

# 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

---

89 WORDS, 30 SECONDS

## THE NEW DIETARY GUIDELINES

LOWERING THE RISK OF BOTH HEART DISEASE AND TYPE TWO DIABETES IS AN IMPORTANT PART OF THE NEW DIETARY GUIDELINES FOR AMERICANS 2010. THAT'S WHY THEY CALL FOR SATURATED FAT INTAKE TO BE LESS THAN TEN PERCENT OF TOTAL DAILY CALORIES, REPLACING THOSE CALORIES WITH UNSATURATED FAT. USING VEGETABLE OIL LIKE CANOLA IN PLACE OF SOLID FAT WILL HELP MEET THIS GOAL. WITH THE LEAST SATURATED FAT AND MOST OMEGA-THREE FAT OF ALL COOKING OILS, CANOLA OIL DELIVERS ON HEART HEALTH. FOR MORE INFORMATION, VISIT [CANOLA-INFO--DOT--ORG](http://CANOLA-INFO--DOT--ORG).