

RADIO ROUNDUP

a collection of features, oddities,
and helpful tips



**NORTH AMERICAN
PRECIS SYNDICATE, INC.**

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92 WORDS, 30 SECONDS

TAKING THE CHALLENGE

THE 2010 DIETARY GUIDELINES OFFER ADVICE ON HOW GOOD DIETARY HABITS CAN PROMOTE HEALTH AND REDUCE THE RISK FOR MAJOR CHRONIC DISEASES. ONE RECOMMENDATION THAT AMERICANS CAN EASILY FOLLOW IS TO ADD MORE PLANT-BASED FOODS TO THEIR DIET. FOR EXAMPLE, SOY MILK COUNTS AS A PLANT-BASED FOOD, SO YOU CAN JOIN IN THE NATIONWIDE CHALLENGE AND SWITCH YOUR DAIRY MILK TO SILK. ORIGINAL AND FLAVORED SOY, ALMOND AND COCONUT DAIRY ALTERNATIVES ARE EXCELLENT SOURCES OF CALCIUM AND VITAMIN D— BUT WITH ZERO CHOLESTEROL. LEARN MORE AT SWITCH-TO-SILK--DOT--COM.