

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

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® Omega-3** and you'll smile your way through the day.



Delicious raisins blended with crisp bran flakes, flaxseeds and a touch of sweetness.

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

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



TRY THEM ALL!



OpenForBreakfast.com

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. NO MORE CODES. TWO EASY WAYS TO COLLECT POINTS!

Go to KFR.com to learn more.