

Kellogg's Frosted Flakes®

Nutrition Facts			
Serving Size		3/4 Cup (30g)	
Amount Per Serving			
	Cereal	with 1/2 cup skim milk	
Calories	110	150	
Calories from Fat	0	0	
% Daily Value**			
Total Fat 0g*	0%	0%	
Saturated Fat 0g	0%	0%	
Trans Fat 0g			
Polyunsaturated Fat 0g			
Monounsaturated Fat 0g			
Cholesterol 0mg	0%	0%	
Sodium 140mg	6%	9%	
Potassium 35mg	1%	7%	
Total Carbohydrate 27g	9%	11%	
Dietary Fiber less than 1g	3%	3%	
Sugars 11g			
Protein 1g			
Vitamin A	10%	15%	
Vitamin C	10%	10%	
Calcium	0%	15%	
Iron	25%	25%	
Vitamin D	10%	25%	
Thiamin	25%	30%	
Riboflavin	25%	35%	
Niacin	25%	25%	
Vitamin B ₆	25%	25%	
Folic Acid	25%	25%	
Vitamin B ₁₂	25%	35%	

* Amount in cereal. One half cup of skim milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrates (6g sugars), and 4g protein.

** Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Milled corn, sugar, contains 2% or less of malt flavoring, salt, BHT for freshness.

General Mills Cheerios

Nutrition Facts			
Serving Size		1 cup (28g)	
Serving Size		Children Under 4 - 3/4 cup (21g)	
Servings Per Container		about 18	
Serving Size		Children under 4 - about 24	
Amount Per Serving			
	Cheerios	with 1/2 cup skim milk	Cereal for Children Under 4
Calories	100	140	80
Calories from Fat	15	20	10
% Daily Value**			
Total Fat 2g*	3%	3%	1.5g
Saturated Fat 0g	0%	3%	0g
Trans Fat 0g			0g
Polyunsaturated Fat 0.5g			0g
Monounsaturated Fat 0.5g			0g
Cholesterol 0mg	0%	1%	0mg
Sodium 160mg	7%	9%	120mg
Potassium 170mg	5%	11%	130mg
Total Carbohydrate 20g	7%	9%	15g
Dietary Fiber 3g	11%	11%	2g
Soluble Fiber 1g			0g
Sugars 1g			1g
Other Carbohydrate 17g			12g
Protein 3g			2g
% Daily Value**			
Protein	-	-	9%
Vitamin A	10%	15%	10%
Vitamin C	10%	10%	10%
Calcium	10%	25%	8%
Iron	45%	45%	50%
Vitamin D	10%	25%	6%
Thiamin	25%	30%	35%
Riboflavin	25%	35%	35%
Niacin	25%	25%	35%
Vitamin B ₆	25%	25%	45%
Folic Acid	50%	50%	60%
Vitamin B ₁₂	25%	35%	30%
Phosphorus	10%	25%	8%
Magnesium	10%	10%	10%

Ingredients: Whole Grain Oats (includes the oat bran), Modified Corn Starch, Sugar, Salt, Tripotassium Phosphate, Wheat Starch, Vitamin E (mixed tocopherols) Added to Preserve Freshness.

Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B₆ (pyridoxine hydrochloride), Vitamin A (palmitate), Vitamin B₂ (riboflavin), Vitamin B₁ (thiamin mononitrate), A B Vitamin (folic acid), Vitamin B₁₂, Vitamin D₃.

Kellogg's® Smacks®

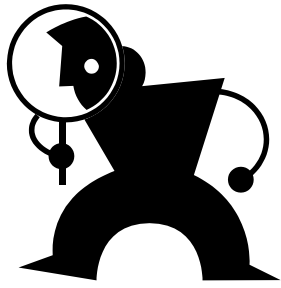
Nutrition Facts			
Serving Size		3/4 Cup (27g)	
Amount Per Serving			
	Cereal	with 1/2 cup skim milk	
Calories	100	140	
Calories from Fat	5	5	
% Daily Value**			
Total Fat 0.5g*	1%	1%	
Saturated Fat 0g	0%	0%	
Trans Fat 0g			
Polyunsaturated Fat 0g			
Monounsaturated Fat 0g			
Cholesterol 0mg	0%	0%	
Sodium 40mg	2%	4%	
Potassium 50mg	1%	7%	
Total Carbohydrate 24g	8%	10%	
Dietary Fiber 1g	5%	5%	
Sugars 15g			
Protein 2g			
Vitamin A	10%	15%	
Vitamin C	10%	10%	
Calcium	0%	15%	
Iron	2%	2%	
Vitamin D	10%	25%	
Thiamin	25%	30%	
Riboflavin	25%	35%	
Niacin	25%	25%	
Vitamin B ₆	25%	25%	
Folic Acid	25%	25%	
Vitamin B ₁₂	25%	35%	

* Amount in cereal. One half cup of skim milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrates (6g sugars), and 4g protein.

** Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Sugar, wheat, dextrose, honey, contains 2% or less of vegetable oil (hydrogenated or partially hydrogenated soybean), salt, caramel color, soy lecithin, BHT for freshness.



Nutrition Detectives

Case of the breakfast blues: Can you find the healthiest breakfast cereal?

CLUE # 1: Which cereal has the most calories per serving? _____

CLUE # 2: Which cereals have a serving size of 3/4 cup? _____

CLUE # 3: What is the first ingredient in Frosted Flakes? _____

What is the first ingredient in Cheerios? _____

What is the first ingredients in Honey Smacks? _____

CLUE# 4: Which cereal contains the most dietary fiber? _____

CLUE# 5: Which cereal is a whole grain food? _____

CLUE # 6: Which cereal has the least amount of total fat? _____

CLUE # 7: Which cereal contains the most calcium? _____

CLUE # 8: Which cereal has trans fat in disguise? _____

hint: look for "partially hydrogenated oil"

Solve the Mystery: Which cereal is the healthiest?



Public Health

Durham County Department of Public Health Nutrition Division (919) 560-7837. This material was funded by the SNAP-Ed Nutrition Education and Obesity Prevention Grant Program. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Offices of Civil Rights, 1400 Independence Avenue, SW, Washington D.C. 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer. SNAP, or Food and Nutrition Assistance, provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (919) 560-8000.