

NUTRITION

ON THE INTER-NEST

Ostrich meat's potential as a workout snack (see Time Out, September 1997, p. 86) just got a boost from the American Heart Association, which along with its relevant counterparts in the U.K., Sweden, Norway, Germany, Japan, China, France and more than 20 other countries has given ostrich meat its "Heart Healthy" approval. This has absolutely thrilled the folks over at Ostriches On Line, an Elmwood Park, Ill.-based importer and exporter of ostrich products and publisher of what it calls "the world's largest ostrich news-letter," with more than



12,500 subscribers in 125 countries. Hungry for more information on these swift-footed, flightless ratite birds? The company's Web site (www.ostrichesonline.com) features more than 3,000 pages of ostrich-related material. ■