

Cereal Sleuth

Shredded Wheat

Nutrition Facts

Serving Size 1 cup (49g)

Amount Per Serving	Cereal	Cereal with ½ cup Fat Free Milk
Calories	170	210
Calories from Fat	10	10
% Daily Value **		
Total Fat 1g*	2%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	0%
Sodium 0mg	0%	3%
Potassium 190mg	5%	11%
Total Carbohydrate 40g	13%	15%
Dietary Fiber 6g	24%	24%
Soluble Fiber 1g		
Insoluble Fiber 5g		
Sugars 0g		
Other Carbohydrate 34g		
Protein 6g		
Vitamin A	0%	4%
Vitamin C	0%	0%
Calcium	2%	15%
Iron	6%	6%
Thiamin	10%	15%
Riboflavin	2%	10%
Niacin	15%	15%
Vitamin B ₆	4%	6%
Folic Acid	4%	4%
Phosphorus	20%	30%
Magnesium	15%	20%
Zinc	10%	15%
Copper	10%	10%

Ingredients: Whole-grain wheat

Lucky Charms

Nutrition Facts

Serving Size ¾ cup (27g)

Serving Per Container about 16

Amount Per Serving	Lucky Charms	Cereal with ½ cup Fat Free Milk
Calories	110	150
Calories from Fat	10	10
% Daily Value **		
Total Fat 1g*	2%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 170mg	7%	10%
Potassium 50mg	1%	7%
Total Carbohydrate 22g	7%	9%
Dietary Fiber 2g	6%	6%
Sugars 10g		
Other Carbohydrate 10g		
Protein 2g		
Vitamin A	10%	15%
Vitamin C	10%	10%
Calcium	10%	25%
Iron	25%	25%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B ₆	25%	25%
Folic Acid	50%	50%
Vitamin B ₁₂	25%	35%
Phosphorus	4%	15%
Magnesium	4%	6%
Zinc	25%	30%

* Amount in cereal. A serving of cereal plus skim milk provides 1g total fat, less than 5mg cholesterol, 240mg sodium, 250mg potassium, 26g total carbohydrate (16g sugars), and 6g 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	66g	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: Whole-grain oats, marshmallows (sugar, modified cornstarch, corn syrup, dextrose, gelatin, calcium carbonate, yellows 5 & 6, blue 1, red 40, artificial flavor), sugar, oat flour, corn syrup, cornstarch, salt, trisodium phosphate, color added, natural and artificial flavor. Vitamin E (mixed tocopherols) added to preserve freshness.

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics). Nutrition information obtained from company websites, retrieved July 30, 2014: Shredded Wheat, <http://postfoods.com/our-brands/post-shredded-wheat/original-spoon-size>; Lucky Charms, www.generalmills.com/en/Brands/Cereals/lucky-charms/brand-product-list