

RADIO ROUNDUP

a collection of features, oddities,
and helpful tips



**NORTH AMERICAN
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POINTERS FOR PARENTS

THERE'S GOOD NEWS FOR PARENTS WHO ARE LOOKING FOR WAYS TO HELP THEIR KIDS COPE WITH THE DEMANDS OF A BUSY SCHEDULE. WHEN IT COMES TO PROVIDING FUEL FOR TOP PERFORMANCE IN THE CLASSROOM, ON THE PLAYING FIELD AND IN OTHER ACTIVITIES, GOOD NUTRITION IS ESSENTIAL. EXPERTS SAY, IN MANY CASES, MAKING RAISINS A REGULAR PART OF YOUR KID'S DIET HAS A NUMBER OF BENEFITS. FOR EXAMPLE, IN ONE STUDY ADOLESCENT SOCCER PLAYERS WHO ATE RAISINS DURING GAME BREAKS SHOWED SIGNIFICANTLY HIGHER BLOOD SUGAR LEVELS AT THE END OF THE GAME. COMPARED TO OTHER COMMON SNACKS, RAISINS DID NOT TRIGGER THE LETDOWN OR LOW ENERGY RESPONSE FOUND A FEW HOURS LATER WITH THE OTHER SNACKS, AMONG PEOPLE TESTED. PLUS, IT'S THOUGHT THAT POTASSIUM, A KEY NUTRIENT IN RAISINS, MAY HELP REDUCE THE RISK OF STROKE, LOWER BLOOD PRESSURE, REDUCE RISK OF HEART ARRHYTHMIAS AND PREVENT SOME TYPES OF KIDNEY DISEASE. LEARN MORE ABOUT THE FRUIT THAT'S MADE NATURALLY IN THE CALIFORNIA SUN AT SUN-MAID--DOT--COM.