

New Mexico Action for Healthy Kids  
Food and Beverage List

| Cereal                                                                                         | Package Size            | Calories | Total Fat<br>grams(g) | Sat Fat<br>grams(g) | Trans Fat<br>grams(g) | Sugar<br>grams(g) | Meets<br>Vended | Meets<br>Fundraisng | Meets a<br>la Carte<br>Rule |
|------------------------------------------------------------------------------------------------|-------------------------|----------|-----------------------|---------------------|-----------------------|-------------------|-----------------|---------------------|-----------------------------|
| General Mills Cereal in a Cup, Variety                                                         | 1 container, (1.3-2 oz) | 140-200  | 2.5-6g                | 0-1g                | NA                    | 2-21g             | X               | X                   | X                           |
| General Mills, Apple Cinnamon Cheerios                                                         | 26g (1 bowl)            | 100      | 1.5g                  | 0g                  | 0g                    | 11g               | X               | X                   | X                           |
| General Mills, Berry Berry Kix - Bowlpak                                                       | 24g (1 bowl)            | 90       | 1g                    | 0g                  | 0g                    | 8g                | X               | X                   | X                           |
| General Mills, Cheerios - Bowlpak                                                              | 0.93oz                  | 70       | 1g                    | 0g                  | 0g                    | 0g                | X               | X                   | X                           |
| General Mills, Cheerios, Cereal in a Cup                                                       | 1.38oz                  | 140      | 2.5g                  | 0.5g                | 0g                    | 10g               | X               | X                   | X                           |
| General Mills, Cinnamon Toast Crunch - Bowlpak                                                 | 28g (1 bowl)            | 120      | 3g                    | 0.5g                | 0g                    | 10g               | X               | X                   | X                           |
| General Mills, French Toast Crunch - Bowlpak                                                   | 28g (1 bowl)            | 110      | 1g                    | 0g                  | 0g                    | 11g               | X               | X                   | X                           |
| General Mills, Frosted Cheerios Bowlpak                                                        | 28g (1 bowl)            | 110      | 1g                    | 0g                  | 0g                    | 12g               | X               | X                   | X                           |
| General Mills, Frosted Corn Flakes - Bowlpak                                                   | 28g (1 bowl)            | 110      | 0g                    | 0g                  | 0g                    | 12g               | X               | X                   | X                           |
| General Mills, Golden Grahams Cereal - Bowlpak                                                 | 10z                     | 110      | 1g                    | 0g                  | 0g                    | 9g                | X               | X                   | X                           |
| General Mills, Honey-Nut Cheerios Bowlpak                                                      | 10z                     | 110      | 1.5g                  | 0g                  | 0g                    | 13g               | X               | X                   | X                           |
| General Mills, Lucky Charms Cereal - Bowlpak                                                   | 28g (1 bowl)            | 110      | 1g                    | 0g                  | 0g                    | 12g               | X               | X                   | X                           |
| General Mills, Multi-Grain Cheerios - Bowlpak                                                  | .68oz                   | 70       | 1g                    | 0g                  | 0g                    | 4g                | X               | X                   | X                           |
| General Mills, Nature Valley Chewy Granola Bar<br>(Chocolate Chip)                             | 1 oz (1bar)             | 120      | 2.5g                  | 0.5g                | 1g                    | 13g               | X               | X                   | X                           |
| General Mills, Nature Valley Crunchy Granola Bar<br>(Apple Crisp)                              | 1.5 oz (2 bars)         | 180      | 6g                    | 0.5g                | 0g                    | 11g               | X               | X                   | X                           |
| General Mills, Nature Valley Crunchy Granola Bar<br>(Maple Brown Sugar, Cinnamon, Oat & Honey) | 1.5 oz (2 bars)         | 180      | 6g                    | 0.5g                | 0g                    | 11g               | X               | X                   | X                           |
| General Mills, Nature Valley Crunchy Granola Bar<br>(Peanut Butter)                            | 1.6 oz (2 bars)         | 180      | 7g                    | 1g                  | 0g                    | 11g               | X               | X                   | X                           |
| General Mills, Nature Valley Trail Mix Bar<br>Apple Cinnamon                                   | 1.25 oz (1 bar)         | 140      | 4g                    | 0.5g                | 0g                    | 13g               | X               | X                   | X                           |
| General Mills, Nature Valley Trail Mix Bar<br>Fruit & Nut                                      | 1.25 oz (1 bar)         | 140      | 4g                    | 0.5g                | 0g                    | 13g               | X               | X                   | X                           |
| General Mills, Nature Valley Trail Mix Bar<br>Mixed Berry                                      | 1.25 oz (1 bar)         | 140      | 3.5g                  | 0g                  | 0g                    | 13g               | X               | X                   | X                           |
| General Mills, Oatmeal Crisp Fruit'n Cereal Bar<br>(Strawberry)                                | 1.4 oz (1 bar)          | 140      | 2g                    | 0g                  | NA                    | NA                | X               | X                   | X                           |
| General Mills, Reduced-Sugar<br>Cinnamon Toast Crunch Bowlpak                                  | 10z                     | 120      | 3g                    | 0g                  | 0g                    | 2g                | X               | X                   | X                           |
| General Mills, Total Raisin Bran - Bowlpak                                                     | 1.18oz                  | 100      | 0.5g                  | 0g                  | 0g                    | 11g               | X               | X                   | X                           |
| General Mills, Trix - Bowlpak                                                                  | 21g (1 bowl)            | 80       | 1g                    | 0g                  | 0g                    | 9g                | X               | X                   | X                           |
| General Mills, Wheaties - Bowlpak                                                              | 0.93oz                  | 80       | 0.5g                  | 0g                  | 0g                    | 3g                | X               | X                   | X                           |
| General Mills, Whole Grain Total - Bowlpak                                                     | 0.93oz                  | 70       | 0.5g                  | 0g                  | 0g                    | 4g                | X               | X                   | X                           |
| Kelloggs Granola Munchems                                                                      | 1.05 oz                 | 130      | 5g                    | 1.5g                | 0g                    | 9g                | X               | X                   | X                           |
| Kelloggs Bowl Pack Cereals Variety                                                             | 1 Bowl                  | 70-130   | 0-1.5g                | 0-0.5g              | 0g                    | 2-15g             | X               | X                   | X                           |