

87 WORDS, 30 SECONDS

DELICIOUS TRADITIONAL RECIPES

HEART DISEASE IS THE LEADING CAUSE OF DEATH IN THE UNITED STATES, REPORTS THE CENTERS FOR DISEASE CONTROL AND PREVENTION—BUT YOU CAN PROTECT YOURSELF. FIRST, DON'T SMOKE. NEXT, GET REGULAR EXERCISE. FINALLY, EAT RIGHT. CHOOSE PLENTY OF FRESH FRUITS AND VEGETABLES AND FOODS HIGH IN FIBER AND LOW IN FAT AND CHOLESTEROL. TO HELP, MAZOLA CORN OIL CREATED A NUMBER OF RECIPES THAT ARE DELICIOUS. THE ALL-PURPOSE COOKING OIL ALSO HAS A HIGH SMOKE POINT TO PRESERVE FLAVOR. FOR FACTS, TIPS AND RECIPES, GO TO MAZOLA--DOT--COM.