

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



[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?



# TRY THEM ALL!

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

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

