

## Statistics Report 19439, Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar

Report Date: July 23, 2019 18:28 EDT

Nutrient values and weights are for edible portion.

| Nutrient          | Unit | Value Per100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source   | NDB Ref | Last Modified |
|-------------------|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|--|---------|---------------|
| <b>Proximates</b> |      |                |             |            |     |     |    |    |    |           |  |         |               |
| Water             | g    | 5.00           | --          | --         | 0   | 0   | -- | -- | -- | --        | Calculated by manufacturer, not adjusted or rounded for NLEA | --      | 05/1996       |
| Energy            | kcal | 390            | --          | --         | 0   | 0   | -- | -- | -- | --        | Calculated by manufacturer, not adjusted or rounded for NLEA | --      | 05/1996       |
| Energy            | kJ   | 1632           | --          | --         | 0   | 0   | -- | -- | -- | --        | Calculated by manufacturer, not adjusted or rounded for NLEA | --      | 07/2008       |
| Protein           | g    | 8.00           | --          | --         | 0   | 0   | -- | -- | -- | --        | Calculated by manufacturer, not adjusted or rounded for NLEA | --      | 05/1996       |
| Total lipid (fat) | g    | 7.40           | --          | --         | 0   | 0   | -- | -- | -- | --        | Calculated by manufacturer, not adjusted or rounded for NLEA | --      | 05/1996       |
| Ash               | g    | 1.60           | --          | --         | 0   | 0   | -- | -- | -- | --        | Calculated by manufacturer, not adjusted or rounded for NLEA | --      | 05/1996       |

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|-----------------------------|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|--|---------|---------------|
| Carbohydrate, by difference | g    | 78.00          | --          | --         | 0   | 0   | -- | -- | -- | --        | Calculated by manufacturer, not adjusted or rounded for NLEA | --      | 05/1996       |
| Fiber, total dietary        | g    | 6.2            | --          | --         | 0   | 0   | -- | -- | -- | --        | Calculated by manufacturer, not adjusted or rounded for NLEA | --      | 05/1996       |
| <b>Minerals</b>             |      |                |             |            |     |     |    |    |    |           |  |         |               |
| Calcium, Ca                 | mg   | 35             | --          | --         | 0   | 0   | -- | -- | -- | --        | Calculated by manufacturer, not adjusted or rounded for NLEA | --      | 05/1996       |
| Iron, Fe                    | mg   | 8.60           | --          | --         | 0   | 0   | -- | -- | -- | --        | Calculated by manufacturer, not adjusted or rounded for NLEA | --      | 05/1996       |
| Magnesium, Mg               | mg   | 87             | --          | --         | 0   | 0   | -- | -- | -- | --        | Calculated by manufacturer, not adjusted or rounded for NLEA | --      | 05/1996       |
| Phosphorus, P               | mg   | 248            | --          | --         | 0   | 0   | -- | -- | -- | --        | Calculated by manufacturer, not adjusted or rounded for NLEA | --      | 05/1996       |
| Potassium, K                | mg   | 249            | --          | --         | 0   | 0   | -- | -- | -- | --        | Calculated by manufacturer, not adjusted or rounded for NLEA | --      | 05/1996       |
| Sodium, Na                  | mg   | 291            | --          | --         | 0   | 0   | -- | -- | -- | --        | Calculated by manufacturer, not adjusted or rounded for NLEA | --      | 05/1996       |

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|--------------------------------|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|--|---------|---------------|
| Zinc, Zn                       | mg   | 2.20           | --          | --         | 0   | 0   | -- | -- | -- | --        | Calculated by manufacturer, not adjusted or rounded for NLEA | --      | 05/1996       |
| Copper, Cu                     | mg   | 0.700          | --          | --         | 0   | 0   | -- | -- | -- | --        | Calculated by manufacturer, not adjusted or rounded for NLEA | --      | 05/1996       |
| Manganese, Mn                  | mg   | 1.797          | --          | --         | 0   | 0   | -- | -- | -- | --        | Calculated or imputed  | --      | 05/1996       |
| <b>Vitamins</b>                |      |                |             |            |     |     |    |    |    |           |  |         |               |
| Vitamin C, total ascorbic acid | mg   | 0.0            | --          | --         | 0   | 0   | -- | -- | -- | --        | Calculated by manufacturer, not adjusted or rounded for NLEA | --      | 05/1996       |
| Thiamin                        | mg   | 0.700          | --          | --         | 0   | 0   | -- | -- | -- | --        | Calculated by manufacturer, not adjusted or rounded for NLEA | --      | 05/1996       |
| Riboflavin                     | mg   | 0.800          | --          | --         | 0   | 0   | -- | -- | -- | --        | Calculated by manufacturer, not adjusted or rounded for NLEA | --      | 05/1996       |
| Niacin                         | mg   | 9.500          | --          | --         | 0   | 0   | -- | -- | -- | --        | Calculated by manufacturer, not adjusted or rounded for NLEA | --      | 05/1996       |
| Pantothenic acid               | mg   | 0.671          | --          | --         | 0   | 0   | -- | -- | -- | --        | Calculated or imputed  | --      | 05/1996       |
| Vitamin B-6                    | mg   | 1.000          | --          | --         | 0   | 0   | -- | -- | -- | --        | Calculated by manufacturer, not adjusted or rounded for NLEA | --      | 05/1996       |

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| Folate, total                | µg   | 0              | --          | --         | 0   | 0   | -- | -- | -- | --        | Calculated by manufacturer, not adjusted or rounded for NLEA | --      | 05/1996       |
| Folic acid                   | µg   | 0              | --          | --         | 0   | 0   | -- | -- | -- | --        | Assumed zero   | --      | 01/2001       |
| Folate, food                 | µg   | 0              | --          | --         | 0   | 0   | -- | -- | -- | --        | Calculated by manufacturer, not adjusted or rounded for NLEA | --      | 05/1996       |
| Folate, DFE                  | µg   | 0              | --          | --         | 0   | 0   | -- | -- | -- | --        | Calculated or imputed  | --      | 07/2008       |
| Vitamin B-12                 | µg   | 0.00           | --          | --         | 0   | 0   | -- | -- | -- | --        | Calculated by manufacturer, not adjusted or rounded for NLEA | --      | 05/1996       |
| Vitamin A, RAE               | µg   | 713            | --          | --         | 0   | 0   | -- | -- | -- | --        | Calculated or imputed  | --      | 06/2002       |
| Retinol                      | µg   | 713            | --          | --         | 0   | 0   | -- | -- | -- | --        | Calculated or imputed  | --      | 06/2002       |
| Vitamin A, IU                | IU   | 2381           | --          | --         | 0   | 0   | -- | -- | -- | --        | Calculated by manufacturer, not adjusted or rounded for NLEA | --      | 05/1996       |
| <b>Lipids</b>                |      |                |             |            |     |     |    |    |    |           |  |         |               |
| Fatty acids, total saturated | g    | 1.100          | --          | --         | 0   | 0   | -- | -- | -- | --        | Calculated by manufacturer, not adjusted or rounded for NLEA | --      | 05/1996       |
| 4:0                          | g    | 0.000          | --          | --         | 0   | 0   | -- | -- | -- | --        | Calculated or imputed  | --      | 05/1996       |
| 6:0                          | g    | 0.000          | --          | --         | 0   | 0   | -- | -- | -- | --        | Calculated or imputed  | --      | 05/1996       |
| 8:0                          | g    | 0.000          | --          | --         | 0   | 0   | -- | -- | -- | --        | Calculated or imputed  | --      | 05/1996       |
| 10:0                         | g    | 0.000          | --          | --         | 0   | 0   | -- | -- | -- | --        | Calculated or imputed  | --      | 05/1996       |

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|------------------------------------|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|--|---------|---------------|
| 12:0                               | g    | 0.009          | --          | --         | 0   | 0   | -- | -- | -- | --        | Calculated or imputed  | --      | 05/1996       |
| 14:0                               | g    | 0.004          | --          | --         | 0   | 0   | -- | -- | -- | --        | Calculated or imputed  | --      | 05/1996       |
| 16:0                               | g    | 0.684          | --          | --         | 0   | 0   | -- | -- | -- | --        | Calculated or imputed  | --      | 05/1996       |
| 18:0                               | g    | 0.237          | --          | --         | 0   | 0   | -- | -- | -- | --        | Calculated or imputed  | --      | 05/1996       |
| Fatty acids, total monounsaturated | g    | 1.800          | --          | --         | 0   | 0   | -- | -- | -- | --        | Calculated by manufacturer, not adjusted or rounded for NLEA | --      | 05/1996       |
| 16:1 undifferentiated              | g    | 0.004          | --          | --         | 0   | 0   | -- | -- | -- | --        | Calculated or imputed  | --      | 05/1996       |
| 18:1 undifferentiated              | g    | 1.769          | --          | --         | 0   | 0   | -- | -- | -- | --        | Calculated or imputed  | --      | 05/1996       |
| 20:1                               | g    | 0.000          | --          | --         | 0   | 0   | -- | -- | -- | --        | Calculated or imputed  | --      | 05/1996       |
| 22:1 undifferentiated              | g    | 0.000          | --          | --         | 0   | 0   | -- | -- | -- | --        | Calculated or imputed  | --      | 05/1996       |
| Fatty acids, total polyunsaturated | g    | 4.500          | --          | --         | 0   | 0   | -- | -- | -- | --        | Calculated by manufacturer, not adjusted or rounded for NLEA | --      | 05/1996       |
| 18:2 undifferentiated              | g    | 4.038          | --          | --         | 0   | 0   | -- | -- | -- | --        | Calculated or imputed  | --      | 05/1996       |
| 18:3 undifferentiated              | g    | 0.043          | --          | --         | 0   | 0   | -- | -- | -- | --        | Calculated or imputed  | --      | 05/1996       |
| 18:4                               | g    | 0.000          | --          | --         | 0   | 0   | -- | -- | -- | --        | Calculated or imputed  | --      | 05/1996       |
| 20:4 undifferentiated              | g    | 0.000          | --          | --         | 0   | 0   | -- | -- | -- | --        | Calculated or imputed  | --      | 05/1996       |
| 20:5 n-3 (EPA)                     | g    | 0.000          | --          | --         | 0   | 0   | -- | -- | -- | --        | Calculated or imputed  | --      | 05/1996       |
| 22:5 n-3 (DPA)                     | g    | 0.000          | --          | --         | 0   | 0   | -- | -- | -- | --        | Calculated or imputed  | --      | 05/1996       |
| 22:6 n-3 (DHA)                     | g    | 0.000          | --          | --         | 0   | 0   | -- | -- | -- | --        | Calculated or imputed  | --      | 05/1996       |

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|-------------|------|-------------------|----------------|------------|-----|-----|----|----|----|-----------|--|---------|------------------|
| Cholesterol | mg   | 0                 | --             | --         | 0   | 0   | -- | -- | -- | --        | Calculated by<br>manufacturer,<br>not adjusted or<br>rounded for<br>NLEA | --      | 05/1996          |