

RADIO ROUNDUP

a collection of features, oddities,
and helpful tips



**NORTH AMERICAN
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85 WORDS, 30 SECONDS

A LESS CHALLENGING CHALLENGE

TO MAKE EATING HEALTHIER LESS OF A CHALLENGE, KEEP IT SIMPLE, SAYS KATHY FRESTON (FRES-TUH'N), HEALTHY LIVING EXPERT. FOR EXAMPLE, SHE SUGGESTS SWAPPING THE MILK IN YOUR MORNING CEREAL WITH SILK PURE ALMOND VANILLA ALMONDMILK INSTEAD. IT'S AN EXCELLENT SOURCE OF CALCIUM, VITAMINS D, B-TWELVE AND ANTIOXIDANT VITAMIN E, AND HAS ZERO CHOLESTEROL. USE IT ANY WAY YOU WOULD MILK, FOR GREAT-TASTING, PLANT-BASED NUTRITION. LEARN ABOUT SILK'S LEAST CHALLENGING CHALLENGE AND MORE TIPS AT [FACEBOOK--DOT--COM--BACKSLASH--SILK--HYPHEN--U-S](https://www.facebook.com/silk-us).