



@Confessionofadietitian

#ad I teamed up with @KelloggsUS to make sure you know all of the great attributes their cereals bring to the table, literally. Did you know Kellogg's offers more than 30 cereals that are a good or excellent source of fiber (like Kellogg's Raisin Bran and @frostedminiwheats), and 15 that are at least a good source of protein when combined with ¾ cup milk (like this @specialk)? Having these two important nutrients, along with an array of essential vitamins and minerals, all packed into one convenient food makes cereal a smart choice for a quick and tasty meal. I love to pour a bowl of Kellogg's Special K - which gives you 13 grams of protein, 7 from the cereal + 6 from the milk - and pair it with bananas and blueberries for a balanced bowl. I feel so much better when I start my day with a proper breakfast and a tasty, crunchy bowl of cereal is one of my favorite ways to do that!

@shawn_booth18

#ad I make smart choices every day when it comes to food and I start with breakfast. Did you know @KelloggsUS offers more than 30 cereals that are a good source of fiber and 15 that are at least a good source of protein when combined with ¾ cup of milk? Kellogg's @specialk original provides 13g of complete protein (7g from cereal, 6g from milk). Make smart choices for your body.

@AllisonHolker

#ad Taking care of my fitness and nutrition is so important to me as a mom and a dancer. Did you know @KelloggsUS offers more than 30 cereals that are a good or excellent source of fiber, and 15 that are at least a good source of protein when combined with ¾ cup of milk? Kellogg's @frostedminiwheats contains 11 grams of protein with milk, 5 grams from cereal 6 grams from milk. Adding a Kellogg's cereal is a smart breakfast choice and a convenient, great tasting way to start your day too.