

# Organizing Your Information Worksheet

Complete this table for your five cereal choices.

**HINT:** You will not want to choose cereals with high amounts of p potassium and iron. You will discover why as you do the worksheets.

Name of cereal	Mg of Potassium per serving	Mg of Iron per serving	Size of Box (oz)	Price	Size of serving	Number of servings per box	Price per serving

The web sites do not give the number of servings in a box. Therefore you will have to approximate this number. Use the following to help you.

1 ounce = 28.35 grams