

Cereal Shapes & Ounce Equivalents

Ages 1 - 18

Cereal - FLAKES

1-5
1/2 oz eq

6-18
1 oz eq

Bran Flakes Corn Flakes Fiber One Grape Nuts Flakes Great Grains Honey Bunches of Oats Mini Spooners Mini Wheats Oatmeal Squares Shredded Wheat Special K Total Wheaties	1/2 cup	1 cup
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Cereal - ROUND

Cheerios Crispy Oats Tasteos Toasted Oats	1/2 cup	1 cup
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Cereal - PUFFED

Chex Cereal (Corn, Rice, Wheat) Crispix Crispy Rice Kix Life Rice Krispies	3/4 cup	1 1/4 cup
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Cereal - GRANOLA

Granola Grape Nuts	1/8 cup	1/4 cup
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