

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

173 WORDS, 60 SECONDS

THE ACTIVE CONSUMER

EVEN IN THIS FAST-PACED WORLD, IT DOESN'T HAVE TO BE A STRUGGLE TO MAKE HEALTHY AND SATISFYING MEALS EVERY NIGHT OF THE WEEK. THE FROZEN FOOD AISLE HAS EVOLVED ALONG WITH AMERICANS' TASTE BUDS, AND SAVVY CONSUMERS CAN FIND MANY NUTRITIOUS AND SATISFYING MEALS THERE THAT RIVAL HOMEMADE. FOUR QUICK AND EASY TIPS CAN HELP: CHECK FOR INGREDIENT LABELS THAT CONTAIN EASILY RECOGNIZABLE INGREDIENTS, RATHER THAN "PHOSPHATES," "MODIFIED," "CHLORIDE" AND ADDITIVES SUCH AS "GUMS." CHECK THE EXPIRATION DATE ON EACH MEAL PURCHASED. PAY ATTENTION TO THE PORTION SIZES LISTED ON THE NUTRITIONAL LABEL. FIND BRANDS THAT USE FRESH AND NATURAL INGREDIENTS INSTEAD OF EXCESSIVE PRESERVATIVES AND FILLERS. FOR EXAMPLE, FAMILY-OWNED AND OPERATED MICHAEL ANGELO'S GOURMET FOODS DOESN'T USE ANY FILLERS, ARTIFICIAL FLAVORS OR UNNATURAL CHEMICAL ADDITIVES. THE COMPANY PLEDGES TO USE ONLY REAL AND WHOLESOME INGREDIENTS TO MAKE GREAT-TASTING AUTHENTIC ITALIAN MEALS, READY TO SERVE IN JUST A MATTER OF MINUTES WITH THE PUSH OF A MICROWAVE BUTTON. FOR MORE INFORMATION AND TIPS, VISIT MICHAEL-ANGELOS--DOT--COM.