

# RADIO ROUNDUP

a collection of features, oddities,  
and helpful tips



**NORTH AMERICAN  
PRECIS SYNDICATE, INC.**

415 Madison Avenue, 12th Fl.  
New York, New York 10017

---

85 WORDS, 30 SECONDS

## HEALTHY EATING

WHEN YOU WANT TO EAT RIGHT, START BY GETTING YOUR PLATE IN SHAPE. THAT'S THE ADVICE FROM THE EXPERTS AT THE ACADEMY OF NUTRITION AND DIETETICS. THEY ENCOURAGE EVERYONE TO EAT PLENTY OF FRUITS AND VEGETABLES AND KEEP A CLOSE EYE ON PORTION SIZES. THEY SUGGEST YOU FILL HALF YOUR PLATE WITH FRUITS AND VEGETABLES—FRESH, FROZEN OR CANNED—AND THINK ABOUT WHAT GOES ON YOUR PLATE BEFORE YOU EAT. TO LEARN MORE, VISIT THE ACADEMY OF NUTRITION AND DIETETICS AT [EAT-RIGHT--DOT--ORG](http://EAT-RIGHT--DOT--ORG).