

## Cereal Nutrition Information

Cereal	Serving	Calories	Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Sugars (g)	Fiber (g)	Protein (g)
<b>Cap'n Crunch</b>	¾ cup	109	1.5	0	202	23	12	1	1
<b>Cheerios</b>	1 cup	110	2	0	160	20	1	3	3
<b>Cocoa Puffs</b>	¾ cup	110	1.5	0	150	23	13	2	1
<b>Froot Loops</b>	1 cup	110	1	0	135	25	12	3	1
<b>Frosted Flakes</b>	¾ cup	110	0	0	140	27	11	1	1
<b>Kellogg's Low Fat Granola</b>	2/3 cup	230	3	0	140	48	17	4	5
<b>Lucky Charms</b>	¾ cup	110	1	0	170	22	10	2	2
<b>Raisin Bran</b>	1 cup	190	1	0	250	46	17	7	5
<b>Rice Krispies</b>	1 1/4 cup	130	0	0	190	29	4	<1	2