

AT LAST, SOME NEWS ABOUT CANCER YOU CAN LIVE WITH.

The National Cancer Institute believes a high fiber, low fat diet may reduce your risk of some kinds of cancer.

The National Cancer Institute reports some very good health news.

There is growing evidence that may link a high fiber, low fat diet to lower incidence of some kinds of cancer.

That's why one of their strongest recommendations is to eat high fiber foods. If you compare, you'll find

GOOD SOURCES OF FIBER	
1 oz. Kellogg's All-Bran	9
1 medium apple	4
1/3 cup baked beans	5
1 slice whole wheat toast	2
1/3 cup cooked spinach	3
Dietary fiber in grams - 0 1 2 3 4 5 6 7 8 9	

Kellogg's® All-Bran® has nine grams of fiber per serving. No cereal has more. In fact, ounce for ounce, no food has more.

So start your day with a bowl of Kellogg's All-Bran, or mix it with your regular cereal.

And for a free booklet with more preventative tips, write Box K, National Cancer Institute, Bethesda, MD 20814.

**No food has more fiber than
Kellogg's® All-Bran.®**



JUST DA Kellogg's Box 2