

Food Group: Breakfast Cereals

Here you can find links to MedRat NutriArchives (one of the world's largest collections of food composition Web pages!) food composition Web pages, based on USDA National Nutrient Database for Standard Reference, Release 20 (SR20). There are 433 food items (arranged in alphabetical order) for food group, "Breakfast Cereals", in SR20. However, there are 7519 food items in all food groups included in SR20. **NDB#** is the 5-digit Nutrient Databank number that uniquely identifies a food item.

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Based on USDA National Nutrient Database for Standard Reference, Release 20 (SR20)

1. [AMARANTH FLAKES \(NDB#: 43584\)](#)
2. [Cereal ready-to-eat, CRISPY BROWN RICE \(NDB#: 43510\)](#)
3. [Cereals ready to eat, composite character cereals \(movies, TV\), brand A \(NDB#: 08217\)](#)
4. [Cereals ready to eat, composite character cereals \(movies, TV\), brand B \(NDB#: 08222\)](#)
5. [Cereals ready-to-eat, APPLE CINNAMON SQUARES MINI-WHEATS \(NDB#: 08254\)](#)
6. [Cereals ready-to-eat, bran flakes, single brand \(NDB#: 08029\)](#)
7. [Cereals ready-to-eat, bran, malted flour, single brand \(NDB#: 08053\)](#)
8. [Cereals ready-to-eat, chocolate flavored rings, presweetened, single brand \(NDB#: 08140\)](#)
9. [Cereals ready-to-eat, chocolate-flavored frosted puffed corn \(NDB#: 08204\)](#)
10. [Cereals ready-to-eat, corn and oat flours, puffed presweetened, single brand \(NDB#: 08046\)](#)
11. [Cereals ready-to-eat, corn flakes, low sodium \(NDB#: 08022\)](#)
12. [Cereals ready-to-eat, corn flakes, plain, single brand \(NDB#: 08076\)](#)
13. [Cereals ready-to-eat, corn, rice, wheat, oats, presweetened, with fruit and almonds, single brand \(NDB#: 08192\)](#)
14. [Cereals ready-to-eat, corn, whole wheat, rolled oats, presweetened, with almonds, single brand \(NDB#: 42240\)](#)
15. [Cereals ready-to-eat, FAMILIA \(NDB#: 43241\)](#)
16. [Cereals ready-to-eat, frosted oat cereal with marshmallows \(NDB#: 42236\)](#)
17. [Cereals ready-to-eat, GENERAL MILLS Mills Peanut Butter Toast Crunch \(NDB#: 08517\)](#)
18. [Cereals ready-to-eat, GENERAL MILLS, Multi-Bran CHEX \(NDB#: 08345\)](#)
19. [Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS \(NDB#: 08263\)](#)
20. [Cereals ready-to-eat, GENERAL MILLS, BASIC 4 \(NDB#: 08262\)](#)
21. [Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX \(NDB#: 08274\)](#)
22. [Cereals ready-to-eat, GENERAL MILLS, BOO BERRY \(NDB#: 08273\)](#)

23. [Cereals ready-to-eat, GENERAL MILLS, CHEERIOS \(NDB#: 08013\)](#)
24. [Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst \(NDB#: 08553\)](#)
25. [Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS \(NDB#: 08513\)](#)
26. [Cereals ready-to-eat, GENERAL MILLS, Cinnamon Grahams \(NDB#: 08139\)](#)
27. [Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH \(NDB#: 08272\)](#)
28. [Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS \(NDB#: 08271\)](#)
29. [Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP \(NDB#: 08017\)](#)
30. [Cereals ready-to-eat, GENERAL MILLS, Corn CHEX \(NDB#: 08019\)](#)
31. [Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA \(NDB#: 08270\)](#)
32. [Cereals ready-to-eat, GENERAL MILLS, Country Corn Flakes \(NDB#: 08269\)](#)
33. [Cereals ready-to-eat, GENERAL MILLS, FIBER ONE \(NDB#: 08244\)](#)
34. [Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY \(NDB#: 08268\)](#)
35. [Cereals ready-to-eat, GENERAL MILLS, French Toast Crunch \(NDB#: 08086\)](#)
36. [Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS \(NDB#: 08267\)](#)
37. [Cereals ready-to-eat, GENERAL MILLS, Frosted CHEX \(NDB#: 08514\)](#)
38. [Cereals ready-to-eat, GENERAL MILLS, GENERAL MILLS Berry Burst CHEERIOS, all flavors \(NDB#: 08239\)](#)
39. [Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS \(NDB#: 08035\)](#)
40. [Cereals ready-to-eat, GENERAL MILLS, HARMONY \(NDB#: 08398\)](#)
41. [Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS \(NDB#: 08045\)](#)
42. [Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX \(NDB#: 08057\)](#)
43. [Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS \(NDB#: 08243\)](#)
44. [Cereals ready-to-eat, GENERAL MILLS, KABOOM \(NDB#: 08278\)](#)
45. [Cereals ready-to-eat, GENERAL MILLS, KIX \(NDB#: 08048\)](#)
46. [Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS \(NDB#: 08050\)](#)
47. [Cereals ready-to-eat, GENERAL MILLS, Multi-Grain Cheerios \(NDB#: 08087\)](#)
48. [Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA \(NDB#: 08277\)](#)
49. [Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP with Almonds \(NDB#: 08202\)](#)
50. [Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, APPLE CINNAMON \(NDB#: 08190\)](#)
51. [Cereals ready-to-eat, GENERAL MILLS, Oatmeal Crisp, Raisin \(NDB#: 08245\)](#)
52. [Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Triple Berry \(NDB#: 08515\)](#)
53. [Cereals ready-to-eat, GENERAL MILLS, PARA SU FAMILIA Raisin Bran \(NDB#: 08371\)](#)
54. [Cereals ready-to-eat, GENERAL MILLS, Peanut Butter Cookie Crisp \(NDB#: 08516\)](#)
55. [Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN \(NDB#: 08261\)](#)
56. [Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS \(NDB#: 08194\)](#)
57. [Cereals ready-to-eat, GENERAL MILLS, Rice CHEX \(NDB#: 08064\)](#)
58. [Cereals ready-to-eat, GENERAL MILLS, Team CHEERIOS \(NDB#: 08088\)](#)
59. [Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes \(NDB#: 08246\)](#)
60. [Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran \(NDB#: 08247\)](#)
61. [Cereals ready-to-eat, GENERAL MILLS, TRIX \(NDB#: 08078\)](#)
62. [Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX \(NDB#: 08082\)](#)
63. [Cereals ready-to-eat, GENERAL MILLS, WHEATIES \(NDB#: 08089\)](#)
64. [Cereals ready-to-eat, GENERAL MILLS, WHEATIES Raisin Bran \(NDB#: 08026\)](#)
65. [Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL \(NDB#: 08077\)](#)
66. [Cereals ready-to-eat, granola, homemade \(NDB#: 08037\)](#)
67. [Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes \(NDB#: 08290\)](#)
68. [Cereals ready-to-eat, HEALTHY CHOICE, KELLOGG'S Almond Crunch with Raisins \(NDB#: 08195\)](#)
69. [Cereals ready-to-eat, Honey Puffed KASHI by Kellogg \(NDB#: 08389\)](#)

70. [Cereals ready-to-eat, JUST RIGHT with Crunchy Nuggets \(NDB#: 08242\)](#)
71. [Cereals ready-to-eat, KASHI 7 Whole Grain Flakes by KELLOGG \(NDB#: 08537\)](#)
72. [Cereals ready-to-eat, KASHI GOLEAN by Kellogg \(NDB#: 08393\)](#)
73. [Cereals ready-to-eat, KASHI GOLEAN CRUNCH! by KELLOGG \(NDB#: 08386\)](#)
74. [Cereals ready-to-eat, KASHI Good Friends by Kellogg \(NDB#: 08390\)](#)
75. [Cereals ready-to-eat, KASHI Heart to Heart by KELLOGG \(NDB#: 08387\)](#)
76. [Cereals ready-to-eat, KASHI HEART TO HEART Wild Blueberry by KELLOGG \(NDB#: 08538\)](#)
77. [Cereals ready-to-eat, KASHI MIGHTY BITES Cinnamon Cereal \(NDB#: 08540\)](#)
78. [Cereals ready-to-eat, KASHI MIGHTY BITES, Honey Crunch Cereal \(NDB#: 08541\)](#)
79. [Cereals ready-to-eat, KASHI ORGANIC PROMISE CINNAMON HARVEST by KELLOGG \(NDB#: 08539\)](#)
80. [Cereals ready-to-eat, KASHI ORGANIC PROMISE CRANBERRY SUNSHINE by KELLOGG \(NDB#: 08467\)](#)
81. [Cereals ready-to-eat, KASHI ORGANIC PROMISE STRAWBERRY FIELDS by KELLOGG \(NDB#: 08463\)](#)
82. [Cereals ready-to-eat, KASHI, CINNA-RAISIN CRUNCH by KELLOGG \(NDB#: 08461\)](#)
83. [Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat by KELLOGG \(NDB#: 08462\)](#)
84. [Cereals ready-to-eat, KASHI, SEVEN IN THE MORNING by KELLOGG \(NDB#: 08464\)](#)
85. [Cereals ready-to-eat, KELLOGG, KELLOGG'S Puffed Rice \(NDB#: 08378\)](#)
86. [Cereals ready-to-eat, KELLOGG, Berry RICE KRISPIES \(NDB#: 08519\)](#)
87. [Cereals ready-to-eat, KELLOGG, CRAN-VANILLA Crunch \(NDB#: 08521\)](#)
88. [Cereals ready-to-eat, KELLOGG, DISNEY HUNNY Bs \(NDB#: 08454\)](#)
89. [Cereals ready-to-eat, KELLOGG, DISNEY PRINCESS cereal \(NDB#: 08523\)](#)
90. [Cereals ready-to-eat, KELLOGG, DISNEY'S Pirates of the Caribbean \(NDB#: 08522\)](#)
91. [Cereals ready-to-eat, KELLOGG, EGGO Crunch Cereal, maple flavored \(NDB#: 08524\)](#)
92. [Cereals ready-to-eat, KELLOGG, Frosted MINI-WHEATS bite size STRAWBERRY DELIGHT \(NDB#: 08542\)](#)
93. [Cereals ready-to-eat, KELLOGG, Frosted MINI-WHEATS Bite Size Vanilla Creme \(NDB#: 08525\)](#)
94. [Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS \(NDB#: 08005\)](#)
95. [Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original \(NDB#: 08001\)](#)
96. [Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN WITH EXTRA FIBER \(NDB#: 08253\)](#)
97. [Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Yogurt Bites \(NDB#: 08518\)](#)
98. [Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS \(NDB#: 08003\)](#)
99. [Cereals ready-to-eat, KELLOGG, KELLOGG'S Cinnamon MINI SWIRLZ \(NDB#: 08520\)](#)
100. [Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES \(NDB#: 08014\)](#)
101. [Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Oat Bran Flakes \(NDB#: 08258\)](#)
102. [Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes \(NDB#: 08028\)](#)
103. [Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes \(NDB#: 08020\)](#)
104. [Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS \(NDB#: 08068\)](#)
105. [Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN \(NDB#: 08023\)](#)
106. [Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX \(NDB#: 08259\)](#)
107. [Cereals ready-to-eat, KELLOGG, KELLOGG'S CRUNCHEROOS \(NDB#: 08375\)](#)
108. [Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS \(NDB#: 08030\)](#)
109. [Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES \(NDB#: 08069\)](#)
110. [Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size \(NDB#: 08319\)](#)
111. [Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES \(NDB#: 08032\)](#)
112. [Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES \(NDB#: 08309\)](#)
113. [Cereals ready-to-eat, KELLOGG, KELLOGG'S Honey SMACKS \(NDB#: 08071\)](#)
114. [Cereals ready-to-eat, KELLOGG, KELLOGG'S JUST RIGHT Fruit & Nut \(NDB#: 08283\)](#)

115. [Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins \(NDB#: 08284\)](#)
116. [Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins \(NDB#: 08189\)](#)
117. [Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW BLASTED FROOT LOOPS \(NDB#: 08376\)](#)
118. [Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX \(NDB#: 08286\)](#)
119. [Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19 \(NDB#: 08058\)](#)
120. [Cereals ready-to-eat, KELLOGG, KELLOGG'S Puffed Wheat \(NDB#: 08379\)](#)
121. [Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN \(NDB#: 08060\)](#)
122. [Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN MINI-WHEATS \(NDB#: 08287\)](#)
123. [Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES \(NDB#: 08065\)](#)
124. [Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal \(NDB#: 08288\)](#)
125. [Cereals ready-to-eat, KELLOGG, KELLOGG'S Shredded Wheat Miniatures \(NDB#: 08384\)](#)
126. [Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Cereal \(NDB#: 08318\)](#)
127. [Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K \(NDB#: 08067\)](#)
128. [Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K RED BERRIES \(NDB#: 08383\)](#)
129. [Cereals ready-to-eat, KELLOGG, KELLOGG'S STRAWBERRY MINI-WHEATS \(NDB#: 08289\)](#)
130. [Cereals ready-to-eat, KELLOGG, KELLOGG'S, CRISPIX CINNAMON CRUNCH \(NDB#: 08374\)](#)
131. [Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH \(NDB#: 08380\)](#)
132. [Cereals ready-to-eat, KELLOGG, Marshmallow FROOT LOOPS, Rainbow Breeze \(NDB#: 08526\)](#)
133. [Cereals ready-to-eat, KELLOGG, MINI SWIRLZ Fudge Ripple \(NDB#: 08536\)](#)
134. [Cereals ready-to-eat, KELLOGG, Robots \(NDB#: 08527\)](#)
135. [Cereals ready-to-eat, KELLOGG, SCOOBY-DOO! Berry Bones \(NDB#: 08466\)](#)
136. [Cereals ready-to-eat, KELLOGG, Smart Start Healthy Heart \(NDB#: 08528\)](#)
137. [Cereals ready-to-eat, KELLOGG, SMART START Healthy Heart, Maple Brown Sugar \(NDB#: 08529\)](#)
138. [Cereals ready-to-eat, KELLOGG, SMORZ \(NDB#: 08530\)](#)
139. [Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt \(NDB#: 08531\)](#)
140. [Cereals ready-to-eat, KELLOGG, SpongeBob SquarePants \(NDB#: 08532\)](#)
141. [Cereals ready-to-eat, KELLOGG, Star Wars \(NDB#: 08533\)](#)
142. [Cereals ready-to-eat, KELLOGG, TIGER POWER \(NDB#: 08534\)](#)
143. [Cereals ready-to-eat, KELLOGG, Toasted Honey Crunch \(NDB#: 08535\)](#)
144. [Cereals ready-to-eat, KELLOGG'S DISNEY MICKEY'S MAGIX \(NDB#: 08455\)](#)
145. [Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original \(NDB#: 08031\)](#)
146. [Cereals ready-to-eat, KELLOGG'S, CORN FLAKES With Real Bananas \(NDB#: 08472\)](#)
147. [Cereals ready-to-eat, KELLOGG'S, DISNEY MUD & BUGS \(NDB#: 08465\)](#)
148. [Cereals ready-to-eat, KELLOGG'S, DISNEY PIXAR FINDING NEMO \(NDB#: 08473\)](#)
149. [Cereals ready-to-eat, KELLOGG'S, DISNEY PIXAR INCREDIBLES \(NDB#: 08474\)](#)
150. [Cereals ready-to-eat, KELLOGG'S, FROOT LOOPS 1/3 Less Sugar \(NDB#: 08468\)](#)
151. [Cereals ready-to-eat, KELLOGG'S, FROSTED FLAKES 1/3 Less Sugar \(NDB#: 08469\)](#)
152. [Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS, Maple & Brown Sugar, Bite Size \(NDB#: 08459\)](#)
153. [Cereals ready-to-eat, KELLOGG'S, FRUIT HARVEST Apple Cinnamon \(NDB#: 08456\)](#)
154. [Cereals ready-to-eat, KELLOGG'S, FRUIT HARVEST Banana Berry \(NDB#: 08470\)](#)
155. [Cereals ready-to-eat, KELLOGG'S, FRUIT HARVEST Peach/Strawberry \(NDB#: 08457\)](#)
156. [Cereals ready-to-eat, KELLOGG'S, FRUIT HARVEST Strawberry/Blueberry \(NDB#: 08458\)](#)
157. [Cereals ready-to-eat, KELLOGG'S, SMART START Soy Protein \(NDB#: 08385\)](#)
158. [Cereals ready-to-eat, KELLOGG'S, SPECIAL K Low Carb Lifestyle \(NDB#: 08471\)](#)
159. [Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond \(NDB#: 08543\)](#)
160. [Cereals ready-to-eat, KELLOGG'S, TONY'S CINNAMON KRUNCHERS \(NDB#: 08460\)](#)
161. [Cereals ready-to-eat, KRAFT, POST 100% BRAN Cereal \(NDB#: 08343\)](#)

162. [Cereals ready-to-eat, KRAFT, POST BANANA NUT CRUNCH Cereal \(NDB#: 08320\)](#)
163. [Cereals ready-to-eat, KRAFT, POST BLUEBERRY MORNING Cereal \(NDB#: 08321\)](#)
164. [Cereals ready-to-eat, KRAFT, POST Bran Flakes \(NDB#: 08322\)](#)
165. [Cereals ready-to-eat, KRAFT, POST Cocoa PEBBLES Cereal \(NDB#: 08323\)](#)
166. [Cereals ready-to-eat, KRAFT, POST Frosted ALPHA-BITS Cereal \(NDB#: 08325\)](#)
167. [Cereals ready-to-eat, KRAFT, POST Frosted Shredded Wheat Bite Size Cereal \(NDB#: 08339\)](#)
168. [Cereals ready-to-eat, KRAFT, POST FRUIT & FIBRE Dates, Raisins & Walnuts Cereal \(NDB#: 08327\)](#)
169. [Cereals ready-to-eat, KRAFT, POST Fruity PEBBLES Cereal \(NDB#: 08324\)](#)
170. [Cereals ready-to-eat, KRAFT, POST GOLDEN CRISP Cereal \(NDB#: 08328\)](#)
171. [Cereals ready-to-eat, KRAFT, POST GRAPE-NUTS Cereal \(NDB#: 08038\)](#)
172. [Cereals ready-to-eat, KRAFT, POST GRAPE-NUTS Flakes \(NDB#: 08330\)](#)
173. [Cereals ready-to-eat, KRAFT, POST GREAT GRAINS Crunchy Pecan Cereal \(NDB#: 08331\)](#)
174. [Cereals ready-to-eat, KRAFT, POST GREAT GRAINS Raisin, Date & Pecan Cereal \(NDB#: 08332\)](#)
175. [Cereals ready-to-eat, KRAFT, POST HONEY BUNCHES OF OATS with Almonds Cereal \(NDB#: 08334\)](#)
176. [Cereals ready-to-eat, KRAFT, POST HONEYCOMB Cereal \(NDB#: 08335\)](#)
177. [Cereals ready-to-eat, KRAFT, POST Marshmallow ALPHA-BITS Cereal \(NDB#: 08326\)](#)
178. [Cereals ready-to-eat, KRAFT, POST OREO O'S Cereal \(NDB#: 08336\)](#)
179. [Cereals ready-to-eat, KRAFT, POST Raisin Bran Cereal \(NDB#: 08061\)](#)
180. [Cereals ready-to-eat, KRAFT, POST THE ORIGINAL SHREDDED WHEAT 'N BRAN Cereal \(NDB#: 08341\)](#)
181. [Cereals ready-to-eat, KRAFT, POST THE ORIGINAL SHREDDED WHEAT SPOON SIZE Cereal \(NDB#: 08342\)](#)
182. [Cereals ready-to-eat, KRAFT, POST TOASTIES Corn Flakes \(NDB#: 08338\)](#)
183. [Cereals ready-to-eat, KRAFT, POST, HONEY BUNCHES OF OATS, honey roasted \(NDB#: 43570\)](#)
184. [Cereals ready-to-eat, Malt-O-Meal Honey Graham Cereal \(NDB#: 08481\)](#)
185. [Cereals ready-to-eat, MALT-O-MEAL, Apple Cinnamon TOASTY O's \(NDB#: 08408\)](#)
186. [Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS \(NDB#: 08493\)](#)
187. [Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH \(NDB#: 08347\)](#)
188. [Cereals ready-to-eat, MALT-O-MEAL, Blueberry Muffin Tops Cereal \(NDB#: 08487\)](#)
189. [Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS \(NDB#: 08494\)](#)
190. [Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNO-BITES \(NDB#: 08495\)](#)
191. [Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS \(NDB#: 08206\)](#)
192. [Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH \(NDB#: 08346\)](#)
193. [Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS \(NDB#: 08083\)](#)
194. [Cereals ready-to-eat, MALT-O-MEAL, Corn Flakes \(NDB#: 08497\)](#)
195. [Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice \(NDB#: 08348\)](#)
196. [Cereals ready-to-eat, MALT-O-MEAL, Farina Hot Wheat Cereal, dry \(NDB#: 08488\)](#)
197. [Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes \(NDB#: 08409\)](#)
198. [Cereals ready-to-eat, MALT-O-MEAL, Frosted Whole Wheat Cereal \(NDB#: 08500\)](#)
199. [Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES \(NDB#: 08501\)](#)
200. [Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS \(NDB#: 08478\)](#)
201. [Cereals ready-to-eat, MALT-O-MEAL, High Fiber Bran Flakes \(NDB#: 08490\)](#)
202. [Cereals ready-to-eat, MALT-O-MEAL, Honey BUZZERS \(NDB#: 08476\)](#)
203. [Cereals ready-to-eat, MALT-O-MEAL, Honey Nut TOASTY O'S Cereal \(NDB#: 08491\)](#)
204. [Cereals ready-to-eat, MALT-O-MEAL, Maple & Brown Sugar Hot Wheat Cereal, dry \(NDB#: 08489\)](#)

205. [Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS \(NDB#: 08138\)](#)
206. [Cereals ready-to-eat, MALT-O-MEAL, Puffed Rice Cereal \(NDB#: 08492\)](#)
207. [Cereals ready-to-eat, MALT-O-MEAL, Puffed Wheat Cereal \(NDB#: 08483\)](#)
208. [Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal \(NDB#: 08484\)](#)
209. [Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES \(NDB#: 08349\)](#)
210. [Cereals ready-to-eat, MUESLI, dried fruit and nuts \(NDB#: 42184\)](#)
211. [Cereals ready-to-eat, NATURE'S PATH, OPTIMUM \(NDB#: 08502\)](#)
212. [Cereals ready-to-eat, NATURE'S PATH, OPTIMUM SLIM \(NDB#: 08503\)](#)
213. [Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY \(NDB#: 43495\)](#)
214. [Cereals ready-to-eat, oat, corn and wheat squares, presweetened, maple flavored \(NDB#: 08305\)](#)
215. [Cereals ready-to-eat, oats, corn puffed mixture, presweetened, single brand \(NDB#: 08002\)](#)
216. [Cereals ready-to-eat, oats, corn puffed mixture, presweetened, with marshmallows, single brand \(NDB#: 42100\)](#)
217. [Cereals ready-to-eat, Puffed KASHI by Kellogg \(NDB#: 08388\)](#)
218. [Cereals ready-to-eat, QUAKER, 100% Natural Granola Oats and Honey \(NDB#: 08054\)](#)
219. [Cereals ready-to-eat, QUAKER, CAP'N CRUNCH \(NDB#: 08010\)](#)
220. [Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES \(NDB#: 08011\)](#)
221. [Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH \(NDB#: 08012\)](#)
222. [Cereals ready-to-eat, QUAKER, Christmas Crunch \(NDB#: 08550\)](#)
223. [Cereals ready-to-eat, QUAKER, Cinnamon Crunch bagged cereal \(NDB#: 08364\)](#)
224. [Cereals ready-to-eat, QUAKER, Cranberry Macadamia Nut Cereal \(NDB#: 08400\)](#)
225. [Cereals ready-to-eat, QUAKER, CRISPY CORN PUFFS Cereal \(NDB#: 08358\)](#)
226. [Cereals ready-to-eat, QUAKER, Frosted Oats \(NDB#: 08359\)](#)
227. [Cereals ready-to-eat, QUAKER, FRUITY BRONTOSAURUS BLASTS, bagged cereal \(NDB#: 08357\)](#)
228. [Cereals ready-to-eat, QUAKER, Fruity Ocean Adventure Bagged Cereal \(NDB#: 08401\)](#)
229. [Cereals ready-to-eat, QUAKER, Honey Crisp Corn Flakes \(NDB#: 08396\)](#)
230. [Cereals ready-to-eat, QUAKER, Honey Graham bagged cereal \(NDB#: 08361\)](#)
231. [Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S \(NDB#: 08211\)](#)
232. [Cereals ready-to-eat, QUAKER, Honey Nut Oats \(NDB#: 08395\)](#)
233. [Cereals ready-to-eat, QUAKER, KING VITAMAN \(NDB#: 08047\)](#)
234. [Cereals ready-to-eat, QUAKER, KRETSCHMER Honey Crunch Wheat Germ \(NDB#: 08085\)](#)
235. [Cereals ready-to-eat, QUAKER, KRETSCHMER Toasted Wheat Bran \(NDB#: 08363\)](#)
236. [Cereals ready-to-eat, QUAKER, KRETSCHMER Wheat Germ, Regular \(NDB#: 08366\)](#)
237. [Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins \(NDB#: 08220\)](#)
238. [Cereals ready-to-eat, QUAKER, MOTHER'S CINNAMON OAT CRUNCH \(NDB#: 08353\)](#)
239. [Cereals ready-to-eat, QUAKER, MOTHER'S COCOA BUMPERS \(NDB#: 08355\)](#)
240. [Cereals ready-to-eat, QUAKER, MOTHER'S GROOVY GRAHAMS \(NDB#: 08354\)](#)
241. [Cereals ready-to-eat, QUAKER, MOTHER'S HONEY ROUNDUP \(NDB#: 08394\)](#)
242. [Cereals ready-to-eat, QUAKER, MOTHER'S PEANUT BUTTER BUMPERS Cereal \(NDB#: 08351\)](#)
243. [Cereals ready-to-eat, QUAKER, MOTHER'S TOASTED OAT BRAN CEREAL, Brown Sugar Flavor \(NDB#: 08352\)](#)
244. [Cereals ready-to-eat, QUAKER, Oatmeal Cereal, Brown Sugar Bliss \(NDB#: 08360\)](#)
245. [Cereals ready-to-eat, Quaker, Peanut Butter Chocolatey Crunch Cereal \(NDB#: 08547\)](#)
246. [Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins \(NDB#: 08218\)](#)
247. [Cereals ready-to-eat, QUAKER, QUAKER APPLE ZAPS \(NDB#: 08293\)](#)
248. [Cereals ready-to-eat, QUAKER, QUAKER CINNAMON OATMEAL SQUARES \(NDB#: 08215\)](#)
249. [Cereals ready-to-eat, QUAKER, QUAKER COCOA BLASTS \(NDB#: 08294\)](#)

250. [Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN \(NDB#: 08018\)](#)
251. [Cereals ready-to-eat, QUAKER, QUAKER FRUITANGY OH!S \(NDB#: 08297\)](#)
252. [Cereals ready-to-eat, QUAKER, QUAKER Honey Graham LIFE Cereal \(NDB#: 08549\)](#)
253. [Cereals ready-to-eat, QUAKER, QUAKER Life Vanilla Yogurt Crunch Cereal \(NDB#: 08551\)](#)
254. [Cereals ready-to-eat, QUAKER, QUAKER MARSHMALLOW SAFARI \(NDB#: 08298\)](#)
255. [Cereals ready-to-eat, QUAKER, QUAKER Oat Bran Cereal \(NDB#: 08216\)](#)
256. [Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE \(NDB#: 08210\)](#)
257. [Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain \(NDB#: 08049\)](#)
258. [Cereals ready-to-eat, QUAKER, QUAKER OATMEAL SQUARES \(NDB#: 08214\)](#)
259. [Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice \(NDB#: 08066\)](#)
260. [Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat \(NDB#: 08146\)](#)
261. [Cereals ready-to-eat, QUAKER, QUAKER SWEET PUFFS \(NDB#: 08299\)](#)
262. [Cereals ready-to-eat, QUAKER, QUAKER Toasted Oatmeal Cereal \(NDB#: 08548\)](#)
263. [Cereals ready-to-eat, QUAKER, QUAKER toasted Oatmeal Cereal, Honey Nut \(NDB#: 08219\)](#)
264. [Cereals ready-to-eat, QUAKER, SUN COUNTRY Granola with Almonds \(NDB#: 08212\)](#)
265. [Cereals ready-to-eat, QUAKER, SUPERMAN LIFE Cereal \(NDB#: 08552\)](#)
266. [Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP \(NDB#: 08059\)](#)
267. [Cereals ready-to-eat, QUAKER, Toasted Oatmeal Supreme Cereal, Strawberry Mango \(NDB#: 08545\)](#)
268. [Cereals ready-to-eat, QUAKER, Toasted Oats/OATMMM'S \(NDB#: 08362\)](#)
269. [Cereals ready-to-eat, Ralston Corn Biscuits \(NDB#: 08505\)](#)
270. [Cereals ready-to-eat, Ralston Corn Flakes \(NDB#: 08506\)](#)
271. [Cereals ready-to-eat, Ralston Crispy Hexagons \(NDB#: 08507\)](#)
272. [Cereals ready-to-eat, Ralston Crispy Rice \(NDB#: 08025\)](#)
273. [Cereals ready-to-eat, Ralston Enriched Bran flakes \(NDB#: 08504\)](#)
274. [Cereals ready-to-eat, Ralston TASTEEOS \(NDB#: 08074\)](#)
275. [Cereals ready-to-eat, rice, puffed, fortified \(NDB#: 08156\)](#)
276. [Cereals ready-to-eat, rice, puffed, presweetened, fruit flavored, single brand \(NDB#: 08034\)](#)
277. [Cereals ready-to-eat, rice, puffed, presweetened, with cocoa, single brand \(NDB#: 08015\)](#)
278. [Cereals ready-to-eat, rolled oats, whole wheat, rice, presweetened, maple flavored, with pecans \(NDB#: 08554\)](#)
279. [Cereals ready-to-eat, UNCLE SAM CEREAL \(NDB#: 08435\)](#)
280. [Cereals ready-to-eat, USDA Commodity Corn and Rice \(includes all commodity brands\) \(NDB#: 08508\)](#)
281. [Cereals ready-to-eat, USDA Commodity Rice Crisps \(includes all commodity brands\) \(NDB#: 08509\)](#)
282. [Cereals ready-to-eat, WAFFELOS \(NDB#: 08079\)](#)
283. [Cereals ready-to-eat, WEETABIX WHOLE WHEAT CEREAL \(NDB#: 42237\)](#)
284. [Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits \(NDB#: 43245\)](#)
285. [Cereals ready-to-eat, wheat and malt barley flakes \(NDB#: 08039\)](#)
286. [Cereals ready-to-eat, wheat germ, toasted, plain \(NDB#: 08084\)](#)
287. [Cereals ready-to-eat, wheat, bran, shredded, plain, salt and sugar free, single brand \(NDB#: 43393\)](#)
288. [Cereals ready-to-eat, wheat, puffed, fortified \(NDB#: 08157\)](#)
289. [Cereals ready-to-eat, wheat, puffed, presweetened, single brand \(NDB#: 08073\)](#)
290. [Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free \(NDB#: 08147\)](#)
291. [Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free, spoon size, single brand \(NDB#: 08148\)](#)
292. [Cereals ready-to-eat, wheat, shredded, presweetened, single brand \(NDB#: 08191\)](#)
293. [Cereals ready-to-eat, whole wheat, rolled oats, presweetened, with nuts and fruit, single brand](#)

[\(NDB#: 42265\)](#)

294. [Cereals ready-to-eat, whole wheat, rolled oats, presweetened, with pecans \(NDB#: 42261\)](#)
295. [Cereals ready-to-eat, whole wheat, rolled oats, presweetened, with walnuts and fruit, single brand \(NDB#: 42297\)](#)
296. [Cereals ready-to-eat, whole wheat, shredded, presweetened, single brand \(NDB#: 08081\)](#)
297. [Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt \(NDB#: 08091\)](#)
298. [Cereals, corn grits, white, regular and quick, enriched, dry \(NDB#: 08090\)](#)
299. [Cereals, corn grits, white, regular and quick, unenriched, cooked with water, without salt \(NDB#: 08162\)](#)
300. [Cereals, corn grits, white, regular and quick, unenriched, dry \(NDB#: 08158\)](#)
301. [Cereals, corn grits, white, regular, quick, enriched, cooked with water, with salt \(NDB#: 08161\)](#)
302. [Cereals, corn grits, white, regular, quick, unenriched, cooked with water, with salt \(NDB#: 08163\)](#)
303. [Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt \(NDB#: 08164\)](#)
304. [Cereals, corn grits, yellow, regular and quick, enriched, dry \(NDB#: 08159\)](#)
305. [Cereals, corn grits, yellow, regular and quick, unenriched, cooked with water, without salt \(NDB#: 08166\)](#)
306. [Cereals, corn grits, yellow, regular and quick, unenriched, dry \(NDB#: 08160\)](#)
307. [Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt \(NDB#: 08165\)](#)
308. [Cereals, corn grits, yellow, regular, quick, unenriched, cooked with water, with salt \(NDB#: 08167\)](#)
309. [Cereals, CREAM OF RICE, cooked with water, with salt \(NDB#: 08168\)](#)
310. [Cereals, CREAM OF RICE, cooked with water, without salt \(NDB#: 08101\)](#)
311. [Cereals, CREAM OF RICE, dry \(NDB#: 08100\)](#)
312. [Cereals, CREAM OF WHEAT, instant, dry \(NDB#: 08106\)](#)
313. [Cereals, CREAM OF WHEAT, instant, prepared with water, with salt, \(wheat\) \(NDB#: 08171\)](#)
314. [Cereals, CREAM OF WHEAT, instant, prepared with water, without salt \(NDB#: 08107\)](#)
315. [Cereals, CREAM OF WHEAT, mix'n eat, apple, banana and maple flavored, dry \(NDB#: 08110\)](#)
316. [Cereals, CREAM OF WHEAT, mix'n eat, apple, banana and maple flavored, prepared \(NDB#: 08111\)](#)
317. [Cereals, CREAM OF WHEAT, mix'n eat, plain, dry \(NDB#: 08108\)](#)
318. [Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water \(NDB#: 08109\)](#)
319. [Cereals, CREAM OF WHEAT, quick, cooked with water, with salt \(NDB#: 08170\)](#)
320. [Cereals, CREAM OF WHEAT, quick, cooked with water, without salt \(NDB#: 08105\)](#)
321. [Cereals, CREAM OF WHEAT, quick, dry \(NDB#: 08104\)](#)
322. [Cereals, CREAM OF WHEAT, regular, cooked with water, with salt, \(wheat\) \(NDB#: 08169\)](#)
323. [Cereals, CREAM OF WHEAT, regular, cooked with water, without salt \(NDB#: 08103\)](#)
324. [Cereals, CREAM OF WHEAT, regular, dry \(NDB#: 08102\)](#)
325. [Cereals, farina, enriched, cooked with water, with salt \(NDB#: 08173\)](#)
326. [Cereals, farina, enriched, cooked with water, without salt \(NDB#: 08113\)](#)
327. [Cereals, farina, enriched, dry \(NDB#: 08112\)](#)
328. [Cereals, farina, unenriched, dry \(NDB#: 08172\)](#)
329. [Cereals, MALTEX, cooked with water, with salt \(NDB#: 08176\)](#)
330. [Cereals, MALTEX, cooked with water, without salt \(NDB#: 08115\)](#)
331. [Cereals, MALTEX, dry \(NDB#: 08114\)](#)
332. [Cereals, MALT-O-MEAL, chocolate, dry \(NDB#: 08177\)](#)
333. [Cereals, Malt-O-Meal, chocolate, prepared with water, without salt \(NDB#: 08512\)](#)
334. [Cereals, MALT-O-MEAL, plain, dry \(NDB#: 08116\)](#)
335. [Cereals, Malt-o-Meal, plain, prepared with water, without salt \(NDB#: 08511\)](#)
336. [Cereals, MAYPO, cooked with water, with salt \(NDB#: 08179\)](#)

337. [Cereals, MAYPO, cooked with water, without salt \(NDB#: 08119\)](#)
338. [Cereals, MAYPO, dry \(NDB#: 08118\)](#)
339. [Cereals, NESTUM, prepared with water \(NDB#: 43306\)](#)
340. [Cereals, Oat Bran, QUAKER, QUAKER/MOTHER'S Oat Bran, prepared with water, salt \(NDB#: 08240\)](#)
341. [Cereals, oats, instant, fortified, plain, dry \(NDB#: 08122\)](#)
342. [Cereals, oats, instant, fortified, plain, prepared with water \(boiling water added or microwaved\) \(NDB#: 08123\)](#)
343. [Cereals, oats, instant, fortified, with cinnamon and spice, dry \(NDB#: 08128\)](#)
344. [Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water \(NDB#: 08129\)](#)
345. [Cereals, oats, instant, fortified, with raisins and spice, dry \(NDB#: 08132\)](#)
346. [Cereals, oats, instant, fortified, with raisins and spice, prepared with water \(NDB#: 08133\)](#)
347. [Cereals, oats, regular and quick and instant, not fortified, dry \(NDB#: 08120\)](#)
348. [Cereals, oats, regular and quick and instant, unenriched, cooked with water \(includes boiling and microwaving\), with salt \(NDB#: 08180\)](#)
349. [Cereals, oats, regular and quick and instant, unenriched, cooked with water \(includes boiling and microwaving\), without salt \(NDB#: 08121\)](#)
350. [Cereals, QUAKER Instant Oatmeal, NUTRITION FOR WOMEN, Vanilla Cinnamon, prepared with boiling water \(NDB#: 08431\)](#)
351. [Cereals, QUAKER, corn grits, instant, butter flavor, dry \(NDB#: 08221\)](#)
352. [Cereals, QUAKER, corn grits, instant, butter flavor, prepared with water \(NDB#: 08238\)](#)
353. [Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry \(NDB#: 08094\)](#)
354. [Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, prepared with water \(NDB#: 08095\)](#)
355. [Cereals, QUAKER, corn grits, instant, country bacon \(imitation bacon bits\), prepared with water \(NDB#: 08097\)](#)
356. [Cereals, QUAKER, corn grits, instant, plain, dry \(NDB#: 08092\)](#)
357. [Cereals, QUAKER, corn grits, instant, plain, prepared with water \(NDB#: 08093\)](#)
358. [Cereals, QUAKER, corn grits, instant, with imitation bacon bits, dry \(NDB#: 08096\)](#)
359. [Cereals, QUAKER, Creamy Wheat, farina, enriched, prepared with water, no salt \(NDB#: 08237\)](#)
360. [Cereals, QUAKER, Creamy Wheat, farina, enriched, prepared with water, salt \(NDB#: 08241\)](#)
361. [Cereals, QUAKER, farina, Creamy Wheat, enriched, dry \(NDB#: 08230\)](#)
362. [Cereals, QUAKER, farina, enriched cinnamon flavor, dry \(NDB#: 08317\)](#)
363. [Cereals, QUAKER, hominy grits, white, quick, dry \(NDB#: 08314\)](#)
364. [Cereals, QUAKER, hominy grits, white, regular, dry \(NDB#: 08316\)](#)
365. [Cereals, QUAKER, hominy grits, yellow, quick, dry \(NDB#: 08315\)](#)
366. [Cereals, QUAKER, Instant Grits Product with American Cheese Flavor, Dry \(NDB#: 08449\)](#)
367. [Cereals, QUAKER, Instant Grits Product with Imitation Bacon Bits and Cheddar Flavor, Dry \(NDB#: 08448\)](#)
368. [Cereals, QUAKER, Instant Grits Product with Redeye Gravy and Imitation Ham Bits, Dry \(NDB#: 08444\)](#)
369. [Cereals, QUAKER, Instant Grits Product--Ham 'n' Cheese \(NDB#: 08450\)](#)
370. [Cereals, QUAKER, Instant Oatmeal EXPRESS Cinnamon Roll, Dry \(NDB#: 08419\)](#)
371. [Cereals, QUAKER, Instant Oatmeal EXPRESS, Baked Apple, dry \(NDB#: 08418\)](#)
372. [Cereals, QUAKER, Instant Oatmeal EXPRESS, Golden Brown Sugar, dry \(NDB#: 08414\)](#)
373. [Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry \(NDB#: 08124\)](#)
374. [Cereals, QUAKER, Instant Oatmeal, Baked Apple, dry \(NDB#: 08413\)](#)
375. [Cereals, QUAKER, Instant Oatmeal, Baked Apple, prepared with boiling water \(NDB#: 08426\)](#)
376. [Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry \(NDB#: 08417\)](#)
377. [Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, prepared with boiling water \(NDB#: 08423\)](#)
378. [Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry \(NDB#: 08410\)](#)

379. [Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS with "DINOSAUR BONES", Brown Sugar Cinnamon, dry \(NDB#: 08411\)](#)
380. [Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS with DINOSAUR BONES, Brown Sugar Cinnamon, prepared with boiling water \(NDB#: 08424\)](#)
381. [Cereals, QUAKER, Instant Oatmeal, EXPRESS Baked Apple, prepared with boiling water \(NDB#: 08429\)](#)
382. [Cereals, QUAKER, Instant Oatmeal, EXPRESS Cinnamon Roll, prepared with boiling water \(NDB#: 08430\)](#)
383. [Cereals, QUAKER, Instant Oatmeal, EXPRESS, Golden Brown Sugar, prepared with boiling water \(NDB#: 08434\)](#)
384. [Cereals, QUAKER, Instant Oatmeal, French Vanilla Flavor, dry \(NDB#: 08412\)](#)
385. [Cereals, QUAKER, Instant Oatmeal, French Vanilla, prepared with boiling water \(NDB#: 08425\)](#)
386. [Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry \(NDB#: 08225\)](#)
387. [Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, prepared with boiling water \(NDB#: 08227\)](#)
388. [Cereals, QUAKER, Instant Oatmeal, Honey Nut, dry \(NDB#: 08416\)](#)
389. [Cereals, QUAKER, Instant Oatmeal, Honey Nut, prepared with boiling water \(NDB#: 08428\)](#)
390. [Cereals, QUAKER, Instant Oatmeal, low sodium, dry \(NDB#: 08229\)](#)
391. [Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry \(NDB#: 08130\)](#)
392. [Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water \(NDB#: 08131\)](#)
393. [Cereals, QUAKER, Instant Oatmeal, NUTRITION FOR WOMEN, Apple Spice, dry \(NDB#: 08422\)](#)
394. [Cereals, QUAKER, Instant Oatmeal, NUTRITION FOR WOMEN, Apple Spice, prepared with boiling water \(NDB#: 08433\)](#)
395. [Cereals, QUAKER, Instant Oatmeal, NUTRITION FOR WOMEN, Golden Brown Sugar, dry \(NDB#: 08421\)](#)
396. [Cereals, QUAKER, Instant Oatmeal, NUTRITION FOR WOMEN, Golden Brown Sugar, prepared with boiling water \(NDB#: 08432\)](#)
397. [Cereals, QUAKER, Instant Oatmeal, NUTRITION FOR WOMEN, Vanilla Cinnamon, dry \(NDB#: 08420\)](#)
398. [Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry \(NDB#: 08436\)](#)
399. [Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, prepared \(NDB#: 08437\)](#)
400. [Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry \(NDB#: 08228\)](#)
401. [Cereals, QUAKER, Instant Oatmeal, TREASURE HUNT, prepared with boiling water \(NDB#: 08427\)](#)
402. [Cereals, QUAKER, Instant Oatmeal, TREASURE HUNT, dry \(NDB#: 08415\)](#)
403. [Cereals, QUAKER, Mother's Instant Oatmeal \(Non-Fortified\), Dry \(NDB#: 08446\)](#)
404. [Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry \(NDB#: 08231\)](#)
405. [Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, prepared with water, no salt \(NDB#: 08236\)](#)
406. [Cereals, QUAKER, oatmeal, instant, low sodium, prepared with water \(NDB#: 08234\)](#)
407. [Cereals, QUAKER, oatmeal, instant, raisins, dates and walnuts, prepared with water \(NDB#: 08235\)](#)
408. [Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry \(NDB#: 08200\)](#)
409. [Cereals, QUAKER, QUAKER MultiGrain Oatmeal, prepared with water, no salt \(NDB#: 08249\)](#)
410. [Cereals, QUAKER, QUAKER MultiGrain Oatmeal, prepared with water, salt \(NDB#: 08252\)](#)
411. [Cereals, QUAKER, Quick Oats, Dry \(NDB#: 08402\)](#)
412. [Cereals, QUAKER, Scotch Barley, regular and quick, dry \(NDB#: 08232\)](#)
413. [Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water \(NDB#: 08125\)](#)

414. [Cereals, RALSTON, cooked with water, with salt \(NDB#: 08185\)](#)
415. [Cereals, RALSTON, cooked with water, without salt \(NDB#: 08135\)](#)
416. [Cereals, RALSTON, dry \(NDB#: 08134\)](#)
417. [Cereals, ready-to-eat, ALPEN \(NDB#: 43218\)](#)
418. [Cereals, ready-to-eat, Kraft, Post Selects Cranberry Almond Crunch \(NDB#: 08544\)](#)
419. [Cereals, ready-to-eat, MALT-O-MEAL, TOASTY O'S \(NDB#: 08350\)](#)
420. [Cereals, ROMAN MEAL WITH OATS, cooked with water, with salt \(NDB#: 08184\)](#)
421. [Cereals, ROMAN MEAL WITH OATS, cooked with water, without salt \(NDB#: 08155\)](#)
422. [Cereals, ROMAN MEAL, plain, cooked with water, with salt \(NDB#: 08181\)](#)
423. [Cereals, ROMAN MEAL, plain, cooked with water, without salt \(NDB#: 08137\)](#)
424. [Cereals, ROMAN MEAL, plain, dry \(NDB#: 08136\)](#)
425. [Cereals, WHEATENA, cooked with water \(NDB#: 08143\)](#)
426. [Cereals, WHEATENA, cooked with water, with salt \(NDB#: 08182\)](#)
427. [Cereals, WHEATENA, dry \(NDB#: 08142\)](#)
428. [Cereals, whole wheat hot natural cereal, cooked with water, with salt \(NDB#: 08183\)](#)
429. [Cereals, whole wheat hot natural cereal, cooked with water, without salt \(NDB#: 08145\)](#)
430. [Cereals, whole wheat hot natural cereal, dry \(NDB#: 08144\)](#)
431. [Milk and cereal bar \(NDB#: 08510\)](#)
432. [Millet, puffed \(NDB#: 43483\)](#)
433. [Rice and Wheat cereal bar \(NDB#: 08546\)](#)

Other Groups

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- [\[Pork Products\]](#) [\[Poultry Products\]](#) [\[Sausages & Luncheon Meats\]](#)
- [\[Snacks\]](#) [\[Soups, Sauces, and Gravies\]](#) [\[Spices & Herbs\]](#)
- [\[Sweets\]](#) [\[Vegetables & Vegetable Products\]](#)

Based on USDA National Nutrient Database for Standard Reference, Release 20 (SR20)

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