Calorie chart: grains, rice and pasta (PDF)

Calories, protein, carbohydrate and fat for 318 foods, per serving and per 100 g.

Updated October 2026

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
51% Whole Wheat Pasta Enriched Cooked	1 cup spaghetti not packed (116 g)	181	**156**	5.7	30.9	1.5
51% Whole Wheat Pasta Enriched Dry	1 cup spaghetti (91 g)	329	**361**	13.2	73.3	2.6
51% Whole Wheat Pasta Unenriched Cooked	1 cup spaghetti not packed (116 g)	184	**159**	5.8	31.5	1.5
51% Whole Wheat Pasta Unenriched Dry	1 cup spaghetti (91 g)	329	**362**	13.5	73.1	2.7
Alpen Muesli	0.67 cup (1 NLEA serving) (55 g)	194	**352**	11.2	75.7	3.3
Amaranth	1 cup (246 g)	251	**102**	3.8	18.7	1.6
Amaranth Grain Uncooked	1 cup (193 g)	716	**371**	13.6	65.3	7
Ancient Harvest Corn and Quinoa Pasta	1 cup spaghetti packed (166 g)	252	**152**	3.2	31.1	2.1
Barbara's Puffins Original	0.75 cup (1 NLEA serving) (27 g)	90	**333**	7.4	84	3.7
Barley	1 cup (157 g)	193	**123**	2.3	28.2	0.4
Brown Rice	1 cup (202 g)	248	**123**	2.7	25.6	1
Buckwheat	1 cup (170 g)	583	**343**	13.3	71.5	3.4
Bulgur	1 cup (182 g)	151	**83**	3.1	18.6	0.2
Chinese Restaurant Crunchy Flat Noodles	1 cup (45 g)	234	**521**	10.3	51.9	31.7
Chinese Restaurant Steamed White Rice	1 cup, loosely packed (132 g)	199	**151**	3.2	33.9	0.3
Chocolate Frosted Puffed Corn Cereal	1 cup (30 g)	122	**405**	3.3	87.2	3.5
Chow Mein Noodles	1/2 cup dry (28 g)	132	**471**	10.9	63.6	21.2
Cooked Buckwheat	1 cup (168 g)	155	**92**	3.4	19.9	0.6
Corn Bran	1 cup (76 g)	170	**224**	8.4	85.6	0.9
Couscous	1 cup, cooked (157 g)	176	**112**	3.8	23.2	0.2
Cream of Rice Cooked with Salt	1 cup (244 g)	127	**52**	0.9	11.5	0.1
Cream of Rice Dry	1/4 cup (1 NLEA serving) (45 g)	167	**370**	6.3	82.4	0.5
Cream of Wheat 1-Minute Dry	1 cup (194 g)	696	**359**	11.8	72.6	1.5
Cream of Wheat 1-Minute Microwaved	1 cup (237 g)	130	**55**	2	10.7	0.4
Cream of Wheat 1-Minute Stovetop	1 cup (245 g)	137	**56**	1.7	11.2	0.4
Cream of Wheat 2 1/2-Minute Dry	1 cup (174 g)	618	**355**	11.6	71.8	1.4
Cream of Wheat 2 1/2-Minute Microwaved	1 cup (231 g)	120	**52**	1.9	10.1	0.4
Cream of Wheat 2 1/2-Minute Stovetop	1 cup (244 g)	137	**56**	1.4	11.7	0.2
Cream of Wheat Instant Dry	1 cup (178 g)	651	**366**	10.6	75.5	1.4
Cream of Wheat Instant Prepared	1 cup (241 g)	149	**62**	1.8	13.1	0.2

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Cream of Wheat Regular Cooked No Salt	1 cup (1 serving) (251 g)	126	**50**	1.4	10.5	0.2
Cream of Wheat Regular Cooked with Salt	1 cup (1 serving) (251 g)	126	**50**	1.5	10.7	0.2
Cream of Wheat Regular Dry	1 cup (173 g)	640	**370**	10.5	76.5	1.5
DeBoles Gluten-Free Rice Pasta	1 cup spaghetti (121 g)	242	**200**	4.2	40.8	1.7
Dry Brown Rice	1 cup (185 g)	679	**367**	7.5	76.3	3.2
Dry Bulgur	1 cup (140 g)	479	**342**	12.3	75.9	1.3
Dry Couscous	1 cup (173 g)	650	**376**	12.8	77.4	0.6
Dry Egg Noodles	2 oz (57 g)	219	**384**	14.2	71.3	4.4
Dry Grits	1 cup (156 g)	577	**370**	7.7	79.1	1.8
Dry Pasta	2 oz (57 g)	211	**371**	13	74.7	1.5
Dry Pearled Barley	1 cup (200 g)	704	**352**	9.9	77.7	1.2
Dry Quinoa	1 cup (170 g)	626	**368**	14.1	64.2	6.1
Dry Rice Noodles	2 oz (57 g)	207	**364**	6	80.2	0.6
Dry White Rice	1 cup (185 g)	675	**365**	7.1	80	0.7
Dry Whole Wheat Pasta	1 cup spaghetti (91 g)	320	**352**	13.9	73.4	2.9
Durum Wheat	1 cup (192 g)	651	**339**	13.7	71.1	2.5
Egg Noodles	1 cup (160 g)	221	**138**	4.5	25.2	2.1
Egg Noodles Enriched Cooked with Salt	1 cup (160 g)	221	**138**	4.5	25.2	2.1
Egg Noodles Unenriched Cooked No Salt	1 cup (160 g)	221	**138**	4.5	25.2	2.1
Egg Noodles Unenriched Cooked with Salt	1 cup (160 g)	221	**138**	4.5	25.2	2.1
Egg Noodles Unenriched Dry	1 cup (38 g)	146	**384**	14.2	71.3	4.4
Familia Muesli	1 cup (122 g)	473	**388**	9.5	73.8	6.3
Farina	1 cup (233 g)	123	**53**	1.8	10.9	0.3
Farina Unenriched Dry	1 cup (176 g)	649	**369**	10.6	78	0.5
Fresh Pasta	2 oz (128 g)	168	**131**	5.2	24.9	1.1
Fresh Pasta Uncooked	4.5 oz (128 g)	369	**288**	11.3	54.7	2.3
Fresh Spinach Pasta Cooked	2 oz (57 g)	74	**130**	5.1	25	0.9
Fresh Spinach Pasta Uncooked	4.5 oz (128 g)	370	**289**	11.3	55.7	2.1
Frosted Oat Cereal with Marshmallows	0.75 cup (1 NLEA serving) (30 g)	120	**400**	7.1	84.7	3.3
General Mills Cheerios	1 cup (1 NLEA serving) (28 g)	104	**372**	12.4	73.2	6.6
Glass Noodles	1 cup (140 g)	491	**351**	0.2	86.1	0.1
Gluten Free Pasta	1 cup spaghetti (141 g)	252	**179**	3.2	38.1	1
Gluten-Free Corn Pasta Cooked	1 cup (140 g)	176	**126**	2.6	27.9	0.7
Gluten-Free Corn Pasta Dry	1 cup (105 g)	375	**357**	7.5	79.3	2.1
Granola	1 oz (28.4 g)	139	**489**	13.7	53.9	24.3
Grits	1 cup (257 g)	182	**71**	1.7	14.8	0.5
Hard Red Spring Wheat	1 cup (192 g)	632	**329**	15.4	68	1.9
Hard White Wheat	1 cup (192 g)	657	**342**	11.3	75.9	1.7
Health Valley Fiber 7 Flakes	0.75 cup (1 NLEA serving) (31 g)	109	**353**	14.4	78.2	1.4
Health Valley Oat Bran Flakes	1 cup (1 NLEA serving) (50 g)	190	**380**	10	78	3
Homemade Egg Pasta Cooked	2 oz (57 g)	74	**130**	5.3	23.5	1.7

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Homemade Eggless Pasta Cooked	2 oz (57 g)	71	**124**	4.4	25.1	1
Hominy	1 cup (165 g)	119	**72**	1.5	14.3	0.9
Hulled Barley	1 cup (184 g)	651	**354**	12.5	73.5	2.3
Incaparina Dry Mix	1 cup (128 g)	485	**379**	21.8	60.5	5.6
Instant Oatmeal	1 cup, cooked (234 g)	159	**68**	2.4	11.7	1.4
Instant Oatmeal Cinnamon Spice Dry	1 packet (45 g)	166	**369**	9.5	76.1	4.8
Instant Oatmeal Cinnamon Spice Prepared	1 cup (240 g)	230	**96**	2.4	19	1.2
Instant Oatmeal Plain Dry	1 packet (28 g)	101	**362**	11.9	69.5	6.9
Instant Oatmeal Raisin Spice Prepared	1 cup (240 g)	211	**88**	2	17.9	1
Instant Rice	1 cup (165 g)	205	**124**	2.2	26.8	0.5
Instant White Rice Dry	1 cup (95 g)	361	**380**	7.8	82.3	0.9
Kamut Khorasan Wheat Cooked	1 cup (172 g)	227	**132**	5.7	27.6	0.8
Kamut Khorasan Wheat Uncooked	1 cup (186 g)	627	**337**	14.5	70.6	2.1
Kretschmer Honey Crunch Wheat Germ	2 tbsp (1 NLEA serving) (14 g)	52	**372**	26.6	58.1	7.8
Kretschmer Toasted Wheat Bran	1/4 cup (1 NLEA serving) (16 g)	32	**200**	17.6	59.5	5.2
Kretschmer Wheat Germ	2 tbsp (1 NLEA serving) (14 g)	51	**366**	31.4	49.4	9.6
Long-Grain White Rice Unenriched Cooked	1 cup (158 g)	205	**130**	2.7	28.2	0.3
Long-Grain White Rice Unenriched Raw	1 cup (185 g)	675	**365**	7.1	80	0.7
Malt-O-Meal Apple Zings	1 cup (1 NLEA serving) (33 g)	129	**390**	4.5	87.3	2.7
Malt-O-Meal Berry Colossal Crunch	0.75 cup (1 NLEA serving) (30 g)	119	**396**	4.2	86.6	4.2
Malt-O-Meal Blueberry Mini Spooners	1 cup (1 NLEA serving) (55 g)	193	**350**	8.8	79.4	1.9
Malt-O-Meal Blueberry Muffin Tops	0.75 cup (1 NLEA serving) (30 g)	133	**443**	4.9	79.9	11.5
Malt-O-Meal Chocolate Dry	3 tbsp (1 NLEA serving) (35 g)	127	**363**	10.6	79.6	0.8
Malt-O-Meal Chocolate Marshmallow Mateys	0.75 cup (1 NLEA serving) (30 g)	118	**392**	3.5	88.2	3.7
Malt-O-Meal Chocolate Prepared	1 serving (3 T dry cereal plus 1 cup water) (268 g)	126	**47**	1.4	9.2	0.1
Malt-O-Meal Cinnamon Toasters	0.75 cup (1 NLEA serving) (30 g)	128	**425**	3.3	78.3	12.1
Malt-O-Meal Coco-Roos	0.75 cup (1 NLEA serving) (30 g)	117	**389**	3.4	86.8	4.6
Malt-O-Meal Cocoa Dyno-Bites	0.75 cup (1 NLEA serving) (29 g)	115	**397**	4.2	87.9	3.4
Malt-O-Meal Colossal Crunch	0.75 cup (1 NLEA serving) (30 g)	120	**401**	3.6	81.6	5.3
Malt-O-Meal Corn Bursts	1 cup (1 NLEA serving) (31 g)	119	**385**	3.3	90.6	0.4
Malt-O-Meal Crispy Rice	1.25 cup (1 NLEA serving) (33 g)	114	**346**	6.1	86.4	1.1
Malt-O-Meal Farina Dry	3 tbsp (1 NLEA serving) (35 g)	128	**365**	10.5	77.2	0.5
Malt-O-Meal Frosted Flakes	0.75 cup (1 NLEA serving) (31 g)	121	**389**	4.3	90.2	0.9
Malt-O-Meal Frosted Mini Spooners	1 cup (1 NLEA serving) (55 g)	195	**354**	9.1	81.8	1.9
Malt-O-Meal Fruity Dyno-Bites	0.75 cup (27 g)	109	**404**	3.9	90.1	3.2

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Malt-O-Meal Golden Puffs	1 cup (37 g)	137	**370**	5.8	89.7	0.9
Malt-O-Meal Honey Buzzers	1.33 cup (29 g)	110	**379**	3.5	89.7	1.7
Malt-O-Meal Honey Graham Squares	0.75 cup (1 NLEA serving) (30 g)	119	**398**	4.5	74.7	10
Malt-O-Meal Honey Nut Scooters	1 cup (1 NLEA serving) (30 g)	116	**387**	8.6	79.6	4.5
Malt-O-Meal Maple & Brown Sugar Dry	1/4 cup (1 NLEA serving) (45 g)	166	**368**	8.8	80.5	0.5
Malt-O-Meal Marshmallow Mateys	1 cup (30 g)	116	**387**	6.9	82.8	3.5
Malt-O-Meal Oat Blenders Honey & Almonds	0.75 cup (1 NLEA serving) (30 g)	114	**379**	7.8	77.3	4.9
Malt-O-Meal Oat Blenders with Honey	0.75 cup (1 NLEA serving) (30 g)	119	**396**	6.8	84.9	4.2
Malt-O-Meal Original Dry	3 tbsp (1 NLEA serving) (35 g)	128	**365**	11.8	77.3	0.7
Malt-O-Meal Original Prepared	1 serving (3 T dry cereal plus 1 cup water) (268 g)	129	**48**	1.7	10.1	0.1
Malt-O-Meal Raisin Bran	1 cup (1 NLEA serving) (59 g)	202	**342**	7.6	80.4	1.9
Malt-O-Meal Tootie Fruities	1 cup (1 NLEA serving) (32 g)	125	**391**	4.7	85.9	3.2
Maple Brown Sugar Oatmeal	1 packet (43 g)	166	**386**	9.3	76.7	4.7
Medium-Grain Brown Rice Cooked	1 cup (195 g)	218	**112**	2.3	23.5	0.8
Medium-Grain Brown Rice Raw	1 cup (190 g)	688	**362**	7.5	76.2	2.7
Medium-Grain White Rice Enriched Cooked	1 cup (186 g)	242	**130**	2.4	28.6	0.2
Medium-Grain White Rice Enriched Raw	1 cup (195 g)	702	**360**	6.6	79.3	0.6
Medium-Grain White Rice Unenriched Cooked	1 cup (186 g)	242	**130**	2.4	28.6	0.2
Medium-Grain White Rice Unenriched Raw	1 cup (195 g)	702	**360**	6.6	79.3	0.6
Millet	1 cup (174 g)	207	**119**	3.5	23.7	1
Millet Raw	1 cup (200 g)	756	**378**	11	72.9	4.2
Mom's Best Honey Nut Toasty O's	1 cup (1 NLEA serving) (30 g)	116	**388**	8.6	79.8	4.5
Mom's Best Sweetened Wheat-Fuls	1 cup (1 NLEA serving) (55 g)	205	**373**	8.2	80.9	1.8
Nature's Path Flax Plus Flakes	0.75 cup (1 NLEA serving) (30 g)	105	**350**	11.9	75.3	5.5
Nature's Path Flax Plus Pumpkin Granola	0.75 cup (1 NLEA serving) (55 g)	257	**467**	11.2	66.1	18.3
Oat Bran	1 cup (94 g)	231	**246**	17.3	66.2	7
Oat Bran Cooked	1 cup (219 g)	88	**40**	3.2	11.4	0.9
Oat Grain	1 cup (156 g)	607	**389**	16.9	66.3	6.9
Oatmeal	1 cup (234 g)	166	**71**	2.5	12	1.5
Oatmeal Cooked with Salt	1 cup (234 g)	166	**71**	2.5	12	1.5
Oats	1/2 cup (40.5 g)	153	**379**	13.2	67.7	6.5
Parboiled Rice	1 cup (158 g)	194	**123**	2.9	26.1	0.4
Parboiled Rice Enriched Dry	1 cup (185 g)	692	**374**	7.5	80.9	1
Parboiled Rice Unenriched Cooked	1 cup (158 g)	194	**123**	2.9	26.1	0.4

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Parboiled Rice Unenriched Dry	1 cup (185 g)	692	**374**	7.5	80.9	1
Pasta	1 cup spaghetti not packed (124 g)	196	**158**	5.8	30.9	0.9
Pasta Enriched Cooked with Salt	1 cup spaghetti not packed (124 g)	195	**157**	5.8	30.6	0.9
Pasta Unenriched Cooked No Salt	1 cup spaghetti not packed (124 g)	196	**158**	5.8	30.9	0.9
Pasta Unenriched Cooked with Salt	1 cup spaghetti not packed (124 g)	195	**157**	5.8	30.6	0.9
Pasta Unenriched Dry	1 cup spaghetti (91 g)	338	**371**	13	74.7	1.5
Post Alpha-Bits	1 cup (1 NLEA serving for adults) (30 g)	117	**389**	10	80.3	4.6
Post Bran Flakes	0.75 cup (1 NLEA serving) (30 g)	98	**328**	9.9	80.5	2.1
Post Cocoa Pebbles	0.75 cup (1 NLEA serving) (29 g)	115	**397**	4.8	85.7	4.1
Post Frosted Shredded Wheat	1 cup (1 NLEA serving) (52 g)	183	**352**	7.8	83.8	1.9
Post Fruity Pebbles	0.75 cup (1 NLEA serving) (27 g)	109	**402**	4.6	86.1	4
Post Golden Crisp	0.75 cup (1 NLEA serving) (27 g)	103	**380**	5.5	90.1	1.7
Post Grape-Nuts	1/2 cup (1 NLEA serving) (58 g)	209	**361**	11.2	80.5	1.8
Post Grape-Nuts Flakes	0.75 cup (1 NLEA serving) (29 g)	109	**376**	9.4	82	3.7
Post Great Grains Banana Nut Crunch	1 cup (1 NLEA serving) (59 g)	230	**390**	9.8	70.9	8.8
Post Great Grains Cranberry Almond	0.75 cup (1 NLEA serving) (48 g)	184	**384**	8.9	76.6	5.9
Post Great Grains Crunchy Pecan	0.75 cup (1 NLEA serving) (52 g)	210	**403**	9	73	10.5
Post Great Grains Raisin Date & Pecan	0.75 cup (1 NLEA serving) (55 g)	208	**378**	7.9	74.3	7.1
Post Honey Bunches of Oats Cinnamon	0.75 cup (1 NLEA serving) (30 g)	120	**400**	7.1	82.8	5
Post Honey Bunches of Oats Honey Roasted	0.75 cup (1 NLEA serving) (30 g)	120	**401**	7.1	81.2	5.5
Post Honey Bunches of Oats Pecan	0.75 cup (1 NLEA serving) (29 g)	116	**399**	7	82	5.4
Post Honey Bunches of Oats Strawberry	0.75 cup (1 NLEA serving) (31 g)	124	**399**	6.7	83.3	4.9
Post Honey Bunches of Oats Vanilla	1 cup (1 NLEA serving) (56 g)	221	**394**	7.9	81.8	5.1
Post Honey Bunches of Oats with Almonds	0.75 cup (1 NLEA serving) (32 g)	131	**409**	7.7	79.6	7.3
Post Honey Nut Shredded Wheat	1 cup (1 NLEA serving) (59 g)	220	**373**	8.5	83.6	2.9
Post Honeycomb	1.5 cup (1 NLEA serving) (32 g)	126	**394**	6	86.6	2.9
Post Raisin Bran	1 cup (1 NLEA serving) (59 g)	191	**324**	7.6	78.9	1.6
Post Selects Blueberry Morning	1.25 cup (1 NLEA serving) (55 g)	217	**395**	6.5	81.6	5.3
Post Selects Maple Pecan Crunch	0.75 cup (1 NLEA serving) (52 g)	215	**413**	8.5	77.4	8.7
Post Shredded Wheat Big Biscuit	2 biscuits (1 NLEA serving) (47 g)	158	**337**	11.4	79	2
Post Shredded Wheat n' Bran	1.25 cup (1 NLEA serving) (59 g)	200	**339**	10.9	80.7	2.1
Post Shredded Wheat Spoon-Size	1 cup (1 NLEA serving) (49 g)	172	**351**	11.8	81.4	2.1
Post Waffle Crisp	1 cup (1 NLEA serving) (30 g)	117	**390**	6.6	83	5
Protein-Fortified Spaghetti Cooked	1 cup (140 g)	230	**164**	8.9	30.9	0.2

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Protein-Fortified Spaghetti Dry	2 oz (57 g)	213	**374**	21.8	65.7	2.2
Puffed Millet	1 cup (21 g)	74	**354**	13	80	3.4
Puffed Rice	1 cup (14 g)	56	**402**	6.3	89.8	0.5
Puffed Wheat	1 cup (12 g)	44	**364**	14.7	79.6	1.2
Quaker 100% Natural Granola	1/2 cup (1 NLEA serving) (48 g)	202	**421**	10.6	73.7	11.6
Quaker 100% Natural Granola with Raisins	1/2 cup (1 NLEA serving) (51 g)	210	**412**	9.7	74.7	10.4
Quaker Apple Cinnamon Instant Oatmeal	1 packet (1 NLEA serving) (43 g)	157	**366**	8.6	76.7	4.6
Quaker Apple Cranberry Almond Granola	1/2 cup (1 NLEA serving) (49 g)	205	**418**	9.2	74.7	11.1
Quaker Banana Bread Instant Oatmeal	1 packet (1 NLEA serving) (41 g)	151	**368**	9	75.7	4.9
Quaker Cap'n Crunch	0.75 cup (1 NLEA serving) (27 g)	107	**398**	4.4	85.5	5.1
Quaker Cap'n Crunch Oops All Berries	1 cup (1 NLEA serving) (32 g)	126	**395**	4.6	87.1	4
Quaker Cap'n Crunch Peanut Butter	0.75 cup (1 NLEA serving) (27 g)	113	**417**	7.1	78.7	9.2
Quaker Cap'n Crunch with Crunchberries	0.75 cup (1 NLEA serving) (26 g)	103	**397**	4.5	85.9	4.8
Quaker Cap'n Crunch's Halloween Crunch	0.75 cup (1 NLEA serving) (26 g)	105	**402**	4.4	85.1	5.7
Quaker Christmas Crunch	0.75 cup (1 NLEA serving) (26 g)	103	**397**	4.4	85.9	4.8
Quaker Cinnamon Life	0.75 cup (1 NLEA serving) (32 g)	120	**374**	9.1	79	4.1
Quaker Cinnamon Spice Instant Oatmeal	1 packet (1 NLEA serving) (43 g)	159	**369**	10.4	74.5	5.1
Quaker Cinnamon Swirl Instant Oatmeal	1 packet (1 NLEA serving) (45 g)	165	**366**	8.8	75.7	4.8
Quaker Crunchy Bran	0.75 cup (1 NLEA serving) (27 g)	89	**331**	6.4	83.7	4.1
Quaker Dinosaur Eggs Instant Oatmeal	1 packet (1 NLEA serving) (50 g)	192	**384**	8.7	73.7	7.6
Quaker Fruit & Cream Instant Oatmeal	1 packet (35 g)	133	**379**	8.3	75.4	6.4
Quaker Honey Graham Life	0.75 cup (1 NLEA serving) (32 g)	119	**373**	9.3	78.6	4.1
Quaker Honey Graham Oh!s	0.75 cup (1 NLEA serving) (27 g)	111	**412**	3.9	83.7	7.6
Quaker Instant Grits American Cheese	1 packet (1 NLEA serving) (28 g)	101	**360**	8.8	74.2	4.7
Quaker Instant Grits Butter	1 packet (1 NLEA serving) (28 g)	103	**369**	8.1	74.8	5.6
Quaker Instant Grits Cheddar Cheese	1 packet (1 NLEA serving) (28 g)	102	**363**	9	73	5.5
Quaker Instant Grits Country Bacon	1 packet (1 NLEA serving) (28 g)	95	**340**	9.9	75.4	1.7
Quaker Instant Grits Ham 'n' Cheese	1 packet (1 NLEA serving) (28 g)	99	**355**	10.7	71.1	4.7
Quaker Instant Grits Plain Dry	1 packet (29 g)	99	**343**	7.3	78.4	2.1
Quaker Instant Grits Plain Prepared	1 cup (219 g)	162	**74**	1.6	16	0.5
Quaker Instant Grits Redeye Gravy & Ham	1 packet (1 NLEA serving) (28 g)	96	**342**	9.8	75.9	1.6
Quaker King Vitaman	1.5 cup (1 NLEA serving) (31 g)	118	**381**	6.4	83.9	3.4
Quaker Life Cereal Plain	0.75 cup (1 NLEA serving) (32 g)	120	**374**	10	77.7	4.4

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Quaker Low Fat Granola with Raisins	0.66 cup (1 NLEA serving) (55 g)	213	**388**	8.4	80.6	5.5
Quaker Maple Brown Sugar Instant Oatmeal	1 packet (43 g)	158	**368**	9.2	76.9	4.6
Quaker Maple Brown Sugar Life	0.75 cup (1 NLEA serving) (32 g)	119	**373**	9.2	78.9	4.1
Quaker Mother's Cinnamon Oat Crunch	1 cup (1 NLEA serving) (60 g)	229	**382**	10.6	79.8	4.6
Quaker Mother's Cocoa Bumpers	1 cup (1 NLEA serving) (33 g)	126	**382**	4.2	89.9	1.6
Quaker Mother's Graham Bumpers	0.75 cup (1 NLEA serving) (28 g)	106	**379**	4.6	88.9	1.5
Quaker Mother's Peanut Butter Bumpers	1 cup (1 NLEA serving) (33 g)	134	**407**	7.6	79.7	7.3
Quaker Mother's Toasted Oat Bran	0.75 cup (1 NLEA serving) (32 g)	119	**372**	11.5	75.4	5
Quaker Multigrain Oatmeal Cooked No Salt	100 g	61	**61**	2.1	13.5	0.5
Quaker Multigrain Oatmeal Cooked with Salt	100 g	61	**61**	2.1	13.5	0.5
Quaker Multigrain Oatmeal Dry	1/2 cup (1 NLEA serving) (40 g)	134	**334**	12.6	72.6	2.7
Quaker Oat Bran Cooked No Salt	100 g	43	**43**	2	7.5	1
Quaker Oat Bran Cooked with Salt	100 g	43	**43**	2	7.5	1
Quaker Oat Bran Dry	1/2 cup (1 NLEA serving) (40 g)	146	**364**	17	62.9	8
Quaker Oatmeal Squares	1 cup (1 NLEA serving) (56 g)	212	**379**	11.4	77.8	4.8
Quaker Oatmeal Squares Cinnamon	1 cup (1 NLEA serving) (56 g)	212	**379**	11.2	78.1	4.9
Quaker Oatmeal Squares Golden Maple	1 cup (1 NLEA serving) (56 g)	213	**380**	11.3	78	4.8
Quaker Organic Instant Oatmeal	1 packet (41 g)	150	**367**	16	67	6.3
Quaker Puffed Rice	0.75 cup (1 NLEA serving) (14 g)	54	**383**	7	87.8	0.9
Quaker Puffed Wheat	1 cup (1 NLEA serving) (15 g)	55	**366**	16.3	76.4	2.2
Quaker Quick Oats	1/2 cup (40 g)	148	**371**	13.7	68.2	6.9
Quaker Quick Oats with Iron	1/2 cup (40 g)	148	**371**	13.7	68.2	6.9
Quaker Quick White Hominy Grits	1/4 cup (37 g)	129	**348**	8.8	79.6	1.2
Quaker Raisin Date Walnut Instant Oatmeal	1 packet (37 g)	137	**371**	8.8	72.4	7
Quaker Raisin Spice Instant Oatmeal	1 packet (1 NLEA serving) (43 g)	155	**360**	9.1	75.7	4
Quaker Real Medleys Apple Walnut	1 package (1 NLEA serving) (75 g)	293	**390**	8.2	70.5	10.4
Quaker Real Medleys Blueberry Hazelnut	1 package (1 NLEA serving) (70 g)	270	**386**	9.8	69.5	9.8
Quaker Real Medleys Cherry Pistachio	1 package (1 NLEA serving) (73 g)	288	**394**	12	66.7	11
Quaker Real Medleys Peach Almond	1 package (1 NLEA serving) (75 g)	290	**387**	10.1	68.6	9.8
Quaker Real Medleys Summer Berry	1 package (1 NLEA serving) (70 g)	247	**353**	11.3	72.6	4.4

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Quaker Reduced Sugar Apple Cinnamon Oatmeal	1 packet (1 NLEA serving) (31 g)	111	**358**	10.3	72.2	5.6
Quaker Reduced Sugar Cinnamon Spice Oatmeal	1 packet (1 NLEA serving) (34 g)	122	**358**	11.3	69.5	6.1
Quaker Reduced Sugar Fruit & Cream Oatmeal	1 packet (33 g)	124	**376**	10.2	71.6	7.5
Quaker Regular White Hominy Grits	1/4 cup (1 NLEA serving) (41 g)	148	**361**	8.8	79.2	1.6
Quaker Shredded Wheat Bagged	3 biscuits (1 NLEA serving) (63 g)	219	**348**	11.2	81	2
Quaker Sweet Crunch/Quisp	1 cup (1 NLEA serving) (27 g)	110	**406**	4.5	85	6.1
Quaker Toasted Multigrain Crisps	1.25 cup (1 NLEA serving) (57 g)	212	**372**	12.4	74.9	5.1
Quaker Weight Control Banana Bread Oatmeal	1 packet (1 NLEA serving) (45 g)	162	**361**	16.5	64.4	6.2
Quaker Weight Control Cinnamon Oatmeal	1 packet (1 NLEA serving) (45 g)	162	**361**	16.5	64.2	6.3
Quaker Weight Control Maple Oatmeal	1 packet (1 NLEA serving) (45 g)	162	**361**	16.4	64.3	6.2
Quaker Whole Hearts	0.75 cup (1 NLEA serving) (28 g)	105	**376**	7.6	80.1	5.6
Quaker Whole Wheat Natural Cereal	1/2 cup (40 g)	133	**333**	11.8	74.8	2
Quick Farina Cooked No Salt	1 cup (240 g)	132	**55**	1.8	10.9	0.3
Quick Farina Dry	1 cup (176 g)	634	**360**	11.6	73.2	1.4
Quinoa	1 cup (185 g)	222	**120**	4.4	21.3	1.9
Ralston Corn Biscuits	1 cup (NLEA serving) (30 g)	113	**376**	5.8	85.8	1.1
Ralston Corn Flakes	1 cup (1 NLEA serving) (28 g)	108	**384**	5.9	88	0.9
Ralston Crisp Rice	1 cup (28 g)	107	**383**	6.7	86.2	1.3
Ralston Crispy Hexagons	1 cup (1 NLEA serving) (29 g)	110	**379**	5.9	86.8	1
Ralston Tasteeos	1 cup (1 NLEA serving) (28 g)	111	**395**	10.7	76	5.4
Ralston Wheat Bran Flakes	1 cup (42 g)	164	**390**	10.2	79.8	3.4
Rice Bran	1 cup (118 g)	373	**316**	13.4	49.7	20.9
Rice Noodles	1 cup (176 g)	190	**108**	1.8	24	0.2
Roasted Buckwheat Groats Dry	1 cup (164 g)	567	**346**	11.7	75	2.7
Rye Grain	1 cup (169 g)	571	**338**	10.3	75.9	1.6
Short Grain Rice	1 cup (186 g)	242	**130**	2.4	28.7	0.2
Short-Grain White Rice Enriched Raw	1 cup (200 g)	716	**358**	6.5	79.2	0.5
Short-Grain White Rice Unenriched Cooked	1 cup (205 g)	267	**130**	2.4	28.7	0.2
Short-Grain White Rice Unenriched Raw	1 cup (200 g)	716	**358**	6.5	79.2	0.5
Soba Noodles	1 cup (114 g)	113	**99**	5.1	21.4	0.1
Soba Noodles Dry	2 oz (57 g)	192	**336**	14.4	74.6	0.7
Soft Red Winter Wheat	1 cup (168 g)	556	**331**	10.4	74.2	1.6
Soft White Wheat	1 cup (168 g)	571	**340**	10.7	75.4	2
Somen Noodles Cooked	1 cup (176 g)	231	**131**	4	27.5	0.2
Somen Noodles Dry	2 oz (57 g)	203	**356**	11.4	74.1	0.8
Sorghum	1 cup (192 g)	632	**329**	10.6	72.1	3.5
Soy Vermicelli	1 cup (140 g)	463	**331**	0.1	82.3	0.1

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Spelt	1 cup (194 g)	246	**127**	5.5	26.4	0.9
Spelt Uncooked	1 cup (174 g)	588	**338**	14.6	70.2	2.4
Spinach Egg Noodles Cooked	1 cup (160 g)	211	**132**	5	24.3	1.6
Spinach Egg Noodles Dry	1 cup (38 g)	145	**382**	14.6	70.3	4.6
Spinach Pasta	1 cup (140 g)	182	**130**	4.6	26.2	0.6
Spinach Spaghetti Dry	2 oz (57 g)	212	**372**	13.4	74.8	1.6
Sprouted Wheat	1 cup (108 g)	214	**198**	7.5	42.5	1.3
Sticky Rice	1 cup (174 g)	169	**97**	2	21.1	0.2
Sticky Rice Uncooked	1 cup (185 g)	685	**370**	6.8	81.7	0.6
Teff	1 cup (252 g)	255	**101**	3.9	19.9	0.7
Teff Uncooked	1 cup (193 g)	708	**367**	13.3	73.1	2.4
Tinkyada Brown Rice Pasta Cooked	1 cup spaghetti not packed (169 g)	233	**138**	3.5	32.2	1.7
Toasted Wheat Germ	1 oz (28.4 g)	108	**382**	29.1	49.6	10.7
Triticale	1 cup (192 g)	645	**336**	13.1	72.1	2.1
Uncle Ben's Parboiled Brown Rice Cooked	1 cup (155 g)	228	**147**	3.1	31.3	0.9
Uncle Ben's Parboiled Brown Rice Dry	1/4 cup (48 g)	178	**370**	7.6	78.7	2.8
Uncle Sam Cereal	0.75 cup (1 NLEA serving) (55 g)	190	**346**	16	65.8	11.6
Vegetable Macaroni Cooked	1 cup spiral shaped (134 g)	172	**128**	4.5	26.6	0.1
Vegetable Macaroni Dry	1 cup spiral shaped (84 g)	308	**367**	13.1	74.9	1
Weetabix	1 cup (57 g)	211	**371**	11.4	81.5	2.9
Wheat & Bran Cereal with Nuts & Fruit	1 cup (1 NLEA serving) (55 g)	212	**385**	7.1	76.2	5.6
Wheat Berries	1 cup (192 g)	628	**327**	12.6	71.2	1.5
Wheat Bran	1 cup (58 g)	125	**216**	15.6	64.5	4.3
Wheat Germ	1 cup (115 g)	414	**360**	23.2	51.8	9.7
Wheatena Cooked	1 cup (243 g)	136	**56**	2	11.8	0.5
Wheatena Cooked with Salt	1 cup (243 g)	143	**59**	2	11.7	0.5
Wheatena Dry	1 cup (141 g)	503	**357**	13.1	75.6	2.9
White Corn Grain	1 cup (166 g)	606	**365**	9.4	74.3	4.7
White Grits Cooked with Salt	1 cup (257 g)	182	**71**	1.7	14.8	0.5
White Rice	1 cup (158 g)	205	**130**	2.7	28.2	0.3
White Rice Enriched Cooked with Salt	1 cup (158 g)	205	**130**	2.7	28.2	0.3
White Rice Unenriched Cooked with Salt	1 cup (158 g)	205	**130**	2.7	28.2	0.3
Whole Wheat Hot Cereal Cooked No Salt	1 cup (242 g)	150	**62**	2	13.7	0.4
Whole Wheat Hot Cereal Cooked with Salt	1 cup (242 g)	150	**62**	2	13.7	0.4
Whole Wheat Hot Cereal Dry	1 cup (94 g)	321	**342**	11.2	75.2	2
Whole Wheat Pasta	1 cup spaghetti not packed (117 g)	174	**149**	6	30.1	1.7
Wild Rice	1 cup (164 g)	166	**101**	4	21.3	0.3
Wild Rice Raw	1 cup (160 g)	571	**357**	14.7	74.9	1.1
Wonton Wrappers	1 oz (28.4 g)	82	**291**	9.8	57.9	1.5
Yellow Corn Grain	1 cup (166 g)	606	**365**	9.4	74.3	4.7

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Yellow Grits Enriched Cooked	1 cup (233 g)	151	**65**	1.2	13.9	0.4
Yellow Grits Enriched Cooked with Salt	1 cup (233 g)	151	**65**	1.2	13.9	0.4
Yellow Grits Unenriched Dry	1 cup (156 g)	579	**371**	8.8	79.6	1.2
Yellow Hominy Canned	1 cup (160 g)	115	**72**	1.5	14.3	0.9

Source: USDA FoodData Central, SR Legacy and FNDDS (public domain). Per-100 g values are USDA figures; serving values are scaled by weight. Interactive tables and Nutrition Facts labels: https://nutritionfactlabel.com/nutrition-database/grains-and-pasta/