g									
22:0	g									
24:0	g									

NDB No. 08173
Cereals, farina, enriched, cooked with water, with salt,

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.010		0	BFZN	4		0.023	0.018	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.010		0	BFZN	4		0.023	0.018	
20:1.....g	0.000		0	BFZN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.030		0	BFZN	4		0.070	0.053	
18:2 undifferentiated.....g	0.027		0	BFZN	4		0.064	0.048	
18:3 undifferentiated.....g	0.003		0	BFZN	4		0.006	0.005	
18:4.....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	BFZN	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.042	0.032	
Carotene, alpha.....mcg	0		0	BFZN	4		0.020	0.015	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.028	0.021	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	2		0	BFZN	4		5.103	3.833	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 233g: 1 cup

Measure 2 = 175g: .75 cup

Calories Factors: Protein 4.05 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08113
Cereals, farina, enriched, cooked with water, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	87.90		0	FLC	4		204.81	12.83	153.82
Energy	kcal	48		0	FLC	4		112	7	84
Energy	kj	202		0	FLC	4		470	29	353
Protein (N x 5.7)	g	1.42		0	FLC	4		3.32	0.21	2.49
Total lipid (fat)	g	0.07		0	FLC	4		0.16	0.01	0.12
Ash	g	0.14		0	FLC	4		0.33	0.02	0.25
Carbohydrate, by difference	g	10.47		0	FLC	4		24.39	1.53	18.32
Fiber, total dietary	g	0.3		0	FLC	4		0.6	0.0	0.4
Sugars, total	g	0.04		0	FLC	4		0.08	0.01	0.06
Starch	g									
Minerals:										
Calcium, Ca	mg	4		0	FLC	4		9	1	7
Iron, Fe	mg	0.50		0	FLC	4		1.17	0.07	0.88
Magnesium, Mg	mg	2		0	FLC	4		5	0	4
Phosphorus, P	mg	12		0	FLC	4		28	2	21
Potassium, K	mg	13		0	FLC	4		30	2	22
Sodium, Na	mg	2		0	FLC	4		5	0	4
Zinc, Zn	mg	0.08		0	FLC	4		0.17	0.01	0.13
Copper, Cu	mg	0.016		0	FLC	4		0.038	0.002	0.029
Manganese, Mn	mg	0.093		0	FLC	4		0.218	0.014	0.163
Selenium, Se	mcg	9.1	0.893	13	A	1		21.2	1.3	15.9
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	FLC	4		0.0	0.0	0.0
Thiamin	mg	0.061		0	FLC	4		0.143	0.009	0.107
Riboflavin	mg	0.043		0	FLC	4		0.101	0.006	0.076
Niacin	mg	0.489		0	FLC	4		1.140	0.071	0.856
Pantothenic acid	mg	0.056		0	FLC	4		0.130	0.008	0.098
Vitamin B-6	mg	0.007		0	FLC	4		0.016	0.001	0.012
Folate, total	mcg	34		0	BFSN	4		80	5	60
Folic acid	mcg	32		0	NC	4		75	5	56
Folate, food	mcg	2		0	FLC	4		5	0	4
Folate, DFE	mcg_DFE	57		0	NC	4		133	8	100
Vitamin B-12	mcg	0.00		0	FLC	4		0.00	0.00	0.00
Vitamin A, IU	IU	0		0	FLC	4		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	FLC	4		0	0	0
Retinol	mcg	0		0	FLC	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.01		0	FLC	4		0.03	0.00	0.03
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	FLC	4		0.1	0.0	0.1
Lipids:										
Fatty acids, total saturated	g	0.010		0	FLC	4		0.023	0.001	0.018
4:0	g	0.000		0	FLC	4		0.000	0.000	0.000
6:0	g	0.000		0	FLC	4		0.000	0.000	0.000
8:0	g	0.000		0	FLC	4		0.000	0.000	0.000
10:0	g	0.000		0	FLC	4		0.000	0.000	0.000
12:0	g	0.000		0	FLC	4		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0	FLC	4		0.000	0.000	0.000
15:0	g									
16:0	g	0.009		0	FLC	4		0.020	0.001	0.015
17:0	g									
18:0	g	0.001		0	FLC	4		0.003	0.000	0.002
20:0	g									
22:0	g									

NDB No. 08113
Cereals, farina, enriched, cooked with water, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.010		0	FLC	4		0.023	0.001	0.018
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0	FLC	4		0.000	0.000	0.000
17:1 ... g									
18:1 undifferentiated ... g	0.010		0	FLC	4		0.023	0.001	0.018
20:1 ... g	0.000		0	FLC	4		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0	FLC	4		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.030		0	FLC	4		0.070	0.004	0.053
18:2 undifferentiated ... g	0.027		0	FLC	4		0.064	0.004	0.048
18:3 undifferentiated ... g	0.003		0	FLC	4		0.006	0.000	0.005
18:4 ... g	0.000		0	FLC	4		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLC	4		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0	FLC	4		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0	FLC	4		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0	FLC	4		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	FLC	4		0	0	0
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLC	4		0.0	0.0	0.0
Caffeine ... mg	0		0	FLC	4		0	0	0
Theobromine ... mg	0		0	FLC	4		0	0	0
Carotenoids:									
Carotene, beta ... mcg	0		0	FLC	4		0.042	0.003	0.032
Carotene, alpha ... mcg	0		0	FLC	4		0.020	0.001	0.015
Cryptoxanthin, beta ... mcg	0		0	FLC	4		0.028	0.002	0.021
Lycopene ... mcg	0		0	FLC	4		0.000	0.000	0.000
Lutein + zeaxanthin ... mcg	2		0	FLC	4		5.103	0.320	3.833

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 233g: 1 cup

Measure 2 = 14.6g: 1 tbsp

Measure 3 = 175g: .75 cup

Calories Factors: **Protein** 4.05 **Fat** .837 **Carbohydrate** 4.12

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08112
Cereals, farina, enriched, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	10.50	0.164	107		1		18.48	1.14	
Energy	kcal	369		0	NC	4		649	40	
Energy	kj	1544				4		2717	168	
Protein (N x 5.7)	g	10.60	0.074	122		1		18.66	1.16	
Total lipid (fat)	g	0.50	0.013	61		1		0.88	0.05	
Ash	g	0.40	0.034	114		1		0.70	0.04	
Carbohydrate, by difference	g	78.00		0	NC	4		137.28	8.50	
Fiber, total dietary	g	1.9		0		4		3.3	0.2	
Sugars, total	g	0.27		0	BFZN	4		0.47	0.03	
Starch	g									
Minerals:										
Calcium, Ca	mg	14	0.215	16		1		25	2	
Iron, Fe	mg	3.72	0.231	89		1		6.55	0.41	
Magnesium, Mg	mg	13	0.255	16		1		23	1	
Phosphorus, P	mg	88	2.068	16		1		155	10	
Potassium, K	mg	94	4.163	16		1		165	10	
Sodium, Na	mg	3	0.188	43		1		5	0	
Zinc, Zn	mg	0.53	0.015	22		1		0.93	0.06	
Copper, Cu	mg	0.079	0.009	20		1		0.139	0.009	
Manganese, Mn	mg	0.693		10		1		1.220	0.076	
Selenium, Se	mcg	23.5		1	A	1		41.4	2.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.570	0.022	113		1		1.003	0.062	
Riboflavin	mg	0.360	0.041	112		1		0.634	0.039	
Niacin	mg	4.050	0.076	112		1		7.128	0.441	
Pantothenic acid	mg	0.416	0.045	12		1		0.732	0.045	
Vitamin B-6	mg	0.058		2		1		0.102	0.006	
Folate, total	mcg	255	85.987	10	A	1		448	28	
Folic acid	mcg	231		0	NC	4		406	25	
Folate, food	mcg	24		1		1		42	3	
Folate, DFE	mcg_DFE	416		0	NC	4		732	45	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	0		0		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.11		0		1		0.19	0.01	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.3		0	BFZN	4		0.5	0.0	
Lipids:										
Fatty acids, total saturated	g	0.080		0		1		0.141	0.009	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.000		1		1		0.000	0.000	
15:0	g									
16:0	g	0.070		1		1		0.123	0.008	
17:0	g									
18:0	g	0.010		1		1		0.018	0.001	
20:0	g									
22:0	g									
24:0	g									

NDB No. 08112
Cereals, farina, enriched, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.060		0		1		0.106	0.007	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.060		1		1		0.106	0.007	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.220		0		1		0.387	0.024	
18:2 undifferentiated.....g	0.200		1		1		0.352	0.022	
18:3 undifferentiated.....g	0.020		1		1		0.035	0.002	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.136		0		1		0.239	0.015	
Threonine.....g	0.280		0		1		0.493	0.031	
Isoleucine.....g	0.409		0		1		0.720	0.045	
Leucine.....g	0.724		0		1		1.274	0.079	
Lysine.....g	0.203		0		1		0.357	0.022	
Methionine.....g	0.165		0		1		0.290	0.018	
Cystine.....g	0.299		0		1		0.526	0.033	
Phenylalanine.....g	0.514		0		1		0.905	0.056	
Tyrosine.....g	0.278		0		1		0.489	0.030	
Valine.....g	0.451		0		1		0.794	0.049	
Arginine.....g	0.390		0		1		0.686	0.043	
Histidine.....g	0.215		0		1		0.378	0.023	
Alanine.....g	0.311		0		1		0.547	0.034	
Aspartic acid.....g	0.433		0		1		0.762	0.047	
Glutamic acid.....g	3.817		0		1		6.718	0.416	
Glycine.....g	0.335		0		1		0.590	0.037	
Proline.....g	1.165		0		1		2.050	0.127	
Serine.....g	0.499		0		1		0.878	0.054	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.264	0.016	
Carotene, alpha.....mcg	0		0	BFZN	4		0.123	0.008	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.176	0.011	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	18		0	BFZN	4		31.909	1.976	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 176g: 1 cup

Measure 2 = 10.9g: 1 tbsp

NDB No. 08112
Cereals, farina, enriched, dry

Calories Factors: **Protein** 4.05 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08172
Cereals, farina, unenriched, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	10.50	0.164	107		1		18.48	1.14	
Energy	kcal	369		0	NC	4		649	40	
Energy	kj	1544				4		2717	168	
Protein (N x 5.7)	g	10.60	0.074	122		1		18.66	1.16	
Total lipid (fat)	g	0.50	0.013	61		1		0.88	0.05	
Ash	g	0.40	0.034	114		1		0.70	0.04	
Carbohydrate, by difference	g	78.00		0	NC	4		137.28	8.50	
Fiber, total dietary	g	1.9		0		4		3.3	0.2	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	14	0.215	16		1		25	2	
Iron, Fe	mg	1.50		1		1		2.64	0.16	
Magnesium, Mg	mg	13	0.255	16		1		23	1	
Phosphorus, P	mg	88	2.068	16		1		155	10	
Potassium, K	mg	94	4.163	16		1		165	10	
Sodium, Na	mg	3	0.188	43		1		5	0	
Zinc, Zn	mg	0.53	0.015	22		1		0.93	0.06	
Copper, Cu	mg	0.079	0.009	20		1		0.139	0.009	
Manganese, Mn	mg	0.693		10		1		1.220	0.076	
Selenium, Se	mcg	23.5		0	BFSN	4		41.4	2.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.060		1		1		0.106	0.007	
Riboflavin	mg	0.100		1		1		0.176	0.011	
Niacin	mg	0.700		1		1		1.232	0.076	
Pantothenic acid	mg	0.416	0.045	12		1		0.732	0.045	
Vitamin B-6	mg	0.058		2		1		0.102	0.006	
Folate, total	mcg	24		1		1		42	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	24		0	NC	4		42	3	
Folate, DFE	mcg_DFE	24		0	NC	4		42	3	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	0		0		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.11		0		1		0.19	0.01	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.080		0		1		0.141	0.009	
4:0	g	0.000		0	BFZN	4		0.000	0.000	
6:0	g	0.000		0	BFZN	4		0.000	0.000	
8:0	g	0.000		0	BFZN	4		0.000	0.000	
10:0	g	0.000		0	BFZN	4		0.000	0.000	
12:0	g	0.000		0	BFZN	4		0.000	0.000	
13:0	g									
14:0	g	0.000		1		1		0.000	0.000	
15:0	g									
16:0	g	0.070		1		1		0.123	0.008	
17:0	g									
18:0	g	0.010		1		1		0.018	0.001	
20:0	g									
22:0	g									
24:0	g									

NDB No. 08172
Cereals, farina, unenriched, dry

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.060		0		1		0.106	0.007	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.060		1		1		0.106	0.007	
20:1.....g	0.000		0	BFZN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.220		0		1		0.387	0.024	
18:2 undifferentiated.....g	0.200		1		1		0.352	0.022	
18:3 undifferentiated.....g	0.020		1		1		0.035	0.002	
18:4.....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.136		0		1		0.239	0.015	
Threonine.....g	0.280		0		1		0.493	0.031	
Isoleucine.....g	0.409		0		1		0.720	0.045	
Leucine.....g	0.724		0		1		1.274	0.079	
Lysine.....g	0.203		0		1		0.357	0.022	
Methionine.....g	0.165		0		1		0.290	0.018	
Cystine.....g	0.299		0		1		0.526	0.033	
Phenylalanine.....g	0.514		0		1		0.905	0.056	
Tyrosine.....g	0.278		0		1		0.489	0.030	
Valine.....g	0.451		0		1		0.794	0.049	
Arginine.....g	0.390		0		1		0.686	0.043	
Histidine.....g	0.215		0		1		0.378	0.023	
Alanine.....g	0.311		0		1		0.547	0.034	
Aspartic acid.....g	0.433		0		1		0.762	0.047	
Glutamic acid.....g	3.817		0		1		6.718	0.416	
Glycine.....g	0.335		0		1		0.590	0.037	
Proline.....g	1.165		0		1		2.050	0.127	
Serine.....g	0.499		0		1		0.878	0.054	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 176g: 1 cup

Measure 2 = 10.9g: 1 tbsp

Calories Factors: Protein 4.05 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08122
Cereals, oats, instant, fortified, plain, dry

instant oatmeal
Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	9.30	0.071	64		1		2.60		
Energy	kcal	369		0	NC	4		103		
Energy	kj	1544				4		432		
Protein (N x 5.83)	g	15.50	0.069	64		1		4.34		
Total lipid (fat)	g	6.10	0.043	64		1		1.71		
Ash	g	5.00	0.047	64		1		1.40		
Carbohydrate, by difference	g	64.00		0	NC	4		17.92		
Fiber, total dietary	g	10.9		0		1		3.1		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
* Calcium, Ca	mg	357		0	LC	8		100		
* Iron, Fe	mg	28.93		0	LC	8		8.10		
Magnesium, Mg	mg	148		0		4		41		
Phosphorus, P	mg	357		0	LC	8		100		
Potassium, K	mg	354	6.402	6		1		99		
Sodium, Na	mg	286		0	LC	8		80		
Zinc, Zn	mg	3.07		0		4		0.86		
Copper, Cu	mg	0.343		0		4		0.096		
Manganese, Mn	mg	3.630		0		4		1.016		
Selenium, Se	mcg	34.0	4.469	12	A	1		9.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
* Thiamin	mg	1.071		0	LC	8		0.300		
* Riboflavin	mg	1.214		0	LC	8		0.340		
* Niacin	mg	14.286		0	LC	8		4.000		
Pantothenic acid	mg	1.250	0.040	4		1		0.350		
* Vitamin B-6	mg	1.429		0	LC	8		0.400		
* Folate, total	mcg	286		0	LC	8		80		
Folic acid	mcg	254		0	O	4		71		
Folate, food	mcg	32		0	NC	4		9		
Folate, DFE	mcg_DFE	464		0	NC	4		130		
Vitamin B-12	mcg	0.00		0		4		0.00		
* Vitamin A, IU	IU	3571		0	LC	8		1000		
Vitamin A, RAE	mcg_RAE	1072		0	NR	4		300		
Retinol	mcg	1072		0	NR	4		300		
Vitamin E (alpha-tocopherol)	mg	0.68		0	NR	4		0.19		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	3.2		0	BFZN	4		0.9		
Lipids:										
Fatty acids, total saturated	g	1.075		0		4		0.301		
4:0	g	0.000		0		4		0.000		
6:0	g	0.000		0		4		0.000		
8:0	g	0.000		0		4		0.000		
10:0	g	0.000		0		4		0.000		
12:0	g	0.019		0		4		0.005		
13:0	g									
14:0	g	0.010		0		4		0.003		
15:0	g									
16:0	g	0.910		0		4		0.255		
17:0	g									
18:0	g	0.058		0		4		0.016		
20:0	g									
22:0	g									
24:0	g									

NDB No. 08122
Cereals, oats, instant, fortified, plain, dry

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.917		0		4		0.537		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		0		4		0.003		
17:1.....g									
18:1 undifferentiated.....g	1.907		0		4		0.534		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.227		0		4		0.624		
18:2 undifferentiated.....g	2.130		0		4		0.596		
18:3 undifferentiated.....g	0.097		0		4		0.027		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		4		0.0		
Caffeine.....mg	0		0	z	7		0		
Theobromine.....mg	0		0	z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000		
Carotene, alpha.....mcg	0		0	z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000		
Lycopene.....mcg	0		0	z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 3.46 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08123
Cereals, oats, instant, fortified, plain, prepared with water

instant oatmeal
Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	86.32		0	RP	4		201.99	432.46	
Energy	kcal	55		0	RP	4		129	277	
Energy	kj	231		0	RP	4		541	1157	
Protein (N x 5.83)	g	2.32		0	RP	4		5.44	11.64	
Total lipid (fat)	g	0.91		0	RP	4		2.14	4.58	
Ash	g	0.83		0	RP	4		1.95	4.18	
Carbohydrate, by difference	g	9.59		0	RP	4		22.45	48.06	
Fiber, total dietary	g	1.6		0	RP	4		3.8	8.2	
Sugars, total	g	0.00		0	RP	4		0.00	0.00	
Starch	g									
Minerals:										
* Calcium, Ca	mg	56		0	RP	4		130	279	
* Iron, Fe	mg	4.34		0	RP	4		10.16	21.74	
Magnesium, Mg	mg	23		0	RP	4		53	114	
Phosphorus, P	mg	54		0	RP	4		125	268	
Potassium, K	mg	53		0	RP	4		124	267	
Sodium, Na	mg	45		0	RP	4		105	224	
Zinc, Zn	mg	0.46		0	RP	4		1.09	2.32	
Copper, Cu	mg	0.057		0	RP	4		0.134	0.286	
Manganese, Mn	mg	0.544		0	RP	4		1.274	2.728	
Selenium, Se	mcg	5.1		0	RP	4		11.9	25.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RP	4		0.0	0.0	
* Thiamin	mg	0.145		0	RP	4		0.338	0.724	
* Riboflavin	mg	0.173		0	RP	4		0.405	0.866	
* Niacin	mg	2.034		0	RP	4		4.760	10.192	
Pantothenic acid	mg	0.187		0	RP	4		0.438	0.939	
* Vitamin B-6	mg	0.214		0	RP	4		0.501	1.073	
* Folate, total	mcg	43		0	RP	4		100	215	
Folic acid	mcg	38		0	RP	4		89	191	
Folate, food	mcg	5		0	RP	4		11	24	
Folate, DFE	mcg_DFE	70		0	NC	4		163	348	
Vitamin B-12	mcg	0.00		0	RP	4		0.00	0.00	
* Vitamin A, IU	IU	535		0	RP	4		1253	2682	
Vitamin A, RAE	mcg_RAE	161		0	RP	4		376	805	
Retinol	mcg	161		0	RP	4		376	805	
Vitamin E (alpha-tocopherol)	mg	0.10		0	RP	4		0.24	0.51	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.5		0	RP	4		1.1	2.4	
Lipids:										
Fatty acids, total saturated	g	0.149		0	RP	4		0.350	0.749	
4:0	g	0.000		0	RP	4		0.000	0.000	
6:0	g	0.000		0	RP	4		0.000	0.000	
8:0	g	0.000		0	RP	4		0.000	0.000	
10:0	g	0.000		0	RP	4		0.000	0.000	
12:0	g	0.003		0	RP	4		0.007	0.014	
13:0	g									
14:0	g	0.001		0	RP	4		0.004	0.008	
15:0	g									
16:0	g	0.136		0	RP	4		0.319	0.683	
17:0	g									
18:0	g	0.009		0	RP	4		0.020	0.044	
20:0	g									
22:0	g									
24:0	g									

NDB No. 08123
Cereals, oats, instant, fortified, plain, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.287		0	RP	4		0.672	1.440	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	RP	4		0.004	0.008	
17:1.....g									
18:1 undifferentiated.....g	0.286		0	RP	4		0.669	1.432	
20:1.....g	0.000		0	RP	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RP	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.334		0	RP	4		0.781	1.672	
18:2 undifferentiated.....g	0.319		0	RP	4		0.747	1.600	
18:3 undifferentiated.....g	0.015		0	RP	4		0.034	0.073	
18:4.....g	0.000		0	RP	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP	4		0.000	0.000	
20:5 n-3.....g	0.000		0	RP	4		0.000	0.000	
22:5 n-3.....g	0.000		0	RP	4		0.000	0.000	
22:6 n-3.....g	0.000		0	RP	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RP	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RP	4		0.0	0.0	
Caffeine.....mg	0		0	RP	4		0	0	
Theobromine.....mg	0		0	RP	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	RP	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	RP	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	RP	4		0.000	0.000	
Lycopene.....mcg	0		0	RP	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	RP	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 234g: 1 cup, cooked

Measure 2 = 501g: 1 cup, dry, yields

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 3.46 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08128
Cereals, oats, instant, fortified, with cinnamon and spice, dry

oatmeal
Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.56		0	MC	9		3.02		
Energy	kcal	370		0	MC	9		170		
Energy	kj	1548		0	MC	9		712		
Protein (N x 5.83)	g	8.59		0	MC	9		3.95		
Total lipid (fat)	g	4.67		0	MC	9		2.15		
Ash	g	3.19		0	MC	9		1.47		
Carbohydrate, by difference	g	76.97		0	MC	9		35.41		
Fiber, total dietary	g	6.6		0	MC	9		3.0		
Sugars, total	g	33.70		0	MC	9		15.50		
Starch	g									
Minerals:										
* Calcium, Ca	mg	239		0	MC	9		110		
* Iron, Fe	mg	8.60		0	MC	9		3.96		
Magnesium, Mg	mg	89		0	MC	9		41		
Phosphorus, P	mg	300		0	MC	9		138		
Potassium, K	mg	251		0	MC	9		115		
Sodium, Na	mg	535		0	MC	9		246		
Zinc, Zn	mg	2.00		0	MC	9		0.92		
Copper, Cu	mg	0.210		0	MC	9		0.097		
Manganese, Mn	mg	2.770		0	MC	9		1.274		
Selenium, Se	mcg	21.7		0	FLM	4		10.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0	MC	9		0.1		
* Thiamin	mg	0.710		0	MC	9		0.327		
* Riboflavin	mg	0.810		0	MC	9		0.373		
* Niacin	mg	9.560		0	MC	9		4.398		
Pantothenic acid	mg	0.450		0	MC	9		0.207		
* Vitamin B-6	mg	0.950		0	MC	9		0.437		
* Folate, total	mcg	191		0	MC	9		88		
Folic acid	mcg	168		0	NC	4		77		
Folate, food	mcg	23		0	CAZN	4		11		
Folate, DFE	mcg_DFE	309		0	NC	4		142		
Vitamin B-12	mcg	0.00		0	MC	9		0.00		
* Vitamin A, IU	IU	2391		0	MC	9		1100		
Vitamin A, RAE	mcg_RAE	718		0	NC	4		330		
Retinol	mcg	717		0	BNA	4		330		
Vitamin E (alpha-tocopherol)	mg	0.42		0	NR	4		0.19		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000		0	MC	9		0.000		
Vitamin K (phylloquinone)	mcg	2.0		0	FLM	4		0.9		
Lipids:										
Fatty acids, total saturated	g	0.808		0	FLM	4		0.372		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.016		0	FLM	4		0.007		
13:0	g									
14:0	g	0.009		0	FLM	4		0.004		
15:0	g									
16:0	g	0.735		0	FLM	4		0.338		
17:0	g									
18:0	g	0.048		0	FLM	4		0.022		
20:0	g									
22:0	g									
24:0	g									

NDB No. 08128

Cereals, oats, instant, fortified, with cinnamon and spice, dry

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.670		0	FLM	4		0.768		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009		0	FLM	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	1.661		0	FLM	4		0.764		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.380		0	FLM	4		0.635		
18:2 undifferentiated.....g	1.320		0	FLM	4		0.607		
18:3 undifferentiated.....g	0.060		0	FLM	4		0.027		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	BNA	4		0.000		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	0		0	BNA	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BNA	4		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 46g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 3.46 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08129

Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.80		0	BFZN	4		177.12	11.07	118.82
Energy	kcal	107		0	BFZN	4		258	16	173
Energy	kj	450		0	BFZN	4		1079	67	724
Protein	g	2.40		0	BFZN	4		5.76	0.36	3.87
Total lipid (fat)	g	1.31		0	BFZN	4		3.13	0.20	2.10
Ash	g	0.96		0	BFZN	4		2.31	0.14	1.55
Carbohydrate, by difference	g	21.52		0	BFZN	4		51.66	3.23	34.65
Fiber, total dietary	g	1.8		0	BFZN	4		4.4	0.3	3.0
Sugars, total	g	9.42		0	BFZN	4		22.62	1.41	15.17
Starch	g									
Minerals:										
* Calcium, Ca	mg	69		0	BFZN	4		165	10	111
* Iron, Fe	mg	2.41		0	BFZN	4		5.78	0.36	3.88
Magnesium, Mg	mg	25		0	BFZN	4		61	4	41
Phosphorus, P	mg	84		0	BFZN	4		201	13	135
Potassium, K	mg	70		0	BFZN	4		168	11	113
Sodium, Na	mg	151		0	BFZN	4		363	23	243
Zinc, Zn	mg	0.56		0	BFZN	4		1.35	0.08	0.91
Copper, Cu	mg	0.064		0	BFZN	4		0.153	0.010	0.102
Manganese, Mn	mg	0.775		0	BFZN	4		1.860	0.116	1.248
Selenium, Se	mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	BFZN	4		0.1	0.0	0.0
* Thiamin	mg	0.179		0	BFZN	4		0.429	0.027	0.288
* Riboflavin	mg	0.215		0	BFZN	4		0.516	0.032	0.346
* Niacin	mg	2.540		0	BFZN	4		6.095	0.381	4.089
Pantothenic acid	mg	0.126		0	BFZN	4		0.302	0.019	0.203
* Vitamin B-6	mg	0.266		0	BFZN	4		0.638	0.040	0.428
* Folate, total	mcg	54		0	BFZN	4		128	8	86
Folic acid	mcg	47		0	BFZN	4		113	7	76
Folate, food	mcg	6		0	BFZN	4		15	1	10
Folate, DFE	mcg_DFE	86		0	NC	4		207	13	139
Vitamin B-12	mcg	0.00		0	BFZN	4		0.00	0.00	0.00
* Vitamin A, IU	IU	669		0	BFZN	4		1605	100	1077
Vitamin A, RAE	mcg_RAE	201		0	BFZN	4		482	30	323
Retinol	mcg	201		0	BFZN	4		481	30	323
Vitamin E (alpha-tocopherol)	mg	0.12		0	BFZN	4		0.28	0.02	0.19
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin K (phylloquinone)	mcg	0.5		0	BFZN	4		1.3	0.1	0.9
Lipids:										
Fatty acids, total saturated	g	0.226		0	BFZN	4		0.542	0.034	0.364
4:0	g	0.000		0	BFZN	4		0.000	0.000	0.000
6:0	g	0.000		0	BFZN	4		0.000	0.000	0.000
8:0	g	0.000		0	BFZN	4		0.000	0.000	0.000
10:0	g	0.000		0	BFZN	4		0.000	0.000	0.000
12:0	g	0.004		0	BFZN	4		0.011	0.001	0.007
13:0	g									
14:0	g	0.003		0	BFZN	4		0.006	0.000	0.004
15:0	g									
16:0	g	0.205		0	BFZN	4		0.493	0.031	0.331
17:0	g									
18:0	g	0.014		0	BFZN	4		0.033	0.002	0.022
20:0	g									
22:0	g									
24:0	g									

NDB No. 08129

Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.467		0	BFZN	4		1.121	0.070	0.752
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	BFZN	4		0.006	0.000	0.004
17:1.....g									
18:1 undifferentiated.....g	0.465		0	BFZN	4		1.115	0.070	0.748
20:1.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.386		0	BFZN	4		0.926	0.058	0.621
18:2 undifferentiated.....g	0.369		0	BFZN	4		0.886	0.055	0.594
18:3 undifferentiated.....g	0.017		0	BFZN	4		0.040	0.003	0.027
18:4.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 15.0g: 1 tbsp

Measure 3 = 161g: 1 packet, prepared

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08132
Cereals, oats, instant, fortified, with raisins and spice, dry

instant oatmeal
Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	8.23		0	BFZN	4		3.54		
Energy	kcal	360		0	BFZN	4		155		
Energy	kj	1507		0	BFZN	4		648		
Protein	g	7.76		0	BFZN	4		3.34		
Total lipid (fat)	g	4.27		0	BFZN	4		1.84		
Ash	g	3.42		0	BFZN	4		1.47		
Carbohydrate, by difference	g	76.31		0	BFZN	4		32.81		
Fiber, total dietary	g	6.2		0	BFZN	4		2.7		
Sugars, total	g	36.31		0	BFZN	4		15.61		
Starch	g									
Minerals:										
* Calcium, Ca	mg	256		0	BFZN	4		110		
* Iron, Fe	mg	9.20		0	BFZN	4		3.96		
Magnesium, Mg	mg	80		0	BFZN	4		34		
Phosphorus, P	mg	268		0	BFZN	4		115		
Potassium, K	mg	361		0	BFZN	4		155		
Sodium, Na	mg	562		0	BFZN	4		242		
Zinc, Zn	mg	1.70		0	BFZN	4		0.73		
Copper, Cu	mg	0.240		0	BFZN	4		0.103		
Manganese, Mn	mg	2.350		0	BFZN	4		1.011		
Selenium, Se	mcg	21.7		0	BFZN	4		9.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0	BFZN	4		0.3		
* Thiamin	mg	0.760		0	BFZN	4		0.327		
* Riboflavin	mg	0.860		0	BFZN	4		0.370		
* Niacin	mg	10.220		0	BFZN	4		4.395		
Pantothenic acid	mg	0.380		0	BFZN	4		0.163		
* Vitamin B-6	mg	1.020		0	BFZN	4		0.439		
* Folate, total	mcg	205		0	BFZN	4		88		
Folic acid	mcg	176		0	BFZN	4		75		
Folate, food	mcg	29		0	BFZN	4		12		
Folate, DFE	mcg_DFE	327		0	NC	4		141		
Vitamin B-12	mcg	0.00		0	BFZN	4		0.00		
* Vitamin A, IU	IU	2556		0	BFZN	4		1099		
Vitamin A, RAE	mcg_RAE	768		0	BFZN	4		330		
Retinol	mcg	768		0	BFZN	4		330		
Vitamin E (alpha-tocopherol)	mg	0.42		0	BFZN	4		0.18		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000		0	BFZN	4		0.000		
Vitamin K (phylloquinone)	mcg	2.4		0	BFZN	4		1.0		
Lipids:										
Fatty acids, total saturated	g	0.800		0	BFZN	4		0.344		
4:0	g	0.000		0	BFZN	4		0.000		
6:0	g	0.000		0	BFZN	4		0.000		
8:0	g	0.000		0	BFZN	4		0.000		
10:0	g	0.000		0	BFZN	4		0.000		
12:0	g	0.015		0	BFZN	4		0.006		
13:0	g									
14:0	g	0.009		0	BFZN	4		0.004		
15:0	g	0.000		0	BFZN	4		0.000		
16:0	g	0.675		0	BFZN	4		0.290		
17:0	g	0.000		0	BFZN	4		0.000		
18:0	g	0.045		0	BFZN	4		0.019		
20:0	g	0.000		0	BFZN	4		0.000		
22:0	g	0.000		0	BFZN	4		0.000		
24:0	g									

NDB No. 08132
Cereals, oats, instant, fortified, with raisins and spice, dry

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.490		0	BFZN	4		0.641		
14:1.....g	0.000		0	BFZN	4		0.000		
15:1.....g	0.000		0	BFZN	4		0.000		
16:1 undifferentiated.....g	0.009		0	BFZN	4		0.004		
17:1.....g	0.000		0	BFZN	4		0.000		
18:1 undifferentiated.....g	1.481		0	BFZN	4		0.637		
20:1.....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.340		0	BFZN	4		0.576		
18:2 undifferentiated.....g	1.282		0	BFZN	4		0.551		
18:3 undifferentiated.....g	0.058		0	BFZN	4		0.025		
18:4.....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c.....g	0.000		0	BFZN	4		0.000		
20:3 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:5 n-3.....g	0.000		0	BFZN	4		0.000		
22:5 n-3.....g	0.000		0	BFZN	4		0.000		
22:6 n-3.....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	BFZN	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0		
Caffeine.....mg	0		0	BFZN	4		0		
Theobromine.....mg	0		0	BFZN	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000		
Carotene, alpha.....mcg	0		0	BFZN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 43g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08133

Cereals, oats, instant, fortified, with raisins and spice, prepared with water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.49		0	BFZN	4		181.18	11.32	119.28
Energy	kcal	100		0	BFZN	4		239	15	158
Energy	kj	417		0	BFZN	4		1002	63	660
Protein	g	2.07		0	BFZN	4		4.96	0.31	3.26
Total lipid (fat)	g	1.14		0	BFZN	4		2.73	0.17	1.80
Ash	g	0.98		0	BFZN	4		2.36	0.15	1.55
Carbohydrate, by difference	g	20.32		0	BFZN	4		48.76	3.05	32.10
Fiber, total dietary	g	1.6		0	BFZN	4		4.0	0.2	2.6
Sugars, total	g	9.67		0	BFZN	4		23.20	1.45	15.27
Starch	g									
Minerals:										
* Calcium, Ca	mg	70		0	BFZN	4		168	10	110
* Iron, Fe	mg	2.45		0	BFZN	4		5.89	0.37	3.88
Magnesium, Mg	mg	22		0	BFZN	4		52	3	34
Phosphorus, P	mg	71		0	BFZN	4		171	11	113
Potassium, K	mg	96		0	BFZN	4		231	14	152
Sodium, Na	mg	151		0	BFZN	4		363	23	239
Zinc, Zn	mg	0.46		0	BFZN	4		1.09	0.07	0.72
Copper, Cu	mg	0.069		0	BFZN	4		0.165	0.010	0.109
Manganese, Mn	mg	0.626		0	BFZN	4		1.502	0.094	0.989
Selenium, Se	mcg	5.8		0	BFZN	4		13.9	0.9	9.1
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0	BFZN	4		0.4	0.0	0.3
* Thiamin	mg	0.182		0	BFZN	4		0.437	0.027	0.288
* Riboflavin	mg	0.218		0	BFZN	4		0.522	0.033	0.344
* Niacin	mg	2.585		0	BFZN	4		6.204	0.388	4.084
Pantothenic acid	mg	0.101		0	BFZN	4		0.243	0.015	0.160
* Vitamin B-6	mg	0.272		0	BFZN	4		0.652	0.041	0.429
* Folate, total	mcg	54		0	BFZN	4		131	8	86
Folic acid	mcg	47		0	BFZN	4		112	7	74
Folate, food	mcg	8		0	BFZN	4		19	1	12
Folate, DFE	mcg_DFE	87		0	NC	4		209	13	138
Vitamin B-12	mcg	0.00		0	BFZN	4		0.00	0.00	0.00
* Vitamin A, IU	IU	681		0	BFZN	4		1633	102	1075
Vitamin A, RAE	mcg_RAE	204		0	BFZN	4		490	31	323
Retinol	mcg	204		0	BFZN	4		490	31	323
Vitamin E (alpha-tocopherol)	mg	0.11		0	BFZN	4		0.27	0.02	0.18
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin K (phylloquinone)	mcg	0.6		0	BFZN	4		1.5	0.1	1.0
Lipids:										
Fatty acids, total saturated	g	0.198		0	BFZN	4		0.475	0.030	0.313
4:0	g	0.000		0	BFZN	4		0.000	0.000	0.000
6:0	g	0.000		0	BFZN	4		0.000	0.000	0.000
8:0	g	0.000		0	BFZN	4		0.000	0.000	0.000
10:0	g	0.000		0	BFZN	4		0.000	0.000	0.000
12:0	g	0.004		0	BFZN	4		0.009	0.001	0.006
13:0	g									
14:0	g	0.002		0	BFZN	4		0.006	0.000	0.004
15:0	g	0.000		0	BFZN	4		0.000	0.000	0.000
16:0	g	0.180		0	BFZN	4		0.431	0.027	0.284
17:0	g	0.000		0	BFZN	4		0.000	0.000	0.000
18:0	g	0.012		0	BFZN	4		0.029	0.002	0.019
20:0	g	0.000		0	BFZN	4		0.000	0.000	0.000
22:0	g	0.000		0	BFZN	4		0.000	0.000	0.000
24:0	g									

NDB No. 08133

Cereals, oats, instant, fortified, with raisins and spice, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.397		0	BFZN	4		0.952	0.060	0.627
14:1.....g	0.000		0	BFZN	4		0.000	0.000	0.000
15:1.....g	0.000		0	BFZN	4		0.000	0.000	0.000
16:1 undifferentiated.....g	0.002		0	BFZN	4		0.006	0.000	0.004
17:1.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:1 undifferentiated.....g	0.394		0	BFZN	4		0.947	0.059	0.623
20:1.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.357		0	BFZN	4		0.856	0.054	0.564
18:2 undifferentiated.....g	0.341		0	BFZN	4		0.819	0.051	0.539
18:3 undifferentiated.....g	0.015		0	BFZN	4		0.037	0.002	0.024
18:4.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 15.0g: 1 tbsp

Measure 3 = 158g: 1 packet, prepared

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08120
Cereals, oats, regular and quick and instant, not fortified, dry

oatmeal
Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	8.80	0.093	528		1		7.13	2.38	
Energy	kcal	384		0	NC	4		311	104	
Energy	kj	1607				4		1301	434	
Protein (N x 5.83)	g	16.00	0.053	192		1		12.96	4.32	
Total lipid (fat)	g	6.30	0.035	196		1		5.10	1.70	
Ash	g	1.90	0.000	184		1		1.54	0.51	
Carbohydrate, by difference	g	67.00		0	NC	4		54.27	18.09	
Fiber, total dietary	g	9.8	0.966	6	A	1		7.9	2.6	
Sugars, total	g	1.45		0	NR	4		1.17	0.39	
Sucrose	g	1.40		2	A	1		1.13	0.38	
Glucose (dextrose)	g	0.05		1	A	1		0.04	0.01	
Fructose	g									
Lactose	g									
Maltose	g									
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	52	0.923	33		1		42	14	
Iron, Fe	mg	4.20	0.000	175		1		3.40	1.13	
Magnesium, Mg	mg	148	0.038	31		1		120	40	
Phosphorus, P	mg	474	0.044	140		1		384	128	
Potassium, K	mg	350	0.032	48		1		284	95	
Sodium, Na	mg	4	0.000	111		1		3	1	
Zinc, Zn	mg	3.07	0.092	29		1		2.49	0.83	
Copper, Cu	mg	0.343	0.033	31		1		0.278	0.093	
Manganese, Mn	mg	3.630	0.001	5		1		2.940	0.980	
Selenium, Se	mcg	34.0	4.469	12	A	1		27.5	9.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.730	0.000	173		1		0.591	0.197	
Riboflavin	mg	0.140	0.000	81		1		0.113	0.038	
Niacin	mg	0.780	0.016	71		1		0.632	0.211	
Pantothenic acid	mg	1.245	0.025	15		1		1.008	0.336	
Vitamin B-6	mg	0.120	0.000	19		1		0.097	0.032	
Folate, total	mcg	32	3.485	24		1		26	9	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	32	3.485	24		1		26	9	
Folate, DFE	mcg_DFE	32		0	NC	4		26	9	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	0		0	AS	1		0	0	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.70		0	NR	4		0.57	0.19	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	3.2	0.497	8	A	1		2.6	0.9	
Lipids:										
Fatty acids, total saturated	g	1.110		0		1		0.899	0.300	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.020		238		1		0.016	0.005	
13:0	g									
14:0	g	0.010		238		1		0.008	0.003	
15:0	g									

NDB No. 08120
Cereals, oats, regular and quick and instant, not fortified, dry

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:0 g	0.940		238		1		0.761	0.254	
17:0 g									
18:0 g	0.060		238		1		0.049	0.016	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.980		0		1		1.604	0.535	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.010		238		1		0.008	0.003	
17:1 g									
18:1 undifferentiated g	1.970		238		1		1.596	0.532	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	2.300		0		1		1.863	0.621	
18:2 undifferentiated g	2.200		238		1		1.782	0.594	
18:3 undifferentiated g	0.100		238		1		0.081	0.027	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 g	0.000		0		1		0.000	0.000	
22:5 n-3 g	0.000		0		1		0.000	0.000	
22:6 n-3 g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.222		0		1		0.180	0.060	
Threonine g	0.545		0		1		0.441	0.147	
Isoleucine g	0.657		0		1		0.532	0.177	
Leucine g	1.216		0		1		0.985	0.328	
Lysine g	0.664		0		1		0.538	0.179	
Methionine g	0.295		0		1		0.239	0.080	
Cystine g	0.386		0		1		0.313	0.104	
Phenylalanine g	0.847		0		1		0.686	0.229	
Tyrosine g	0.543		0		1		0.440	0.147	
Valine g	0.888		0		1		0.719	0.240	
Arginine g	1.129		0		1		0.914	0.305	
Histidine g	0.383		0		1		0.310	0.103	
Alanine g	0.835		0		1		0.676	0.225	
Aspartic acid g	1.371		0		1		1.111	0.370	
Glutamic acid g	3.517		0		1		2.849	0.950	
Glycine g	0.797		0		1		0.646	0.215	
Proline g	0.885		0		1		0.717	0.239	
Serine g	0.711		0		1		0.576	0.192	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta mcg	0		1	A	1		0.000	0.000	
Carotene, alpha mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta mcg	0		0	Z	7		0.000	0.000	
Lycopene mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin mcg	180		1	A	1		145.800	48.600	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 08120

Cereals, oats, regular and quick and instant, not fortified, dry

Common Measures:

Measure 1 = 81g: 1 cup

Measure 2 = 27g: .333 cup

Calories Factors: **Protein** 3.46 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08180

Cereals, oats, regular and quick and instant, unenriched, cooked with water, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	85.30		1		1		199.60	149.28	
Energy	kcal	62		0	NC	4		145	109	
Energy	kj	259				4		607	454	
Protein (N x 5.83)	g	2.60		1		1		6.08	4.55	
Total lipid (fat)	g	1.00		1		1		2.34	1.75	
Ash	g	0.30		1		1		0.70	0.53	
Carbohydrate, by difference	g	10.80		0	NC	4		25.27	18.90	
Fiber, total dietary	g	1.7		0		4		4.0	3.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	8		1		1		19	14	
Iron, Fe	mg	0.68		1		1		1.59	1.19	
Magnesium, Mg	mg	24		1		1		56	42	
Phosphorus, P	mg	76		1		1		178	133	
Potassium, K	mg	56		1		1		131	98	
Sodium, Na	mg	160		0		1		374	280	
Zinc, Zn	mg	0.49		1		1		1.15	0.86	
Copper, Cu	mg	0.055		1		1		0.129	0.096	
Manganese, Mn	mg	0.585		1		1		1.369	1.024	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.110		1		1		0.257	0.193	
Riboflavin	mg	0.020		1		1		0.047	0.035	
Niacin	mg	0.130		1		1		0.304	0.228	
Pantothenic acid	mg	0.200		1		1		0.468	0.350	
Vitamin B-6	mg	0.020		1		1		0.047	0.035	
Folate, total	mcg	4		1		1		9	7	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		1		1		9	7	
Folate, DFE	mcg_DFE	4		0	NC	4		9	7	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	0		0	Z	7		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.180		0		1		0.421	0.315	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g	0.000		238		1		0.000	0.000	
13:0	g									
14:0	g	0.000		238		1		0.000	0.000	
15:0	g									
16:0	g	0.150		238		1		0.351	0.263	
17:0	g									
18:0	g	0.010		238		1		0.023	0.018	
20:0	g									
22:0	g									
24:0	g									

NDB No. 08180

Cereals, oats, regular and quick and instant, unenriched, cooked with water, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.320		0		1		0.749	0.560	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		238		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.320		238		1		0.749	0.560	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.370		0		1		0.866	0.648	
18:2 undifferentiated.....g	0.360		238		1		0.842	0.630	
18:3 undifferentiated.....g	0.020		238		1		0.047	0.035	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.036		0		1		0.084	0.063	
Threonine.....g	0.088		0		1		0.206	0.154	
Isoleucine.....g	0.106		0		1		0.248	0.186	
Leucine.....g	0.196		0		1		0.459	0.343	
Lysine.....g	0.107		0		1		0.250	0.187	
Methionine.....g	0.048		0		1		0.112	0.084	
Cystine.....g	0.062		0		1		0.145	0.109	
Phenylalanine.....g	0.137		0		1		0.321	0.240	
Tyrosine.....g	0.088		0		1		0.206	0.154	
Valine.....g	0.143		0		1		0.335	0.250	
Arginine.....g	0.182		0		1		0.426	0.319	
Histidine.....g	0.062		0		1		0.145	0.109	
Alanine.....g	0.135		0		1		0.316	0.236	
Aspartic acid.....g	0.221		0		1		0.517	0.387	
Glutamic acid.....g	0.567		0		1		1.327	0.992	
Glycine.....g	0.128		0		1		0.300	0.224	
Proline.....g	0.143		0		1		0.335	0.250	
Serine.....g	0.115		0		1		0.269	0.201	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 234g: 1 cup

Measure 2 = 175g: .75 cup

Calories Factors: Protein 3.46 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08121

Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt

oatmeal

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	85.30		0	FLM	4		199.60	12.45	149.28
Energy	kcal	63		0	FLM	4		146	9	110
Energy	kj	262		0	FLM	4		613	38	458
Protein (N x 5.83)	g	2.60		0	FLM	4		6.08	0.38	4.55
Total lipid (fat)	g	1.00		0	FLM	4		2.34	0.15	1.75
Ash	g	0.30		0	FLM	4		0.70	0.04	0.53
Carbohydrate, by difference	g	10.80		0	FLM	4		25.27	1.58	18.90
Fiber, total dietary	g	1.7		0	FLM	4		4.0	0.2	3.0
Sugars, total	g	1.45		0	FLM	4		3.39	0.21	2.54
Starch	g									
Minerals:										
Calcium, Ca	mg	8		0	FLM	4		19	1	14
Iron, Fe	mg	0.68		0	FLM	4		1.59	0.10	1.19
Magnesium, Mg	mg	24		0	FLM	4		56	4	42
Phosphorus, P	mg	76		0	FLM	4		178	11	133
Potassium, K	mg	56		0	FLM	4		131	8	98
Sodium, Na	mg	1		0	FLM	4		2	0	2
Zinc, Zn	mg	0.49		0	FLM	4		1.15	0.07	0.86
Copper, Cu	mg	0.055		0	FLM	4		0.129	0.008	0.096
Manganese, Mn	mg	0.585		0	FLM	4		1.369	0.085	1.024
Selenium, Se	mcg	8.1		0	FLM	4		19.0	1.2	14.2
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	FLM	4		0.0	0.0	0.0
Thiamin	mg	0.110		0	FLM	4		0.257	0.016	0.193
Riboflavin	mg	0.020		0	FLM	4		0.047	0.003	0.035
Niacin	mg	0.130		0	FLM	4		0.304	0.019	0.228
Pantothenic acid	mg	0.200		0	FLM	4		0.468	0.029	0.350
Vitamin B-6	mg	0.020		0	FLM	4		0.047	0.003	0.035
Folate, total	mcg	4		0	FLM	4		9	1	7
Folic acid	mcg	0		0	FLM	4		0	0	0
Folate, food	mcg	4		0	FLM	4		9	1	7
Folate, DFE	mcg_DFE	4		0	NC	4		9	1	7
Vitamin B-12	mcg	0.00		0	FLM	4		0.00	0.00	0.00
Vitamin A, IU	IU	0		0	FLM	4		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	FLM	4		0	0	0
Retinol	mcg	0		0	FLM	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.10		0	FLM	4		0.23	0.01	0.18
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	3.2		0	FLM	4		7.6	0.5	5.7
Lipids:										
Fatty acids, total saturated	g	0.160		0	FLM	4		0.374	0.023	0.280
4:0	g	0.000		0	FLM	4		0.000	0.000	0.000
6:0	g	0.000		0	FLM	4		0.000	0.000	0.000
8:0	g	0.000		0	FLM	4		0.000	0.000	0.000
10:0	g	0.000		0	FLM	4		0.000	0.000	0.000
12:0	g	0.000		0	FLM	4		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0	FLM	4		0.000	0.000	0.000
15:0	g									
16:0	g	0.150		0	FLM	4		0.351	0.022	0.263
17:0	g									
18:0	g	0.010		0	FLM	4		0.023	0.001	0.018
20:0	g									
22:0	g									
24:0	g									

NDB No. 08121

Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.320		0	FLM	4		0.749	0.047	0.560
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.320		0	FLM	4		0.749	0.047	0.560
20:1.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.380		0	FLM	4		0.889	0.055	0.665
18:2 undifferentiated.....g	0.360		0	FLM	4		0.842	0.053	0.630
18:3 undifferentiated.....g	0.020		0	FLM	4		0.047	0.003	0.035
18:4.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLM	4		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.036		0	FLM	4		0.084	0.005	0.063
Threonine.....g	0.088		0	FLM	4		0.206	0.013	0.154
Isoleucine.....g	0.106		0	FLM	4		0.248	0.015	0.186
Leucine.....g	0.196		0	FLM	4		0.459	0.029	0.343
Lysine.....g	0.107		0	FLM	4		0.250	0.016	0.187
Methionine.....g	0.048		0	FLM	4		0.112	0.007	0.084
Cystine.....g	0.062		0	FLM	4		0.145	0.009	0.109
Phenylalanine.....g	0.137		0	FLM	4		0.321	0.020	0.240
Tyrosine.....g	0.088		0	FLM	4		0.206	0.013	0.154
Valine.....g	0.143		0	FLM	4		0.335	0.021	0.250
Arginine.....g	0.182		0	FLM	4		0.426	0.027	0.319
Histidine.....g	0.062		0	FLM	4		0.145	0.009	0.109
Alanine.....g	0.000		0	FLM	4		0.000	0.000	0.000
Aspartic acid.....g	0.221		0	FLM	4		0.517	0.032	0.387
Glutamic acid.....g	0.567		0	FLM	4		1.327	0.083	0.992
Glycine.....g	0.128		0	FLM	4		0.300	0.019	0.224
Proline.....g	0.143		0	FLM	4		0.335	0.021	0.250
Serine.....g	0.115		0	FLM	4		0.269	0.017	0.201
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLM	4		0	0	0
Theobromine.....mg	0		0	FLM	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	FLM	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	FLM	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	FLM	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	180		0	FLM	4		421.200	26.280	315.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 234g: 1 cup

Measure 2 = 14.6g: 1 tbsp

Measure 3 = 175g: .75 cup

NDB No. 08121

Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt

Calories Factors: **Protein** 3.46 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43218
Cereals, ready-to-eat, ALPEN

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	7.40				1		8.36		
Energy	kcal	352				1		398		
Energy	kj	1473				1		1664		
Protein	g	11.20				1		12.66		
Total lipid (fat)	g	3.30				1		3.73		
Ash	g	2.40		0	NC	4		2.71		
Carbohydrate, by difference	g	75.70			NC	4		85.54		
Fiber, total dietary	g	9.1				1		10.3		
Sugars, total	g	20.00		0	LC	8		22.60		
Starch	g									
Minerals:										
Calcium, Ca	mg	147				1		166		
Iron, Fe	mg	3.00				1		3.39		
Magnesium, Mg	mg	94				1		106		
Phosphorus, P	mg	371				1		419		
Potassium, K	mg	568				1		642		
Sodium, Na	mg	213				1		241		
Zinc, Zn	mg	3.00				1		3.39		
Copper, Cu	mg	0.300				1		0.339		
Manganese, Mn	mg									
Selenium, Se	mcg	17.3		0	BFZN	4		19.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	8.7				1		9.8		
Thiamin	mg	0.400				1		0.452		
Riboflavin	mg	0.400				1		0.452		
Niacin	mg	2.120				1		2.396		
Pantothenic acid	mg									
Vitamin B-6	mg	0.280				1		0.316		
Folate, total	mcg	30				4		34		
Folic acid	mcg	0		0	NC	4		0		
Folate, food	mcg	30		0	NC	4		34		
Folate, DFE	mcg_DFE	30		0	NC	4		34		
Vitamin B-12	mcg	0.12				1		0.14		
Vitamin A, IU	IU	0				1		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	NC	4		0		
Vitamin E (alpha-tocopherol)	mg	0.51		0	FLM	4		0.58		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.5		0	FLM	4		2.8		
Lipids:										
Fatty acids, total saturated	g	0.496				4		0.560		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.003		0	FLM	4		0.004		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.008		0	FLM	4		0.009		
13:0	g	0.000		0	FLM	4		0.000		
14:0	g	0.005		0	FLM	4		0.006		
15:0	g	0.000		0	FLM	4		0.000		
16:0	g	0.418		0	FLM	4		0.472		
17:0	g	0.000		0	FLM	4		0.000		
18:0	g	0.028		0	FLM	4		0.032		
20:0	g	0.000		0	FLM	4		0.000		
22:0	g	0.000		0	FLM	4		0.000		
24:0	g	0.000		0	FLM	4		0.000		

NDB No. 43218
Cereals, ready-to-eat, ALPEN

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.327				4		1.500		
14:1.....g	0.000		0	FLM	4		0.000		
15:1.....g	0.000		0	FLM	4		0.000		
16:1 undifferentiated.....g	0.017		0	FLM	4		0.019		
17:1.....g	0.000		0	FLM	4		0.000		
18:1 undifferentiated.....g	1.306		0	FLM	4		1.476		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated.....g	0.925				4		1.045		
18:2 undifferentiated.....g	0.880		0	FLM	4		0.995		
18:3 undifferentiated.....g	0.044		0	FLM	4		0.050		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLM	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08350
Cereals, ready-to-eat, MALT-O-MEAL, TOASTY O'S

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.99		1	MA	12		1.20		
Energy	kcal	372		0	MC	9		112		
Energy	kj	1556				9		467		
Protein	g	11.07		1	MA	12		3.32		
Total lipid (fat)	g	6.03		1	MA	12		1.81		
Ash	g	3.93		1	MA	12		1.18		
Carbohydrate, by difference	g	74.67		0	MC	9		22.40		
Fiber, total dietary	g	9.0		1	MA	12		2.7		
Sugars, total	g	3.43		1	MA	12		1.03		
Starch	g									
Minerals:										
Calcium, Ca	mg	133		0	MC	9		40		
Iron, Fe	mg	27.00		0	MC	9		8.10		
Magnesium, Mg	mg	107		0	MC	9		32		
Phosphorus, P	mg	333		0	MC	9		100		
Potassium, K	mg	313		1	MA	12		94		
Sodium, Na	mg	947		1	MA	12		284		
Zinc, Zn	mg	12.50		0	MC	9		3.75		
Copper, Cu	mg	0.130		0	MC	9		0.039		
Manganese, Mn	mg	0.299		0	BFZN	4		0.090		
Selenium, Se	mcg	37.5		0	BFZN	4		11.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	50.0		0	MC	9		15.0		
Thiamin	mg	1.250		0	MC	9		0.375		
Riboflavin	mg	1.420		0	MC	9		0.426		
Niacin	mg	16.670		0	MC	9		5.001		
Pantothenic acid	mg	0.077		0	BFZN	4		0.023		
Vitamin B-6	mg	1.670		0	MC	9		0.501		
Folate, total	mcg	333		0	MC	9		100		
Folic acid	mcg	314		0	NC	4		94		
Folate, food	mcg	19		0	CAZN	4		6		
Folate, DFE	mcg_DFE	553		0	NC	4		166		
Vitamin B-12	mcg	0.00		0	MC	9		0.00		
Vitamin A, IU	IU	4167		0	MC	9		1250		
Vitamin A, RAE	mcg_RAE	1251		0	NC	4		375		
Retinol	mcg	1251		0	NC	4		375		
Vitamin E (alpha-tocopherol)	mg	0.63		0	FLM	4		0.19		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	133.330		0	MC	9		39.999		
Vitamin K (phylloquinone)	mcg	2.5		0	FLM	4		0.7		
Lipids:										
Fatty acids, total saturated	g	1.230		1	MA	12		0.369		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.014		0	FLM	4		0.004		
13:0	g									
14:0	g	0.012		0	FLM	4		0.003		
15:0	g									
16:0	g	0.980		0	FLM	4		0.294		
17:0	g									
18:0	g	0.168		0	FLM	4		0.050		
20:0	g									
22:0	g									
24:0	g									

NDB No. 08350
Cereals, ready-to-eat, MALT-O-MEAL, TOASTY O'S

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.230		1	MA	12		0.669		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.016		0	FLM	4		0.005		
17:1.....g									
18:1 undifferentiated.....g	2.212		0	FLM	4		0.664		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.030		1	MA	12		0.609		
18:2 undifferentiated.....g	1.911		0	FLM	4		0.573		
18:3 undifferentiated.....g	0.118		0	FLM	4		0.035		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	MA	12		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1 cup (1 NLEA serving)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08183

Cereals, whole wheat hot natural cereal, cooked with water, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	83.60		0	FLM	4		202.31	152.15	
Energy	kcal	66		0	FLM	4		159	120	
Energy	kj	276		0	FLM	4		667	501	
Protein (N x 5.83)	g	2.03		0	FLM	4		4.91	3.69	
Total lipid (fat)	g	0.36		0	FLM	4		0.88	0.66	
Ash	g	0.37		0	FLM	4		0.90	0.68	
Carbohydrate, by difference	g	13.62		0	FLM	4		32.96	24.79	
Fiber, total dietary	g	1.7		0	FLM	4		4.2	3.1	
Sugars, total	g	0.08		0	FLM	4		0.18	0.14	
Starch	g									
Minerals:										
Calcium, Ca	mg	9		0	FLM	4		22	17	
Iron, Fe	mg	0.62		0	FLM	4		1.49	1.12	
Magnesium, Mg	mg	23		0	FLM	4		55	41	
Phosphorus, P	mg	69		0	FLM	4		166	125	
Potassium, K	mg	71		0	FLM	4		171	128	
Sodium, Na	mg	233		0		1		564	424	
Zinc, Zn	mg	0.49		0	FLM	4		1.17	0.88	
Copper, Cu	mg	0.088		0	FLM	4		0.214	0.161	
Manganese, Mn	mg	0.580		0	FLM	4		1.403	1.055	
Selenium, Se	mcg	12.8		0	FLM	4		31.0	23.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	FLM	4		0.0	0.0	
Thiamin	mg	0.072		0	FLM	4		0.175	0.132	
Riboflavin	mg	0.054		0	FLM	4		0.131	0.099	
Niacin	mg	0.887		0	FLM	4		2.148	1.615	
Pantothenic acid	mg	0.166		0	FLM	4		0.401	0.302	
Vitamin B-6	mg	0.071		0	FLM	4		0.171	0.129	
Folate, total	mcg	14		0	FLM	4		34	26	
Folic acid	mcg	0		0	FLM	4		0	0	
Folate, food	mcg	14		0	FLM	4		34	26	
Folate, DFE	mcg_DFE	14		0	NC	4		34	26	
Vitamin B-12	mcg	0.00		0	FLM	4		0.00	0.00	
Vitamin A, IU	IU	2		0	NC	4		4	3	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	FLM	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.24		0	FLM	4		0.57	0.43	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.4		0	FLM	4		1.1	0.8	
Lipids:										
Fatty acids, total saturated	g	0.060		0	FLM	4		0.145	0.109	
4:0	g	0.000		0	FLM	4		0.000	0.000	
6:0	g	0.000		0	FLM	4		0.000	0.000	
8:0	g	0.000		0	FLM	4		0.000	0.000	
10:0	g	0.000		0	FLM	4		0.000	0.000	
12:0	g	0.000		0	FLM	4		0.000	0.000	
13:0	g									
14:0	g	0.000		0	FLM	4		0.000	0.000	
15:0	g									
16:0	g	0.058		0	FLM	4		0.141	0.106	
17:0	g									
18:0	g	0.002		0	FLM	4		0.004	0.003	
20:0	g									
22:0	g									
24:0	g									

NDB No. 08183

Cereals, whole wheat hot natural cereal, cooked with water, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.057		0	FLM	4		0.137	0.103	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.057		0	FLM	4		0.137	0.103	
20:1.....g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.202		0	FLM	4		0.488	0.367	
18:2 undifferentiated.....g	0.187		0	FLM	4		0.452	0.340	
18:3 undifferentiated.....g	0.015		0	FLM	4		0.036	0.027	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLM	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0	0.0	
Caffeine.....mg	0		0	FLM	4		0	0	
Theobromine.....mg	0		0	FLM	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	1		0	FLM	4		2.397	1.803	
Carotene, alpha.....mcg	0		0	FLM	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000	0.000	
Lycopene.....mcg	0		0	FLM	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	41		0	FLM	4		99.518	74.844	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 242g: 1 cup

Measure 2 = 182g: .75 cup

Calories Factors: **Protein** 3.59 **Fat** 8.37 **Carbohydrate** 3.78

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08145

Cereals, whole wheat hot natural cereal, cooked with water, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	83.60		0	BFZN	4		202.31	152.15	
Energy	kcal	66		0	BFZN	4		159	120	
Energy	kj	276		0	BFZN	4		667	501	
Protein (N x 5.83)	g	2.03		0	BFZN	4		4.91	3.69	
Total lipid (fat)	g	0.36		0	BFZN	4		0.88	0.66	
Ash	g	0.37		0	BFZN	4		0.90	0.68	
Carbohydrate, by difference	g	13.62		0	BFZN	4		32.96	24.79	
Fiber, total dietary	g	1.7		0	BFZN	4		4.2	3.1	
Sugars, total	g	0.08		0	BFZN	4		0.18	0.14	
Starch	g									
Minerals:										
Calcium, Ca	mg	9		0	BFZN	4		22	17	
Iron, Fe	mg	0.62		0	BFZN	4		1.49	1.12	
Magnesium, Mg	mg	23		0	BFZN	4		55	41	
Phosphorus, P	mg	69		0	BFZN	4		166	125	
Potassium, K	mg	71		0	BFZN	4		171	128	
Sodium, Na	mg	0		0		1		0	0	
Zinc, Zn	mg	0.49		0	BFZN	4		1.17	0.88	
Copper, Cu	mg	0.088		0	BFZN	4		0.214	0.161	
Manganese, Mn	mg	0.580		0	BFZN	4		1.403	1.055	
Selenium, Se	mcg	12.8		0	BFZN	4		31.0	23.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	BFZN	4		0.0	0.0	
Thiamin	mg	0.072		0	BFZN	4		0.175	0.132	
Riboflavin	mg	0.054		0	BFZN	4		0.131	0.099	
Niacin	mg	0.887		0	BFZN	4		2.148	1.615	
Pantothenic acid	mg	0.166		0	BFZN	4		0.401	0.302	
Vitamin B-6	mg	0.071		0	BFZN	4		0.171	0.129	
Folate, total	mcg	14		0	BFZN	4		34	26	
Folic acid	mcg	0		0	BFZN	4		0	0	
Folate, food	mcg	14		0	BFZN	4		34	26	
Folate, DFE	mcg_DFE	14		0	NC	4		34	26	
Vitamin B-12	mcg	0.00		0	BFZN	4		0.00	0.00	
Vitamin A, IU	IU	2		0	BFZN	4		4	3	
Vitamin A, RAE	mcg_RAE	0		0	BFZN	4		0	0	
Retinol	mcg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.24		0	BFZN	4		0.57	0.43	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.4		0	BFZN	4		1.1	0.8	
Lipids:										
Fatty acids, total saturated	g	0.060		0	BFZN	4		0.145	0.109	
4:0	g	0.000		0	BFZN	4		0.000	0.000	
6:0	g	0.000		0	BFZN	4		0.000	0.000	
8:0	g	0.000		0	BFZN	4		0.000	0.000	
10:0	g	0.000		0	BFZN	4		0.000	0.000	
12:0	g	0.000		0	BFZN	4		0.000	0.000	
13:0	g									
14:0	g	0.000		0	BFZN	4		0.000	0.000	
15:0	g									
16:0	g	0.058		0	BFZN	4		0.141	0.106	
17:0	g									
18:0	g	0.002		0	BFZN	4		0.004	0.003	
20:0	g									
22:0	g									
24:0	g									

NDB No. 08145

Cereals, whole wheat hot natural cereal, cooked with water, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.057		0	BFZN	4		0.137	0.103	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.057		0	BFZN	4		0.137	0.103	
20:1.....g	0.000		0	BFZN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.202		0	BFZN	4		0.488	0.367	
18:2 undifferentiated.....g	0.187		0	BFZN	4		0.452	0.340	
18:3 undifferentiated.....g	0.015		0	BFZN	4		0.036	0.027	
18:4.....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	BFZN	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	1		0	BFZN	4		2.397	1.803	
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	41		0	BFZN	4		99.518	74.844	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 242g: 1 cup

Measure 2 = 182g: .75 cup

Calories Factors: **Protein** 3.59 **Fat** 8.37 **Carbohydrate** 3.78

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 08144
Cereals, whole wheat hot natural cereal, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	9.90	0.264	18		1		9.31	3.07	
Energy	kcal	342		0	NC	4		321	106	
Energy	kj	1431				4		1345	444	
Protein (N x 5.83)	g	11.20	0.421	18		1		10.53	3.47	
Total lipid (fat)	g	2.00	0.061	16		1		1.88	0.62	
Ash	g	1.60	0.042	16		1		1.50	0.50	
Carbohydrate, by difference	g	75.20		0	NC	4		70.69	23.31	
Fiber, total dietary	g	9.5		0		1		8.9	2.9	
Sugars, total	g	0.42		0	BFNN	4		0.39	0.13	
Starch	g									
Minerals:										
Calcium, Ca	mg	40		2		1		38	12	
Iron, Fe	mg	3.39	0.108	17		1		3.19	1.05	
Magnesium, Mg	mg	122	2.283	18		1		115	38	
Phosphorus, P	mg	379	7.862	18		1		356	117	
Potassium, K	mg	389	11.910	5		1		366	121	
Sodium, Na	mg	2	0.442	17		1		2	1	
Zinc, Zn	mg	2.66	0.066	27		1		2.50	0.82	
Copper, Cu	mg	0.458	0.018	26		1		0.431	0.142	
Manganese, Mn	mg	3.200		1		1		3.008	0.992	
Selenium, Se	mcg	70.7		0	BFZN	4		66.5	21.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.400	0.023	16		1		0.376	0.124	
Riboflavin	mg	0.300	0.043	16		1		0.282	0.093	
Niacin	mg	4.900	0.183	16		1		4.606	1.519	
Pantothenic acid	mg	0.915	0.014	10		1		0.860	0.284	
Vitamin B-6	mg	0.391		0		4		0.368	0.121	
Folate, total	mcg	78	1.562	10		1		73	24	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	78		0	NC	4		73	24	
Folate, DFE	mcg_DFE	78		0	NC	4		73	24	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	0		0		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	1.31		0	BFFN	4		1.23	0.41	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.4		0	BFFN	4		2.3	0.7	
Lipids:										
Fatty acids, total saturated	g	0.300		0		4		0.282	0.093	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		4		0.000	0.000	
13:0	g									
14:0	g	0.000		0		4		0.000	0.000	
15:0	g									
16:0	g	0.292		0		4		0.274	0.091	
17:0	g									
18:0	g	0.008		0		4		0.008	0.002	
20:0	g									
22:0	g									
24:0	g									

NDB No. 08144
Cereals, whole wheat hot natural cereal, dry

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.283		0		4		0.266	0.088	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.283		0		4		0.266	0.088	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.008		0		4		0.948	0.312	
18:2 undifferentiated.....g	0.933		0		4		0.877	0.289	
18:3 undifferentiated.....g	0.075		0		4		0.071	0.023	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	5		0	BFNN	4		5.142	1.696	
Carotene, alpha.....mcg	0		0	BFNN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFNN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFNN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	227		0	BFNN	4		213.438	70.389	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 94g: 1 cup

Measure 2 = 31g: .333 cup

Calories Factors: Protein 3.59 **Fat** 8.37 **Carbohydrate** 3.78

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43483
Millet, puffed

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.50				4		0.53		
Energy	kcal	354				4		74		
Energy	kj	1481				4		311		
Protein	g	13.00		0	LC	8		2.73		
Total lipid (fat)	g	3.40			LC	8		0.71		
Ash	g	1.56		0	BFZN	4		0.33		
Carbohydrate, by difference	g	80.00			LC	8		16.80		
Fiber, total dietary	g	2.7				4		0.6		
Sugars, total	g	0.55		0	BFZN	4		0.12		
Starch	g									
Minerals:										
Calcium, Ca	mg	8				4		2		
Iron, Fe	mg	2.81				4		0.59		
Magnesium, Mg	mg	106				4		22		
Phosphorus, P	mg	266				4		56		
Potassium, K	mg	40			LC	8		8		
Sodium, Na	mg	5				4		1		
Zinc, Zn	mg	1.58				4		0.33		
Copper, Cu	mg	0.702				4		0.147		
Manganese, Mn	mg									
Selenium, Se	mcg	2.9		0	BFSN	4		0.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0				4		0.0		
Thiamin	mg	0.390				4		0.082		
Riboflavin	mg	0.270				4		0.057		
Niacin	mg	4.420				4		0.928		
Pantothenic acid	mg									
Vitamin B-6	mg	0.360				4		0.076		
Folate, total	mcg	79				4		17		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	79				4		17		
Folate, DFE	mcg_DFE	79		0	NC	4		17		
Vitamin B-12	mcg	0.00				7		0.00		
Vitamin A, IU	IU	0				4		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol)	mg	0.66		0	BFZN	4		0.14		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	1.4		0	BFZN	4		0.3		
Lipids:										
Fatty acids, total saturated	g	0.685				4		0.144		
4:0	g	0.000				4		0.000		
6:0	g	0.000				4		0.000		
8:0	g	0.000				4		0.000		
10:0	g	0.000				4		0.000		
12:0	g	0.003				4		0.001		
13:0	g									
14:0	g	0.000				4		0.000		
15:0	g									
16:0	g	0.501				4		0.105		
17:0	g									
18:0	g	0.146				4		0.031		
20:0	g									
22:0	g									
24:0	g									

NDB No. 43483
Millet, puffed

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.733				4		0.154		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.013				4		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.701				4		0.147		
20:1.....g	0.019				4		0.004		
22:1 undifferentiated.....g	0.000				4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.023				4		0.425		
18:2 undifferentiated.....g	1.910				4		0.401		
18:3 undifferentiated.....g	0.112				4		0.024		
18:4.....g	0.000				4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000		
20:5 n-3.....g	0.000				4		0.000		
22:5 n-3.....g	0.000				4		0.000		
22:6 n-3.....g	0.000				4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	0		0	BFZN	4		0		
Theobromine.....mg	0		0	BFZN	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000		
Carotene, alpha.....mcg	0		0	BFZN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 21g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 08 Breakfast Cereals

USDA National Nutrient Database for Standard Reference, Release 16 (2003)