

RADIO ROUNDUP

a collection of features, oddities,
and helpful tips



**NORTH AMERICAN
PRECIS SYNDICATE, INC.**

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86 WORDS, 30 SECONDS

HAVE YOUR CAKE AND EAT IT TOO

REGISTERED DIETITIAN CHERYL TONER SAYS THAT THE OCCASIONAL SWEET TREAT WON'T HURT AN OTHERWISE HEALTHY LIFESTYLE. TO HELP, THERE'S THE CANOLA-INFO "SKINNY MINI HOLIDAY DESSERTS" RECIPE COLLECTION. IT FEATURES BITE-SIZED INDULGENCES TO LIMIT CALORIES, WHILE PLEASING YOUR SWEET TOOTH. EACH DESSERT HAS TWO HUNDRED CALORIES OR LESS PER SERVING AND IS MADE WITH CANOLA OIL, WHICH HAS THE LEAST SATURATED FAT AND MOST OMEGA-THREE FAT OF ALL COMMON CULINARY OILS. RECIPES, INCLUDING BROWNIE PARTY POPS, CHERRY PIE BITES AND MORE, ARE AT CANOLA-INFO--DOT--ORG.