

Announcer: Trampolines, no wonder the Wilsons are in good shape.

- Including Ida, my wife.

Announcer: Mother of five. Yet, she keeps slim as her teenage daughter. How? Exercise and the right kind of foods like a Post Grape Nuts breakfast. It fills you up, not out. Gives you important protein and only Grape Nuts have these crunchy nuggets. Enjoy a delicious Post Grape Nuts breakfast. It fills you up, not out. Post cereals make breakfast a little bit better.