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



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.

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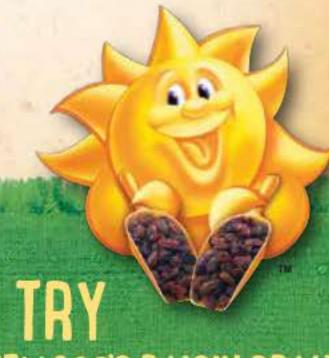
Enjoy the classic, delicious taste of Kellogg's® Raisin Bran Crunch® Apple Strawberry and you'll smile your way through the day.



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

flakes and crunchy apple & strawberry flavored oat clusters.





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?





KELLOGG'S RAISIN BRAN GRANOLA!



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

Go to KFR.com to learn more.