

Breakfast cereals	Výrobce	Calories	Protein	Fat
ACCheerios	G	110	2	2
Cheerios	G	110	6	2
CocoaPuffs	G	110	1	1
CountChocula	G	110	1	1
GoldenGrahams	G	110	1	1
HoneyNutCheerios	G	110	3	1
Kix	G	110	2	1
LuckyCharms	G	110	2	1
MultiGrainCheerios	G	100	2	1
OatmealRaisinCrisp	G	130	3	2
RaisinNutBran	G	100	3	2
TotalCornFlakes	G	110	2	1
TotalRaisinBran	G	140	3	1
TotalWholeGrain	G	100	3	1
Trix	G	110	1	1
Cheaties	G	100	3	1
WheatiesHoneyGold	G	110	2	1
AllBran	K	70	4	1
AppleJacks	K	110	2	0
CornFlakes	K	100	2	0
CornPops	K	110	1	0
CracklinOatBran	K	110	3	3
Crispix	K	110	2	0
FrootLoops	K	110	2	1
FrostedFlakes	K	110	1	0
FrostedMiniWheats	K	100	3	0
FruitfulBran	K	120	3	0
JustRightCrunchyNuggets	K	110	2	1
MueslixCrispyBlend	K	160	3	2
NutNHoneyCrunch	K	120	2	1
NutriGrainAlmondRaisin	K	140	3	2
NutriGrainWheat	K	90	3	0
Product19	K	100	3	0
RaisinBran	K	120	3	1
RiceKrispies	K	110	2	0
Smacks	K	110	2	1
SpecialK	K	110	6	0
CapNCrunch	Q	120	1	2
HoneyGrahamOhs	Q	120	1	2
Life	Q	100	4	2
PuffedRice	Q	50	1	0
PuffedWheat	Q	50	2	0
QuakerOatmeal	Q	100	5	2

Sodium	Fiber	Carbohydrates	Sugar	Potassium (draslík)
180	1.5	10.5	10	70
290	2	17	1	105
180	0	12	13	55
180	0	12	13	65
280	0	15	9	45
250	1.5	11.5	10	90
260	0	21	3	40
180	0	12	12	55
220	2	15	6	90
170	1.5	13.5	10	120
140	2.5	10.5	8	140
200	0	21	3	35
190	4	15	14	230
200	3	16	3	110
140	0	13	12	25
200	3	17	3	110
200	1	16	8	60
260	9	7	5	320
125	1	11	14	30
290	1	21	2	35
90	1	13	12	20
140	4	10	7	160
220	1	21	3	30
125	1	11	13	30
200	1	14	11	25
0	3	14	7	100
240	5	14	12	190
170	1	17	6	60
150	3	17	13	160
190	0	15	9	40
220	3	21	7	130
170	3	18	2	90
320	1	20	3	45
210	5	14	12	240
290	0	22	3	35
70	1	9	15	40
230	1	16	3	55
220	0	12	12	35
220	1	12	11	45
150	2	12	6	95
0	0	13	0	15
0	1	10	0	50
0	2.7	1	1	110