

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

FOOD TRENDS

INTEREST IN GRAINS IS GROWING THESE DAYS, BECAUSE THEY CAN BE BOTH HEALTHFUL AND SATISFYING. ONE INCREASINGLY POPULAR TYPE IS SORGHUM (SORR-GUM). AS A WHOLE GRAIN FLOUR, IT'S USED IN COOKING, BAKING AND AS A TOPPING FOR SALADS. IT'S GLUTEN FREE AND HAS MORE ANTIOXIDANTS AND POLYPHENOLICS (POLY-FEN-OLICS) THAN MOST GRAINS. YOU CAN GET SOME OF THE SAME HEALTH BENEFITS EATING SORGHUM AS YOU CAN FROM DRINKING RED WINE OR EATING BERRIES. SORGHUM PROVIDES IRON, CALCIUM, POTASSIUM, PROTEIN AND FIBER. LEARN MORE AT S-O-R-G-H-U-M-CHECK-OFF--DOT--COM.