

# moms: meet the dynamic duo

You try to give your kids the best start possible, but in reality, just getting them to eat breakfast can be a challenge. The good news is that **cereal and milk** is a leading source of 10 nutrients important to growing bodies.\* That's why Kellogg's® cereals help kids start their day in a delicious way, with the energy and valuable nutrients they need.



**Kellogg's**



love your cereal

To learn more about the health benefits of breakfast and cereal, visit [www.LoveYourCereal.com](http://www.LoveYourCereal.com)

\*The National Health and Nutrition Examination Survey (NHANES), 2003-2006

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