



# The Sister Study

## Quality of Life and Special Topics

### Cereal Card

#### #

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 maiz 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  
 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 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  
 Wheaten  
 Wheaties  
 Wheaties Energy Crunch  
 Wheaties Raisin Bran  
 Whole wheat cereal  
 Whole wheat, cracked

**Z**

Zoom