

Breakfast Cereals

	Balance	Volumetric	
Cereals ready-to-eat, UNCLE SAM CEREAL	8	0.8	very good effect
Cereals ready-to-eat, NATURE'S PATH, OPTIMUM	2	1.0	good effect
Cereals ready-to-eat, POST TOASTIES corn flakes	0	0.9	OK effect
Cereals ready-to-eat, POST, COCOA PEBBLES	0	0.8	not very good effect
Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes	0	0.9	bad effect
Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	0	0.9	awful effect
Cereals, CREAM OF RICE, dry	0	0.9	
Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS	0	0.8	
Cereals ready-to-eat, corn flakes, low sodium	0	0.8	
Cereals ready-to-eat, KELLOGG, Berry RICE KRISPIES	0	0.9	
Cereals, CREAM OF RICE, cooked with water, without salt	0	6.4	
Cereals, CREAM OF RICE, cooked with water, with salt	0	6.4	
Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYN0-BITES	0	0.8	
Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	0	0.9	
Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	0	0.9	
Cereals, farina, unenriched, dry	0	0.9	
Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE	-1	0.9	
Cereals ready-to-eat, chocolate-flavored frosted puffed corn	-1	0.8	
Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	-1	0.9	
Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	-1	0.9	
Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	-1	0.9	
Cereals ready-to-eat, MALT-O-MEAL, Puffed Rice Cereal	-1	0.8	
Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice	-1	0.9	
Cereals ready-to-eat, MALT-O-MEAL, Fruity DYN0-BITES	-1	0.8	
Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	-1	0.9	
Cereals ready-to-eat, Ralston Corn Flakes	-1	0.9	
Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	-1	0.8	
Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW	-1	0.9	
Cereals ready-to-eat, Ralston Crispy Rice	-1	0.9	
Cereals ready-to-eat, Ralston Corn Biscuits	-1	0.9	
Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	-1	0.9	
Cereals ready-to-eat, USDA Commodity Rice Crisps (includes)	-1	0.9	
Cereals ready-to-eat, Ralston Crispy Hexagons	-1	0.9	
Cereals ready-to-eat, USDA Commodity Corn and Rice (includes)	-1	0.9	
Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flake	-1	0.9	
Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS	-1	0.8	
Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH	-1	0.8	
Cereals, QUAKER, corn grits, instant, with imitation bacon	-1	1.0	
Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	-1	0.9	
Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	-1	0.9	
Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	-1	0.9	
Cereals ready-to-eat, KELLOGG'S, FRUIT HARVEST Straw	-1	0.9	
Cereals ready-to-eat, KELLOGG'S, Reduced Sugar FROOT	-1	0.8	
Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey	-1	0.8	
Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with	-1	4.6	
Cereals ready-to-eat, POST, Golden Crisp	-1	0.8	
Cereals ready-to-eat, POST, Shredded Wheat, spoon-size	-1	1.0	
Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	-1	0.9	
Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn	-1	0.9	
Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	-1	0.8	
Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K RICE	-1	0.9	
Cereals, corn grits, white, regular and quick, unenriched,	-1	0.9	
Cereals, corn grits, yellow, regular and quick, unenriched	-1	0.9	
Cereals, corn grits, white, regular, quick, unenriched, coc	-1	5.6	

Avg. = -2.9

Cereals, corn grits, white, regular and quick, unenriched,	-1	5.6
Cereals, corn grits, white, regular and quick, unenriched,	-1	5.6
Cereals, corn grits, yellow, regular and quick, unenriched	-1	5.6
Cereals, corn grits, yellow, regular, quick, unenriched, co	-1	5.6
Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLE'	-1	0.9
Cereals ready-to-eat, QUAKER, QUAKER APPLE ZAPS	-1	0.8
Cereals ready-to-eat, GENERAL MILLS, Frosted CHEX	-1	0.9
Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	-1	0.8
Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL C	-1	0.8
Cereals, CREAM OF WHEAT, mix'n eat, plain, dry	-1	0.9
Cereals ready-to-eat, QUAKER, QUAKER COCOA BLASTS	-1	0.8
Cereals ready-to-eat, GENERAL MILLS, HARMONY	-1	0.9
Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUI	-2	0.9
Cereals ready-to-eat, GENERAL MILLS, French Toast Crur	-2	0.8
Cereals ready-to-eat, MALT-O-MEAL, Honey BUZZERS	-2	0.8
Cereals, farina, enriched, assorted brands including CREA	-2	0.9
Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes	-2	0.9
Cereals, Cream of Wheat, 2 1/2 minute cook time, dry	-2	0.9
Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY	-2	0.9
Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	-2	0.9
Cereals, Cream of Wheat, 2 1/2 minute cook time, cooke	-2	5.9
Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	-2	0.9
Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA	-2	0.9
Cereals, MALTEX, cooked with water, with salt	-2	4.4
Cereals ready-to-eat, POST, Honeycomb Cereal	-2	0.8
Cereals, CREAM OF WHEAT, instant, dry	-2	0.9
Cereals ready-to-eat, GENERAL MILLS, WHEATIES Raisin	-2	1.0
Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spo	-2	1.0
Cereals, QUAKER, corn grits, instant, cheddar cheese flav	-2	4.6
Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAM	-2	0.9
Cereals, CREAM OF WHEAT, instant, prepared with water	-2	5.4
Cereals, CREAM OF WHEAT, instant, prepared with water	-2	5.4
Cereals, CREAM OF WHEAT, regular, 10 minute cooking, c	-2	0.9
Cereals, MALTEX, cooked with water, without salt	-2	4.4
Cereals, CREAM OF WHEAT, regular (10 minute), cooked	-2	6.7
Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S	-2	0.8
Cereals, CREAM OF WHEAT, regular (10 minute), cooked	-2	6.7
Cereals, corn grits, yellow, regular and quick, enriched, d	-2	0.9
Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	-2	0.9
Cereals, QUAKER, corn grits, instant, cheddar cheese flav	-2	0.9
Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAI	-2	1.0
Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	-2	0.8
Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUI	-2	0.8
Cereals, MALTEX, dry	-2	0.9
Cereals ready-to-eat, MALT-O-MEAL, Honey Nut TOASTY	-2	0.9
Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRA	-2	0.9
Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	-2	1.0
Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	-2	0.9
Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS	-2	0.8
Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP	-2	0.8
Cereals ready-to-eat, QUAKER, QUAKER FRUITANGY OH!!	-2	0.8
Cereals, corn grits, yellow, regular and quick, enriched, c	-2	5.1
Cereals, corn grits, yellow, regular, quick, enriched, cook	-2	5.1
Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs	-2	0.9
Cereals, farina, enriched, assorted brands including CREA	-2	6.1

Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCK	-2	0.9
Cereals ready-to-eat, QUAKER, QUAKER SWEET PUFFS	-2	0.9
Cereals, CREAM OF WHEAT, 1 minute cook time, dry	-2	0.9
Cereals ready-to-eat, KELLOGG, KELLOGG'S Honey SMAC	-2	0.9
Cereals, farina, enriched, cooked with water, without salt	-2	6.3
Cereals, farina, enriched, cooked with water, with salt	-2	6.3
Cereals ready-to-eat, GENERAL MILLS, KIX	-2	0.9
Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	-2	0.9
Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOT/	-2	1.0
Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP,	-2	0.9
Cereals, corn grits, white, regular and quick, enriched, dr	-2	0.9
Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	-2	0.9
Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	-2	0.8
Cereals ready-to-eat, GENERAL MILLS, BASIC 4	-2	0.9
Cereals ready-to-eat, POST, Shredded Wheat, bite-size	-2	0.9
Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUS	-2	0.9
Cereals, RALSTON, cooked with water, without salt	-2	6.3
Cereals, corn grits, white, regular and quick, enriched, co	-2	4.7
Cereals, corn grits, white, regular and quick, enriched, co	-2	4.7
Cereals ready-to-eat, GENERAL MILLS, GENERAL MILLS E	-2	0.9
Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART STAF	-2	0.9
Cereals, ready-to-eat, ALPEN	-2	0.9
Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	-2	0.8
Cereals ready-to-eat, GENERAL MILLS, Multi-Bran CHEX	-2	1.0
Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	-2	0.9
Cereals ready-to-eat, GENERAL MILLS, WHEATIES	-2	1.0
Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS,	-2	0.8
Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	-2	1.1
Cereals ready-to-eat, GENERAL MILLS, Cinnamon Graham	-2	0.9
Cereals ready-to-eat, APPLE CINNAMON SQUARES MINI-1	-2	1.0
Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEAT	-2	0.9
Cereals, whole wheat hot natural cereal, dry	-3	1.0
Cereals, QUAKER, corn grits, instant, plain, prepared (mic	-3	4.4
Cereals, QUAKER, corn grits, instant, plain, dry	-3	0.9
Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Gr	-3	0.9
Cereals ready-to-eat, KASHI GOLEAN CRUNCH!	-3	0.9
Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Oa	-3	1.0
Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	-3	1.0
Cereals, MAYPO, cooked with water, with salt	-3	4.7
Cereals, ROMAN MEAL, plain, dry	-3	1.0
Cereals ready-to-eat, wheat and malt barley flakes	-3	0.9
Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	-3	0.9
Cereals ready-to-eat, QUAKER, QUAKER toasted Oatmeal	-3	0.9
Cereals ready-to-eat, QUAKER, QUAKER MARSHMALLOW	-3	0.8
Cereals ready-to-eat, MALT-O-MEAL, Puffed Wheat Cerea	-3	0.8
Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MI	-3	1.0
Cereals ready-to-eat, GENERAL MILLS, TOTAL, Cranberry	-3	1.0
Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEAT	-3	1.0
Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY L	-3	0.9
Cereals ready-to-eat, POST, FRUITY PEBBLES	-3	0.8
Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLO	-3	0.9
Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS wit	-3	2.8
Cereals ready-to-eat, POST, Honey Nut Shredded Wheat	-3	0.9
Cereals ready-to-eat, QUAKER, KING VITAMAN	-3	0.9
Cereals, whole wheat hot natural cereal, cooked with wat	-3	5.4

Cereals, whole wheat hot natural cereal, cooked with wat	-3	5.4
Cereals ready-to-eat, Marshmallow ALPHA-BITS	-3	0.8
Cereals ready-to-eat, KASHI HEART TO HEART, Honey To	-3	0.9
Cereals ready-to-eat, bran flakes, single brand	-3	1.0
Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogu	-3	0.9
Cereals ready-to-eat, POST Raisin Bran Cereal	-3	1.1
Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON	-3	0.8
Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS wit	-3	0.9
Cereals, QUAKER, Instant Oatmeal, TREASURE HUNT, pre	-3	3.1
Cereals, MAYPO, dry	-3	0.9
Cereals ready-to-eat, WEETABIX WHOLE WHEAT CEREAL	-3	0.9
Cereals ready-to-eat, Puffed KASHI	-3	1.0
Cereals, QUAKER, Instant Oatmeal, fruit and cream varie	-3	4.6
Cereals ready-to-eat, GENERAL MILLS, KABOOM	-3	0.8
Cereals, Cream of Wheat, 2 1/2 minute cook time, cooke	-3	6.4
Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS	-3	0.9
Cereals ready-to-eat, frosted oat cereal with marshmallo	-3	0.9
Cereals, QUAKER, Instant Oatmeal, fruit and cream varie	-3	0.9
Cereals, QUAKER, Instant Oatmeal, apples and cinnamon	-3	3.8
Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MA	-3	0.8
Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON	-3	0.9
Cereals, QUAKER, Instant Oatmeal, NUTRITION FOR WOM	-3	3.1
Cereals, QUAKER, Instant Oatmeal, Baked Apple, prepare	-3	3.5
Cereals, QUAKER, Instant Oatmeal, EXPRESS Baked Appl	-3	2.8
Cereals ready-to-eat, KELLOGG, KELLOGG'S COMPLETE V	-3	1.0
Cereals ready-to-eat, GENERAL MILLS, TRIX, reduced sug	-3	0.8
Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERI	-3	0.9
Cereals, CREAM OF WHEAT, 1 minute cook time, cooked	-3	6.1
Cereals ready-to-eat, GENERAL MILLS, Oatmeal Crisp, Ra	-3	0.9
Cereals ready-to-eat, KASHI GOLEAN	-3	1.2
Cereals, QUAKER, Instant Oatmeal, apples and cinnamon	-3	0.9
Cereals, QUAKER, Instant Oatmeal EXPRESS, Baked Appl	-3	0.9
Cereals ready-to-eat, GENERAL MILLS, TRIX	-3	0.9
Cereals, oats, instant, fortified, with raisins and spice, pre	-3	3.3
Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, pre	-3	3.3
Cereals ready-to-eat, wheat, shredded, plain, sugar and s	-3	1.0
Cereals, QUAKER, Instant Oatmeal, EXPRESS, Golden Bro	-3	2.8
Cereals, oats, instant, fortified, with cinnamon and spice,	-3	3.1
Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, prep	-3	3.1
Cereals ready-to-eat, POST, 100% Bran Cereal	-3	1.2
Cereals ready-to-eat, GENERAL MILLS, Multi-Grain Cheer	-3	0.9
Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry	-3	0.9
Cereals, QUAKER, Instant Oatmeal, NUTRITION FOR WOM	-3	3.2
Cereals ready-to-eat, POST, ALPHA-BITS	-3	0.8
Cereals ready-to-eat, POST, ALPHA-BITS	-3	0.8
Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Ce	-3	0.8
Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	-3	1.0
Cereals, oats, instant, fortified, with raisins and spice, dry	-3	0.9
Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	-3	0.9
Cereals, oats, instant, fortified, with cinnamon and spice,	-3	0.9
Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	-3	0.9
Cereals, QUAKER, Instant Oatmeal EXPRESS, Golden Bro	-3	0.9
Cereals ready-to-eat, QUAKER, QUAKER CINNAMON OATI	-3	0.9
Cereals ready-to-eat, KELLOGG, KELLOGG'S JUST RIGHT	-3	0.9
Cereals, CREAM OF WHEAT, 1 minute cook time, cooked	-3	5.9

Cereals, WHEATENA, cooked with water, with salt	-3	5.6
Cereals, QUAKER, Instant Oatmeal, maple and brown sug	-3	3.3
Cereals ready-to-eat, MUESLI, dried fruit and nuts	-3	1.0
Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	-3	0.9
Cereals, WHEATENA, dry	-3	0.9
Cereals, QUAKER, Instant Oatmeal, French Vanilla, prepa	-4	3.3
Cereals ready-to-eat, POST Blueberry Morning	-4	0.9
Cereals ready-to-eat, KASHI, CINNA-RAISIN CRUNCH	-4	1.0
Cereals, QUAKER, Instant Oatmeal, EXPRESS Cinnamon f	-4	2.8
Cereals, QUAKER, Instant Oatmeal, maple and brown sug	-4	0.9
Cereal ready-to-eat, CRISPY BROWN RICE	-4	0.9
Cereals, QUAKER, Instant Oatmeal EXPRESS Cinnamon R	-4	0.9
Cereals ready-to-eat, KELLOGG, KELLOGG'S Cinnamon M	-4	0.8
Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Alm	-4	0.9
Cereals ready-to-eat, KELLOGG, KELLOGG'S Shredded W	-4	1.0
Cereals ready-to-eat, FAMILIA	-4	0.9
Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogur	-4	0.8
Cereals ready-to-eat, QUAKER, 100% Natural Granola Oa	-4	0.8
Cereals, WHEATENA, cooked with water	-4	5.9
Cereals ready-to-eat, Ralston Enriched Bran flakes	-4	1.1
Cereals ready-to-eat, KASHI Good Friends	-4	1.1
Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Gran	-4	0.9
Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEE	-4	0.8
Cereals ready-to-eat, POST Selects Cranberry Almond Cri	-4	0.9
Cereals ready-to-eat, Ralston TASTEEOS	-4	0.8
Cereals ready-to-eat, QUAKER, QUAKER OATMEAL SQUAR	-4	0.9
Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Gran	-4	0.9
Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' C	-4	0.8
Cereal wafer straws, KELLOGG, FROOT LOOPS Cereal stra	-4	0.8
Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	-4	0.9
Cereals ready-to-eat, JUST RIGHT with Crunchy Nuggets	-5	0.9
Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN B	-5	1.3
Rice and Wheat cereal bar	-5	0.8
Cereals, QUAKER, Instant Oatmeal, raisins, dates and wa	-5	0.9
Cereals ready-to-eat, rolled oats, whole wheat, rice, pres	-5	0.8
Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX	-5	0.9
Cereals, MAYPO, cooked with water, without salt	-5	4.7
Millet, puffed	-5	0.9
Cereals ready-to-eat, QUAKER, QUAKER Oat Bran Cereal	-5	0.9
Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT	-5	0.8
Cereals ready-to-eat, MALT-O-MEAL, TOASTY O'S	-5	0.8
Cereals, oats, regular and quick and instant, not fortified,	-6	0.9
Cereals ready-to-eat, wheat and bran, presweetened with	-6	0.9
Cereals, QUAKER, Quick Oats, Dry	-6	0.9
Cereals, oats, instant, fortified, plain, prepared with wate	-6	4.9
Cereals ready-to-eat, GENERAL MILLS, FIBER ONE	-6	1.7
Cereals, oats, instant, fortified, plain, dry	-6	0.9
Cereals ready-to-eat, QUAKER, SUN COUNTRY Granola w	-6	0.7
Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAS	-6	0.8
Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	-6	0.8
Cereals ready-to-eat, POST, Honey Bunches of Oats, with	-7	0.8
Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP v	-7	0.8
Cereals ready-to-eat, GENERAL MILLS Peanut Butter Toas	-7	0.8
Cereals ready-to-eat, POST, OREO O's Cereal	-7	0.8
Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN O	-7	1.3

Cereals ready-to-eat, NATURE'S PATH, OPTIMUM SLIM	-7	1.0
Cereals ready-to-eat, Malt-O-Meal Honey Graham Squares	-7	0.8
Cereals, QUAKER, Instant Oatmeal, low sodium, dry	-7	0.9
AMARANTH FLAKES	-7	0.9
Cereals, oats, regular and quick and instant, unenriched,	-7	4.7
Cereals, oats, regular and quick and instant, unenriched,	-7	4.7
Cereals ready-to-eat, POST, Great Grains, Raisin, Date &	-7	0.9
Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey A	-8	0.9
Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTED	-8	0.8
Cereals ready-to-eat, oat, corn and wheat squares, presw	-8	0.8
Cereals ready-to-eat, KELLOGG, SMORZ	-8	0.8
Cereals ready-to-eat, whole wheat, rolled oats, presweete	-9	0.8
Cereals ready-to-eat, MALT-O-MEAL, Blueberry Muffin To	-9	0.8
Cereals, QUAKER, Instant Oatmeal, Honey Nut, prepared	-9	3.1
Cereals ready-to-eat, QUAKER, KRETSCHMER Honey Crun	-10	0.9
Cereals ready-to-eat, POST Banana Nut Crunch	-10	0.8
Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN W	-10	1.7
Cereals ready-to-eat, KELLOGG'S, SPECIAL K Low Carb L	-12	1.0
Cereals ready-to-eat, wheat germ, toasted, plain	-13	0.9
Cereals ready-to-eat, granola, homemade	-16	0.7

Balance Volumetric

very good effect
good effect
OK effect
not very good effect
bad effect
awful effect