

%Daily Value with NO MILK

Cereal	Simply Food's Corn Flakes 1 cup		General Mill's Cheerios 1 cup		Kellogg's Special K Low Fat Granola ½ cup (54 g)	
Calories	120		110		210	
Fat	0.4g	1%	2g	3%	3g	5%
<i>Saturated</i>	0.1g	1%	0.4g	2%	0.5g	3%
<i>Trans</i>	0g		0g		N/A	
Cholesterol	0mg		0mg		0mg	
Sodium	260mg	11%	190mg	8%	105mg	4%
Potassium	N/A		N/A		120mg	3%
Carbohydrate	26g	9%	20g	7%	40g	13%
<i>Fibre</i>	1g	3%	2g	8%	5g	20%
<i>Sugars</i>	3g		1g		10g	
Protein	2g		3g		7g	
<i>Vitamin A</i>	0%		0%		0%	
<i>Vitamin C</i>	0%		0%		0%	
<i>Calcium</i>	0%		4%		2%	
<i>Iron</i>	30%		30%		50%	
<i>Vitamin D</i>	0%		0%		0%	
<i>Thiamine</i>	45%		N/A		90%	
<i>Riboflavin</i>	N/A		N/A		4%	
<i>Niacine</i>	6%		6%		15%	
<i>Vitamin B6</i>	10%		10%		20%	
<i>Folate</i>	8%		8%		15%	
<i>Vitamin B12</i>	0%		N/A		N/A	
<i>Pantothenic Acid</i>	6%		N/A		N/A	
<i>Pantothenate</i>	N/A		6%		15%	
<i>Phosphorus</i>	N/A		10%		10%	
<i>Magnesium</i>	N/A		15%		15%	
<i>Zinc</i>	0%		6%		20%	