# Could You Pass the Conversion Test - Section #1 - Weekday Living:

### Section #1 - Weekday Living - Class #14 Brachos (Blessings) - Part 7 - Multiple Foods

# **MULTIPLE FOODS:**

# Primary & Secondary Foods - Part 1 - "Ikar" & "Tafel":

- 1. Whenever two foods are eaten in combination, one of the foods is defined as the *ikar* -- the primary food, and the other as the *tafel* -- the secondary food.
- 2. The rule is: The bracha on the *ikar* food covers the *tafel* food as well, on which no separate bracha is said.
- 3. For example: The bracha on fruit-filled yogurt is Shehakol. Although this yogurt contains strawberries (whose bracha is Ha'adama), since the strawberries are *tafel* -- secondary -- to the yogurt, it is covered by the Shehakol on the yogurt. This is because even when enjoying that strawberry flavor, you look at it as an act of "eating yogurt," not as an act of "eating strawberries."
- 4. <u>The ikar food is defined as the ingredient which is the "logical" reason for eating this food-mixture.</u> This is subjective, as determined by you the eater. Sometimes the *ikar* is the ingredient that you **most desire**, sometimes it is the **majority ingredient**, and sometimes it is based on the **function** that particular ingredient serves in this mixture.
- 5. The *tafel* (secondary food) enhances the *ikar* because it only adds taste, texture, volume, etc. to the main ingredient, and it is **not the primary reason** for eating the food. *However, if this ingredient is desired for itself, apart from the main ingredient, then it is also considered an ikar, and requires its own bracha.*
- 6. **Food Enhancers:** One category of *ikar v'tafel* is when you are interested in eating two different foods, but one food is being used primarily to **enhance the taste** of the other. The determining factor is: **What food do you specifically desire?** For example, the brocha on a cracker with peanut butter spread on top is Mezonos. Even though you are enjoying the taste of two separate foods that normally require separate brachot; however, since the peanut butter serves to enhance the other, the bracha on the crackers (the *ikar*) covers the enhancer (the *tafel*).
- 7. The above rule applies even if the tafel ingredient constitutes the majority.
- 8. Note: that the bracha on the ikar only covers the tafel when actually eaten in combination. In other words, if you would eat a separate spoonful of peanut butter, it does not have the status of tafel, and a new bracha would be required.
- 9. If you have some *tafel* left over after finishing the *ikar*, no brocha is made on the remaining *tafel*. For example, when making a brocha of Mezonos when eating Cheerios and Milk, no brocha is made on the remaining milk that is drunk after the Cheerios are finished.
- 10. If you are having a (non-bread) sandwich of two foods together, the rules are: If one food is an "enhancer" for the other, then it is *tafel*. If you are interested in each food separately, then two brachos are required. For example: if you're eating tuna on a rice cake. The proper bracha depends on how you view each of the foods:
  - ➤ If your primary intention is to eat a rice cake, and you are simply using the tuna as a "spread" to enhance its taste, then the bracha on the rice cake covers the tuna.

- ➤ If you really want the tuna and are simply using the rice cake as an enhancer (or as a way of "holding" the tuna), then the bracha on the tuna covers the rice cake.
- ➤ If you look at both the rice cake and the tuna as fully significant, then two separate brachos are required.
- 11. <u>Mixed Together:</u> When separate foods requiring different brachot are mixed together in a way that the ingredients are combined into **one mass**, or when they are cut into small pieces and eaten together, even though you desire each of the ingredients and neither is there to merely enhance the other, nevertheless only **one bracha** is recited, since the mixture is defined as "**one food.**"
- 12. In this type of ikar v'tafel, the correct bracha is *usually determined by the majority ingredient*.
- 13. For example: a broccoli quiche made of eggs and broccoli baked together. Since the egg-broccoli mixture is now one dish, only one bracha should be said. And the "majority rules": If the majority is broccoli, then the bracha is Ha'adama; if the majority ingredient is egg, the bracha is Shehakol.
- 14. This rule applies even when the items are not cooked/baked together, but are merely mixed -- for example a fruit cocktail which contains small pieces of bananas, pineapples, pears and apples. Although each piece of fruit remains separate within the mixture, nevertheless only **one bracha** should be said, since they are eaten together. To determine which bracha to say on the fruit cocktail, you need to know whether the majority of ingredients are Ha'aitz (apples and pears) or Ha'adama (bananas and pineapple).
- 15. For example: If the fruit cocktail has a majority of apples and pears, you say the bracha Ha'aitz. If after a few bites, you dig in for another spoonful and by chance you get **only** pieces of bananas and pineapple, you would not have to say a bracha Ha'adama.
- 16. <u>A mixture is only considered "one food" if the pieces are small enough to be eaten together in one spoonful (or fork-full).</u> So if you are eating steak together with potatoes, although they are on the same plate and part of the same meal -- and even if they were cooked together -- each food requires its own bracha, since each is its own separate entity.
- 17. If you are unable to determine which food is the majority, then you should:
  - Add more of one ingredient to make it the majority.
  - ➤ Alternatively, say brachos on other foods that require the same brachos, having in mind to cover the other foods.
  - ➤ If neither of these is feasible, then separate a piece of each food and say two separate brachot.
- 18. When eating an *ikar v'tafel* combination, you should be careful that the **first bite** after the bracha includes some of the *ikar* food, and not the *tafel* alone.
- 19. The first bite does **not** need to include some of the *tafel* food, as long as you are intending to eat the *tafel* food, too.
- 20. If for some reason you eat only the *tafel* food first, then it cannot be regarded as "*tafel*," and you would need to say the bracha that is appropriate for that food.
- 21. What is the brocha on chocolate-covered raisins? If you have a clear preference for either the chocolate or the raisins, then you would say that bracha. Unfortunately, it's often hard to decide which you really desire. And since neither the chocolate nor the raisins can be considered *tafel*, you should say two brachot -- Ha'aitz on the raisins and Shehakol on the chocolate. You should first say

Ha'aitz on a regular raisin, and then Shehakol on the chocolate. If this option does not exist, you should simply say Shehakol on the chocolate, followed by Ha'aitz on the raisin.]

## Primary & Secondary Foods – Part 2 - Mezonos Foods:

- 1. Rule #1: A mezonos food (foods of the five grains wheat, barley, spelt, oats and rye but not rice) receives its own bracha even when it is the *tafel*.
- 2. For example, soup nuts which are added to soup simply to enhance its taste should not require a bracha, since they are *tafel*. However, since the bracha on soup nuts is Mezonot, they do receive a bracha. You should first say Mezonot on the soup nuts, and then recite a separate bracha on the soup (which is the *ikar*).
- 3. If you add a lot of soup nuts, then the Mezonot becomes the *ikar* and no other bracha is said.
- 4. Rule #2: When mixed with other ingredients and made into one food, a mezonot ingredient is always considered the *ikar*, even though it is not the majority.
- 5. For example, a cake that contains flour, sugar, spices, eggs, yeast and water. In this case, all the ingredients are secondary *(tafel)* to the flour, and the bracha is therefore Mezonot, even if the flour is the minority ingredient.
- 6. Cheese cake, made mainly of cheese, with a relatively **thick crust** on the bottom, since the whole cake is **baked together**, is considered as one food. And although the crust is clearly not the majority, it does add flavor, and is considered the *ikar* -- even though you eat the cake primarily for its cheese component. So the bracha on cheese cake is Mezonot.
- 7. A cake topped with creme frosting, if the frosting is minimal, then it is *tafel* and a bracha is said only on the cake. However if the frosting is a thick layer, and you desire it for its own sake, then the frosting requires its own bracha of Shehakol. (If you are in doubt, you should say Shehakol on another shehakol-food, and have in mind to cover the frosting.)
- **8.** Both of the above rules pertaining to mezonot foods are applicable only when the mezonot ingredient is adding either **flavor or sustenance**.
- 9. Exception #1: However, When the mezonot ingredient is insignificant, the rules will change.
- 10. Example #1: Flour is often added to meat balls in order to give them a thicker texture. If this is the only reason that the flour is being added (not for taste or sustenance), then it does not become ikar and the bracha on the meatballs is Shehakol. The same is true of gefilte fish.
- 11. <u>Example #2:</u> If cheese cake was baked with a <u>thin crust</u> whose sole purpose is to **hold the cake together**, then its bracha would not be Mezonot, but rather Shehakol.
- 12. <u>Example #3:</u> Licorice candy is made primarily of flour, but **the purpose is only** as a binding agent. The flour is not being added for either taste or sustenance, and as such the bracha on licorice is Shehakol.
- **13.** <u>Exception #2:</u> When the mezonos (or even bread) is being eaten for the **sole purpose** of accompanying the other food.
- **14.** Example #1: You want to eat a very salty piece of fish. This fish is practically inedible by itself, because it is so salty. In order to make the fish palatable, you eat it with a piece of bread. Since you are not interested in eating the bread per se, and it is only being used to temper the salty taste of the fish, the fish is

- considered the *ikar* and the bread is *tafel*. In this case, only Shehakol, the bracha on the fish, is recited.
- **15.** Example #2: Someone drinks a shot of whiskey, and when reciting the blessing has the intention to afterwards eat a small piece of cake to soothe the burning sensation of the drink.
- 16. However, If you are also interested in eating the tafel (the bread or the cake), then they do require their own separate bracha. The status of tafel applies only in a case where the food is being eaten exclusively because of another food or drink.
- **17.** Fried fish or chicken cutlets which are coated in breadcrumbs will depend on how significant the breadcrumbs are in terms of the whole food.
  - ➤ A thin coating of breadcrumbs is generally regarded as a spice, and does not add enough to be considered *ikar*. Therefore the bracha is Shehakol.
  - ➤ If, however, the coating is thick or adds significantly to the taste of the cutlets, then Mezonot is required on the breadcrumbs. [However, it is best to say Mezonot on the coating, and Shehakol on some other food, having the chicken in mind. If this is not possible, then you should separate a bit of chicken from the coating, and say two separate brachot.]

# Cereals & their Brachos

Barbara's Bakery (when bearing OU)				Kellogg's (when bearing I/)			
Cersal Name	Status	Brocha	Brocha Achrona	Cereal Name	Status	Brocha	Brocha Achrena
Cinnation Puffes	Pareve	Ehehakel	Borai Nofachao	Lowfet Granda with Raising	Dairy*	Negocos or	Boral Nelashos
Hosey Rice	Pareve	Mezonos	Borai Nefashos	Lowfat Granols without Raisins Muscalix	Persye	hoadama** Mezonga	Allianishya
Puffins (Original, Peanut Butter)	Pareve	Shehakol	Boral Hefashos	Product 19	Pareve	Mezonos	Al Harrichys
Stredded Spoorful	Pareve	Mezonos	Al Hamichya	Raisn Bran (Fegular, Crunci)	Pareve	Mezonos	Al Harrichya
Cascadian				Rine Erispes	Parava	Mazonos	Roral Netashos
Cereal Name	Status	Brochs	Brocha Achrona	Smat Start	Pareve	Mezonos	Al Harrichya
Chocolate O's	Pareve Pareve	Mezonos Mezonos	Al Hamichya Al Hamichya	Special K (Orgina)	Dairy*	Mezwros	Burai Nelastus
Mult Grain Squares Multi-Dran	Pareve	Shehakel	Donei Hefeshoa	Special K (Checolatey Delight,	Dairy*	Mezonos	Al Haminhya
Purely 0's	Pareve	Megonos	Al Hamichya	Special K (Clanamon Pecan,			
Rasin Eran	Pareve	Mezonos	Al Hamichya	Mutigrain, Oats & Ploney)	Pareve	Mezenoe	Al Harrichya
General Mills (when bearing OJ)				Kemach			
Cereal Name Status Brocha Brocha Achrona				(when bearing the Symbol of Rabbi N.N. Horowitz and DK)			
Basic 4	Dairy*	Mezonos	Al Hamichya	Cereal Name	Status	Brocha	Brocha Achrena
	241.7	THE STREET		3ran Flakas	Pareve	Mezonos	Al Harrichya
Cheeros (Original, Apple Cinnamon, Chocolate, Frostad, Fruity, Horey Nut,	Pareve	Mezonos	Al Hamichya	Builch -O- Krunch	Pareve	Shehakol	Borai Nelashos
Multigram, Oat Cluster Cruech) Cheerios (Barana Nut, Cinnamor				Cosea Munchoca	Parovo	Shehakel	Borei Nefaohoo
Burs: Protein Cinnamos Almond	Pareve	Shehakel	Borai Nefashos	CornFlakes	Pareve	Shehakol	Borai Nelashos
Cheerios + Ancient Grains	Cairy	Mezonos	Al Hamichya	Linspy Hise	Mareve	Mezonos	Bora Neastos
	Equipment			Fruit Whits	Pareve	Mezonos Mezonos	Al Harrichya
Cheerios - Yogurt Burst	Dairy*	Mezonos	Al Hamichya	Honey Frosted Crurch Honey Nut Toesled Cets	Pareve	Mezonos	Al Harrichya
Ches Charriete Nice	Pareve	Mezonos	Al Hamishya Borai Nefashos	Raisin Bran	Pareve	Mezonos	All larrichys Al Harrichys
Chex- Chocolate, Rice Chex- Cinsamon	Pareve Dairy*	Mezonos Mezonos	Boral Meraenos Boral Merashos	Sugar Frosted Hakes	Maraye	Sherakoi	Boral Netastos
Cher. Con, Honey-Nut							
Multi-Bran	Pareve	Shenakei	Boral Merashos	Sugar Puffed Wheat	Persye	Nezgeos gr Hoadema	Dorei Nelsahoa
Chorolate Toast Crunst	Pereve	Mozonos	Al Hamids	Toasted Oats	Parave	Mezenos	Al Harrichya
Cinnamon Toast Cruirch, All	_ Cairy	Mezonos	Al Hamichya	Whole Wheat Flakes	Pareve	Mezinos	Al Harrichya
	Equipment			Malt-O-M	leal owner	bearing OU)	
Cocoa Fuffs Cookie Crisp	Pareve Pareve	Shehakel Shehakel	Borai Nefashos Borai Nefashos	Coreal Name	Stature	Brocha	Brochs Achrens
Dora the Explorer Cerest	Paneve	Shehakel	Boral Nefashos	Apple Zings	Pareve	Mezonos	Al Harrichya
Fiber One (Original)	Pareve	Mezonos	Al Hamichya	Bluekerry Mullin Toos	Dairy*	Mezwros	Al Harrishya
French Tusa. Grundi	Parave	Shehakel	Bonel Netherland	Colossal Crunch	Pareve	Shehakol	Borai Nefashos
Golden Grahams	Dairy*	Mezonos	Al Hamichya	Drispy Rice	Pareve	Mezonos	Boral Nelashos
Honey Nut Clusters	Dairy Eqp.	Mezonos	Al Hamichya	Dyno-Rites (Coosa, Failty)	Pareve	Mezonos	Roral Nefashos
Civ ("Iriginal, Remy Reny, Hyney,	Paneue	Shehokel	Roral Nefashos	Honey Net Scroters Retain Bran	Pareve	Mezonos Mezonos	Al Harrichys Al Harrichys
Catmeal Crisp. All	Dairy*	Mezonos	Al Hamichya		Lateral		
		PVHAZUHUS	A Dallings	Topothy (Vin. (A.B.)	Discourse	Marones	All Marriedway
Raisin Nu: Bran	Dairy*	Mezonos	A Hamichya	Toasty O's (All.)	Pareve	Mezonos	Al Harrichya Al Harrichya
				Tootie Fruiries	Pareve	Mezonos	Al Harrichya Al Harrichya
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Raisin Nur Brain Reces's Puffs Total (All) Trix Wheatles  Kash  Coreal Name 7 Whole Grain Puffs 7 Whole Grain Nurgets 7 Whole Grain Nurgets Autumn Wheat Ga Lean (Criginal) Go Lean Crisp Go Lean Crunch Good Friands Heart to Heart (All) Etrawhorry Fields	Dairy* Pareve Dairy* Pareve Dairy* (when bearing Pareve	Mezonos Shehakel Mezonos Shehakel Mezonos COUI Prochs Hosdama Mezonos Mezonos Hosdama Mezonos Mezonos Hosdama Mezonos Mezonos Mezonos Mezonos Mezonos Mezonos Mezonos Mezonos	Al Hamichya Boral Mefashos Al Hamichya Boral Mefashos Al Hamichya Boral Mefashos Al Hamichya	Tactic Fruities  Post  Cercal Name Alpha Bits  Benana Mc Crunch Bran Flakes Cocca Pebbles Golden Crsp  Great Grains (Cranberry Aimond Crunch, Crunchy Pecans, Raisins Dates & Pecans) Graps Nate  Honey Bunches of Oats (Honey Posated, Raisin Madley, With Almands With Peaches, With Almands With Peaches, With Almands With Peaches, With Pecan With Cimramog Bunches, With Pecan	Parave (when search Status Parave Dairy* Parave Parave Parave Parave Parave Parave Parave Parave	Mezonos  GO/I  Brostin  Mezonos	Al Harrichya  Al Harrichya Al Harrichya Al Harrichya Boral Netashos Boral Netashos Boral Netashos Al Harrichya Al Harrichya Al Harrichya
Raisin Nur Brain Reces's Puffs Total (All) Trix Wheatles  Kash  Corest Name 7 Whole Grain Puffs 7 Whole Grain Nurgets Autumn Wheat Ga Lean (Criginal) Go Lean Crisp Go Lean Crunch Good Friands Heart to Heart (All) Etrawhorry Fields  Kellog	Dairy* Pareve Dairy* Pareve Dairy* (when bearin Pareve	Mezonos Shehakel Mezonos Shehakel Mezonos Shehakel Mezonos COUI Prochs Hosdama Mezonos Mezonos Hosdama Mezonos Hosdama Mezonos Mezonos Hosdama Mezonos Hosdama Mezonos Hosdama Mezonos Hosdama	Al Hamichya Boral Nefashos Al Hamichya Boral Nefashos Al Hamichya Boral Nefashos Al Hamichya	Tactic Fruities  Post  Cercal Name Alpha Bits  Bernara Nat Crunch Bran Flakes Cocca Petriles Fruity Petriles Golden Crap  Great Grains (Cranterry Almond Crunch, Crunchy Pecans, Raisins Dates & Pecans) Graps Nate Honey Bunches of Oats (Honey Rosaled, Raisin Madler; With Almands With Vanilla Bunches, With Cimarmo Bunches, With Pecan Bunches)	Parave (when search Status Parave Dairy* Parave Parave Parave Parave Parave Parave Parave Dairy*	Mezonos  CO/I  Brosha Mezonos	Al Harrichya  Brodha Achrena Al Harrichya Al Harrichya Al Harrichya Boral Netashos Boral Netashos Boral Netashos Al Harrichya Al Harrichya Al Harrichya
Raisin Nur Brain Reces's Puffs Total (All) Trix Wheatles  Kash  Coreal Name 7 Whole Grain Puffs 7 Whole Grain Nurgets Autumn Wheat Ga Lean (Criginal) Go Lean Crisp Go Lean Crunch Good Friands Heart to Heart (All) Errawherry Fields  Kellog	Dairy* Pareve Dairy* Pareve Dairy* (when bearin Pareve	Mezonos Shehakel Mezonos Shehakel Mezonos Shehakel Mezonos COUI Prochs Hosdama Mezonos Mezonos Hosdama Mezonos Hosdama Mezonos	Ai Hamichya Borai Nefashos Ai Hamichya Borai Nefashos Ai Hamichya Borai Nefashos Ai Hamichya Ai Homichya	Tactic Fruities  Post  Cercal Name Alpha Bits  Benans Mc Counch Bran Flatos  Cocoa Petoties Fruity Petoties Golden Crap  Great Grains (Cranberry Almond Crunch, Crunchy Pesans, Raisins Datas & Pecans) Graps Mats  Honey Bunches of Oats (Honey Rocated, Raisin Madler), With Strowberrios, With Varilla Bunches, With Cimmon Benches, With Pecan Bunches!	Parave (when searth Status Parave Dairy* Parave	Mezonos  GO/I  Broshn Mezonos Sherakol	Al Harrichya Al Harrichya Al Harrichya Al Harrichya Boral Netashos Boral Netashos Boral Netashos Al Harrichya Al Harrichya Al Harrichya Al Harrichya Boral Netashos
Raisin Nur Brain Reces's Puffs Total (All) Trix Wheatles  Kash  Corest Name 7 Whole Grain Puffs 7 Whole Grain Nurgets Autumn Wheat Ga Lean (Criginal) Go Lean Crisp Go Lean Crunch Good Friands Heart to Heart (All) Etrawhorry Fields  Kellog	Dairy* Pareve Dairy* Pareve Dairy* (when bearin Pareve	Mezonos Shehakel Mezonos Shehakel Mezonos Shehakel Mezonos COUI Prochs Hosdama Mezonos Mezonos Hosdama Mezonos Hosdama Mezonos Mezonos Hosdama Mezonos Hosdama Mezonos Hosdama Mezonos Hosdama	Al Hamichya Boral Nefashos Al Hamichya Boral Nefashos Al Hamichya Boral Nefashos Al Hamichya	Tactic Fruities  Post  Cercel Name Alpha Bits  Benena Nat Crunch Bran Flatos  Cocoa Petotes Fruity Petotes Golden Crap  Great Grants (Crantery Almond Crunch, Crunchy Pecans, Raisins Dates & Pecans) Graps Nats  Honey Bunches of Oats (Honey Rocated, Raisin Madley, With Almands With Peschet, With Almands With Peschet, With Strawberrice, With Vanilla Jaunchee, With Cimamon Bunches, With Pecan Buncheel Honeycomb Hoseycomb-Cinna-Graham	Parave (when search Status Parave Dairy* Parave	Mezonos  GO/I  Brostin  Mezonos  Serial  Mezonos	Al Harrichya  Al Harrichya Al Harrichya Al Harrichya Boral Netastos Boral Netastos Boral Netastos Al Harrichya Al Harrichya Al Harrichya Al Harrichya Boral Netastos Boral Netastos
Raisin Nur Brain Reces's Puffs Total (All) Trix Wheatles  Kash  Coreal Name 7 Whole Grain Puffs 7 Whole Grain Nurgets Autumn Wheat Ga Lean (Criginal) Go Lean Crisp Go Lean Crunch Good Friands Heart to Heart (All) Errawherry Fields  Kellog	Calry' Pareva Dairy' Pareva Dairy' Pareva Dairy' (when bearin Status Pareva	Mezonos Shehakel Mezonos Shehakel Mezonos Shehakel Mezonos COUI Prochs Hosdama Mezonos Mezonos Hosdama Mezonos Hosdama Mezonos	Ai Hamichya Borai Nefashos Ai Hamichya Borai Nefashos Ai Hamichya Borai Nefashos Ai Hamichya Ai Homichya	Tactic Fruities  Post  Cercal Name Alpha Bits  Benans Mc Counch Bran Flatos  Cocoa Petoties Fruity Petoties Golden Crap  Great Grains (Cranberry Almond Crunch, Crunchy Pesans, Raisins Datas & Pecans) Graps Mats  Honey Bunches of Oats (Honey Rocated, Raisin Madler), With Strowberrios, With Varilla Bunches, With Cimmon Benches, With Pecan Bunches!	Parave (when searths Status Parave Dairy* Parave Parave Parave Dairy*  Dairy*  Parave Dairy*	Mezonos  GO/I  Broshn Mezonos Sherakol	Al Harrichya  Brodha Achrena Al Harrichya Al Harrichya Al Harrichya Boral Netashos Boral Netashos Al Harrichya Al Harrichya Al Harrichya  Al Harrichya  Boral Netashos
Raisin Nur Brain Reese's Puffs Total (All) Trix Wheatles  Kash  Coreal Name 7 Whole Grain Puffs 7 Whole Grain Puffs 7 Whole Grain Nurpets Autumn Whea Ga Lean (Criginal) Go Lean Crisp Go Lean Crisp Go Lean Crisp Got Friands Heart (All) Orandomy Fields  Kellog  Gersal Name All Brain - Brain Bads All Brain - Original All Brain Complete Oat Brain Flakes	Dairy' Pareve Dairy' Pareve Dairy' Pareve Dairy' (when bearin States Pareve	Mezonos Shahakal Mezonos Shahakal Mezonos Shahakal Mezonos (COU) Prochz Hoadama Mezonos Mezonos Hoadama Mezonos Hoadama Mezonos Hoadama Mezonos Hoadama Mezonos Hoadama Mezonos Shahakal Shahakal Shahakal	Al Hamichya Boral Mefashos Al Hamichya Boral Mefashos Al Hamichya Boral Mefashos Al Hamichya Boral Mefashos Al Hamichya	Tactic Fruities  Post  Cercal Name Alpha Bits  Bernans McCounch Bran Flatos Cocoa Petoties Fruity Petoties Golden Crap  Great Grains (Cranterry Almond Crunch, Crunchy Pecans, Raisins Dates & Pecans) Graps Mits  Honey Bunches of Oats (Honey Rosated, Raisin Madley, With Almands With Peaches, With Strawberries, With Vanilla Bunches, With Cimamon Bunches, With Pecan Bunches! Honeycomb Hoseycomb-Cima-Graham Viagle Pecan Crunch Raisin Bran	Parave (when searths Status Parave	Mezonos  CO)  Brosha Mezonos	Al Harrichya  Brodha Achrena Al Harrichya Al Harrichya Al Harrichya Boral Netastos Boral Netastos Boral Netastos Al Harrichya  Al Harrichya  Al Harrichya  Boral Netastos Boral Netastos Al Harrichya  Al Harrichya  Al Harrichya  Al Harrichya Al Harrichya Al Harrichya
Raisin Nur Brain Reese's Puffs Total (All) Trix Wheatles  Kash  Coreal Name 7 Whole Grain Puffs 7 Whole Grain Puffs 7 Whole Grain Nuppets Autumn Whea Go Lean (Original) Go Lean Crisp Go Lean Crisp Go Lean Crisp Got Friands Heart to Heart (All) Strawborry Fields  Kellog  Cereal Name All Brain - Original All Brain Complete Oat Brain Flakes All Brain Complete Wheat Brain Flakes All Brain Complete Wheat Brain Flakes	Calry' Pareva Dairy' Pareva Dairy' Pareva	Mezonos Shahakal Mezonos Shahakal Mezonos Shahakal Mezonos (OU) Prochs Hoadama Mezonos Mezonos Hoadama Mezonos Mezonos Hoadama Mezonos Mezonos Mezonos	Al Hamichya Boral Nefashos Al Hamichya Boral Nefashos Al Hamichya Boral Nefashos Al Hamichya Boral Nefashos Al Hamichya Al Hamichya Al Hamichya Al Hamichya Boral Nefashos Al Hamichya Ni Hamichya Ni Hamichya Boral Nefashos Al Hamichya Al Hamichya Al Hamichya Al Hamichya Boral Nefashos Al Hamichya	Tactic Fruities  Post  Cercal Name  Alpha Bits  Benena Net Crunch  Bran Flaiks  Cocca Petoties  Fruity Petoties  Golden Crap  Great Grains (Cramberry Almond Crunch, Crunchy Pecans, Raisins Dates & Pecans)  Graps Natis  Honey Bunches of Oats (Honey Roasted, Raisin Madley, With Almands With Peschee, With Almands With Peschee, With Strowbernics, With Varillia Jaunchee, With Cimamon Bunches, With Pecan Buncheel  Honeycomb Hoseycomb Hoseycomb Crunch Raisin Bran  Shredded Wheat Honey Net Orginal, Original Spoon Size, Wheat *N Bran-	Parave (when searths Status Parave	Mezonos  (CO)  Brosha Mezonos	Al Harrichya  Brodha Achrena Al Harrichya Al Harrichya Boral Netashos Boral Netashos Boral Netashos Al Harrichya  Al Harrichya  Al Harrichya  Boral Netashos Boral Netashos Al Harrichya  Al Harrichya  Al Harrichya Al Harrichya Al Harrichya Al Harrichya Al Harrichya Al Harrichya Al Harrichya
Raisin Nur Brain Reese's Puffs Total (All) Trix Wheatles  Kash  Coreal Name 7 Whole Grain Puffs 7 Whole Grain Puffs 7 Whole Grain Nurpets Autumn Whea Ga Lean (Criginal) Go Lean Crisp Go Lean Crisp Go Lean Crisp Got Friands Heart (All) Orandomy Fields  Kellog  Gersal Name All Brain - Brain Bads All Brain - Original All Brain Complete Oat Brain Flakes	Calry' Pareva Dairy' Pareva Dairy' Pareva Dairy' (when bearin Status Pareva	Mezonos Shahakal Mezonos Shahakal Mezonos Shahakal Mezonos (COU) Prochz Hoadama Mezonos Mezonos Hoadama Mezonos Hoadama Mezonos Hoadama Mezonos Hoadama Mezonos Hoadama Mezonos Shahakal Shahakal Shahakal	Al Hamichya Borai Nefashos Al Hamichya Borai Nefashos Al Hamichya Borai Nefashos Al Hamichya Borai Nefashos Al Hamichya Borai Nefashos Al Hamichya Borai Nefashos Borai Nefashos Borai Hefashos Borai Hefashos Borai Hefashos	Tactic Fruities  Post  Cercal Name Alpha Bits  Bernans McCounch Bran Flatos Cocoa Petoties Fruity Petoties Golden Crap  Great Grains (Cranterry Almond Crunch, Crunchy Pecans, Raisins Dates & Pecans) Graps Mits  Honey Bunches of Oats (Honey Rosated, Raisin Madley, With Almands With Peaches, With Strawberries, With Vanilla Bunches, With Cimamon Bunches, With Pecan Bunches! Honeycomb Hoseycomb-Cima-Graham Viagle Pecan Crunch Raisin Bran	Parave (when searths Status Parave	Mezonos  CO)  Brosha Mezonos	Al Harrichya  Brodha Achrena Al Harrichya Al Harrichya Al Harrichya Boral Netastos Boral Netastos Boral Netastos Al Harrichya  Al Harrichya  Al Harrichya  Boral Netastos Boral Netastos Al Harrichya  Al Harrichya  Al Harrichya  Al Harrichya Al Harrichya Al Harrichya
Raisin Nur Brain Reese's Puffs Total (All) Trix Wheatles  Kash  Coreal Name 7 Whole Grain Puffs 7 Whole Grain Puffs 7 Whole Grain Nuppets Autumn Whea Go Lean (Original) Go Lean Crisp Go Lean Crisp Go Lean Crisp Got Friands Heart to Heart (All) Strawborry Fields  Kellog  Cereal Name All Brain - Original All Brain Complete Oat Brain Flakes All Brain Complete Wheat Brain Flakes All Brain Complete Wheat Brain Flakes	Dairy' Pareve Dairy' Pareve Dairy' Pareve Dairy' (when bearin Pareve Carry Equipment Pareve	Mezonos Shahakal Mezonos Shahakal Mezonos Shahakal Mezonos (OU) Prochs Hoadama Mezonos Mezonos Hoadama Mezonos Mezonos Hoadama Mezonos Mezonos Mezonos	Al Hamichya Boral Nefashos Al Hamichya Boral Nefashos Al Hamichya Boral Nefashos Al Hamichya Boral Nefashos Al Hamichya Al Hamichya Al Hamichya Al Hamichya Boral Nefashos Al Hamichya Ni Hamichya Ni Hamichya Boral Nefashos Al Hamichya Al Hamichya Al Hamichya Al Hamichya Boral Nefashos Al Hamichya	Tactie Fruities  Post  Cercel Name Alpha Bits  Benena Mc Crunch Bran Flatos Cocca Petoties Fruity Petoties Fruity Petoties Golden Crap  Great Grains (Crambory Almond Chinck, Crunchy Pecans, Raisins Dates & Pecans) Grapa Nuts Honey Bunches of Oats (Honey Roasted, Raisin Madley, With Almandis With Peschet, With Almandis With Peschet, With Strowbernics, With Varillia Jaunchect Honeycomb Hoseycomb Hoseycomb Hoseycomb Hoseycomb Hoseycomb Stran Stran Vapla Pecan Crunch Raisin Bran Shredded Wheat Honey Net Orginal, Original Spoon Size, Wheat 'N Bran Worlds Crip	Parave (when searths Status Parave	Mezonos  (CO)  Brosha Mezonos	Al Harrichya  Brodha Achrena Al Harrichya Al Harrichya Boral Netashos Boral Netashos Boral Netashos Al Harrichya  Al Harrichya  Al Harrichya  Boral Netashos Boral Netashos Al Harrichya  Al Harrichya  Al Harrichya Al Harrichya Al Harrichya Al Harrichya Al Harrichya Al Harrichya Al Harrichya
Raisin Nur Brain Reese's Puffs Total (All) Trix Wheatles  Kash  Coreal Name 7 Whole Grain Puffs 7 Whole Grain Puffs 7 Whole Grain Nuppets Autumn Whea Ga Lean (Criginal) Got Lean Crisp Got Lean Crisp Got Lean Crisp Got Francis Heart (All) Streamberry Fields  Kelling  Certal Name All Brain - Brain Beds All Brain - Original All Brain Complete Out Brain Flakes All Brain Complete Wheat Brain Flakes	Dairy' Pareve Dairy' Pareve Dairy' Pareve Dairy' (when bearin Pareve	Mezonos Shahakal Mezonos Shahakal Mezonos Shahakal Mezonos (OU) Prochz Hoadama Mezonos Mezonos Hoadama Mezonos	Al Hamichya Borai Nefashos Al Hamichya Borai Nefashos Al Hamichya Borai Nefashos Al Hamichya Borai Nefashos Al Hamichya Borai Nefashos Al Hamichya	Tactie Fruities  Post  Cercel Name Alpha Bits  Benena Mc Crunch Bran Flatos Cocca Petoties Fruity Petoties Fruity Petoties Golden Crap  Great Grains (Crambory Almond Chinck, Crunchy Pecans, Raisins Dates & Pecans) Grapa Nuts Honey Bunches of Oats (Honey Roasted, Raisin Madley, With Almandis With Peschet, With Almandis With Peschet, With Strowbernics, With Varillia Jaunchect Honeycomb Hoseycomb Hoseycomb Hoseycomb Hoseycomb Hoseycomb Stran Stran Vapla Pecan Crunch Raisin Bran Shredded Wheat Honey Net Orginal, Original Spoon Size, Wheat 'N Bran Worlds Crip	Parave (when bearing Parave Dairy* Parave Parave Parave Parave Dairy*  Parave  Dairy*  Parave Parave  Parave	Mezonos  (CO)  Brosha Mezonos	Al Harrichya  Brodha Achrena Al Harrichya Al Harrichya Boral Netashos Boral Netashos Boral Netashos Al Harrichya  Al Harrichya  Al Harrichya  Boral Netashos Boral Netashos Al Harrichya  Al Harrichya  Al Harrichya Al Harrichya Al Harrichya Al Harrichya Al Harrichya Al Harrichya Al Harrichya
Raisin Nur Brain Reese's Puffs Total (All) Trix Wheatles  Kash Corred Name 7 Whole Grain Puffs 7 Whole Grain Puffs 7 Whole Grain Nuppets Authurn Whee Go Lean Crisp Go Lean Crisp Go Lean Crisp Go Lean Crisp Got Frands Heart to Heart (All) Strowkerry Fields  Kellog Cereal Name All Brain Complete Oat Brain Riskes All Brain Complete Oat Brain Flakes All Brain Complete Wheat Brain Flakes All Brain Complete Oat Brain Flakes	Calry' Pareva Dairy' Pareva Dairy' Pareva Dairy' (when boarin Status Pareva	Mezonos Shahakal Mezonos Shahakal Mezonos Shahakal Mezonos	Al Hamichya Boral Nefashos Al Hamichya Boral Nefashos Al Hamichya Boral Nefashos Al Hamichya Boral Nefashos Al Hamichya Al Hamichya Al Hamichya Al Hamichya Boral Nefashos Al Hamichya Ni Hamichya Ni Hamichya Ni Hamichya Ni Hamichya Al Hamichya Al Hamichya Boral Nefashos Al Hamichya Boral Nefashos Boral Nefashos	Tactic Fruities  Post  Cercal Name Alpha Bits  Benena McCounch Bran Flakes Cocca Pebbles Golden Crap  Great Grains (Cranberry Almond Chinch, Crinchy Pecans, Raisins Datas 8 Pecans) Graps Natis Honey Bunches of Oats (Honey Floated, Raisin Madley, With Almands With Peschet, With Strawberries, With Vanilla Bunches, With Cimemon Bunches, With Pecan Burcheel Honeycomb-Imma-Graham Waple Pecan Crunth Raisin Bran  Shredded Wheat Honey Nat.Orginal, Original Spoon Size, Wheat Th Bran Worlds Crip  Quake	Parave (when searth Status Parave Dairy* Parave	Mezonos  (CO)  Brosha Mezonos	Al Harrichya  Brodha Achrena Al Harrichya Al Harrichya Al Harrichya Boral Netashos Boral Netashos Al Harrichya Al Harrichya Al Harrichya Al Harrichya Boral Netashos Al Harrichya Al Harrichya Al Harrichya Al Harrichya
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Raisin Nur Brain Reese's Puffs Total (All) Trix Wheatles  Kash Corred Name 7 Whole Grain Puffs 7 Whole Grain Puffs 7 Whole Grain Nuppets Authurn Whee Go Lean Crisp Go Lean Crisp Go Lean Crisp Go Lean Crisp Got Frands Heart to Heart (All) Strowkerry Fields  Kellog Cereal Name All Brain Complete Oat Brain Riskes All Brain Complete Oat Brain Flakes All Brain Complete Wheat Brain Flakes All Brain Complete Oat Brain Flakes	Calry' Pareva Dairy' Pareva Dairy' Pareva Dairy' (when boarin Status Pareva	Mezonos Shahakal Mezonos Shahakal Mezonos Shahakal Mezonos	Al Hamichya Boral Nefashos Al Hamichya Boral Nefashos Al Hamichya Boral Nefashos Al Hamichya Boral Nefashos Al Hamichya Al Hamichya Al Hamichya Al Hamichya Boral Nefashos Al Hamichya Ni Hamichya Ni Hamichya Ni Hamichya Ni Hamichya Al Hamichya Boral Nefashos Boral Nefashos	Tactic Fruities  Post Cercal Name Alpha Bits Benena McCounch Bran Flakes Cocca Pebbles Golden Crap Great Grains (Cramberry Almond Chinch, Crimchy Pecans, Rivisins Datas & Pecans) Graps Nate Honey Bunches of Oats (Honey Floated, Raisin Madley, With Almends With Peachet, With Strawberries, With Vanilla Junches, With Cimamon Bunches, With Pecan Burchee! Honeycomb-Cinna-Graham Wapte Pecan Crunch Raish Bran Shredded Wheat Honey Nat, Orginal, Original Spoon Size, Wheat 'N Bran- Worlds Crop Quake Cercal Name Cap 'N Crunch	Parave (when pearly Status Parave Dairy* Parave Parave Parave Dairy*  Parave Dairy*  Parave	Mezonos  (CO)  Brosha Mezonos  Shetakol  Shetakol  Shetakol  Shetakol  Chatakol  Chatakol	Al Harrichya  Brodha Achrena Al Harrichya Al Harrichya Al Harrichya Boral Netashos Boral Netashos Boral Netashos Al Harrichya
Raisin Nur Brain Reces's Puffs Total (All) Trix Wheates  Kash Coreal Name 7 Whole Grain Puffs 7 Whole Grain Puffs 7 Whole Grain Nurgets Authorn Wheat Ga Lean (Criginal) Go Lean Crisp G	Dairy' Pareve Dairy' Pareve Dairy' Pareve Dairy' (when bearin Status Pareve	Mezonos Shehakul Mezonos Shehakul Mezonos Shehakul Mezonos Shehakul Mezonos Mezonos Mezonos Houdama Mezonos Mezonos Houdama Mezonos	Al Hamichya Boral Mefashos Al Hamichya Boral Mefashos Al Hamichya Boral Mefashos Al Hamichya Boral Mefashos Al Hamichya Boral Mefashos	Tactic Fruities  Post  Cercal Name Alpha Bits  Beneaus McCounch Bran Flakes Cocca Pebbles Golden Crsp  Great Grains (Cramberry Almond Crunch, Crunchy Pecans, Raisins Dates & Pecans) Graps Mits  Honey Burches of Oats (Honey Rosalded, Raisin Medicy, With Almends With Peaches, With Strawberries, With Verilla Jaunches, With Cimamon Bunches, With Pecan Burches!  Hoseycomb-Cinne-Graham Vapie Pecan Crunch Raish Bran  Shredded Wheet Honey Net, Orginal, Original Spoon Size, Wheat 'N Bran- Worth Circle  Quake Cercal Name Cap 'N Crunch Dap N Crunch Dennics Cap N Crunch PeanutButter	Parave (when searths Status Parave Dairy* Parave Parave Parave Parave Dairy*  Parave	Mezonos  (CO)  Brosha Mezonos  Shefakol  Shefakol  Brosha  Shefakol  Shefakol  Shefakol  Shefakol  Shefakol	Al Harrichya  Brodha Achrena Al Harrichya Al Harrichya Al Harrichya Boral Netashos Boral Netashos Boral Netashos Al Harrichya Al Harrichya Al Harrichya Al Harrichya Al Harrichya Al Harrichya Boral Netashos Boral Netashos Boral Netashos Al Harrichya Boral Netashos Boral Netashos Boral Netashos Boral Netashos
Raisin Nur Brain Reese's Puffs Total (All) Trix Wheates  Kash  Corest Name 7 Whole Grain Puffs 7 Whole Grain Puffs 7 Whole Grain Nurgets Autumn Whea Ga Lean (Criginal) Go Lean Crisp Go Lean Crisp Go Lean Crist Heart (All) Brain Heart (All) Brain Heart (All) Brain Complete Oat Brain Riskes All Brain Complete Oat Brain Riskes All Brain Complete Wheat Brain Riskes All Brain Complete Wheat Brain Riskes All Brain Complete Wheat Brain Riskes Com Riskes Com Fiskes Com Piskes	Dairy' Pareve Dairy' Pareve Dairy' Pareve Dairy' (when bearin Pareve Carry Equipment Pareve	Mezonos Shehakul Mezonos Shehakul Mezonos Shehakul Mezonos Mezonos Mezonos Mezonos Hoadama Mezonos Hoadama Mezonos Hoadama Mezonos Hoadama Mezonos	Al Hamichya Boral Mefashos Al Hamichya Boral Mefashos Al Hamichya Boral Mefashos Al Hamichya Boral Mefashos Al Hamichya	Tactic Fruities  Post  Cercal Name Alpha Bits  Beneaus McCounch Bran Flakes Cocca Pebbles Golden Crap  Great Grains (Cramberry Almond Crunch, Crunchy Pecans, Resisten Dates & Pecans) Graps Nate Honey Bunches of Oats (Honey Posated, Resisten Madley, With Almands With Peaches, With Strawberries, With Varilla Junches, With Cimamon Bunches, With Pecan Burches! Hoseycomb-Cinne-Graham Wapte Pecan Crunch Raish Bran  Shredded Wheet Homey Net, Orginal, Original Spoon Size, Wheat 'N Bran- Well's Crip  Quake Cercal Name Cap 'N Crunch Dap N Crunch Decriss Cap N Crunch - PeanutButter Crisp Rice	Parave (when searth Status Parave Dairy* Parave	Mezonos  (CO)  Brosha Mezonos  Shefakol  Mezonos	Al Harrichya  Brodha Achrena Al Harrichya Al Harrichya Al Harrichya Boral Netashos Boral Netashos Boral Netashos Al Harrichya Boral Netashos
Raisin Nur Brain Reese's Puffs Total (All) Trix Wheates  Kash  Coreal Name 7 Whole Grain Puffs 7 Whole Grain Puffs 7 Whole Grain Nurgets Autumn Whea Ga Lean (Griginal) Go Lean Crisp Good Friands Heart (All) Brankerry Fields  Kellog  Coreal Name All Bran - Original All Bran Complete Oat Bran Flakes All Bran Complete Wheat Bran Flakes Australian Complete Wheat Bran Flakes Complete Wheat Bran Flakes Complete Wheat Bran Flakes Complete Comple	Dairy' Pareve Dairy' Pareve Dairy' Pareve Dairy' (when bearin Pareve	Mezonos Shehakel Mezonos Shehakel Mezonos Shehakel Mezonos	Al Hamichya Borai Nefashos Al Hamichya Borai Nefashos Al Hamichya Borai Nefashos Al Hamichya Borai Nefashos Al Hamichya Borai Nefashos Al Hamichya Borai Nefashos	Tactic Fruities  Post  Cercal Name Alpha Bits  Beneaus McCounch Bran Flakes Cocca Pebbles Golden Crsp  Great Grains (Cramberry Almond Crunch, Crunchy Pecans, Raisins Dates & Pecans) Graps Mits  Honey Burches of Oats (Honey Rosalded, Raisin Medicy, With Almends With Peaches, With Strawberries, With Verilla Jaunches, With Cimamon Bunches, With Pecan Burches!  Hoseycomb-Cinne-Graham Vapie Pecan Crunch Raish Bran  Shredded Wheet Honey Net, Orginal, Original Spoon Size, Wheat 'N Bran- Worth Circle  Quake Cercal Name Cap 'N Crunch Dap N Crunch Dennics Cap N Crunch PeanutButter	Parave (when searths Status Parave Dairy* Parave Parave Parave Parave Dairy*  Parave	Mezonos  (CO)  Brosha Mezonos  Shefakol  Shefakol  Brosha  Shefakol  Shefakol  Shefakol  Shefakol  Shefakol	Al Harrichya  Brodha Achrena Al Harrichya Al Harrichya Al Harrichya Boral Netashos Boral Netashos Boral Netashos Al Harrichya Al Harrichya Al Harrichya Al Harrichya Al Harrichya Al Harrichya Boral Netashos Boral Netashos Boral Netashos Al Harrichya Boral Netashos Boral Netashos Boral Netashos Boral Netashos
Raisin Nur Brain Reese's Puffs Total (All) Trix Wheatles  Kash  Coreal Name 7 Whole Grain Paffs 7 Whole Grain Paffs 7 Whole Grain Nuppets Autumn Whea Ga Lean (Criginal) Go Lean Crisp Go Lean Crisp Go Lean Crisp Got Friands Heart (All) Brain Heart (All) Brain Heart (All) Coreal Name All Brain - Original All Brain Complete Oat Brain Flakes All Brain Complete Wheat Brain Flakes All Brain Complete Wheat Brain Flakes All Brain Complete Wheat Brain Flakes Complete Wheat Brain Flakes Complete Wheat Brain Flakes All Brain Complete Oat Brain Flakes Complete Wheat Brain Flakes All Brain Complete Oat Brain Flakes Complete Wheat Brain Flakes All Brain Complete Oat Brain Flakes Complete Wheat Brain Flakes Complete Wheat Brain Flakes Complete Wheat Brain Crispix - All Crunolly Nut - Ociden Henry Nut Flaces	Calry' Pareva Dairy' Pareva Dairy' Pareva	Mezonos Shahakal Mezonos Shahakal Mezonos Shahakal Mezonos	Al Hamichya Borai Nefashos Al Hamichya Borai Nefashos Al Hamichya Borai Nefashos Al Hamichya Borai Nefashos Al Hamichya Borai Nefashos Al Hamichya Borai Nefashos	Tactic Fruities  Post  Cercal Name Alpha Bits  Beneaus McCounch Bran Flakes Cocca Pebbles Golden Crap  Great Grains (Cramberry Almond Crunch, Crunchy Pecans, Resisten Dates & Pecans) Graps Nate Honey Bunches of Oats (Honey Posated, Resisten Madley, With Almands With Peaches, With Strawberries, With Varilla Junches, With Cimamon Bunches, With Pecan Burches! Hoseycomb-Cinne-Graham Wapte Pecan Crunch Raish Bran  Shredded Wheet Homey Net, Orginal, Original Spoon Size, Wheat 'N Bran- Well's Crip  Quake Cercal Name Cap 'N Crunch Dap N Crunch Decriss Cap N Crunch - PeanutButter Crisp Rice	Parave (when seaths Status Parave Dairy* Parave	Mezonos  (CO)  Brosha Mezonos  Shefakol  Mezonos	Al Harrichya  Brodha Achrena Al Harrichya Al Harrichya Al Harrichya Boral Netashos Boral Netashos Boral Netashos Al Harrichya Boral Netashos
Raisin Nur Brain Reese's Puffs Total (All) Trix Wheates  Kash Coreal Name 7 Whole Grain Puffs 7 Whole Grain Puffs 7 Whole Grain Nurgets Authorn Wheat Ga Lean (Criginal) Go Lean Crisp Grain Name All Brain - Brain Bads All Brain - Brain Bads All Brain - Original All Brain Complete Wheat Brain Flakes All Brain Complete Wheat Brain Flakes All Brain Complete Wheat Brain Flakes Complete Wheat Brain Crispix - All Councily Nut - Reasted Nut & Henry Drain Crispix - All	Calry' Pareve Dairy' Pareve Dairy' Pareve Dairy' (when bearin Pareve	Mezonos Shehakul Mezonos Shehakul Mezonos Shehakul Mezonos Shehakul Mezonos Mezonos Mezonos Houdama Mezonos Mezonos Houdama Mezonos Mezonos Houdama Mezonos	Al Hamichya Boral Mefashos Al Hamichya Boral Mefashos Al Hamichya Boral Mefashos Al Hamichya Boral Mefashos Al Hamichya Boral Mefashos	Tactic Fruities  Post Cercal Name Alpha Bits Benena Not Crunch Bran Flatos Cocca Petotics Fruity Petotics Golden Crap Great Grains (Crambery Almond Chinck, Crunchy Pecans, Raisins Dates & Pecans) Grapa Nuts Honey Bunches of Oats (Honey Roasted, Raisin Modes), With Almands With Peaches, With Almands With Peaches, With Strowberrios, With Varilla Jaunches, With Cirmamon Benches, With Pecan Bunchest Honey comb Hoseycomb Hoseycomb Hoseycomb Hoseycomb Stran Vapla Pecan Crunch Raisin Bran Shredded Wheat Honey Nat.Orginal, Original Spoon Size, Wheat 'N Bran Worlds Crip  Quake Cercal Name Cap 'N Crunch Dap N Crunch Decries Cap N Crunch Crisp Rice Crunchy Com Bran Ufe (Original)	Parave (when pearly Status Parave Dairy* Parave	Mezonos  2 CO)  Brosha Mezonos Sinefakol	Al Harrichya  Brodha Achrena Al Harrichya Al Harrichya Al Harrichya Boral Netashos Boral Netashos Boral Netashos Al Harrichya  Boral Netashos
Raisin Nur Brain Reese's Puffs Total (All) Trix Wheatles  Kash  Coreal Name 7 Whole Grain Paffs 7 Whole Grain Paffs 7 Whole Grain Nuppets Autumn Whea Ga Lean (Criginal) Go Lean Crisp Go Lean Crisp Go Lean Crisp Got Friands Heart (All) Brain Heart (All) Brain Heart (All) Coreal Name All Brain - Original All Brain Complete Oat Brain Flakes All Brain Complete Wheat Brain Flakes All Brain Complete Wheat Brain Flakes All Brain Complete Wheat Brain Flakes Complete Wheat Brain Flakes Complete Wheat Brain Flakes All Brain Complete Oat Brain Flakes Complete Wheat Brain Flakes All Brain Complete Oat Brain Flakes Complete Wheat Brain Flakes All Brain Complete Oat Brain Flakes Complete Wheat Brain Flakes Complete Wheat Brain Flakes Complete Wheat Brain Crispix - All Crunolly Nut - Ociden Henry Nut Flaces	Dairy' Pareve Dairy' Pareve Dairy' Pareve Dairy' (when bearin Pareve	Mezonos Shahakal Mezonos Shahakal Mezonos Shahakal Mezonos	Al Hamichya Boral Mefashos Al Hamichya Boral Mefashos Al Hamichya Boral Mefashos Al Hamichya Boral Mefashos Al Hamichya Boral Mefashos	Tactic Fruities  Post Cercal Name Alpha Bils Benena McCrunch Bran Flakes Cocca Pebbles Golden Grap Great Grains (Cranberry Almond Chinch, Crinchy Pecans, Raisins Datas & Pecans) Graps Nate Honey Bunches of Cats (Honey Floated, Raisin Madey, With Almands With Peaches, With Stawberries, With Vanilla Junches, With Cimemon Bunches, With Pecan Burcheel Honeycomb-Cimra-Gratiam Wagle Pecan Crunch Raisin Bran Shredded Wheat Honey Nat.Orginal, Original Spoon Size, Wheat To Bran Worlds Crip  Quake Cercal Name Cap 'N Crunch Dap N Crunch - Peanut Butter Crisp Rice Crunchy Com Bran	Parave (when pearly Status Parave Dairy* Parave	Mezonos  (CO)  Brosha Mezonos  Shefakol	Al Harrichya  Al Harrichya Al Harrichya Al Harrichya Al Harrichya Boral Netashos Boral Netashos Boral Netashos Al Harrichya Boral Netashos
Raisin Nur Brain Reese's Puffs Total (All) Trix Wheates  Kash  Corest Name 7 Whole Grain Puffs 7 Whole Grain Puffs 7 Whole Grain Nurgets Autumn Whea Ga Lean (Griginal) Go Lean Crisp Go Lean Crisp Go Lean Crisp Go Lean Crisp Good Friands Heart to Heart (All) Brain-Brain Beds All Brain - Original All Brain - Original All Brain Complete Oat Brain Riskes All Brain Complete Watet Brain Riskes All Brain Complete Watet Brain Riskes All Brain Complete Watet Brain Riskes Connaison Crundry Cinnamon Cereal Cocca Krispies Com Pickes Com Pops (U.S.) Crackin' Oat Brain Crispix - All Crundry Nut - Related Nut & Heney D's Frot Loops Frot Loops	Calry' Pareve Dairy' Pareve Dairy' Pareve Dairy' (when bearin Pareve	Mezonos Shehakul Mezonos Shehakul Mezonos Shehakul Mezonos Shehakul Mezonos Mezonos Mezonos Hoadama Mezonos Mezonos Hoadama Mezonos	Al Hamichya Boral Mefashos Al Hamichya Boral Mefashos Al Hamichya Boral Mefashos Al Hamichya Boral Mefashos Al Hamichya Boral Mefashos	Tactic Fruities  Post Cercal Name Alpha Bits Benena Not Crunch Bran Flatos Cocca Petotics Fruity Petotics Golden Crap Great Grains (Crambery Almond Chinck, Crunchy Pecans, Raisins Dates & Pecans) Grapa Nuts Honey Bunches of Oats (Honey Roasted, Raisin Modes), With Almands With Peaches, With Almands With Peaches, With Strowberrios, With Varilla Jaunches, With Cirmamon Benches, With Pecan Bunchest Honey comb Hoseycomb Hoseycomb Hoseycomb Hoseycomb Stran Vapla Pecan Crunch Raisin Bran Shredded Wheat Honey Nat.Orginal, Original Spoon Size, Wheat 'N Bran Worlds Crip  Quake Cercal Name Cap 'N Crunch Dap N Crunch Decries Cap N Crunch Crisp Rice Crunchy Com Bran Ufe (Original)	Parave (when searth Status Parave Dairy* Parave Dairy*	Mezonos  2 CO)  Brosha Mezonos Sinefakol	Al Harrichya  Brodha Achrena Al Harrichya Al Harrichya Al Harrichya Boral Netashos Boral Netashos Boral Netashos Al Harrichya  Boral Netashos

Honey Smacks