

The Lean It UP Cereal Fatness Index -- 275 Cereals, Ranked

*Source: NutritionData.com, all measures are based on 1 NLEA Serving



Cereal	Brand	Calories/NLEA		Fiber-to-Sugar			Protein	LeanFACTOR Score
		Serving	Sugar	Fiber	Balance			
Special K Low Carb Lifestyle Protein Plus	Kellogg's	101	2	5	3	10	94.80	
Go Lean	Kashi	148	6	10	4	14	90.40	
All-Bran, Extra Fiber	Kellogg's	50	0	13	13	3	85.00	
Fiber One	General Mills	60	0	14	14	2	78.00	
Uncle Sam, Original	Attune	190	1	10	9	7	77.00	
Optimum Slim	Nature's Path	180	10	11	1	9	69.00	
Quaker's/Mother's Oat Bran	Quaker	146	1	6	5	7	65.80	
Shredded Wheat 'N Bran	Post/Kraft	197	1	8	7	7	65.60	
Optimum Blueberry Cinnamon	Nature's Path	200	9	9	0	9	60.00	
Optimum Power, Cinnamon Flax	Nature's Path	200	9	9	0	9	60.00	
Optimum Slim, Vanilla	Nature's Path	200	6	6	0	9	60.00	
Weetabix Whole Wheat	Weetabix	213	1	6	5	7	52.40	
Optimum Power, Flax-Soy-Blueberry	Nature's Path	200	9	7	-2	9	50.00	
7 Whole Grain Nuggets	Kashi	207	3	7	4	7	48.60	
Shredded Wheat Spoon Size	Post/Kraft	167	0	6	6	5	46.60	
Go Lean Crunch! Honey Almond Flax	Kashi	202	12	9	-3	9	44.60	
All-Bran Original	Kellogg's	81	5	9	4	4	43.80	
Oatmeal - Rolled Oats	Quaker	166	1	4	3	6	41.80	
7 In The Morning	Kashi	178	3	6	3	6	39.40	
Uncle Sam, Strawberry	Attune	240	7	8	1	8	37.00	
All-Bran Yogurt Bites	Kellogg's	192	7	10	3	6	36.60	
Flax Plus, Granola Cereal	Nature's Path	120	5	5	0	6	36.00	
Go Lean Crunch!	Kashi	200	13	8	-5	9	35.00	
Whole Grain Flakes	Kashi	175	4	6	2	6	35.00	
Good Friends	Kashi	167	9	12	3	5	31.60	
Special K	Kellogg's	117	4	1	-3	7	31.60	
All-Bran Bran Buds	Kellogg's	75	8	13	5	2	30.00	
100% Bran	Post/Kraft	83	7	8	1	4	28.40	
Mighty Bites, Cinnamon	Kashi	117	5	3	-2	6	26.60	
Shredded Wheat Miniatures	Kellogg's	102	1	4	3	3	24.60	
Creamy Wheat	Quaker	154	0	1	1	5	24.20	
Flax Plus, Multibran	Nature's Path	110	4	5	1	4	23.00	
Flax Plus, Multibran Flakes	Nature's Path	110	4	5	1	4	23.00	
Flax Plus, Multigrain	Nature's Path	110	4	5	1	4	23.00	
Mighty Bites, Honey Crunch	Kashi	116	6	3	-3	6	21.80	
Heritage Flakes	Nature's Path	120	4	5	1	4	21.00	
Heritage Heirloom Whole Grains Ancient Grain	Nature's Path	120	4	5	1	4	21.00	
Kamut Puffs	Nature's Path	50	0	2	2	2	20.00	
Cheerios	General Mills	103	1	3	2	3	19.40	
Grape-Nuts	Post/Kraft	208	7	5	-2	7	18.40	












<i>Granola, Summar Berry</i>	<i>Kashi</i>	214	9	7	-2	7	17.20
<i>Heart To Heart Honey Toasted Oat</i>	<i>Kashi</i>	118	5	5	0	4	16.40
<i>Wheat Chex</i>	<i>General Mills</i>	169	5	5	0	5	16.20
<i>Millet Rice</i>	<i>Nature's Path</i>	120	3	3	0	4	16.00
<i>Heritage O's Heirloom Whole Grain</i>	<i>Nature's Path</i>	120	3	3	0	4	16.00
<i>Tiger Power</i>	<i>Kellogg's</i>	105	8	3	-5	6	14.00
<i>Puffed Wheat</i>	<i>Quaker</i>	55	0	1	1	2	14.00
<i>Multigrain Oatbran Flake</i>	<i>Nature's Path</i>	110	4	5	1	3	13.00
<i>Oat Bran Cereal</i>	<i>Quaker</i>	212	9	6	-3	7	12.60
<i>Optimum</i>	<i>Nature's Path</i>	190	16	10	-6	8	12.00
<i>Skinnier's Raisin Bran</i>	<i>Attune</i>	190	8	6	-2	6	12.00
<i>All-Bran Complete</i>	<i>Kellogg's</i>	92	5	5	0	3	11.60
<i>Rice Puffs</i>	<i>Nature's Path</i>	50	0	0	0	2	10.00
<i>Puffed Wheat</i>	<i>Kellogg's</i>	29	0	1	1	1	9.20
<i>Erewhon Corn Flakes</i>	<i>Attune</i>	130	0	1	1	3	9.00
<i>Toasted Oats/Oatmmm's</i>	<i>Quaker</i>	106	2	2	0	3	8.80
<i>Organic Promise Autumn Wheat</i>	<i>Kashi</i>	191	7	6	-1	5	6.80
<i>Mother's Toasted Oat Bran, Brown Sugar</i>	<i>Quaker</i>	119	5	3	-2	4	6.20
<i>Bran Flakes</i>	<i>Post/Kraft</i>	96	6	5	-1	3	5.80
<i>Wheaties</i>	<i>General Mills</i>	99	4	3	-1	3	5.20
<i>Puffed Kashi</i>	<i>Kashi</i>	75	1	1	0	2	5.00
<i>Fiber 7 Flakes</i>	<i>Health Valley</i>	109	4	1	-3	4	3.20
<i>Instant Hot Oatmeal, Hemp Plus</i>	<i>Nature's Path</i>	160	6	5	-1	4	3.00
<i>Kix</i>	<i>General Mills</i>	88	2	2	0	2	2.40
<i>Flax Plus, Raisin Bran</i>	<i>Nature's Path</i>	190	12	8	-4	6	2.00
<i>Mesa Sunrise Flakes</i>	<i>Nature's Path</i>	120	4	3	-1	3	1.00
<i>Puffed Rice</i>	<i>Quaker</i>	54	0	0	0	1	-0.80
<i>Complete Oat Bran Flakes</i>	<i>Kellogg's</i>	105	6	4	-2	3	-1.00
<i>Grape-Nuts Flakes</i>	<i>Post/Kraft</i>	106	5	3	-2	3	-1.20
<i>Whole Grain Crispy Rice</i>	<i>Nature's Path</i>	110	2	2	0	2	-2.00
<i>Crunchy Bran</i>	<i>Quaker</i>	90	6	5	-1	2	-3.00
<i>Granola, Cocoa Beach</i>	<i>Kashi</i>	225	11	7	-4	6	-5.00
<i>Post Toasties Corn Flakes</i>	<i>Post/Kraft</i>	101	2	1	-1	2	-5.20
<i>Erewhon Crispy Brown Rice</i>	<i>Attune</i>	110	1	0	-1	2	-7.00
<i>Flax Plus, Instant Hot Oatmeal</i>	<i>Nature's Path</i>	210	10	5	-5	6	-7.00
<i>Instant Hot Oatmeal, Cinnamon Blueberry</i>	<i>Nature's Path</i>	160	8	3	-5	5	-7.00
<i>Flax Plus, Red Berry Crunch</i>	<i>Nature's Path</i>	210	10	5	-5	6	-7.00
<i>Whole O's</i>	<i>Nature's Path</i>	110	4	3	-1	2	-7.00
<i>Oaty Bites</i>	<i>Nature's Path</i>	110	5	2	-3	3	-7.00
<i>Oatmeal Squares</i>	<i>Quaker</i>	212	9	4	-5	6	-7.40
<i>Flax Plus, Maple Pecan Crunch</i>	<i>Nature's Path</i>	220	10	5	-5	6	-9.00
<i>Granola, Orchard Spice</i>	<i>Kashi</i>	222	11	6	-5	6	-9.40
<i>Whole Grain TOTAL</i>	<i>General Mills</i>	100	5	3	-2	2	-10.00
<i>Corn Flakes</i>	<i>Kellogg's</i>	101	3	1	-2	2	-10.20
<i>Chex, Rice</i>	<i>General Mills</i>	103	2	0	-2	2	-10.60

<i>Frosted Mini-Wheats, Bite Size</i>	<i>Kellogg's</i>	203	12	6	-6	6	-10.60
<i>Organic Promise Cinnamon Harvest</i>	<i>Kashi</i>	184	9	6	-3	4	-11.80
<i>Strawberry Mini-Wheats</i>	<i>Kellogg's</i>	184	10	5	-5	5	-11.80
<i>Flax Plus, Pumpkin Raisin Crunch</i>	<i>Nature's Path</i>	210	13	7	-6	6	-12.00
TOTAL Corn Flakes	General Mills	112	3	1	-2	2	-12.40
<i>Corn Chex</i>	<i>General Mills</i>	114	3	1	-2	2	-12.80
<i>Cinna-Raisin Crunch</i>	<i>Kashi</i>	165	12	8	-4	4	-13.00
<i>Great Grains, Crunchy Pecan</i>	<i>Post/Kraft</i>	216	8	4	-4	5	-13.20
<i>Granola, Mountain Medley</i>	<i>Kashi</i>	218	12	6	-6	6	-13.60
<i>Life, Plain</i>	<i>Quaker</i>	119	6	2	-4	3	-13.80
<i>Para Su Familia Raisin Bran</i>	<i>General Mills</i>	170	11	7	-4	4	-14.00
<i>Honey'd Corn Flakes</i>	<i>Nature's Path</i>	120	4	2	-2	2	-14.00
<i>Cinnamon Mini Swirlz</i>	<i>Kellogg's</i>	122	3	1	-2	2	-14.40
<i>Frosted Mini-Wheats</i>	<i>Kellogg's</i>	175	11	5	-6	5	-15.00
<i>Product 19</i>	<i>Kellogg's</i>	100	4	1	-3	2	-15.00
<i>Ancient Grains Granola With Almonds</i>	<i>Nature's Path</i>	250	9	6	-3	5	-15.00
<i>Flax Plus, Vanilla Almond Granola</i>	<i>Nature's Path</i>	250	10	5	-5	6	-15.00
<i>Crispix</i>	<i>Kellogg's</i>	109	3	0	-3	2	-16.80
<i>Pumpkin Flax Granola</i>	<i>Nature's Path</i>	260	10	5	-5	6	-17.00
<i>Superman Life</i>	<i>Quaker</i>	112	7	2	-5	3	-17.40
<i>7 Whole Grain Honey Puffs</i>	<i>Kashi</i>	114	7	2	-5	3	-17.80
<i>Multi-Grain Cheerios</i>	<i>General Mills</i>	114	6	3	-3	2	-17.80
<i>Honey Graham Life</i>	<i>Quaker</i>	119	7	2	-5	3	-18.80
<i>Honey Kix</i>	<i>General Mills</i>	120	6	3	-3	2	-19.00
<i>Berry Burst Cheerios</i>	<i>General Mills</i>	99	8	2	-6	3	-19.80
<i>Hemp Plus Granola</i>	<i>Nature's Path</i>	250	11	7	-4	5	-20.00
<i>Rice Krispies</i>	<i>Kellogg's</i>	128	3	0	-3	2	-20.60
<i>Heart To Heart Wild Blueberry</i>	<i>Kashi</i>	204	12	4	-8	6	-20.80
<i>Multi-Bran Chex</i>	<i>General Mills</i>	154	10	6	-4	3	-20.80
<i>Crunchy Maple Sunrise</i>	<i>Nature's Path</i>	110	7	3	-4	2	-22.00
<i>Vanilla/Maple Sunrise</i>	<i>Nature's Path</i>	110	7	3	-4	2	-22.00
<i>Sunrise Crunchy Vanilla</i>	<i>Nature's Path</i>	110	7	3	-4	2	-22.00
<i>Raisin Mini-Wheats</i>	<i>Kellogg's</i>	188	12	5	-7	5	-22.60
<i>Organic Promise Cranberry Sunshine</i>	<i>Kashi</i>	116	7	3	-4	2	-23.20
<i>Cinnamon Life</i>	<i>Quaker</i>	119	8	2	-6	3	-23.80
<i>Cinnamon Oatmeal Squares</i>	<i>Quaker</i>	227	13	5	-8	6	-25.40
<i>Crispy Corn Puffs</i>	<i>Quaker</i>	105	6	1	-5	2	-26.00
<i>Honey Nut Cheerios</i>	<i>General Mills</i>	110	9	2	-7	3	-27.00
<i>Instant Hot Oatmeal, Maple Nut</i>	<i>Nature's Path</i>	210	11	4	-7	5	-27.00
<i>Raisin Bran</i>	<i>Post/Kraft</i>	187	17	7	-10	6	-27.40
<i>Special K Red Berries</i>	<i>Kellogg's</i>	114	10	1	-9	4	-27.80
<i>Sun Country Granola with Almonds</i>	<i>Quaker</i>	266	12	3	-9	7	-28.20
<i>King Vitaman</i>	<i>Quaker</i>	120	6	1	-5	2	-29.00
<i>Erewhon Crispy Brown Rice, Mixed Berries</i>	<i>Attune</i>	120	6	1	-5	2	-29.00
<i>Erewhon Strawberry Crisp</i>	<i>Attune</i>	120	6	1	-5	2	-29.00

Optimum, Cranberry Ginger	Nature's Path	150	11	3	-8	4		-30.00
Frosted Mini-Wheats, Bite Size, Strawberry	Kellogg's	180	12	5	-7	4		-31.00
Frosted Mini-Wheats, Bite Size, Vanilla Crème	Kellogg's	180	12	5	-7	4		-31.00
Frosted Mini-Wheats, Strawberry Delight	Kellogg's	180	12	5	-7	4		-31.00
Frosted Shredded Wheat Bite Size	Post/Kraft	183	12	5	-7	4		-31.60
Frosted Mini-Wheats, Maple & Brown Sugar	Kellogg's	185	12	5	-7	4		-32.00
Life Vanilla Yogurt Crunch	Quaker	210	12	4	-8	5		-32.00
Love Crunch	Nature's Path	260	10	4	-6	5		-32.00
Instant Oatmeal, NFW, Vanilla Cinnamon	Quaker	163	13	3	-10	5		-32.60
Toasted Oatmeal	Quaker	188	12	3	-9	5		-32.60
Special K Vanilla Almond	Kellogg's	115	8	2	-6	2		-33.00
Instant Oatmeal, NFW, Golden Brown Sugar	Quaker	167	13	3	-10	5		-33.40
Honey Bunches Of Oats	Post/Kraft	118	7	1	-6	2		-33.60
Harmony	General Mills	201	13	2	-11	6		-35.20
Instant Oatmeal, Banana Bread	Quaker	151	12	3	-9	4		-35.20
Honey Bunches Of Oats, Almonds	Post/Kraft	126	7	1	-6	2		-35.20
Mother's Cinnamon Oat Crunch	Quaker	228	15	5	-10	6		-35.60
Corn Flakes w. Real Bananas	Kellogg's	108	6	1	-5	1		-36.60
Fruit Harvest, Peach/Strawberry	Kellogg's	110	9	2	-7	2		-37.00
Fruit Harvest, Banana Berry	Kellogg's	119	9	2	-7	2		-38.80
Kaboom	General Mills	120	6	1	-5	1		-39.00
Healthy Choice Almond Crunch w. Raisins	Kellogg's	198	15	5	-10	5		-39.60
Banana Nut Crunch	Post/Kraft	249	12	4	-8	5		-39.80
Team Cheerios	General Mills	100	10	2	-8	2		-40.00
Love Crunch, Apple Crumble Granola	Nature's Path	250	11	3	-8	5		-40.00
Instant Oatmeal, Apples and Cinnamon	Quaker	130	12	3	-9	3		-41.00
Instant Oatmeal, Maple Brown Sugar	Quaker	157	13	3	-10	4		-41.40
Mother's Peanut Butter Bumpers	Quaker	133	10	1	-9	3		-41.60
Instant Oatmeal, Fruit and Cream	Quaker	135	11	2	-9	3		-42.00
Fruit Harvest, Apple Cinnamon	Kellogg's	111	10	2	-8	2		-42.20
Cap'n Crunch Peanut Butter Crunch	Quaker	112	9	1	-8	2		-42.40
Toasted Oatmeal, Honey Nut	Quaker	188	12	3	-9	4		-42.60
Instant Oatmeal, French Vanilla	Quaker	165	13	3	-10	4		-43.00
Raisin Bran	Kellogg's	190	18	7	-11	5		-43.00
Acai Apple Granola with Pomegranate	Nature's Path	240	13	4	-9	5		-43.00
Instant Oatmeal, Honey Nut	Quaker	167	13	3	-10	4		-43.40
Reduced Sugar Frosted Flakes	Kellogg's	117	8	0	-8	2		-43.40
Organic Promise Strawberry Fields	Kashi	118	9	1	-8	2		-43.60
Smart Start Healthy Heart, Brown Sugar	Kellogg's	220	17	5	-12	6		-44.00
Smart Start Healthy Heart, Original	Kellogg's	220	17	5	-12	6		-44.00
Yogurt Burst Cheerios	General Mills	120	10	2	-8	2		-44.00
Erewhon Rice Twice	Attune	120	8	0	-8	2		-44.00
Berry Berry Kix	General Mills	104	8	1	-7	1		-45.80
Great Grains, Raisin, Date & Pecan	Post/Kraft	204	13	4	-9	4		-45.80
Fruit Harvest, Strawberry/Blueberry	Kellogg's	107	10	1	-9	2		-46.40

<i>Mother's Honey Roundup</i>	<i>Quaker</i>	107	10	1	-9	2	-46.40
<i>Oatmeal Crisp, Triple Berry</i>	<i>General Mills</i>	210	16	5	-11	5	-47.00
<i>Blueberry Morning</i>	<i>Post/Kraft</i>	211	11	2	-9	4	-47.20
<i>Frosted Oats</i>	<i>Quaker</i>	111	10	1	-9	2	-47.20
<i>Toasted Oatmeal Supreme, Strawberry Mango</i>	<i>Quaker</i>	211	15	4	-11	5	-47.20
<i>Berry Rice Krispies</i>	<i>Kellogg's</i>	115	9	0	-9	2	-48.00
<i>Honey Crunch Corn Flakes</i>	<i>Kellogg's</i>	115	10	1	-9	2	-48.00
<i>Instant Oatmeal, NFW, Apple Spice</i>	<i>Quaker</i>	169	16	3	-13	5	-48.80
<i>Just Right Fruit & Nut</i>	<i>Kellogg's</i>	194	13	3	-10	4	-48.80
<i>Cracklin' Oat Bran</i>	<i>Kellogg's</i>	197	16	6	-10	4	-49.40
<i>Special K, Fruit & Yogurt</i>	<i>Kellogg's</i>	122	11	2	-9	2	-49.40
<i>Raisin Nut Bran</i>	<i>General Mills</i>	200	15	5	-10	4	-50.00
<i>Reduced Sugar Froot Loops</i>	<i>Kellogg's</i>	126	10	1	-9	2	-50.20
<i>Frosted Alpha-Bits</i>	<i>Post/Kraft</i>	130	12	1	-11	3	-51.00
<i>100% Natural Granola Oats and Honey</i>	<i>Quaker</i>	206	15	3	-12	5	-51.20
<i>Smart Start Antioxidant</i>	<i>Kellogg's</i>	182	14	3	-11	4	-51.40
<i>Honey Nut Oats</i>	<i>Quaker</i>	108	11	1	-10	2	-51.60
<i>Cinnamon Toast Crunch</i>	<i>General Mills</i>	134	10	1	-9	2	-51.80
<i>Star Wars Cereal</i>	<i>Kellogg's</i>	109	12	2	-10	2	-51.80
<i>Robots</i>	<i>Kellogg's</i>	113	11	1	-10	2	-52.60
<i>Low Fat Granola without Raisins</i>	<i>Kellogg's</i>	190	14	3	-11	4	-53.00
<i>Honeycomb</i>	<i>Post/Kraft</i>	115	11	1	-10	2	-53.00
<i>Cocoa Krispies</i>	<i>Kellogg's</i>	118	11	1	-10	2	-53.60
<i>Instant Oatmeal, Baked Apple</i>	<i>Quaker</i>	145	14	3	-11	3	-54.00
<i>Mueslix</i>	<i>Kellogg's</i>	196	17	4	-13	5	-54.20
<i>Honey Nut Chex</i>	<i>General Mills</i>	128	10	0	-10	2	-55.60
<i>Mini Swirlz Peanut Butter</i>	<i>Kellogg's</i>	131	11	1	-10	2	-56.20
<i>Instant Oatmeal, Express, Cinnamon Roll</i>	<i>Quaker</i>	209	17	4	-13	5	-56.80
<i>Basic 4</i>	<i>General Mills</i>	210	14	3	-11	4	-57.00
<i>French Toast Crunch</i>	<i>General Mills</i>	135	11	1	-10	2	-57.00
<i>Frosted Cheerios</i>	<i>General Mills</i>	110	12	1	-11	2	-57.00
<i>Fruit & Fibre, Raisins & Walnuts</i>	<i>Post/Kraft</i>	212	16	5	-11	4	-57.40
<i>Oatmeal Crisp, Almonds</i>	<i>General Mills</i>	240	17	5	-12	5	-58.00
<i>Mini Swirlz Fudge Ripple</i>	<i>Kellogg's</i>	117	12	1	-11	2	-58.40
<i>Crispix, Cinnamon Crunch</i>	<i>Kellogg's</i>	120	9	0	-9	1	-59.00
<i>Golden Grahams</i>	<i>General Mills</i>	120	10	1	-9	1	-59.00
<i>Instant Oatmeal, Cinnamon Spice</i>	<i>Quaker</i>	170	16	3	-13	4	-59.00
<i>Rice Krispies Treats Cereal</i>	<i>Kellogg's</i>	120	9	0	-9	1	-59.00
<i>Eggo Crunch</i>	<i>Kellogg's</i>	124	13	2	-11	2	-59.80
<i>Erewhon Cocoa Crispy Brown Rice</i>	<i>Attune</i>	200	11	1	-10	3	-60.00
<i>Reese's Puffs</i>	<i>General Mills</i>	126	12	1	-11	2	-60.20
<i>Scooby-Doo! Berry Bones</i>	<i>Kellogg's</i>	127	12	1	-11	2	-60.40
<i>Christmas Crunch</i>	<i>Quaker</i>	104	11	1	-10	1	-60.80
<i>Mother's Groovy Grahams</i>	<i>Quaker</i>	104	13	1	-12	2	-60.80
<i>Low Fat Granola with Raisins</i>	<i>Kellogg's</i>	230	17	4	-13	5	-61.00

Wheaties Raisin Bran	General Mills	183	18	5	-13	4	-61.60
Frosted Chex	General Mills	110	10	0	-10	1	-62.00
Oreo O's	Post/Kraft	112	11	1	-10	1	-62.40
Frosted Rice Krispies	Kellogg's	115	12	0	-12	2	-63.00
Spongebob Squarepants Cereal	Kellogg's	118	13	1	-12	2	-63.60
Apple Cinnamon Cheerios	General Mills	120	13	1	-12	2	-64.00
Post Selects Cranberry Almond Crunch	Post/Kraft	220	15	3	-12	4	-64.00
Fruitangy Oh's	Quaker	122	13	1	-12	2	-64.40
Instant Oatmeal, Treasure Hunt	Quaker	173	17	3	-14	4	-64.60
Instant Oatmeal, Raisin and Spice	Quaker	155	16	3	-13	3	-66.00
Peanut Butter Cookie Crisp	General Mills	130	13	1	-12	2	-66.00
Peanut Butter Toast Crunch	General Mills	130	13	1	-12	2	-66.00
Tony's Cinnamon Crunchers	Kellogg's	130	10	0	-10	1	-66.00
Cap'n Crunch with Crunchberries	Quaker	105	12	1	-11	1	-66.00
Instant Hot Oatmeal, Multigrain Raisin Spice	Nature's Path	180	18	4	-14	4	-66.00
Count Chocula	General Mills	108	12	1	-11	1	-66.60
Instant Oatmeal, Express, Golden Brown Sugar	Quaker	209	18	3	-15	5	-66.80
Cap'n Crunch	Quaker	109	12	1	-11	1	-66.80
Sweet Crunch	Quaker	109	12	1	-11	1	-66.80
Frosted Flakes	General Mills	110	12	1	-11	1	-67.00
Fruit Ocean Adventure	Quaker	110	12	1	-11	1	-67.00
Honey Graham O's	Quaker	111	12	1	-11	1	-67.20
Oatmeal Crisp, Raisin	General Mills	237	20	4	-16	6	-67.40
Marshmallow Alpha-Bits	Post/Kraft	115	13	0	-13	2	-68.00
Lucky Charms	General Mills	142	14	2	-12	2	-68.40
Marshmallow Safari	Quaker	119	14	1	-13	2	-68.80
Mother's Cocoa Bumpers	Quaker	124	14	1	-13	2	-69.80
Honey Smacks	Kellogg's	104	15	1	-14	2	-70.80
Fruit Brontosaurus Blasts	Quaker	105	12	0	-12	1	-71.00
Cocoa Puffs	General Mills	108	13	1	-12	1	-71.60
Fruity Pebbles	Post/Kraft	108	12	0	-12	1	-71.60
Froot Loops	General Mills	118	13	1	-12	1	-73.60
Cookie Crisp	General Mills	120	13	1	-12	1	-74.00
TOTAL Raisin Bran	General Mills	170	19	5	-14	3	-74.00
Cranberry Macadamia Nut Cereal	Quaker	245	17	4	-13	4	-74.00
Smorz	Kellogg's	122	13	1	-12	1	-74.40
Instant Oatmeal, Express, Baked Apple	Quaker	208	19	4	-15	4	-76.60
Low Fat 100% Natural Granola with Raisins	Quaker	214	18	3	-15	4	-77.80
Cocoa Pebbles	Post/Kraft	115	13	0	-13	1	-78.00
Honey Nut Clusters	General Mills	218	18	3	-15	4	-78.60
Apple Zaps	Quaker	118	14	1	-13	1	-78.60
Trix	General Mills	128	14	1	-13	1	-80.60
Apple Jacks	Kellogg's	129	14	1	-13	1	-80.80
Sweet Puffs	Quaker	133	16	1	-15	2	-81.60
Instant Oatmeal, Dinosaur Eggs Brown Sugar	Quaker	194	20	3	-17	4	-83.80

Chocolate Lucky Charms	General Mills	120	15	1	-14	1		-84.00
Cran-Vanilla Crunch	Kellogg's	205	18	3	-15	3		-86.00
Golden Crisp	Post/Kraft	107	15	0	-15	1		-86.40
Raisin Bran Crunch	Kellogg's	188	20	4	-16	3		-87.60
Corn Pops	Kellogg's	117	15	0	-15	1		-88.40
Cocoa Blasts	Quaker	130	16	1	-15	1		-91.00
Frankenberry	General Mills	132	15	0	-15	1		-91.40
Marshmallow Froot Loops, Rainbow Breeze	Kellogg's	117	16	0	-16	1		-93.40
Marshmallow Froot Loops	Kellogg's	118	16	0	-16	1		-93.60
Oatmeal Crisp, Apple Cinnamon	General Mills	210	19	4	-15	2		-97.00
Toasted Honey Crunch	Kellogg's	225	19	2	-17	3		-100.00