



NUTRITION™
GET A TASTE FOR THE HEALTHY LIFE™

AT THE BREAKFAST TABLE WITH KELLOGG!

On a busy weekday morning, the most important thing you can give your family before walking out the door is breakfast. Bite into this table of delicious and nutritious ideas to plan a great start to the day for your family.

<p>Your favorite Kellogg's® Frosted Mini-Wheats® cereal, a glass of fat-free milk and sliced strawberries</p>	<p>Toasted cinnamon raisin bagel topped with reduced-fat ricotta cheese, served with orange juice</p>	<p>Branana Muffin with Kellogg's® Complete® Wheat Bran Flakes*, a glass of fat-free milk and grapes</p>	<p>Peanut butter and jelly rolled in a whole-wheat tortilla, apple slices and a glass of fat-free milk</p>	<p>Kellogg's® Peaches & Berries Special K® Cereal Bar served with cubed pineapple and a drinkable yogurt</p>
<p>Kellogg's® Raisin Bran® cereal, a glass of fat-free milk and a fresh peach</p>	<p>Eggo® Nutri-Grain® Pancakes topped with apple sauce, served with a glass of fat-free milk</p>	<p>Original All-Bran™ Muffin*, and apple and a glass of fat-free milk</p>	<p>Your favorite Kellogg's® Smart Start® cereal, fat-free yogurt and sliced strawberries</p>	<p>Toasted whole-wheat English muffin half topped with reduced-fat mozzarella cheese and tomato slices, served with pineapple juice</p>
<p>Special K™ Parfait* and a glass of fat-free milk</p>	<p>Eggo® Nutri-Grain® Waffle topped with peanut butter, an orange and a glass of fat-free milk</p>	<p>Kellogg's® Froot Loops® cereal (available in reduced sugar), a glass of fat-free milk and an apple</p>	<p>Kellogg's® All-Bran Buds® sprinkled on low-fat flavored yogurt, served with blueberries</p>	<p>Morningstar Farms® Sausage Patty; whole-wheat toast. sliced kiwi, and a glass of fat-free milk</p>

This discussion of nutrition and physical activity issues is provided as a service to the public. It is for informational purposes only and may not be applicable to everyone. Always consult your health care professional before making any significant changes in your dietary habits or your physical activity routines.



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<p>Kellogg's® Rice Krispies® cereal a glass of fat-free milk and blueberries</p>	<p>Whole-wheat toast topped with jam, a small handful of almonds and orange juice</p>	<p>Kellogg's® Apple-Cinnamon Nutri-Grain® Cereal Bar; sliced cantaloupe and a glass of fat-free milk</p>	<p>Omelet made with Morningstar Farms® Scramblers® egg substitute, reduced-fat Cheddar cheese and diced green pepper, served with sliced strawberries</p>	<p>Kellogg's® Frosted Flakes® cereal, a glass of fat-free milk, banana slices and low-fat yogurt</p>
<p>Kellogg's® Low Fat Granola with Raisins layered with low-fat vanilla yogurt and blueberries</p>	<p>Toasted whole-wheat pita half stuffed with Swiss cheese, avocado and tomato slices, served with a glass of fat-free milk</p>	<p>Special K® Vanilla Almond cereal , a glass of fat-free milk and raspberries</p>	<p>Homemade zucchini bread slice topped with reduced-fat cream cheese, served with mixed berries and a glass of fat-free milk</p>	<p>All-Bran® Oatmeal Raisin Bar, a glass of fat-free milk and an apple</p>

* Recipe can be found at, www.kelloggekitchens.com

These serving suggestions may not be appropriate for all age groups or dietary considerations. Visit your health care provider or a registered dietitian for individualized information on nutrition and health.

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