

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

99 WORDS, 30 SECONDS

WATCH OUT FOR THE SALTY SIX

DON'T TAKE THIS WITH A GRAIN OF SALT: EVERY DAY, THE AVERAGE AMERICAN CONSUMES MORE THAN TWICE THE AMOUNT OF SODIUM RECOMMENDED FOR HEART HEALTH. ONE REASON: SIX POPULAR FOODS ARE OFTEN SURPRISINGLY HIGH IN SODIUM. BREADS, COLD CUTS AND CURED MEATS, PIZZA, POULTRY, SOUP AND SANDWICHES ALL TOP THE LIST. TO HELP, THE AMERICAN HEART ASSOCIATION OFFERS LOWER-SODIUM SOLUTIONS THROUGH THE HEART-CHECK MARK. LOOK FOR THE ICONIC RED AND WHITE SHIELD ON FOODS IN YOUR GROCERY STORE AND MENUS TO INDICATE WHICH FOODS AND MEALS ARE HEART HEALTHY. LEARN MORE AT HEART-CHECK-MARK--DOT--ORG.