

Class 1

Situation Statement

Jenny starts the new semester on Monday and is looking for something easy she can have for breakfast before heading off to her first class. She wants to find a cereal that will keep her full and satisfied until lunch time. Although she prefers to have a sweeter cereal she is looking for something that will be more nutritious. Jenny is looking for a cereal that is a good source of calcium, iron and protein, but is low in fat and sugar. Being a college student, she doesn't have a lot of money so she wants to find the cereal that is the most economical. Jenny will be eating the recommended serving size and will use the recommended amount of skim milk.

Which cereal is the best choice for Jenny?

Option #1



\$3.49

\$0.29/serving

Option #2



Nutrition Facts

Serving Size ¾ cup (28g)
Servings Per Container about 17

Amount Per Serving	Honey Nut Cheerios	with 1% cup skim milk
Calories	110	150
Calories from Fat	15	15

	% Daily Value**	
Total Fat 1.5g*	2%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polysaturated Fat 0.5g		
Monounsaturated Fat 0.5g		
Cholesterol 0mg	0%	1%
Sodium 160mg	7%	9%
Potassium 115mg	3%	9%
Total Carbohydrate 22g	7%	9%
Dietary Fiber 2g	8%	8%
Soluble Fiber less than 1g		
Sugars 9g		
Other Carbohydrate 11g		
Protein 2g		

Vitamin A	10%	15%
Vitamin C	10%	10%
Calcium	10%	25%
Iron	25%	25%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B ₆	25%	25%
Folic Acid	50%	50%
Vitamin B ₁₂	25%	35%
Phosphorus	8%	20%
Magnesium	6%	10%
Zinc	25%	30%

* Amount in cereal. A serving of cereal plus skim milk provides 1.5g total fat, less than 5mg cholesterol, 220mg sodium, 320mg potassium, 28g total carbohydrate (15g sugars, 12g other carbohydrate), and 7g protein.

** Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Potassium	3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Ingredients: Whole Grain Oats, Sugar, Oat Bran, Corn Starch, Honey, Brown Sugar Syrup, Salt, Tripotassium Phosphate, Rice Bran and/or Canola Oil, Natural Almond Flavor. Vitamin E (mixed tocopherols) Added to Preserve Freshness.

Vitamins and Minerals: Calcium Carbonate, Zinc and Iron (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

CONTAINS ALMOND; MAY CONTAIN WHEAT INGREDIENTS.

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Exchange: 1 1/2 Starch
Based on Academy of Nutrition and Dietetics and American Diabetes Association criteria
F 3495307659 SSG 3429701659

\$3.39

\$0.28/serving

Option #3





Nutrition Facts
Serving Size ¼ cup (30g)
Servings Per Container about 15

Amount Per Serving	Whole Grain Total	with ½ cup skim milk
Calories	100	140
Calories from Fat	5	5
	% Daily Value**	
Total Fat 0.5g*	1%	1%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polysaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 140mg	6%	9%
Potassium 90mg	3%	8%
Total Carbohydrate 22g	7%	9%
Dietary Fiber 3g	11%	11%
Sugars 5g		
Other Carbohydrate 14g		
Protein 2g		

Vitamin A	10%	15%
Vitamin C	100%	100%
Calcium	100%	100%
Iron	100%	100%
Vitamin D	25%	40%
Vitamin E	100%	100%
Thiamin	100%	100%
Riboflavin	100%	110%
Niacin	100%	100%
Vitamin B ₆	100%	100%
Folic Acid	100%	100%
Vitamin B ₁₂	100%	110%
Pantothenic Acid	100%	100%
Phosphorus	8%	20%
Magnesium	6%	10%
Zinc	100%	100%

Ingredients: Whole Grain Wheat, Sugar, Corn Syrup, Salt, Monoglycerides, Annatto Extract Color, BHT Added to Preserve Freshness.

Vitamins and Minerals: Calcium Carbonate, Vitamin C (sodium ascorbate), Zinc and Iron (mineral nutrients), Vitamin E Acetate, A B Vitamin (niacinamide), A B Vitamin (calcium pantothenate), Vitamin B₆ (pyridoxine hydrochloride), Vitamin B₁₂ (cobalamin), Vitamin B₉ (thiamin mononitrate), A B Vitamin (folic acid), Vitamin A (palmitate), Vitamin B₁, Vitamin D₃.

CONTAINS WHEAT; MAY CONTAIN ALMOND INGREDIENTS.

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Exchange: 1 1/2 Starch

Exchange calculations based on Diabetic Food Exchange Lists for Diabetes ©2009 The American Diabetic Association, the American Diabetes Association. These packages are suitable for weight and to reduce. You can be assured if your weight goes through some eating of portions normally occurs during preparation and handling. F 2011030911 556 236170302

\$3.59

\$0.36/serving

Option #4



Kellogg's® Frosted Mini-Wheats® Touch of Fruit in the Middle Mixed Berry

Nutrition Facts		
Serving Size 24 Biscuits (55g)		
Amount Per Serving	Cereal	with 1/2 cup skim milk
Calories	190	230
Calories from Fat	10	10
	% Daily Value**	
Total Fat 1g	2%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	0%
Sodium 10mg	0%	3%
Potassium 200mg	8%	11%
Total Carbohydrate 45g	15%	17%
Dietary Fiber 6g	23%	23%
Soluble Fiber less than 1g		
Insoluble Fiber 5g		
Sugars 10g		
Protein 5g		
Vitamin A	0%	4%
Vitamin C	0%	0%
Calcium	0%	15%
Iron	90%	90%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B ₆	25%	25%
Folic Acid	50%	50%
Vitamin B ₁₂	25%	35%
Phosphorus	15%	25%
Magnesium	10%	15%
Zinc	10%	15%

* Amount in cereal. One half cup of skim milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrates (6g sugars), and 4g protein.
** Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Whole grain wheat, sugar, invert sugar, glycerin, contains 2% or less of palm oil, natural and artificial flavor, brown rice syrup, modified corn starch, apple flakes, blueberry flakes, grape flakes, strawberry flakes, citric acid, sodium citrate, malic acid, gelatin, sodium alginate, trisodium phosphate, tricalcium phosphate, modified wheat starch, pectin, soy lecithin, red 40, blue 1, BHT for freshness.

Vitamins and Minerals: Reduced iron, niacinamide, vitamin B₆ (pyridoxine hydrochloride), vitamin B₂ (riboflavin), vitamin B₁ (thiamin hydrochloride), folic acid, zinc oxide, vitamin B₁₂.
CONTAINS WHEAT AND SOY INGREDIENTS.

NLI#08928

\$2.79
\$0.40/serving

Class 1

Reasons

Placing 4-3-1-2

Cuts: 4-2-3

I place this class of cereals 4-3-1-2. In placing this class, I considered the nutritional value of the cereal, including the amount of fiber, protein, calcium, iron, fat, and sugar in the cereal, as well as the cost per serving. I felt this class had a definite top with a close middle pair.

I placed 4, the Mini Wheats, over 3, the Total, because 4 had the highest amount of fiber and protein in the class. This will help Jenny feel more satisfied longer. 4 was also high in protein and had more natural sugars from the raisins, which would allow Jenny a sweet cereal she prefers that is nutritious as well. Granted that 3 was higher in calcium and was less expensive per serving.

I placed 3, the Total, over 1, the Corn Chex, because 3 was higher in fiber , calcium and iron. Granted that 1 cost less per serving and was lower in added sugar.

I placed 1, the Corn Chex, over 2, the Honey Nut Cheerios Medley Crunch, because 1 was lower in fat, sugar and had more iron per serving. Granted that 4 has more protein per serving.

I placed 2, the Honey Nut Cheerios Medley Crunch at the bottom of the class because it was highest in fat, was high in sugar and has the least amount of iron in the class. Granted that it was the least expensive cereal per serving.

For these reasons, I place this class of cereals 4-3-1-2