

# Design Your Own Cereal Nutrition Facts

For each ½ cup of cereal, add the following figures:

- 65 calories
- 14 grams of carbohydrate
- 2 grams of protein
- 1 gram of fat

For each tablespoon of raisins, add the following figures:

- 27 calories
- 7 grams of carbohydrate
- 0 grams of protein
- 0 grams of fat

For each tablespoon of dried cranberries, add the following figures:

- 23 calories
- 6 grams of carbohydrate
- 0 grams of protein
- 0 grams of fat

For each tablespoon of dried bananas, add the following figures:

- 30 calories
- 3.5 grams of carbohydrate
- 0 grams of protein
- 2 grams of fat

For each tablespoon of sunflower seeds, add the following figures:

- 52 calories
- 2 grams of carbohydrate
- 1.5 grams of protein
- 4.5 grams of fat