

**Full Report (All Nutrients) 08034, Cereals ready-to-eat, POST, FRUITY PEBBLES**

Report Date: January 28, 2015 11:10 EST

Nutrient values and weights are for edible portion

Food Group : Breakfast Cereals

Manufacturer Post Foods, LLC

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.75 cup (1 NLEA serving) 27g
<b>Proximates</b>					
Water <a href="#">1</a>	g	3.00	--	--	0.81
Energy <a href="#">1</a>	kcal	402	--	--	109
Energy	kJ	1682	--	--	454
Protein <a href="#">1</a>	g	4.60	--	--	1.24
Total lipid (fat) <a href="#">1</a>	g	4.00	--	--	1.08
Ash	g	2.50	--	--	0.68
Carbohydrate, by difference <a href="#">1</a>	g	86.10	--	--	23.25
Fiber, total dietary <a href="#">1</a>	g	0.8	--	--	0.2
Sugars, total <a href="#">1</a>	g	34.40	--	--	9.29
<b>Minerals</b>					
Calcium, Ca <a href="#">1</a>	mg	19	--	--	5
Iron, Fe <a href="#">1</a>	mg	6.70	--	--	1.81
Magnesium, Mg <a href="#">1</a>	mg	16	--	--	4
Phosphorus, P <a href="#">1</a>	mg	71	--	--	19
Potassium, K <a href="#">1</a>	mg	72	--	--	19
Sodium, Na <a href="#">1</a>	mg	532	--	--	144
Zinc, Zn <a href="#">1</a>	mg	5.60	--	--	1.51
Copper, Cu <a href="#">1</a>	mg	0.100	--	--	0.027
Selenium, Se	µg	10.2	--	--	2.8
<b>Vitamins</b>					
Vitamin C, total ascorbic acid <a href="#">1</a>	mg	22.2	--	--	6.0
Thiamin <a href="#">1</a>	mg	1.400	--	--	0.378
Riboflavin <a href="#">1</a>	mg	1.600	--	--	0.432

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.75 cup (1 NLEA serving) 27g
Niacin <a href="#">1</a>	mg	18.500	--	--	4.995
Vitamin B-6 <a href="#">1</a>	mg	1.900	--	--	0.513
Folate, total <a href="#">1</a>	µg	370	--	--	100
Folic acid	µg	366	--	--	99
Folate, food	µg	4	--	--	1
Folate, DFE	µg	627	--	--	169
Choline, total	mg	3.7	--	--	1.0
Vitamin B-12 <a href="#">1</a>	µg	5.60	--	--	1.51
Vitamin B-12, added	µg	5.60	--	--	1.51
Vitamin A, RAE	µg	833	--	--	225
Retinol	µg	833	--	--	225
Carotene, beta	µg	0	--	--	0
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU <a href="#">1</a>	IU	2778	--	--	750
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol)	mg	0.13	--	--	0.04
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	7.4	--	--	2.0
Vitamin D3 (cholecalciferol) <a href="#">1</a>	µg	7.4	--	--	2.0
Vitamin D <a href="#">1</a>	IU	296	--	--	80
Vitamin K (phylloquinone)	µg	1.3	--	--	0.4
<b>Lipids</b>					
Fatty acids, total saturated	g	3.600	--	--	0.972
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.155	--	--	0.042
10:0	g	0.155	--	--	0.042
12:0	g	1.294	--	--	0.349
14:0	g	0.527	--	--	0.142
16:0	g	0.655	--	--	0.177
18:0	g	0.812	--	--	0.219

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.75 cup (1 NLEA serving) 27g
Fatty acids, total monounsaturated	g	0.200	--	--	0.054
16:1 undifferentiated	g	0.002	--	--	0.001
18:1 undifferentiated	g	0.198	--	--	0.053
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.100	--	--	0.027
18:2 undifferentiated	g	0.084	--	--	0.023
18:3 undifferentiated	g	0.016	--	--	0.004
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.100	--	--	0.027
Cholesterol <sup>1</sup>	mg	0	--	--	0
<b>Other</b>					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0

**Sources of Data**

<sup>1</sup>Post Foods Post Foods Company Data, 2012

<sup>2</sup>Post Foods Post Foods Company Data, 2014