



ON TAPE

TV TAKES

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HEART HEALTH



AN APPLE A DAY MAY KEEP THE DOCTOR AWAY, BUT SO CAN OTHER FRUITS AND VEGETABLES AND WHOLE GRAINS. SO WHICH FOODS SHOULD YOU ADD TO YOUR SHOPPING LIST? DOCTORS SAY HOW YOU ANSWER THAT QUESTION COULD BE KEY TO PROTECTING YOUR HEART HEALTH.

TO HELP PEOPLE SELECT NUTRITIOUS GROCERIES QUICKLY AND RELIABLY, THE AMERICAN HEART ASSOCIATION NOW HAS AN ONLINE GROCERY LIST BUILDER. THIS FREE WEB TOOL HELPS MAKE IT EASIER TO SELECT PRODUCTS CERTIFIED TO BE LOW IN SATURATED FAT AND CHOLESTEROL AND THAT ARE IDENTIFIED BY THE AMERICAN HEART ASSOCIATION'S RED-AND-WHITE HEART-CHECK MARK ON FOOD PACKAGES.

YOU CAN ACCESS THE EASY-TO-USE TOOL AT HEART-CHECK-MARK--DOT--ORG. ONCE THERE, CLICK ON "CREATE YOUR LIST TODAY." THEN BROWSE THROUGH MORE THAN EIGHT HUNDRED AND FIFTY PRODUCTS. THEY'RE LISTED BY MANUFACTURER AND BY CATEGORIES, SUCH AS BEVERAGES, MEATS, SNACKS AND DESSERTS. CLICK AND ADD THEM TO YOUR LIST. ANOTHER CATEGORY, CALLED "MY ITEMS," ALLOWS YOU TO TYPE IN PRODUCTS NOT ON THE LIST.

HEALTHY GROCERY SHOPPING JUST GOT EASIER. FIND OUT MORE AT HEART-CHECK-MARK--DOT--ORG.