

# 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.

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

### 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](http://kfr.com/games)



### 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?



TRY  
KELLOGG'S RAISIN BRAN  
GRANOLA!



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

Go to [KFR.com](http://KFR.com) to learn more.