

RADIO ROUNDUP

a collection of features, oddities,
and helpful tips



**NORTH AMERICAN
PRECIS SYNDICATE, INC.**

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90 WORDS, 30 SECONDS

NEWS OF NUTRITION

GOVERNMENT DIETARY GUIDELINES SAY YOU SHOULD EAT MORE FRUITS AND VEGETABLES A DAY. AN EXCELLENT WAY TO DO SO IS WITH SALAD. SALAD EATERS TEND TO HAVE HIGHER LEVELS OF VITAMINS C AND E AND FOLATE, WHILE THE HEALTHY OILS IN SALAD DRESSINGS CAN HELP THE BODY ABSORB THESE IMPORTANT NUTRIENTS. PLUS, MOST DRESSINGS ARE FREE OF TRANS FAT. NOW YOU CAN ENJOY A DIFFERENT SALAD EVERY DAY. THE ASSOCIATION FOR DRESSINGS AND SAUCES HAS HUNDREDS OF CREATIVE SALAD RECIPE IDEAS ON ITS WEBSITE: SALAD-A-DAY--DOT--ORG.