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# Enjoy good Italian food while raising money for The Cooper Institute

On Tuesday, Sept. 11, Prego Express Italian will donate 10 percent of its proceeds to The Cooper Institute, the nonprofit research and education arm of Cooper Aerobics Center. This money will be used to continue the Institute's outreach to area youth, educating them on proper nutrition. So, dine in or take out your favorite Italian meal, and show your support for The Cooper Institute.

Prego Express Italian is located on the northeast corner of Preston and Forest (next to Tom Thumb).

This restaurant is the fourth Prego location owned by the Barraco family, who have

served Dallas for three generations. The menu includes freshly made pizzas, a wide variety of salads, sandwiches, and Italian classics such as Chicken Marsala, Tilapia Italiano, and Pasta Pomadori. Whole wheat pasta is also available by request. Any entree is available family style for take-out, delivery, or catering.

For more information, call 972-716-9999 or visit [www.pregoexpressitalian.com](http://www.pregoexpressitalian.com).



## Health benefits of eating Italian

- Olive oil is rich in monounsaturated fats, which can help lower the risk of heart disease.
  - Lycopene, an antioxidant found in tomatoes, may reduce the risk of heart disease and certain types of cancer.
  - Herbs used in Italian cooking, such as basil, oregano, and rosemary, add flavor without adding calories or sodium.
  - Whole grain pasta is a good source of fiber, plus research shows whole grains can help reduce the risk of heart disease, stroke, type 2 diabetes, several types of cancer, and some gastrointestinal problems.
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