

RADIO ROUNDUP

a collection of features, oddities,
and helpful tips



**NORTH AMERICAN
PRECIS SYNDICATE, INC.**

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94 WORDS, 30 SECONDS

HEALTHY EATING

HEART-HEALTHY EATING CAN HELP PROTECT YOUR FAMILY FROM CARDIOVASCULAR DISEASE, WHICH IS LINKED TO EXCESS BODY WEIGHT AND OTHER RISK FACTORS. MORE THAN TWO-THIRDS OF U-S ADULTS AND A THIRD OF KIDS ARE OVERWEIGHT OR OBESE. TO HELP US EAT BETTER, THERE IS A "HOME IS WHERE THE HEART IS" RECIPE COLLECTION, INCLUDING BREAKFAST TACOS, MINICALZONES AND OTHER KID-FRIENDLY MEALS. EACH RECIPE IS MADE WITH CANOLA OIL, WHICH HAS THE LEAST SATURATED FAT OF ALL COOKING OILS. FOR THE RECIPES AND HEART HEALTH TIPS, VISIT CANOLA-INFO--DOT--ORG.