

**Breakfast Cereals**

08435	Cereals ready-to-eat, UNCLE SAM CEREAL	8	very good effect
08502	Cereals ready-to-eat, NATURE'S PATH, OPTIMUM	2	good effect
08076	Cereals ready-to-eat, POST TOASTIES corn flakes	0	OK effect
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	0	not very good effect
08469	Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Fro	0	bad effect
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTE	0	awful effect
08100	Cereals, CREAM OF RICE, dry	0	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <math display="block">\frac{3 - 6}{\triangle}</math> </div>
08083	Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS	0	
08022	Cereals ready-to-eat, corn flakes, low sodium	0	
08519	Cereals ready-to-eat, KELLOGG, Berry RICE KRISPIE	0	
08101	Cereals, CREAM OF RICE, cooked with water, without	0	
08168	Cereals, CREAM OF RICE, cooked with water, with sa	0	
08495	Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYN0-BI	0	
08409	Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	0	
08409	Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	0	
08172	Cereals, farina, unenriched, dry	0	
08032	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTE	-1	
08204	Cereals ready-to-eat, chocolate-flavored frosted puff	-1	
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KR	-1	
08066	Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	-1	
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA	-1	
08492	Cereals ready-to-eat, MALT-O-MEAL, Puffed Rice Cer	-1	
08348	Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice	-1	
08501	Cereals ready-to-eat, MALT-O-MEAL, Fruity DYN0-BI	-1	
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Fla	-1	
08506	Cereals ready-to-eat, Ralston Corn Flakes	-1	
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	-1	
08376	Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHM	-1	
08025	Cereals ready-to-eat, Ralston Crispy Rice	-1	
08505	Cereals ready-to-eat, Ralston Corn Biscuits	-1	
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT L	-1	
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (	-1	
08507	Cereals ready-to-eat, Ralston Crispy Hexagons	-1	
08508	Cereals ready-to-eat, USDA Commodity Corn and Ric	-1	
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn F	-1	
08206	Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS	-1	
08346	Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRU	-1	
08096	Cereals, QUAKER, corn grits, instant, with imitation b	-1	
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	-1	
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	-1	
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	-1	
08458	Cereals ready-to-eat, KELLOGG'S, FRUIT HARVEST S	-1	
08468	Cereals ready-to-eat, KELLOGG'S, Reduced Sugar FR	-1	
08584	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocola	-1	
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepare	-1	
08073	Cereals ready-to-eat, POST, Golden Crisp	-1	
08148	Cereals ready-to-eat, POST, Shredded Wheat, spoon	-1	
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN P	-1	

08462	Cereals ready-to-eat, KASHI, ORGANIC PROMISE Au	-1
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KR	-1
08383	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL	-1
08158	Cereals, corn grits, white, regular and quick, unenric	-1
08160	Cereals, corn grits, yellow, regular and quick, unenric	-1
08163	Cereals, corn grits, white, regular, quick, unenriched,	-1
08162	Cereals, corn grits, white, regular and quick, unenric	-1
08162	Cereals, corn grits, white, regular and quick, unenric	-1
08166	Cereals, corn grits, yellow, regular and quick, unenric	-1
08167	Cereals, corn grits, yellow, regular, quick, unenriched	-1
43495	Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VA	-1
08293	Cereals ready-to-eat, QUAKER, QUAKER APPLE ZAPS	-1
08514	Cereals ready-to-eat, GENERAL MILLS, Frosted CHEX	-1
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CH	-1
08347	Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSS	-1
08108	Cereals, CREAM OF WHEAT, mix'n eat, plain, dry	-1
08294	Cereals ready-to-eat, QUAKER, QUAKER COCOA BLAS	-1
08398	Cereals ready-to-eat, GENERAL MILLS, HARMONY	-1
08309	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY C	-2
08086	Cereals ready-to-eat, GENERAL MILLS, French Toast	-2
08476	Cereals ready-to-eat, MALT-O-MEAL, Honey BUZZERS	-2
08104	Cereals, farina, enriched, assorted brands including C	-2
08290	Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flake	-2
08573	Cereals, Cream of Wheat, 2 1/2 minute cook time, dr	-2
08268	Cereals ready-to-eat, GENERAL MILLS, FRANKENBER	-2
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL	-2
08574	Cereals, Cream of Wheat, 2 1/2 minute cook time, co	-2
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	-2
08270	Cereals ready-to-eat, GENERAL MILLS, COUNT CHOC	-2
08176	Cereals, MALTEX, cooked with water, with salt	-2
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	-2
08106	Cereals, CREAM OF WHEAT, instant, dry	-2
08026	Cereals ready-to-eat, GENERAL MILLS, WHEATIES Ra	-2
43393	Cereals ready-to-eat, POST, Shredded Wheat n' Bran	-2
08095	Cereals, QUAKER, corn grits, instant, cheddar cheese	-2
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRA	-2
08107	Cereals, CREAM OF WHEAT, instant, prepared with w	-2
08171	Cereals, CREAM OF WHEAT, instant, prepared with w	-2
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooki	-2
08115	Cereals, MALTEX, cooked with water, without salt	-2
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cod	-2
08211	Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!	-2
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cod	-2
08159	Cereals, corn grits, yellow, regular and quick, enriche	-2
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE J	-2
08094	Cereals, QUAKER, corn grits, instant, cheddar cheese	-2
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN	-2
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	-2
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with C	-2

08114	Cereals, MALTEX, dry	-2
08491	Cereals ready-to-eat, MALT-O-MEAL, Honey Nut TOA	-2
08380	Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN	-2
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODU	-2
08038	Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	-2
08493	Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS	-2
08059	Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUI	-2
08297	Cereals ready-to-eat, QUAKER, QUAKER FRUITANGY	-2
08164	Cereals, corn grits, yellow, regular and quick, enrich	-2
08165	Cereals, corn grits, yellow, regular, quick, enriched, c	-2
08389	Cereals ready-to-eat, KASHI 7 Whole Grain Honey Pu	-2
08105	Cereals, farina, enriched, assorted brands including C	-2
08513	Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE I	-2
08299	Cereals ready-to-eat, QUAKER, QUAKER SWEET PUFF	-2
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	-2
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S Honey S	-2
08113	Cereals, farina, enriched, cooked with water, without	-2
08173	Cereals, farina, enriched, cooked with water, with sa	-2
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	-2
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	-2
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain T	-2
08190	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CR	-2
08090	Cereals, corn grits, white, regular and quick, enriched	-2
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT B	-2
08349	Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITI	-2
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	-2
08191	Cereals ready-to-eat, POST, Shredded Wheat, bite-si	-2
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT C	-2
08135	Cereals, RALSTON, cooked with water, without salt	-2
08091	Cereals, corn grits, white, regular and quick, enriched	-2
08161	Cereals, corn grits, white, regular and quick, enriched	-2
08239	Cereals ready-to-eat, GENERAL MILLS, GENERAL MIL	-2
08318	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART S	-2
43218	Cereals, ready-to-eat, ALPEN	-2
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARM	-2
08345	Cereals ready-to-eat, GENERAL MILLS, Multi-Bran CH	-2
08484	Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cer	-2
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	-2
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OA	-2
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin	-2
08139	Cereals ready-to-eat, GENERAL MILLS, Cinnamon Gra	-2
08254	Cereals ready-to-eat, APPLE CINNAMON SQUARES M	-2
08459	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WI	-2
08144	Cereals, whole wheat hot natural cereal, dry	-3
08093	Cereals, QUAKER, corn grits, instant, plain, prepared	-3
08092	Cereals, QUAKER, corn grits, instant, plain, dry	-3
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natura	-3
08386	Cereals ready-to-eat, KASHI GOLEAN CRUNCH!	-3
08258	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complet	-3

08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	-3
08179	Cereals, MAYPO, cooked with water, with salt	-3
08136	Cereals, ROMAN MEAL, plain, dry	-3
08039	Cereals ready-to-eat, wheat and malt barley flakes	-3
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	-3
08219	Cereals ready-to-eat, QUAKER, QUAKER toasted Oat	-3
08298	Cereals ready-to-eat, QUAKER, QUAKER MARSHMALLOW	-3
08483	Cereals ready-to-eat, MALT-O-MEAL, Puffed Wheat C	-3
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED	-3
08585	Cereals ready-to-eat, GENERAL MILLS, TOTAL, Cranb	-3
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WH	-3
08277	Cereals ready-to-eat, GENERAL MILLS, NATURE VALL	-3
08034	Cereals ready-to-eat, POST, FRUITY PEBBLES	-3
08582	Cereals ready-to-eat, GENERAL MILLS, DORA THE EX	-3
08424	Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS	-3
08081	Cereals ready-to-eat, POST, Honey Nut Shredded WH	-3
08047	Cereals ready-to-eat, QUAKER, KING VITAMAN	-3
08145	Cereals, whole wheat hot natural cereal, cooked with	-3
08183	Cereals, whole wheat hot natural cereal, cooked with	-3
42100	Cereals ready-to-eat, Marshmallow ALPHA-BITS	-3
08387	Cereals ready-to-eat, KASHI HEART TO HEART, Hone	-3
08029	Cereals ready-to-eat, bran flakes, single brand	-3
08531	Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Y	-3
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	-3
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNA	-3
08411	Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS	-3
08427	Cereals, QUAKER, Instant Oatmeal, TREASURE HUNT	-3
08118	Cereals, MAYPO, dry	-3
42237	Cereals ready-to-eat, WEETABIX WHOLE WHEAT CER	-3
08388	Cereals ready-to-eat, Puffed KASHI	-3
08227	Cereals, QUAKER, Instant Oatmeal, fruit and cream v	-3
08278	Cereals ready-to-eat, GENERAL MILLS, KABOOM	-3
08575	Cereals, Cream of Wheat, 2 1/2 minute cook time, co	-3
08583	Cereals ready-to-eat, GENERAL MILLS, Fruity CHEER	-3
42236	Cereals ready-to-eat, frosted oat cereal with marshm	-3
08225	Cereals, QUAKER, Instant Oatmeal, fruit and cream v	-3
08125	Cereals, QUAKER, Instant Oatmeal, apples and cinna	-3
08138	Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW	-3
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAM	-3
08433	Cereals, QUAKER, Instant Oatmeal, NUTRITION FOR	-3
08426	Cereals, QUAKER, Instant Oatmeal, Baked Apple, pre	-3
08429	Cereals, QUAKER, Instant Oatmeal, EXPRESS Baked	-3
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S COMPLE	-3
08586	Cereals ready-to-eat, GENERAL MILLS, TRIX, reduced	-3
08267	Cereals ready-to-eat, GENERAL MILLS, FROSTED CHI	-3
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, coo	-3
08245	Cereals ready-to-eat, GENERAL MILLS, Oatmeal Crisp	-3
08393	Cereals ready-to-eat, KASHI GOLEAN	-3
08124	Cereals, QUAKER, Instant Oatmeal, apples and cinna	-3

08418	Cereals, QUAKER, Instant Oatmeal EXPRESS, Baked	-3
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	-3
08133	Cereals, oats, instant, fortified, with raisins and spice	-3
08437	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice,	-3
08147	Cereals ready-to-eat, wheat, shredded, plain, sugar a	-3
08434	Cereals, QUAKER, Instant Oatmeal, EXPRESS, Golden	-3
08129	Cereals, oats, instant, fortified, with cinnamon and sp	-3
08423	Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice,	-3
08053	Cereals ready-to-eat, POST, 100% Bran Cereal	-3
08087	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain C	-3
08417	Cereals, QUAKER, Instant Oatmeal, Banana Bread, d	-3
08432	Cereals, QUAKER, Instant Oatmeal, NUTRITION FOR	-3
08002	Cereals ready-to-eat, POST, ALPHA-BITS	-3
08002	Cereals ready-to-eat, POST, ALPHA-BITS	-3
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natur	-3
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY B	-3
08132	Cereals, oats, instant, fortified, with raisins and spice	-3
08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice,	-3
08128	Cereals, oats, instant, fortified, with cinnamon and sp	-3
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice,	-3
08414	Cereals, QUAKER, Instant Oatmeal EXPRESS, Golden	-3
08215	Cereals ready-to-eat, QUAKER, QUAKER CINNAMON	-3
08283	Cereals ready-to-eat, KELLOGG, KELLOGG'S JUST RI	-3
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, coo	-3
08182	Cereals, WHEATENA, cooked with water, with salt	-3
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown	-3
42184	Cereals ready-to-eat, MUESLI, dried fruit and nuts	-3
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, p	-3
08142	Cereals, WHEATENA, dry	-3
08425	Cereals, QUAKER, Instant Oatmeal, French Vanilla, p	-4
08192	Cereals ready-to-eat, POST Blueberry Morning	-4
08461	Cereals ready-to-eat, KASHI, CINNA-RAISIN CRUNCH	-4
08430	Cereals, QUAKER, Instant Oatmeal, EXPRESS Cinnam	-4
08130	Cereals, QUAKER, Instant Oatmeal, maple and brown	-4
43510	Cereal ready-to-eat, CRISPY BROWN RICE	-4
08419	Cereals, QUAKER, Instant Oatmeal EXPRESS Cinnam	-4
08520	Cereals ready-to-eat, KELLOGG, KELLOGG'S Cinnam	-4
08543	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla	-4
08384	Cereals ready-to-eat, KELLOGG, KELLOGG'S Shredde	-4
43241	Cereals ready-to-eat, FAMILIA	-4
08553	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Y	-4
08054	Cereals ready-to-eat, QUAKER, 100% Natural Granol	-4
08143	Cereals, WHEATENA, cooked with water	-4
08504	Cereals ready-to-eat, Ralston Enriched Bran flakes	-4
08390	Cereals ready-to-eat, KASHI Good Friends	-4
08284	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat	-4
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT C	-4
08544	Cereals ready-to-eat, POST Selects Cranberry Almon	-4
08074	Cereals ready-to-eat, Ralston TASTEEOS	-4

08214	Cereals ready-to-eat, QUAKER, QUAKER OATMEAL SO	-4	
08189	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat	-4	
08023	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKL	-4	
08556	Cereal wafer straws, KELLOGG, FROOT LOOPS Cerea	-4	
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	-4	
08242	Cereals ready-to-eat, JUST RIGHT with Crunchy Nugg	-5	
08005	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRA	-5	
08546	Rice and Wheat cereal bar	-5	
08228	Cereals, QUAKER, Instant Oatmeal, raisins, dates and	-5	
08554	Cereals ready-to-eat, rolled oats, whole wheat, rice,	-5	
08286	Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLI	-5	
08119	Cereals, MAYPO, cooked with water, without salt	-5	
43483	Millet, puffed	-5	
08216	Cereals ready-to-eat, QUAKER, QUAKER Oat Bran Ce	-5	
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEA	-5	
08350	Cereals ready-to-eat, MALT-O-MEAL, TOASTY O'S	-5	
08120	Cereals, oats, regular and quick and instant, not forti	-6	
43245	Cereals ready-to-eat, wheat and bran, presweetened	-6	
08402	Cereals, QUAKER, Quick Oats, Dry	-6	
08123	Cereals, oats, instant, fortified, plain, prepared with v	-6	
08244	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE	-6	
08122	Cereals, oats, instant, fortified, plain, dry	-6	
08212	Cereals ready-to-eat, QUAKER, SUN COUNTRY Grand	-6	
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TO	-6	
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFF	-6	
42240	Cereals ready-to-eat, POST, Honey Bunches of Oats,	-7	
08202	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CR	-7	
08517	Cereals ready-to-eat, GENERAL MILLS Peanut Butter	-7	
08140	Cereals ready-to-eat, POST, OREO O's Cereal	-7	
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRA	-7	
08503	Cereals ready-to-eat, NATURE'S PATH, OPTIMUM SLI	-7	
08481	Cereals ready-to-eat, Malt-O-Meal Honey Graham Sq	-7	
08229	Cereals, QUAKER, Instant Oatmeal, low sodium, dry	-7	
43584	AMARANTH FLAKES	-7	
08121	Cereals, oats, regular and quick and instant, unenrich	-7	
08180	Cereals, oats, regular and quick and instant, unenrich	-7	
42265	Cereals ready-to-eat, POST, Great Grains, Raisin, Da	-7	
08560	Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Hor	-8	
08494	Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOA	-8	
08305	Cereals ready-to-eat, oat, corn and wheat squares, p	-8	
08530	Cereals ready-to-eat, KELLOGG, SMORZ	-8	
42261	Cereals ready-to-eat, whole wheat, rolled oats, presv	-9	
08487	Cereals ready-to-eat, MALT-O-MEAL, Blueberry Muffin	-9	
08428	Cereals, QUAKER, Instant Oatmeal, Honey Nut, prepa	-9	
08085	Cereals ready-to-eat, QUAKER, KRETSCHMER Honey	-10	very good effect
42297	Cereals ready-to-eat, POST Banana Nut Crunch	-10	good effect
08253	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRA	-10	OK effect
08471	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Low Ca	-12	not very good effect
08084	Cereals ready-to-eat, wheat germ, toasted, plain	-13	bad effect

08037 Cereals ready-to-eat, granola, homemade