

# 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

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.

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



Delicious raisins, toasted flakes and crunchy oat clusters glazed with a touch of golden honey.

### 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)

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



### 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?



Now there's more to love!  
TRY  
**Apple Strawberry**



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

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