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The American Journal of Clinical Nutrition
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COMPARISON

OF NUTRIENTS IN CEREALS
and Other Food Classes

TABLE 1*
(CONTENT PER 100 GM OF EDIBLE PORTION)

<table>
<thead>
<tr>
<th></th>
<th>Cereals</th>
<th>Meat &amp; Poultry</th>
<th>Dairy Products</th>
<th>Vegetables</th>
<th>Seafood</th>
<th>Fruit</th>
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<tbody>
<tr>
<td>Calories</td>
<td>366</td>
<td>310</td>
<td>281</td>
<td>45</td>
<td>155</td>
<td>55</td>
</tr>
<tr>
<td>Protein g</td>
<td>11</td>
<td>25.5</td>
<td>8</td>
<td>2.6</td>
<td>21</td>
<td>.9</td>
</tr>
<tr>
<td>Fat g</td>
<td>2</td>
<td>22</td>
<td>25</td>
<td>.3</td>
<td>6</td>
<td>.4</td>
</tr>
<tr>
<td>Carbohydrate g</td>
<td>77</td>
<td>.17</td>
<td>6</td>
<td>9</td>
<td>2</td>
<td>14</td>
</tr>
<tr>
<td>Calcium mg</td>
<td>88</td>
<td>11</td>
<td>205</td>
<td>53</td>
<td>53</td>
<td>21</td>
</tr>
<tr>
<td>Iron mg</td>
<td>5</td>
<td>2.5</td>
<td>.23</td>
<td>1</td>
<td>2.2</td>
<td>.59</td>
</tr>
<tr>
<td>Vitamin D I.U.</td>
<td>0</td>
<td>48</td>
<td>1033</td>
<td>2251</td>
<td>327</td>
<td>318</td>
</tr>
<tr>
<td>Thiamine mg</td>
<td>.42</td>
<td>.14</td>
<td>.03</td>
<td>.09</td>
<td>.09</td>
<td>.04</td>
</tr>
<tr>
<td>Riboflavin mg</td>
<td>.14</td>
<td>.21</td>
<td>.25</td>
<td>.11</td>
<td>.12</td>
<td>.04</td>
</tr>
<tr>
<td>Niacin mg</td>
<td>4.6</td>
<td>6.21</td>
<td>.1</td>
<td>.85</td>
<td>4.5</td>
<td>.38</td>
</tr>
<tr>
<td>Vitamin C mg</td>
<td>0</td>
<td></td>
<td>.5</td>
<td>33.4</td>
<td>4.6</td>
<td>22</td>
</tr>
<tr>
<td>Cholesterol mg</td>
<td>0</td>
<td>61</td>
<td>104</td>
<td>0</td>
<td>110</td>
<td>0</td>
</tr>
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</table>

It is not generally recognized that cereals are one of the best over-all sources of nutrients. When we compare the mean nutrient content of cereals with other classes of foods, as shown in Table 1, we find that cereals are highest in caloric value, equal dairy products for protein, are highest for carbohydrates, are second only to dairy products for calcium, are unsurpassed for iron and thiamine content, are only slightly behind meat for niacin content, are low in fat, and contain no cholesterol.

*The Dietary Role of Cereals in the United States, 1966. Free copy on request.

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