

RADIO ROUNDUP

a collection of features, oddities,
and helpful tips



**NORTH AMERICAN
PRECIS SYNDICATE, INC.**

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182 WORDS, 60 SECONDS

NEWS OF NUTRITION

HERE'S FOOD FOR THOUGHT: THERE ARE DOZENS OF CUTS OF BEEF AND PORK AND MANY CHICKEN AND TURKEY PRODUCTS THAT ARE LEANER AND HAVE FEWER CALORIES THAN SALMON. THAT MAY BE ONE REASON THE NEW DIETARY GUIDELINES FOR AMERICANS, UPDATED FOR THE FIRST TIME IN FIVE YEARS, STILL RECOGNIZE THE IMPORTANCE OF MEAT AND POULTRY AS PART OF A HEALTHY, BALANCED DIET. THE GUIDELINES RECOMMEND EATING FIVE TO SEVEN OUNCES FROM THE MEAT AND BEANS CATEGORY EVERY DAY. LEAN MEAT IS A NUTRIENT-DENSE FOOD. THAT MEANS IT PROVIDES MORE NUTRIENTS IN FEWER CALORIES THAN MANY OTHER FOODS. IT'S ALSO A RICH SOURCE OF PROTEIN, IRON, AND VITAMINS A, B-TWELVE AND FOLIC ACID, REPORTS THE AMERICAN MEAT INSTITUTE. FORTUNATELY, FEDERAL DATA SHOW, AMERICANS ON AVERAGE CONSUME JUST THE RIGHT AMOUNT OF MEAT. THE GUIDELINES ALSO ADVISE EATING MORE WHOLE GRAINS, FRUITS AND VEGETABLES, WHICH ARE CURRENTLY UNDER-CONSUMED. TO MAKE VEGETABLES EVEN TASTIER, TRY PAIRING THEM WITH MEAT. A BEEF BROCCOLI STIR-FRY AND TERIYAKI PORK TENDERLOIN WITH CARROTS ARE EXCELLENT COMBINATIONS. FOR MORE INFORMATION, VISIT MEAT-POULTRY-NUTRITION--DOT--ORG.