

RADIO ROUNDUP

a collection of features, oddities,
and helpful tips



**NORTH AMERICAN
PRECIS SYNDICATE, INC.**

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92 WORDS, 30 SECONDS

HEART-HEALTHY EATING

WARM YOUR HEART—AND STOMACH—THIS WINTER WITH HEALTHY COMFORT FOODS. THEY CAN BE MADE HEART-HEALTHY WITH SIMPLE INGREDIENT SWAPS AND HEALTHIER COOKING TECHNIQUES, SAYS REGISTERED DIETITIAN DAWN JACKSON BLATNER. FOR EXAMPLE, SHE USES A BLENDER TO THICKEN SOUP INSTEAD OF HEAVY CREAM, HERBS INSTEAD OF SALT AND HEART-SMART CANOLA OIL IN PLACE OF BUTTER. CANOLA OIL HAS THE LEAST SATURATED FAT AND MOST OMEGA-THREE FAT OF ALL COMMON CULINARY OILS AND IT'S FREE OF TRANS FAT. FOR BLATNER'S "COMFORT YOUR HEART" RECIPE COLLECTION, VISIT CANOLA-INFO--DOT--ORG.