

© 2025 WK Kellogg NA LLC

References

WK Kellogg &

Nutrition information based on 1 large egg and 3/4 cup skim milk using USDA's Food Data Central

(1) Centers for Disease Control and Prevention (CDC). National Center for Health Statistics (NCHS). National Health and Nutrition Examination Survey Data. Hyattsville, MD: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, General Population, children ages 2-17 years old, [2017-2018] (2) U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th Edition (3) 2020 PBH State of the Plate: America's Fruit & Vegetable Consumption Trends (4) Fox MK, Gearan E, Cabili C, Dotter D, Niland K, Washburn L, Connor P, et al. School Nutrition and Meal Cost Study, Final Report Volume 4: Student participation, satisfaction, plate waste, and dietary intakes. Alexandria, VA: U.S. Department of Agriculture, Food and Nutrition Service Office of Policy Support (2019). Mathematica Policy Research (4) Zhu Y, Jain N, Vanage V, Holschuh N, Agler A, Smith J. Association Between Ready-to-Eat Cereal Consumption and Nutrient Intake, Nutritional Adequacy, and Diet Quality in Adults in the National Health and Nutrition Examination Survey 2015–2016. Nutrients. (2019) 11:2952. doi: 10.3390/nu1112295 (5) Zhu, Yong, et al. "Ready-To-Eat Cereal Is an Affordable Breakfast Option Associated with Better Nutrient Intake and Diet Quality in the US Population." Frontiers in Nutrition, vol. 9, 9 Jan. 2023, https://doi.org/10.3389/fnut.2022.1088080. (6) Centers for Disease Control and Prevention (CDC). National Center for Health Statistics (NCHS). National Health and Population, 2 Years and Older, [2017-2018]

sugar per serving