

# Which is a Healthy Breakfast Cereal for you & your family?

## (Introduction)

Cereal is a common staple in the American diet and has become a main breakfast course for millions of adults and children across the country. A lot of cereal brands promise good health. Although a question amongst many has been can these brands actually be considered healthy based on contents, such as the calories per gram of cereal, grams of sugar per gram of cereal, protein and so forth. The choices of cereal we have for breakfast are very wide ranged. So we created a

(Graph) - Histogram representing the percentages of the contents in 16 different well known cereal brands. Amongst the 16 brands results have found Apple Jacks being the most unhealthy with having the highest amount of sugar per gram of a cereal and cheerios being the healthiest with having the lowest amount of sugar per gram of cereal.



we've gathered this information from the list of cereal data base on calories; we have created this histogram with the data. we found that ~~we~~ by adding up all 16 cereal, which in turn gave us a total of 0.295 per gram. in

~~we organize prot~~

we organize Sodium in all of the 16 cereals in order, and we observe that the cereal with the most Sodium is Apple Jack. The most healthy cereal is cheerios.

3.9, ~~4.5, 4.7~~, 0.03, 0.03, 0.03, 0.04, 0.06, 0.06, 0.07, 0.07, 0.09, 0.10, 0.16  
0.0, 0.87, 3.9, 4.5, 4.7, 4.8, 5.7, 6.3, 6.4, 6.6, 7.1  
7.0, 7.1, 7.1, 7.3, 7.4, 9.3, 9.7. = 104.8  
mode 7.0, median - 6.8, Mean - 6.55, Range - 5.8

x This Histogram begins with the cost of cereal per 100 grams  
0.55, 0.65, 0.67, 0.68, 0.70, 0.73, 0.78, 0.78, 0.81, 0.82, 0.83, 0.84, 0.94, 0.95, 1.03 = 12.54.

mode - 0.78, Median, 0.78, Mean = 0.78375, Range = 0.48.

After gathering all our information from the data list of calories from the lowest to the highest  
3.3, 3.5, 3.6, 3.6, 3.6, 3.6, 3.7, 3.7, 3.8, 3.9, 3.9, 3.9, 4.0, 4.0, 4.0, 4.1 = 60.2

mode - 3.6, median = 3.75, mean = 3.7625, Range = 0.8

Fat - we used this methods to figure out the total of fat per gram of cereal.

0.00, 0.00, 0.00, 0.00, 0.00, 0.01, 0.02, 0.02, 0.02, 0.03, 0.03, 0.03, 0.03, 0.06, 0.07 = 0.38.

mode - 0.03, median = 0.02, Mean = 0.02375, Range = 0.07.

We gathered, ~~from the~~ data on 16 cereal ~~data~~ the amount of Sugare per gram of cereal. From the lowest to the highest

0.03, 0.07, 0.09, 0.13, 0.13, 0.17, 0.24, 0.30, 0.39, 0.43, 0.43, 0.44, 0.45, 0.47, 0.47, 0.48, = 4.72.

find the mode median mean and Range

mode

Mode - 0.13, 0.43, 0.47, median = 0.345, mean, 0.295 range = 0.45.

we also notice within all 16 Cereals there is NO Chol - per gram of Cereals.

~~Our methods on protein we put each protein per Cereals in order~~

This histogram begins with the cost of cereal per 100 grams.

We gathered data of 16 cereal ~~list of names~~ ~~of cereals~~ from the lowest calorie to the highest. Bran Flakes, Special K, Rice Krispies, Corn Flakes, Smart Start, Harmony, Wheaties, Cheerio, Fruit Loops, Corn Pops, Apple Jacks, Frosted Flakes, Trix, Lucky Charms, Cocoa Puffs, and Cap'n Crunch.

In order for us to figure out which is the best cereal ~~and~~ more healthy, we used the 5 Summary Methods for Cost, Calories, Fat, Sugar, Sodium, <sup>and</sup> Protein.

Cost = Median = 0.78

Calories = Median = 3.75

Fat = Median = 0.02

Sugar = Median = 0.345

Sodium = Median = 6.8

Protein = Median = 0.06

By looking at all these data, and median we notice that in all 16 brands of cereals have less fat, and protein.



6/20/2

## Discussion of Results

Our intended purpose is to figure out which cereal brands are more nutritious out of 16 different brands of cereal. We figured out that none of them have cholesterol, which is arguable for our health. Based on our data Cheerios "has the least amount of sugar/sodium". We also observe that "apple jacks is the unhealthiest cereal brand out of the 16 brands. Apple jack is disadvantage to our bodies that can cause obesity and cellular age. Further Considerations:

Out of 16 brands of Cereals all of them as zero percent of Cholesterol. My group investigated a new question which was do you need Calories, grams of fat, grams of sugar, Sodium and Protein in order to survive? The answer is yes. You need a little bit of everything in order to maintain a healthy lifestyle.



6/18/24  
Damon Garcia

## Findings and Result

According to the data that I have about the 16 cereals, we want to show you about the highest to the lowest in overall.

~~There are several cereals~~

The cereals in my data are Cheerios, Harmony, Smart Start, Cocoa Puffs, Lucky Charms, Corn Flakes, Fruit Loops, Wheaties, Cap'n Crunch, Frosted Flakes, Apple Jacks, Bran Flakes, Special K, Rice Krispies, Corn Pops, and mix. Including accurate labels and clear labels along with numerical context is another way of helping the researcher for better results. In our research we found out that Cheerios ended up being the most healthiest and that apple jacks was the most unhealthy. Cap'n Crunch also was found to be classified as unhealthy as well. There →

are no advantages to  
refined sugar.

Total Sugar  
in 100 mg.

- ① Corn Pops = 8.28 Most nutritious
- ② Apple Jacks = 8.93
- ③ Fruit Loops = 9.03
- ④ Frosted Flakes = 9.12
- ⑤ Cocoa Puffs = 10.23
- ⑥ Harmony = 10.35 = 240 mg
- ⑦ Smart Start = ~~10.57~~ 10.59 - 300
- ⑧ Barn Flakes = 10.59
- ⑨ Special K = 10.72
- ⑩ Trix = 10.79
- ⑪ Corn Flakes = 10.84
- ⑫ Wheaties = 11.26
- ⑬ Lucky Charms = 11.53
- ⑭ Capt'n Crunch = 12.07
- ⑮ Charrios = 13.20 = 300 mg
- ⑯ Rice Krispies = 13.45

\* The highest.  
last  
nutritionist



June 18, 2024

## Recommendations:

### 1) For Health-Conscious Consumer

- Choose cereals with low sugar and sodium content. Special K is a good choice due to its low calorie and high protein content. Cheerios and Bran flakes are also good options for low sugar and sodium content.

### 2) For budget-conscious consumer

- Frosted flakes are the most affordable per 100 grams, making them a cost-effective option. However, consider the nutritional content when making a decision.

### 3) For Children or those Preferring Sweet Cereal:

• If sweetness is a priority, Fruit loops and Cap'n Crunch are high in sugar. However, it's essential to balance this with the overall diet to avoid excessive sugar intake.

### 4) For those monitoring sodium intake:

• Opt for cereals like corn pops and Frosted Flakes which have the lowest sodium content.

### 5) Overall best choices:

Cheerios and Bran Flakes offer a good balance of low cost, low sugar, and moderate sodium levels with reasonable protein content. Special K is also an excellent choice for a high-protein, low-calorie cereal.

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## Conclusions:

1) ~~Cost~~: The most expensive cereal per 100 grams is Rice Krispies at \$0.95, while the cheapest is Frosted Flakes at \$0.65.

2) Calories: The cereal with the highest calories per gram is Cap'n Crunch at 4.1, while Special K has the lowest at 3.5.

3) Fat Content: Most cereals have low fat content. The highest is Cap'n Crunch at 0.06 grams per gram of cereal, while several cereals (Frosted Flakes, Rice Krispies, Special K) have zero grams of fat per gram.

4) Sugar Content: The cereal with the highest sugar content is Fruit Loops at 0.47 grams per gram of cereal.

Cheerios and Frosted Flakes have the lowest at 0.03 grams per gram

5) Cholesterol: All cereals have zero cholesterol per gram.

6) Sodium Content: Rice Krispies have the highest sodium content at 9.7 mg per gram of cereal, while corn pops have the lowest at 3.9 mg per gram.

7) Protein Content: Special K has the highest protein content at 0.23 grams per gram of cereal, while Frosted flakes, fruit loops, and corn pops have the lowest at 0.03 grams per gram.



June 19, 20

## Final Thoughts:

- Selecting a cereal should be based on individual dietary needs and preferences. This analysis provides a starting point for making informed choices, balancing cost with nutritional content to find the best fit for one's diet.

A blank sheet of lined paper with horizontal ruling lines and a vertical margin line on the left side.

June, 20<sup>th</sup>, 2024

Ramon's Class  
Mathematics

## Results and Findings

Today, we are explaining results and findings for 16 cereals in totals of mg. We know that all 16 cereals has no mg of cholesterol. If we are doing lowest to highest in milligrams of sugar, Apple jacks has the highest and cheerios have the lowest.

Corn flakes and lucky charms have the same amount of protein. Cocoa puffs, fruit loops, frosted flakes, apple jacks, corn puffs, and trix have the same amount of protein and the lowest amount. Special K has the highest amount of protein.

Captain Crunch has the highest in calories. The <sup>three</sup> cereals with the same calories is corn puffs, apple jacks, and frosted flakes.

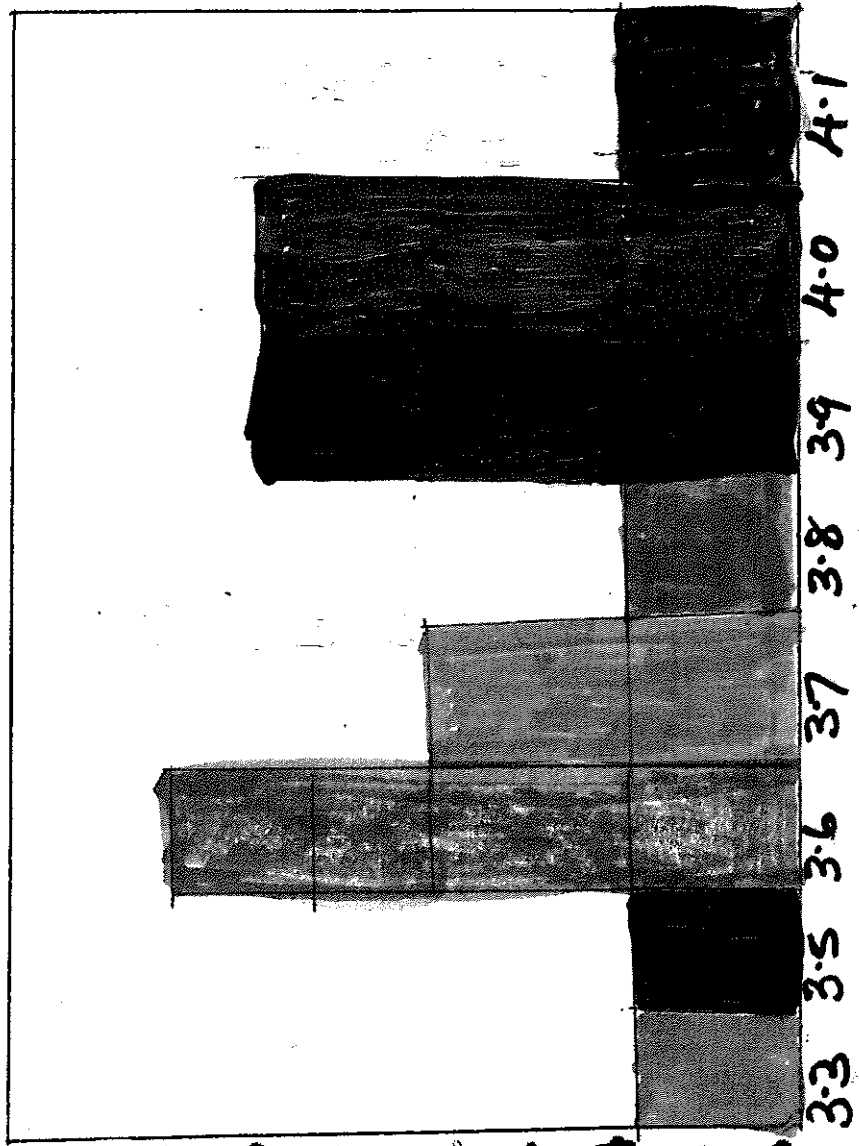
Cheerios is the healthiest cereal when it comes to sugar. Cheerios only have 30mg of sugar. Apple jacks is the unhealthiest with 480mg of sugar.

The healthiest cereal in sodium is corn pop with 3900mg. Rice Krispies is the highest and most unhealthy with 9700mg. Corn puffs have the lowest in sodium.



Cereal Brand  
to  
Height

Frequency (Brands)



## Calories

We gathered this information from the list of cereal data base on calories. We have created this histogram with the data. We

Mean =  $\bar{x} = 3.7625$   
 median =  $\frac{3.75 + 3.75}{2}$   
 mode =  $x = 3.6$   
 Range =  $0.8$

1 2 3 3 4  
 $\frac{16}{4} = 4$

@

