

RADIO ROUNDUP

a collection of features, oddities,
and helpful tips



**NORTH AMERICAN
PRECIS SYNDICATE, INC.**

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93 WORDS, 30 SECONDS

FIND COMFORT IN HEARTY AND HEALTHY WINTER RECIPES

MANY PEOPLE CRAVE COMFORT IN THE WINTER AND OFTEN THEY FIND IT IN UNHEALTHY FOODS, SAYS REGISTERED DIETITIAN KERI GLASSMAN. BUT BY CHOOSING THE RIGHT INGREDIENTS AND RECIPES, YOU CAN COMFORT BOTH YOUR MIND AND BODY. GLASSMAN CREATED A HEARTY AND HEALTHY WINTER RECIPE COLLECTION USING VERSATILE CANOLA OIL BECAUSE IT'S HEART-HEALTHY. THIS OIL HAS THE LEAST SATURATED FAT AND MOST OMEGA-3 FAT OF ALL COOKING OILS AND IS FREE OF TRANS FAT AND CHOLESTEROL. FIND GLASSMAN'S RECIPES AND MORE INFORMATION AT CANOLA-INFO--DOT--ORG.