

CEREAL

| S/B Daily Intake | | | 20gr | 25gr | 50gr | |
|------------------------------|---------------------------|----------|---------|-------|---------|--------|
| FOOD | Serving | Calories | Sat.Fat | Sugar | Protien | POINTS |
| CEREAL | | | | | | |
| All Bran Cereal Kelloggs | 1/2 Cup | 80 | 0 | 6 | 4 | 3 |
| Basic 4 cereal | 1 Cup | 200 | 1 | 12 | 4 | 7 |
| Cheerios | 3/4 Cup 6 oz 12 TBL | 110 | 0 | 9 | 2 | 7 |
| Cherrios | 1/3 Cup 3 oz 6 TBL | 60 | 0 | 4 | 1 | 2 |
| Chocolate Crunch Go Lean | 3/4 Cup 6 oz 12 TBL | 220 | 1.5 | 10 | 10 | 7 |
| Chocolate Crunch Go Lean | 1/3 Cup 3 oz 6 TBL | 110 | 0.5 | 5 | 5 | 4 |
| Cinnamon Go Lean | 3/4 Cup 6 oz 12 TBL | 180 | 0.5 | 9 | 11 | 6 |
| Cinnamon Go Lean | 1/3 Cup 3oz 6 TBL | 90 | 0.2 | 5 | 6 | 3 |
| Cinnamon Go Lean | 1/2 Cup 4oz 8TBL | 100 | 1.2 | 6 | 7 | 3 |
| Cocoa Puffs | 3/4 Cup 6 oz 12 TBL | 100 | 0 | 9 | 1 | 4 |
| Cocoa Puffs | 1/3 Cup 3 oz 6 TBL | 50 | 0 | 5 | 0 | 2 |
| Fiber One Cereal | 1/2 Cup | 60 | 0 | 0 | 2 | 2 |
| Oatmeal Quick 1 Minute | 1/2 Cup | 150 | 0.5 | 1 | 5 | 4 |
| Pumpkin Cherrois Trader Joes | 1 Cup | 110 | 0 | 9 | 2 | 4 |
| Steel Oats Trader Joes | 1/4 Cup | 150 | 0.5 | 1 | 5 | 4 |
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