

RADIO ROUNDUP

a collection of features, oddities,
and helpful tips



**NORTH AMERICAN
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96 WORDS, 30 SECONDS

DELICIOUS WAY TO ADD FIBER

EATING MORE FIBER IS A HEALTHY IDEA—AND THE U-S-D-A DIETARY GUIDELINES RECOMMEND A MINIMUM OF THREE SERVINGS OF WHOLE GRAINS PER DAY. ADDING WHOLE GRAINS TO YOUR DIET CAN REDUCE YOUR RISK OF CERTAIN DISEASES. TO HELP MAKE YOUR DIET HEALTHIER, TEST KITCHEN EXPERTS AT FLEISCHMANN'S YEAST ARE AVAILABLE ONLINE TO ANSWER QUESTIONS ABOUT THEIR DELICIOUS GOOD-FIBES RECIPES, WHICH CONTAIN UP TO SIX GRAMS OF FIBER PER SERVING. FOR ADVICE AND TASTY RECIPES, SUCH AS HEARTY FRUIT AND WHOLE GRAIN BREAD AND WHOLE WHEAT HERB ROLLS, VISIT BREAD-WORLD--DOT--COM.