

NUTRITIONAL CEREAL COUNTER

Low-Carb Cereal** in Grams

Brand of Cereal	Ounces	Cups	Carbs	Net Carbs*	Distributor
CRUNCHY ALMOND CRISP	1.11	0.67	8	3	ATKINS NUTRITIONALS
BLUEBERRYBOUNTY	1.11	0.67	10	4	ATKINS NUTRITIONALS
BANANA NUT HARVEST	1.11	0.67	11	5	ATKINS NUTRITIONALS
HI-LO	1.07	0.5	11	5	ORGANIC MILLING CORP
HI-LO (WITH STRAWBERRIES)	1.11	0.5	11	5	ORGANIC MILLING CORP
HI-LOW (NUTRITIOUS LIVING)	1.09	0.5	11	5	ORGANIC MILLING CORP
ALL-BRAN EXTRA FIBER	1.1	0.5	20	7	KELLOGG
TOTAL PROTEIN	1.1	0.75	8	7	GENERAL MILLS
FLAKES'N FIBER OATS (WEIGHT	1.08	0.5	17	8	ORGANIC MILLING CORP
CARB WELL	1.02	0.75	14	9	KRAFT GENERAL FOODS
SPECIAL K (LOW CARB)	1.04	1	14	9	GENERAL MILLS
PUFFED WHEAT (MALT-O-MEAL)	0.5	1	11	10	MALT-O-MEAL
ALL BRAN (BRAN BUDS)	1	0.33	24	11	KELLOGG
FIBER ONE	1.1	0.5	25	11	GENERAL MILLS
PUFFED KASHI	0.75	1	13	11	KASHI COMPANY
PUFFED WHEAT (CUB FOODS)	0.6	1	13	11	SUPERVALU
100% BRAN	1	0.33	22	13	KRAFT GENERAL FOODS
40.30.30 (HONEY ALMOND)****	1.42	0.75	17	13	ORGANIC MILLING CORP
ALL-BRAN	1.1	0.5	23	13	KELLOGG
PUFFED RICE (MALT-O-MEAL)	0.5	1	13	13	MALT-O-MEAL
7 WHOLE GRAIN PUFFS	0.68	1	15	14	KASHI COMPANY
HI-FIBER (MULTIBRAN)	1	0.5	22	14	ORGANIC MILLING CORP
FLAX PLUS	1.1	0.75	22	15	LIFESTREAM
FLAX PLUS GRANOLA	1.04	0.5	19	15	NATURE'S PATH FOODS
PUFFED RICE (CUB FOODS)	0.6	1	15	15	SUPERVALU
VANILLA PUFFED WHEAT	1.11	0.75	21	16	ORGANIC MILLING CORP
HEMP PLUS GRANOLA	1	0.5	20	17	NATURE'S PATH FOODS
HERITAGE	1.1	0.75	23	17	NATURE'S PATH FOODS
SOUTH BEACH DIET (WHOLE	1.045	0.75	21	17	KRAFT GENERAL FOODS
COMPLETE(WHEAT BRAN	1.1	0.75	23	18	KELLOGG
CRUNCHY CORN BRAN	1	0.75	23	18	QUAKER
ENRICHED BRAN FLAKES	1	0.75	23	18	ROUNDY'S
HERITAGE BITES	1.04	0.75	22	18	NATURE'S PATH FOODS
MILLET RICE (OATBRAN	1.1	0.75	21	18	NATURE'S PATH FOODS
8 GRAIN	1	0.67	24	19	NATURE'S PATH FOODS
BRAN FLAKES	1.1	0.75	24	19	KRAFT GENERAL FOODS

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Page 1 of 2

PRODUCT INFORMATION AND ANALYSIS

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CHEERIOS	1.1	1	22	19	GENERAL MILLS
MULTI.GRAIN OATBRAN FLAKES	1	0.67	24	19	NATURE'S PATH FOODS
OAT BRAN FLAKES (ORGANIC)	1	0.75	23	19	HEALTH VALLEY FOODS
PURELY O'S	1	1	22	19	SMALL PLANET FOODS
TIGER POWER	1.11	1	21	19	KELLOGG
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TOASTED OATS (WHOLE GRAIN)	1.07	1	22	19	SUPERVALU
TOASTY O'S	1	1	22	19	MALT-O-MEAL

***Net carbs is defined as total carbohydrates minus fiber.**

****Low-carb cereal is arbitrarily defined as less than 20 grams of carbohydrates. The amount of carbohydrates in the Nutritional Cereal Counter ranges from a total of 11 grams to 49 grams.**

****** Cereal is 1.4 to 2.0 ounce serving, therefore, the amount of serving should be cut a third to one half to compare with the 1 ounce serving of most of the cereals.**