

GREAT TASTE

THAT DOES YOUR HEART GOOD

* While Many Factors Affect Heart Disease, Diets Low In Saturated Fat And Cholesterol May Reduce The Risk Of Heart Disease.



HEART HEALTHY*

Whole grains can help support a heart-healthy* lifestyle.



FIBER

Fiber, like bran fiber, plays a very important part in your digestive health and overall well-being.



REAL FRUIT

Delicious raisins add a sweetness you'll love to every morning.

Enjoy the classic, delicious taste of **Kellogg's® Raisin Bran Crunch®** Apple Strawberry and you'll smile your way through the day.



Delicious raisins, toasted flakes and crunchy apple & strawberry flavored oat clusters.

Your Mental Morning Stretch

Fill all empty squares so that the numbers 1 to 9 appear only once in each row, column and 3x3 box. For answers, visit kfr.com/games.

1	5	3	4	6	2	8	7	9
2	7	9	3	1	8	4	5	6
8	6	4	7	5	9	3	1	2
7	3	2	9	4	1	5	6	8
5	9	1	6	8	3	7	2	4
4	8	6	2	7	5	1	9	3
9	2	5	1	3	4	6	8	7
6	4	8	5	2	7	9	3	1
3	1	7	8	9	6	2	4	5



TRY
KELLOGG'S RAISIN BRAN
GRANOLA!



LET'S TALK

At Kellogg, we're working harder to earn a seat at your table. What can we do to make your mornings better?



COLLECT POINTS. EARN REWARDS.
TWO EASY WAYS TO COLLECT POINTS!

Go to KFR.com to learn more.