

Full Report (All Nutrients) 08013, Cereals ready-to-eat, GENERAL MILLS, CHEERIOS

Report Date: July 19, 2019 16:48 EDT

Nutrient values and weights are for edible portion.

Food Group : Breakfast Cereals

Nitrogen to Protein Conversion Factor:6.25

Manufacturer General Mills Inc.

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup (1 NLEA serving) 28g
Proximates					
Water 2	g	3.76	4	0.100	1.05
Energy 1	kcal	372	--	--	104
Energy	kJ	1556	--	--	436
Protein 1	g	12.40	--	--	3.47
Total lipid (fat) 1	g	6.60	--	--	1.85
Ash 1	g	2.81	6	0.020	0.79
Carbohydrate, by difference	g	73.20	--	--	20.50
Fiber, total dietary 1	g	10.1	--	--	2.8
Sugars, total 1	g	4.50	--	--	1.26
Minerals					
Calcium, Ca 1	mg	357	--	--	100
Iron, Fe 1	mg	28.90	--	--	8.09
Magnesium, Mg 1	mg	114	--	--	32
Phosphorus, P 1	mg	357	--	--	100
Potassium, K 1	mg	633	--	--	177
Sodium, Na 1	mg	497	--	--	139
Zinc, Zn 1	mg	13.40	--	--	3.75
Copper, Cu	mg	0.387	--	--	0.108
Manganese, Mn	mg	3.563	--	--	0.998
Selenium, Se	µg	24.9	3	0.100	7.0
Fluoride, F	µg	0.0	--	--	0.0

Vitamins

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup (1 NLEA serving) 28g
Vitamin C, total ascorbic acid 1	mg	21.4	--	--	6.0
Thiamin 1	mg	1.300	--	--	0.364
Riboflavin 1	mg	0.100	--	--	0.028
Niacin 1	mg	17.900	--	--	5.012
Vitamin B-6 1	mg	1.790	--	--	0.501
Folate, total 1	µg	714	--	--	200
Folic acid	µg	692	--	--	194
Folate, food	µg	22	--	--	6
Folate, DFE	µg	1198	--	--	335
Choline, total	mg	26.2	--	--	7.3
Vitamin B-12 1	µg	6.77	1	--	1.90
Vitamin B-12, added	µg	6.77	--	--	1.90
Vitamin A, RAE	µg	990	--	--	277
Retinol	µg	990	1	--	277
Carotene, beta	µg	0	--	--	0
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU 1	IU	3299	--	--	924
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	159	--	--	45
Vitamin E (alpha-tocopherol)	mg	0.41	--	--	0.11
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	3.6	--	--	1.0
Vitamin D3 (cholecalciferol) 1	µg	3.6	--	--	1.0
Vitamin D 1	IU	143	--	--	40
Vitamin K (phylloquinone)	µg	2.0	--	--	0.6
Lipids					
Fatty acids, total saturated	g	1.600	--	--	0.448
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.027	--	--	0.008

Nutrient	Unit	1			1 cup (1 NLEA serving) 28g
		Value Per100 g	Data points	Std. Error	
14:0	g	0.014	--	--	0.004
16:0	g	1.270	--	--	0.356
18:0	g	0.117	3	0.001	0.033
Fatty acids, total monounsaturated	g	2.300	--	--	0.644
16:1 undifferentiated	g	0.012	--	--	0.003
18:1 undifferentiated	g	2.278	--	--	0.638
20:1	g	0.045	3	0.001	0.013
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	2.400	--	--	0.672
18:2 undifferentiated	g	2.190	--	--	0.613
18:3 undifferentiated	g	0.068	3	0.001	0.019
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	0.000	--	--	0.000
Cholesterol ¹	mg	0	--	--	0
Amino Acids					
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0
Flavonoids					
Isoflavones					
Daidzein ³	mg	0.00	1	--	0.00
Genistein ³	mg	0.00	1	--	0.00
Glycitein ³	mg	0.00	1	--	0.00
Total isoflavones ³	mg	0.00	1	--	0.00
Formononetin	mg	0.00	1	--	0.00
Coumestrol	mg	0.00	1	--	0.00

Sources of Data

¹General Mills Inc. General Mills Company Data, 2016

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 10i, 2006 Beltsville MD

³Thompson, L. U., Boucher, B. A., Liu, Z., Cotterchio, M., and Kreiger, N. **Phytoestrogen content of foods consumed in Canada, including isoflavones, lignans, and coumestanol**, 2006 *Nutr. Cancer* 54 pp.184-201