

# RADIO ROUNDUP

a collection of features, oddities,  
and helpful tips



**NORTH AMERICAN  
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91 WORDS, 30 SECONDS

## HEALTHY FAST FOOD

A LITTLE PLANNING AND THE RIGHT INGREDIENTS CAN GIVE YOU A HEALTHY, HEARTY BREAKFAST IN LESS TIME THAN IT TAKES TO GET SOMETHING FROM THE DRIVE-UP WINDOW. MAKE BAKED FRUIT BARS WITH PLUMP FRUIT, HEARTY OATS AND HEART-HEALTHY CANOLA OIL IN ADVANCE. THEN WRAP, FREEZE AND GRAB `EM AND GO. CANOLA OIL IS LOWEST IN SATURATED FAT AND A GOOD SOURCE OF OMEGA-THREE FATS COMPARED TO OTHER COOKING OILS. IT'S ALSO VERSATILE ENOUGH FOR SAVORY OR SWEET FOODS. FOR MORE TIPS AND RECIPES, VISIT [NORTHERN-CANOLA--DOT--COM](http://NORTHERN-CANOLA--DOT--COM).