




Let's Compare...

	ADVOCARE Lemon Crunch Breakfast Bar	Kellogg's Corn Pops Cereal*	General Mills Trix Cereal*	Kellogg's Frosted Flakes Cereal*	General Mills Lucky Charms Cereal*	Kellogg's Pop Tarts (Low Fat)
CALORIES	150	160	160	160	160	190
FAT	4.5 g	0 g	1.5 g	0	1	3 g
CARBS	21 g	34 g	32 g	53g	31g	38 g
SUGAR	5 g	19.5 g	18.5 g	17.5 g	18.5 g	20 g
FIBER	5 g	<1 g	1 g	<1 g	1 g	< 1 g
PROTEIN	11 g	5 g	5 g	5g	6g	3 g
? 25% DV for vitamins/minerals	15	10	9	8	10	-
C:P:F: Ratio	43:29:28	87:13:0	79:13:8	87:13:0	85:15:0	80:6:6
COST 	\$1.25-\$2.08	\$.16	\$.24	\$.17	\$.16	\$.22

