

# RADIO ROUNDUP

a collection of features, oddities,  
and helpful tips



**NORTH AMERICAN  
PRECIS SYNDICATE, INC.**

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90 WORDS, 30 SECONDS

## NEWS OF FOOD

FOR THE ONE IN TEN AMERICANS WHO'S LACTOSE INTOLERANT, THERE ARE TASTEFUL WAYS TO DEAL WITH THAT "DAIRY DILEMMA." ACCORDING TO CELEBRITY DIETICIAN ASHLEY KOFF, REDWOOD HILL FARM OFFERS NUTRITIOUS AND DELICIOUS LACTOSE-FRIENDLY GOAT MILK PRODUCTS. GREEN VALLEY ORGANICS OFFERS LACTOSE-FREE COW DAIRY PRODUCTS, INCLUDING YOGURT, KEFIR (KEY-FIR) AND SOUR CREAM. BOTH KINDS OF DAIRY ARE EASY TO DIGEST. LEARN MORE ABOUT GOAT MILK AT [REDWOOD-HILL--DOT--COM](http://REDWOOD-HILL--DOT--COM). AT [GREEN-VALLEY-LACTOSE-FREE--DOT--COM](http://GREEN-VALLEY-LACTOSE-FREE--DOT--COM) YOU'LL FIND RECIPES AND TIPS ON LIVING WITH LACTOSE INTOLERANCE.

*BROADCASTER'S NOTE: JUNE IS NATIONAL DAIRY MONTH*