# The Sister Study

## Quality of Life and Special Topics

### Cereal Card

| A | 100% Bran
| 100% Bran Bran Buds
| All-Bran with Extra Fiber
| Alpen
| Alpha-Bits
| Alpha-Bits with marshmallows
| Amaranth Flakes
| Apple Jacks
| Apple Zaps
| Apple Zings, Malt-O-Meal
| Banana Nut Crunch Cereal
| Barley
| Basic 4
| Berry Colossal Crunch, Malt-O-Meal
| Blueberry Morning
| Booberry
| Bran
| Bran Buds
| Bran flakes
| Bran, Nabisco
| Branola
| Brown Sugar Bliss
| Buckwheat groats
| Bulgur
| Cap’n Crunch
| Cap’n Crunch’s Christmas Crunch
| Cap’n Crunch’s Crunch Berries
| Cap’n Crunch’s Oops! ChocoDonuts
| Cap’n Crunch’s Peanut Butter Crunch
| Cheerios
| Cheerios, Apple Cinnamon
| Cheerios, Berry Burst
| Cheerios, Berry Burst Strawberry
| Cheerios, Berry Burst Triple Berry
| Cheerios, Berry Burst, Cherry Vanilla
| Cheerios, Berry Burst, Strawberry Banana
| Cheerios, Frosted
| Cheerios, Honey Nut
| Cheerios, Multi Grain
| Cheerios, Team
| Cheerios, Yogurt Burst, Strawberry
| Cheerios, Yogurt Burst, Vanilla
| Cheese grits
| Chex
| Chex Morning Mix Banana Nut
| Chex Morning Mix Cinnamon
| Chex Morning Mix Fruit & Nut
| Chex Morning Mix Honey Nut
| Chex, Bran
| Chex, Corn
| Chex, Honey Nut
| Chex, Multi-Bran
| Chex, Rice
| Chex, Wheat
| Chocolate frosted cereal
| Cinnamon Cluster Raisin Bran
| Cinnamon Crunch Crispix
| Cinnamon Grahams Cereal
| Cinnamon Marshmallow Scooby Doo!
| Cinnamon Toast Crunch
| Cinnamon Toast Crunch, Reduced Sugar
| Cocoa-Roos, Malt-O-Meal
| Cocoa Blasts
| Cocoa Comets
| Cocoa Dyno Bites, Malt-O-Meal
| Cocoa Krispies
| Cocoa Pebbles
| Cocoa Puffs
| Cocoa Puffs, Reduced Sugar
| Cocoa Wheats
| Complete Bran Flakes
| Complete Oat Bran Flakes
| Complete Wheat Bran Flakes
| Cookie-Crisp (all flavors)
| Corn Bursts, Malt-O-Meal
| Corn Flakes, Kellogg’s
| Corn Pops
| Corn Puffs
| Corn flakes
| Corn flakes, low sodium
| Cornmeal mush
| Count Chocula
| Cracklin’ Oat Bran
| Cranberry Almond Crunch Cereal
| Cream of Rice
| Cream of Rye
| Cream of Wheat
| Crisp Crunch
| Crispix
| Crispy Brown Rice Cereal
| Crispy Rice
| Crispy Rice, Malt-O-Meal
| Crispy Wheats ‘N Raisins
| Crunchy Corn Bran
| Disney Cereal
| Disney Hunny B’s
| Disney Mickey’s Magix
| Disney Mud & Bugs
| Ener-G Pure Rice Bran
| Familia
| Farina
| Fiber 7 Flakes
| Fiber One
| Frankenberry
| French Toast Crunch
| Frosted Loops
| Frosted Flakes, Kellogg’s
| Frosted Flakes, Malt-O-Meal
| Frosted Fruit Rings
| Frosted Mini Spooners, Malt-O-Meal
| Frosted Mini Wheats
| Frosted Shredded Wheat
| Frosted Wheat Bites
| Frosted cereal, with marshmallows
| Frosted corn flakes
| Frosted flakes
| Frosted rice
| Frosty O’s
| Fruit & Fibre (fiber)
| Fruit & Fibre (fiber) with Dates, Raisins and Walnuts
| Fruit & Fibre (fiber) with Peaches, Raisins, Almonds, and Oat Clusters
| Fruit Harvest
| Fruit Harvest Apple Cinnamon
| Fruit Harvest Strawberry Blueberry
| Fruit Loops
| Fruit Rings
| Fruit Whirls
| Fruit and Cream Oatmeal
| Fruity Dyno Bites, Malt-O-Meal
| Fruity Pebbles

## The Sister Study Breast Cancer Research

The Sister Study is a research initiative that focuses on breast cancer patients and survivors. The study collects data on the quality of life and special topics relevant to these individuals. This Cereal Card lists various types of cereals, along with their ingredients and characteristics, providing a comprehensive guide for participants and researchers.

**Vers: 02**
Harina de maíz con leche
Harmony Vanilla Almond Oats
Healthy Choice
Honey Bunches of Oat Honey Roasted
Honey Bunches of Oat with Strawberry
Honey Bunches of Oats
Honey Bunches of Oats with Almonds
Honey Buzzers, Malt-O-Meal
Honey Crisp Corn Flakes
Honey Crunch Corn Flakes
Honey Graham Squares, Malt-O-Meal
Honey Nut Clusters
Honey Nut Heaven
Honey Nut Shredded Wheat
Honey Smacks
Honeycomb
Honeycomb, strawberry
Instant Grits, all flavors
Jenny O’s
Just Right
Just Right with Fruit & Nut
Kaboom
Kashi
Kashi GOLEAN
Kashi Good Friends
Kashi Good Friends Cinna-Raisin Crunch
Kashi Heart to Heart Cereal
Kashi Honey Puffed
Kashi Medley
Kashi Organic Promise
Kashi Pilaf
Kashi Pillows
Kashi Seven in the Morning
Kashi, Puffed
Kix
Kix, Berry Berry
Life (plain and cinnamon)
Lucky Charms
Lucky Charms, Berry
Lucky Charms, Chocolate
Magic Stars
Malt-O-Meal
Malt-O-Meal, chocolate
Maltex
Marshmallow Mateys, Malt-O-Meal
Marshmallow Safari
Masa harina
Maypo
Millet
Millet, puffed
Mini-Wheats
Mini-Wheats Frosted Bite Size
Mini-Wheats Frosted Original
Mini-Wheats Frosted Raisin
Mini-Wheats Frosted Strawberry
Mother’s Natural Foods Cereal, Quaker
Muesli
Muesli(x)
Multigrain Oatmeal
Multigrain cereal
Natural Bran Flakes
Nature Valley Granola
Nature Valley Granola, with fruit and nuts
Nesquik
Nestum
Nu System Cuisine Toasted Grain Circles
Nutri-Grain
Nutri-Grain Golden Wheat and Raisin
Nutty Nuggets
Oat Bran Cereal, Quaker
Oat Bran Flakes, Health Valley
Oat bran cereal
Oat bran uncooked
Oat cereal
Oat flakes
Oatmeal
Oatmeal Crisp
Oatmeal Crisp with Almonds
Oatmeal Crisp, Apple Cinnamon
Oatmeal Crisp, Raisin
Oatmeal Squares
Oatmeal Swirlers
Oats, raw
Oh’s
Oh’s, Apple Cinnamon
Oh’s, Frutiangy
Oh’s, Honey Graham
Old Wessex Irish Style Oatmeal
Optimum Slim, Nature’s Path
Optimum, Nature’s Path
Oreo O’s Cereal
Peanut Butter Toast Crunch
Polenta
Product 19
Puffed Rice, Malt-O-Meal
Puffed Wheat, Malt-O-Meal
Quaker Dinosaur Eggs oatmeal
Quaker Fruit and Cream Oatmeal
Quaker Instant Grits, all flavors
Quaker Multigrain Oatmeal
Quaker Oatmeal Express
Quaker Oatmeal Nutrition for Women
Quaker Oatmeal Squares
Quisp
Raisin Bran Crunch
Raisin Bran, Kellogg’s
Raisin Bran, Post
Raisin Nut Bran
Raisin bran
Reese’s Peanut Butter Puffs
Rice Krispies
Rice Krispies, Frosted
Rice Krispies, Treats Cereal
Rice bran, uncooked
Rice cereal
Rice flakes
Rice polishings
Rice, puffed
Roman Meal
Seven-grain Cereal
Shredded Wheat
Shredded Wheat ‘N Bran
Shredded Wheat Spoon Size
Shredded Wheat, 100%
Shredded Wheat, Original Smacks
Smart Start
Smorz
Special K
Special K Fruit & Yogurt
Special K Low Carb Lifestyle Protein Plus
Special K Red Berries
Special K Vanilla Almond
Strawberry Crunch
Strawberry Puffs
Tasteecos
Toasted Cinnamon Twists, Malt-O-Meal
Toasted Oatmeal Cereal
Toasted Oatmeal, Honey Nut
Toasted oat cereal
Toasties
Toasty O’s, Apple Cinnamon, Malt-O-Meal
Toasty O’s, Honey and Nut, Malt-O-Meal
Toasty O’s, Malt-O-Meal
Tony’s Cinnamon Crunchers
Tootie Fruities, Malt-O-Meal
Total
Total Brown Sugar & Oats
Total Corn Flakes
Total Instant Oatmeal
Total Raisin Bran
Trix
Trix, Reduced Sugar
Uncle Sam’s Hi Fiber Cereal
Under Cover Bears
Waffle Crisp
Weetabix Whole Wheat Cereal
Wheat Hearts
Wheat bran, unprocessed (miller’s bran)
Wheat cereal
Wheat germ
Wheat germ, with sugar and honey
Wheat, puffed
Wheat, puffed, presweetened with sugar
Wheatena
Wheaties
Wheaties Energy Crunch
Wheaties Raisin Bran
Whole wheat cereal
Whole wheat, cracked
Zoom