

RADIO ROUNDUP

a collection of features, oddities,
and helpful tips



**NORTH AMERICAN
PRECIS SYNDICATE, INC.**

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82 WORDS, 30 SECONDS

HEART-HEALTHY DUDE FOOD

HEART DISEASE REMAINS THE NUMBER ONE KILLER OF U-S MEN BUT HAVING A HEART-SMART DIET IS EASIER THAN MANY MEN THINK. TO PROVE IT, CANOLA-INFO CREATED THE "HEART-HEALTHY DUDE FOOD RECIPE COLLECTION," WHICH SHOWS MEN HOW TO MAKE SOME OF THEIR FAVORITE DISHES BETTER FOR THEM. ALL RECIPES ARE MADE WITH CANOLA OIL, WHICH HAS THE LEAST SATURATED FAT AND MOST OMEGA-THREE FAT OF ALL COOKING OILS. GET THE RECIPES AT CANOLA-INFO--DOT--ORG.