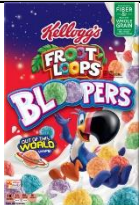

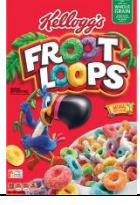





| FRUIT LOOPS   |   |              |                |            |                   |
|---|---|--------------|----------------|------------|-------------------|
|   | Flavor                                  | Serving Size | Grams of Sugar | Creditable | Whole Grain       |
|    | Froot Loops®<br>Bloopers™               | 28g          | 10g            | NO         | NOT<br>CREDITABLE |
|    | Froot Loops®<br>Marshmallow             | 28g          | 14g            | NO         | NOT<br>CREDITABLE |
|   | Froot Loops™                            | 29g          | 10g            | NO         | NOT<br>CREDITABLE |
| FROSTED FLAKES®   |   |              |                |            |                   |
|   | Flavor                                  | Serving Size | Grams of Sugar | Creditable | Whole Grain       |
|  | Cinnamon Frosted<br>Flakes™             | 29g          | 10g            | NO         | NOT<br>CREDITABLE |
|  | Frosted Flakes®<br>with<br>Marshmallows | 29g          | 12g            | NO         | NOT<br>CREDITABLE |
|  | Frosted Flakes®                         | 29g          | 10g            | NO         | NOT<br>CREDITABLE |

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|   |  |                     |                       |                   |                    |
|---|--|---------------------|-----------------------|-------------------|--------------------|
|    | Frosted Flakes®<br>Choco Zucaritas™                | 30g                 | 12g                   | NO                | NOT<br>CREDITABLE  |
| <b>SMART START®</b>   |  |                     |                       |                   |                    |
|   | <b>Flavor</b>                                      | <b>Serving Size</b> | <b>Grams of Sugar</b> | <b>Creditable</b> | <b>Whole Grain</b> |
|    | Smart Start®<br>Original<br>Antioxidants<br>cereal | 50g                 | 14g                   | NO                | NOT<br>CREDITABLE  |
| <b>MINI-WHEATS®</b>   |  |                     |                       |                   |                    |
|   | <b>Flavor</b>                                      | <b>Serving Size</b> | <b>Grams of Sugar</b> | <b>Creditable</b> | <b>Whole Grain</b> |
|   | Unfrosted  | 55g                 | 0g                    | YES               | YES                |
|  | Original   | 54g                 | 11g                   | YES               | YES                |
|  | Little Bites<br>Original                           | 56g                 | 11g                   | YES               | YES                |
|  | Touch of Fruit in<br>the Middle<br>Raspberry       | 55g                 | 10g                   | YES               | YES                |

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|   |                            |                     |                       |                   |                    |
|---|----------------------------|---------------------|-----------------------|-------------------|--------------------|
|    | Maple Brown Sugar          | 55g                 | 12g                   | YES               | YES                |
|    | Harvest Delights Cranberry | 55g                 | 10g                   | YES               | YES                |
|    | Strawberry                 | 55g                 | 12g                   | YES               | YES                |
|    | Harvest Delights Blueberry | 55g                 | 10g                   | YES               | YES                |
|  | Blueberry                  | 55g                 | 12g                   | YES               | YES                |
|  | Little Bites® Chocolate    | 56g                 | 12g                   | YES               | YES                |
| <b>KRAVE®</b>   |                            |                     |                       |                   |                    |
|   | <b>Flavor</b>              | <b>Serving Size</b> | <b>Grams of Sugar</b> | <b>Creditable</b> | <b>Whole Grain</b> |
|  | Double Chocolate           | 30g                 | 11g                   | NO                | NOT CREDITABLE     |







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|   |                      |                     |                       |                   |                    |
|---|----------------------|---------------------|-----------------------|-------------------|--------------------|
|    | Chocolate            | 31g                 | 11g                   | NO                | NOT CREDITABLE     |
|    | S'Mores              | 31g                 | 10g                   | NO                | NOT CREDITABLE     |
| <b>SPECIAL K</b>  |                      |                     |                       |                   |                    |
|   | <b>Flavor</b>        | <b>Serving Size</b> | <b>Grams of Sugar</b> | <b>Creditable</b> | <b>Whole Grain</b> |
|    | Apple Cinnamon       | 32g                 | 9g                    | NO                | NOT CREDITABLE     |
|   | Pumpkin Spice Crunch | 32g                 | 9g                    | NO                | NOT CREDITABLE     |
|  | Red Berries          | 31g                 | 9g                    | NO                | NOT CREDITABLE     |
|  | Cinnamon Pecan       | 30g                 | 7g                    | NO                | NOT CREDITABLE     |
|  | Chocolatey Delight   | 31g                 | 9g                    | NO                | NOT CREDITABLE     |

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|   |  |                     |                       |                   |                    |
|---|--|---------------------|-----------------------|-------------------|--------------------|
|    | Fruit & Yogurt                         | 32g                 | 10g                   | NO                | NOT CREDITABLE     |
|    | Oats and Honey                         | 29g                 | 8g                    | NO                | NOT CREDITABLE     |
|    | Chocolate Almond                       | 28g                 | 8g                    | NO                | NOT CREDITABLE     |
|    | Touch of Honey Granola                 | 52g                 | 9g                    | YES               | NO                 |
| <b>SPECIAL K NOURISH®</b>   |  |                     |                       |                   |                    |
|   | <b>Flavor</b>                          | <b>Serving Size</b> | <b>Grams of Sugar</b> | <b>Creditable</b> | <b>Whole Grain</b> |
|  | Coconut Cranberry Almond               | 52g                 | 11g                   | YES               | NO                 |
|  | Nourish Very Berry Granola             | 53g                 | 9g                    | YES               | NO                 |
|  | Nourish Dark Chocolate Coconut Granola | 61g                 | 11g                   | YES               | NO                 |

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|   |  |                     |                       |                   |                    |
|---|--|---------------------|-----------------------|-------------------|--------------------|
|    | Nourish Apple Raspberry Almond             | 51g                 | 10g                   | YES               | NO                 |
| <b>SPECIAL K PROTEIN</b>  |  |                     |                       |                   |                    |
|   | <b>Flavor</b>                              | <b>Serving Size</b> | <b>Grams of Sugar</b> | <b>Creditable</b> | <b>Whole Grain</b> |
|    | Protein Cereal                             | 32g                 | 7g                    | NO                | NOT CREDITABLE     |
|    | Cinnamon Brown Sugar Crunch Protein Cereal | 31g                 | 9g                    | NO                | NOT CREDITABLE     |
| <b>CORN FLAKES®</b>   |  |                     |                       |                   |                    |
|   | <b>Flavor</b>                              | <b>Serving Size</b> | <b>Grams of Sugar</b> | <b>Creditable</b> | <b>Whole Grain</b> |
|  | Crumbs                                     | 33g                 | 3g                    | YES               | NO                 |
|  | Original                                   | 28g                 | 3g                    | YES               | NO                 |
| <b>RAISIN BRAN®</b>   |  |                     |                       |                   |                    |
|   | <b>Flavor</b>                              | <b>Serving Size</b> | <b>Grams of Sugar</b> | <b>Creditable</b> | <b>Whole Grain</b> |
|  | Granola Raisin & Honey                     | 55g                 | 4g                    | YES               | NO                 |

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|   |                              |                     |                       |                   |                    |
|---|------------------------------|---------------------|-----------------------|-------------------|--------------------|
|    | Original                     | 59g                 | 18g                   | NO                | NOT CREDITABLE     |
|    | Crunch                       | 53g                 | 19g                   | NO                | NOT CREDITABLE     |
|    | Crunch Apple Strawberry      | 50g                 | 17g                   | NO                | NOT CREDITABLE     |
|   | Cranberries                  | 59g                 | 18g                   | NO                | NOT CREDITABLE     |
|  | Granola Cranberry Almond     | 56g                 | 16g                   | NO                | NOT CREDITABLE     |
|  | Omega-3 from Flaxseed cereal | 53g                 | 17g                   | NO                | NOT CREDITABLE     |
| <b>RICE KRISPIES®</b>   |                              |                     |                       |                   |                    |
|   | <b>Flavor</b>                | <b>Serving Size</b> | <b>Grams of Sugar</b> | <b>Creditable</b> | <b>Whole Grain</b> |
|  | Rice Krispies Treats®        | 30g                 | 9g                    | NO                | NOT CREDITABLE     |

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|   |                   |     |     |     |                |
|---|-------------------|-----|-----|-----|----------------|
|  | Frosted Krispies® | 30g | 12g | NO  | NOT CREDITABLE |
|  | Cocoa Krispies®   | 31g | 12g | NO  | NOT CREDITABLE |
|  | Original          | 33g | 4g  | YES | NO             |

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