



Breakfast Cereals Compared

Breakfast Cereal	Serving Size (cups)	Calories	Total Fat (g)	Saturated Fat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Contains Trans Fat	Contains HFCS
<b>Fruit Loops (Kellogg's)</b>	1	120	1	0.5	26	1	13	1	YES	YES
<b>All-Bran (Kellogg's)</b>	0.5	80	1	0	23	10	6	4	NO	YES
<b>Apple Jacks (Kellogg's)</b>	1	120	0.5	0	28	1	15	1	NO	YES
<b>Corn Flakes (Kellogg's)</b>	1	100	0	0	24	1*	2	2	NO	YES
<b>Corn Pops (Kellogg's)</b>	1	120	0	0	28	1*	14	1	YES	NO
<b>Crispix (Kellogg's)</b>	1	110	0	0	25	1*	3	2	NO	NO
<b>Raisin Bran Crunch (Kellogg's)</b>	1	190	1	0	45	4	20	3	NO	YES
<b>Eggo Cereal Maple Syrup (Kellogg's)</b>	1	120	1.5	0.5	22	2	13	2	YES	YES
<b>Frosted Flakes (Kellogg's)</b>	0.75	110	0	0	27	1	11	1	NO	YES
<b>Frosted Mini-Wheats Bite Size (Kellogg's)</b>	24 biscuits	200	1	0	48	6	12	6	NO	YES
<b>Honey Smacks (Kellogg's)</b>	0.75	100	0.5	0	24	1	15	2	YES	NO
<b>Smorz (Kellogg's)</b>	1	120	2	0.5	25	1*	13	1	YES	YES
<b>Mini-Swirlz Cinnamon Bun (Kellogg's)</b>	1	120	2	0	25	1	12	2	YES	NO
<b>Product 19 (Kellogg's)</b>	1	100	0	0	25	1	4	2	NO	YES
<b>Rice Krispies (Kellogg's)</b>	1.25	120	0	0	29	0	3	2	NO	YES
<b>Rice Krispies Treats Cereal (Kellogg's)</b>	0.75	120	1.5	0	26	0	9	1	YES	YES
<b>Smart Start Healthy Heart (Kellogg's)</b>	1.25	230	3	0.5	46	5	17	7	NO	YES
<b>Special K</b>	1	120	0.5	0	22	1*	4	7	NO	YES

Breakfast Cereals Compared

Breakfast Cereal	Serving Size (cups)	Calories	Total Fat (g)	Saturated Fat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Contains Trans Fat	Contains HFCS
<b>(Kellogg's)</b>										
<b>Special K Red Berries (Kellogg's)</b>	1	110	0	0	25	1	10	3	NO	YES
<b>Frosted Krispies (Kellogg's)</b>	0.75	110	0	0	27	0	12	1	NO	YES
<b>Wheaties (General Mills)</b>	0.75	100	0.5	0	22	3	4	3	NO	NO
<b>Trix (General Mills)</b>	1	120	1.5	0	28	1	13	1	NO	YES
<b>Lucky Charms (General Mills)</b>	0.75	110	1	0	22	1	11	2	NO	NO
<b>Fiber One (General Mills)</b>	0.5	60	1	0	25	14	0	2	NO	NO
<b>Cheerios (General Mills)</b>	1	100	2	0	20	3	1	3	NO	NO
<b>Yogurt Burst Cheerios Vanilla (General Mills)</b>	0.75	120	1.5	0.5	24	2	9	2	NO	NO
<b>Rice Chex (General Mills)</b>	1	100	0.5	0	23	0	2	2	NO	NO
<b>Wheat Chex (General Mills)</b>	0.75	160	1	0	38	5	5	5	NO	NO
<b>Corn Chex (General Mills)</b>	1	120	0.5	0	26	1	3	2	NO	NO
<b>Honey Nut Cheerios (General Mills)</b>	0.75	110	1.5	0	22	2	9	3	NO	NO
<b>Multi Grain Cheerios (General Mills)</b>	1	110	1	0	23	3	6	2	NO	NO
<b>Total (General Mills)</b>	0.75	100	0.5	0	23	3	5	2	NO	NO
<b>Reese's Puffs (General Mills)</b>	0.75	120	3	0.5	22	1	12	2	NO	NO
<b>Oatmeal Crisp Crunchy Almond (General Mills)</b>	1	220	5	0.5	46	4	16	6	NO	YES
<b>Kix (General Mills)</b>	1.25	110	1	0	25	3	3	2	NO	NO
<b>Golden Grahams (General Mills)</b>	0.75	120	1	0	26	1	11	2	NO	NO
<b>Franken Berry (General Mills)</b>	1	130	1	0	29	1	14	1	NO	NO
<b>Count Chocula (General Mills)</b>	0.75	110	1	0	23	1	12	1	NO	NO
<b>Cookie Crisp (General Mills)</b>	0.75	100	1	0	22	1	11	1	NO	NO
<b>Cocoa Puffs (General Mills)</b>	0.75	110	1.5	0	23	1	12	1	NO	NO
<b>Cinnamon Toast Crunch (General Mills)</b>	0.75	130	3	0.5	25	1	10	1	NO	NO

Breakfast Cereals Compared

Breakfast Cereal	Serving Size (cups)	Calories	Total Fat (g)	Saturated Fat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Contains Trans Fat	Contains HFCS
<b>Basic 4 (General Mills)</b>	1	200	3	0.5	43	3	13	4	YES	NO
<b>Life (Quaker)</b>	0.75	120	1.5	0	25	2	6	3	NO	NO
<b>GOLEAN Cereal (Kashi)</b>	1	140	1	0	30	10	6	13	NO	NO
<b>Grape Nuts (Post)</b>	58 grams	200	1	0	48	7	4	6	NO	NO
<b>Shredded Wheat (Post)</b>	47 grams	200	1	0	37	6	0	5	NO	NO
<b>Cocoa Pebbles (Post)</b>	30 grams	110	1.5	1	26	3	11	1	YES	NO
<b>Fruity Pebbles (Post)</b>	30 grams	110	1	1	26	3	11	1	YES	NO
<b>Banana Nut Crunch (Post)</b>	59 grams	240	6	0.5	44	4	12	5	NO	NO
<b>Honey Bunches Of Oats (Post)</b>	30 grams	120	1.5	0	25	2	6	2	NO	NO
<b>Honey-Comb (Post)</b>	32 grams	120	1	0	27	2	10	2	NO	NO
<b>Oreo O's (Post)</b>	27 grams	110	2	0.5	22	1	13	1	YES	YES
<b>Waffle Crisp (Post)</b>	30 grams	120	2.5	0	25	1	12	2	YES	NO

**Email:** [Laurie@ChefLaurie.com](mailto:Laurie@ChefLaurie.com) **Phone:** 912-571-2617

© 2012. Chef Laurie LLC. All Rights Reserved