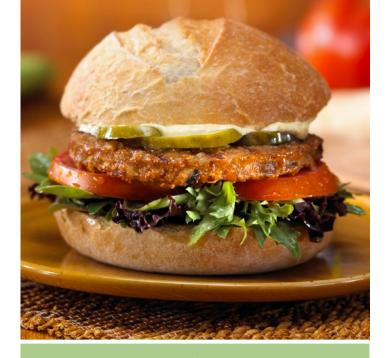
## THE POWER OF Plant-based

Kellogg offers a variety of delicious, plant-based, convenient, affordable, and high-quality foods.





## PHYSICAL WELLBEING

 Plant-based foods pack a nutritional punch.



Can provide protein.

Can help provide dietary fiber.

第

Can provide vitamins and minerals.

 May help support gut microbiome health.

For more information and sources, visit KelloggsNutrition.com

## SOCIETAL WELLBEING

 Plant-based foods can be part of a more sustainable future.



- Provides 10X less greenhouse gas emissions than beef-based foods.
- Encourages responsible use of land, water, fuel, and fertilizer.
- May help lower personal greenhouse gas emission footprint.

## EMOTIONAL WELLBEING

 Diverse ingredients and foods can create delicious food experiences through interesting tastes and textures.

