

RADIO ROUNDUP

a collection of features, oddities,
and helpful tips



**NORTH AMERICAN
PRECIS SYNDICATE, INC.**

415 Madison Avenue, 12th Fl.
New York, New York 10017

94 WORDS, 30 SECONDS

CLOSING THE WHOLE GRAIN GAP

MANY AMERICANS VIEW THEMSELVES AS HEALTHY EATERS, YET ONLY TEN PERCENT ACTUALLY EAT THE RECOMMENDED MINIMUM OF THREE SERVINGS OF WHOLE GRAINS PER DAY. STUDIES HAVE SHOWN THAT EATING WHOLE GRAINS CAN HELP REDUCE THE RISK OF HEART DISEASE, STROKE, HYPERTENSION, CERTAIN CANCERS, DIABETES AND OBESITY. WHOLE GRAIN FOODS INCLUDE BREADS MADE WITH WHOLE GRAINS AND WHOLE GRAIN FLOURS. MAKING IT EASIER TO EAT MORE FIBER ARE THE DELICIOUS RECIPES CREATED IN THE TEST KITCHEN OF FLEISCHMANN'S YEAST UNDER ITS GOOD-FIBES SEAL. FOR RECIPES AND BAKING TIPS, VISIT BREAD-WORLD--DOT--COM.