

## FOOD ZOO ~ CEREAL

	CEREAL	SOURCE	SERVING SIZE	CALORIES	PROTEIN (g)	CARBS (g)	FAT (g)	FIBER (g)
●	Corn Flakes	Vegan	1 cup	110	2	26	0	1
●	Cracklin Oat Bran*	Vegan	¾ cup	200	4	35	7	6
●	Crispix	Vegan	1 ounce	110	2	25	0	0
●	Frosted Flakes	Vegan	¾ cup	120	1	28	1	1
●	Frosted Mini-Wheat*	Non-vegetarian	1 cup	190	5	45	1	6
●	Granola, Low-fat*	Vegetarian	2/3 cup	210	5	43	3	3
●	Grape-Nuts*	Vegan	½ cup	200	7	47	1	6
●	Lucky Charms*	Non-vegetarian	1 ounce	110	2	23	1	1
●	Raisin Bran	Vegan	1 cup	170	5	43	1	7

\*Whole grain