

Introduction - David

Is breakfast cereal a healthy option for you and your family?

Cereal is a common staple in the American diet and has become a favorite option as breakfast for millions of people across the country. Many cereal brands market their products as healthy, although a question to be asked is: how many, if any, of these brands can actually be considered as healthy? To try and answer this question, we observed data comparing a variety of cereals on the market and compiled this report. The choices out there for breakfast cereals vary widely, so we created a histogram of the contents from 16 different well-known brands.

Among the 16 products we analyzed, results show that Apple Jacks are the most unhealthy, having the highest amount of sugar per gram of cereal, and Cheerios being the healthiest option having the lowest amount of sugar per gram of cereal. Data values are based on nutritional contents measured in grams per gram of cereal. For example, 4.0 calories per gram of Cocoa Puffs, and 0.48 grams of sugar per gram of Apple Jacks.

Methods - Michelle

This histogram begins with the cost of cereal per 100 grams. We gathered data of 16 cereals from the lowest calorie to the highest. *Bran Flakes, Special K, Rice Krispies, Corn Flakes, Smart Start, Harmony, Wheaties, Cheerios, 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 cereal is the best cereal and more healthy. We used the 5-Number Summary for Cost, Calorie, Fat, Sugar, Sodium and Protein.

Nutritional Value for 16 Brands of different Cereals	Median
Calories	3.75
Fat	0.02
Sugar	0.345
Sodium	6.8
Protein	0.006

From looking at all the data and median we noticed within all 16 brands of cereals they have less fat and protein

After gathering all our information from the data list of calories from the lowest to the highest: We were able to determine the following:

$$3.3+3.5+3.6+3.6+3.6+3.6+3.7+3.7+3.8+3.9+3.9+3.9+4.0+4.0+4.0+4.1=60.2$$

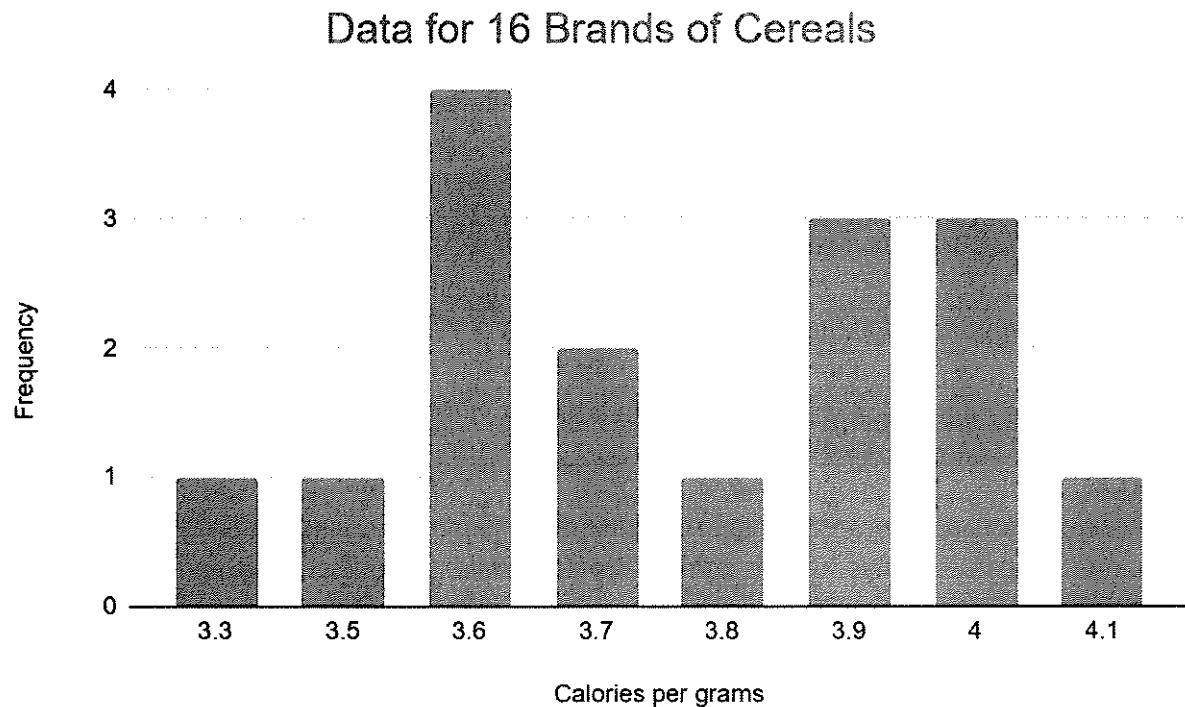
Mode	3.60
Median	3.750
Mean	3.7625
Range	0.80

Fat - we used this method to determine the total of fat per gram of cereal

$$0.00+0.00+0.00+0.00+0.00+0.01+.0.02+0.02+0.02+0.03+0.03+0.03+0.03+0.03$$

Methods - Natale

Calories	Frequency
3.3	1
3.5	1
3.6	4
3.7	2
3.8	1
3.9	3
4	3
4.1	1



Above is the data collected based on the calories in the 16 cereals brands, which was used to create the histogram.

Results - Romeo

Results and findings of 16 cereals, we will discuss the results and findings from an analysis of 16 cereals. The focus will be on various nutritional aspects such as sugar content, protein level, calorie count, and sodium levels.

Sugar Content when examining the sugar content from lowest to highest, it was found that cheerios have the least amount of sugar, making them the healthiest option in this category with only 30 mg of sugar. On the other hand, Applejack contains the highest amount of sugar at 480 mg, making them the least healthy choice in terms of sugar content.

Protein level analysis revealed that cornflakes and lucky charms have an amount of protein. Additionally, cocoa puffs, fruit loops, frosted flakes, apple jacks, corn pops, and trix all share the same protein level, which is the lowest among the cereals analyzed. Special K stands out with the highest portion content, making it a preferable option for those looking to increase their protein intake.

Calorie count captain crunch tops the list when it comes to calorie count, having the highest number of calories among the cereals studied. Interestingly, corn pop, apple jack, and frosted flakes all have the same calorie count, placing them in the middle range of the spectrum.

Sodium levels, sodium content is another critical factor in determining the healthiness of a cereal. Corn pops are the healthiest in this regard, containing 3900 mg of sodium. Conversely, rice krispies have the highest sodium content at 9700000 mg, making them the most unhealthy option in terms of sodium levels.

Results & Findings - Miss Williams

According to the information we obtained from the data, our observation of the most & least healthiest of (16) cereals is listed below.

The name of the cereals 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, Trix.

The researcher was able to obtain findings by comparing the nutritional factors of each of the 16 cereal brands..

Cheerios is most healthiest and Apple jack along with Cap' n crunch was the least healthiest.

Discussion of Results - Natiesha

Our purpose is to apprehend which cereal brands are more nourishing and good for people's health. There are 16 cereal brands, and we found out that none of them have cholesterol, which is arguably good for health. Based on our data "cheerios" has the least amount of sugar and sodium. We also noticed that "apple jacks" is the least healthiest cereal of all 16 brands. Apple jacks are a disadvantage to our bodies that can cause health challenges.

Further considerations were taken:

- All 16 cereal brands have zero percent cholesterol.
- Sodium per gram of cereals was very high in all 16 brands.

My group gave some thought to a new question, which is : What is the importance for calories in one's health? Do we need grams of fats, grams of sugar, sodium and protein in order to survive? The answer is, yes. We do need a little bit of everything in order to maintain a healthy lifestyle.

Conclusion - Rebekah

The purpose of this research was using the data of 16 brands of cereal, and finding the cereal with the most nutritious to the least. The cereal with the highest calories per gram is Cap'n Crunch at 4.1 grams, meanwhile Special K has the lowest calories per gram at 3.5 grams. When choosing a healthy breakfast cereal, some recommend looking for one less than 3 grams of fat per 100 grams. Most cereals have low fat content, although Cap'n Crunch has the highest grams of fat per gram of cereal at 0.06 grams, several other cereals like Frosted Flakes, Rice Krispies and Special K all have zero grams of fat per gram. These healthy cereals may be a delicious sweet treat, but their sugar contents might not make them the best option for a daily morning meal. The cereal we find with the highest sugar contents is Fruit Loops with 0.047 grams per gram of cereal. Both Cheerios and Frosted Flakes have the lowest sugar contents which is 0.03 grams per gram of cereal. All the brand of cereals have zero cholesterol.

