

# 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** and you'll smile your way through the day.



Delicious raisins perfectly balanced with crisp, toasted bran flakes.

## 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)

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



# TRY THEM ALL!

Kellogg's  
**OPEN!**  
FOR BREAKFAST

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

