

# RADIO ROUNDUP

a collection of features, oddities,  
and helpful tips



**NORTH AMERICAN  
PRECIS SYNDICATE, INC.**

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90 WORDS, 30 SECONDS

## SIMPLE RESOLUTIONS

A NATIONAL SURVEY SHOWS THAT MORE THAN SEVEN IN TEN WOMEN SAY EATING HEALTHIER IS A CHALLENGING NEW YEAR'S GOAL. THE EASIEST RESOLUTIONS REQUIRE SIMPLE SUBSTITUTIONS. KATHY FRESTON (FRES-TUH'N), HEALTHY LIVING EXPERT, SAYS START WITH BREAKFAST. MIX SEVERAL WHOLE GRAIN CEREALS. ADD APPLES, BLUEBERRIES AND FRESHLY GROUND FLAX FOR FIBER AND OMEGA-THREES. POUR ON SILK PURE ALMOND VANILLA ALMONDMILK. THIS HEARTY BREAKFAST, RICH IN CALCIUM, VITAMINS D, B-TWELVE AND ANTIOXIDANT VITAMIN E, CAN SATISFY FOR HOURS. LEARN MORE AT [FACEBOOK--DOT--COM--BACKSLASH--SILK--HYPHEN--U-S](https://www.facebook.com/silk-us).