



The Sister Study

Quality of Life and Special Topics

Cereal Card

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100% Bran
 100% Low Fat Natural Granola
 100% Natural Cereal
 100% Natural Cereal, with oats, honey and raisins
 100% Natural Granola, Oats & Honey
 100% Natural Wholegrain Cereal with raisins, lowfat

A

All-Bran
 All-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

B

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

C

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
 Coco-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
D
 Disney Cereal
 Disney Hunny B's
 Disney Mickey's Magix
 Disney Mud & Bugs
E
 Ener-G Pure Rice Bran
F
 Familia
 Farina
 Fiber 7 Flakes
 Fiber One
 Frankenberry
 French Toast Crunch
 Froot 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
G
 Golden Crisp
 Golden Grahams
 Golden Puffs, Malt-O-Meal
 Granola
 Granola, homemade
 Granola, lowfat
 Granola, lowfat, Kellogg's
 Granola, lowfat, with Raisins, Kellogg's
 Grape Nut O's
 Grape-Nuts
 Grape-Nuts Flakes
 Great Grains Crunchy Pecan Whole Grain Cereal
 Great Grains, Raisins, Dates, and Pecans Whole Grain Cereal
 Grits

H

Harina de maize 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

I

Instant Grits, all flavors

J

Jenny O's
 Just Right
 Just Right with Fruit & Nut

K

Kaboom
 Kasha
 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

L

Life (plain and cinnamon)
 Lucky Charms
 Lucky Charms, Berry
 Lucky Charms, Chocolate

M

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

N

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

O

OS
 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, Fruitangy
 Oh's, Honey Graham
 Old Wessex Irish Style Oatmeal
 Optimum Slim, Nature's Path
 Optimum, Nature's Path
 Oreo O's Cereal

P

Peanut Butter Toast Crunch
 Polenta
 Product 19
 Puffed Rice, Malt-O-Meal
 Puffed Wheat, Malt-O-Meal

Q

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

R

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

S

Seven-grain Cereal
 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 Squares
 Sun Country 100% Natural Granola, with Almonds
 Sweet Crunch
 Sweet Puffs

T

Tasteeos
 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
 Total Brown Sugar & Oats
 Total Corn Flakes
 Total Instant Oatmeal
 Total Raisin Bran
 Trix
 Trix, Reduced Sugar

U

Uncle Sam's Hi Fiber Cereal
 Under Cover Bears

W

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

Z

Zoom