Suggested News Story: **The Original Pancake House**  
Adjust time codes as needed

<table>
<thead>
<tr>
<th>Timing</th>
<th>Video</th>
<th>Audio</th>
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| 00 – 00:00 | **Video**  
A-Roll, video – Anchor/Host seated at a table inside The Original Pancake House at 2851 N. Federal Hwy. Fort Lauderdale, FL for Intro. | **Audio**  
Anchor/Host  
… I'm [anchor's name] and I'm inside The Original Pancake House at 2851 N. Federal Hwy. Fort Lauderdale, Florida because there is news taking place here.  
The restaurant has become the first pancake house to provide important new diet guidelines.  
Everyone is familiar with pancakes. There are variations all over the world and we know that pancakes existed in Ancient Greece and Rome.  
What we did not know is that pancakes do not provide enough protein to help us reach daily minimums. |
| 00 – 00:00 | **Video**  
B-Roll – Video  
Waitress serving eggs to a customer at The Original Pancake House.  
Cut to:  
A-Roll, video – Anchor/Host seated at a table inside The Original Pancake House with a menu open, a waitress standing next to him/her and it about to order.  
Anchor/Host orders breakfast.  
Anchor/Host hold up an egg. | **Audio**  
Anchor/Host (to waitress):  
… I'll have three soft scrambled eggs with a side order of sourdough toast …  
…Each day, men need 60 grams of usable protein and women need 50 grams. Usable protein refers to the available essential amino acids. Eggs and dairy products have the most. Eggs are 90 percent usable and dairy products are 76 percent usable.  
A large egg contains about 7 grams of protein. A glass of milk contains 8 grams. If I want to reach my 60 gram daily total, I'll need eggs and dairy at meals and some additional snacks. |
| 00 – 00:00 | **Video**  
A-Roll, video – Anchor/Host buttering his/her toast. | **Audio**  
Anchor/Host:  
What about cholesterol?  
The heart and vascular team at the Cleveland Clinic have written a paper titled, “Why You Should No Longer Worry About Cholesterol in Food” published on the Clinic’s Web site on February 19, 2015  
It turns out, there are several other scientific studies that have been published that say the same thing.  
Another study, done at Britain's University of Cambridge found that it takes about 17 years for research to reach medical practice. |
| 00 – 00:00 | **Video**  
A-Roll, video – Anchor/Host holding a glass of milk. | **Audio**  
Anchor/Host:  
Eggs and dairy have an important essential amino acid called
| 00 – 00:00 | A-Roll, video – Anchor/Host seated at a table with:  
• Sourdough toast  
• Sprouted grain toast | Anchor/Host:  
What I have here are two new breads have been added to the menu:  
• sourdough  
• sprouted grains  
These breads are important because they are low in phytates. Phytates are described as “antinutrients” because they chemically lock on to nutrients in food making them unavailable in metabolic pathways. Fermentation and sprouting help eliminate phytates that are naturally present in all grains, nuts and seeds. |
| 00 – 00:00 | A-Roll, video – Anchor/Host seated at a table with:  
• Silver dollar pancakes | Anchor/Host:  
The Original Pancake House will still be serving pancakes, but the small, Silver Dollar size, as a side order.  
The chef here at The Original Pancake House discovered pancakes can be made with sourdough, spelt flour, or sprouted grain flour. Spelt is naturally low in phytates.  
The ancient Greeks made their pancakes with spelt flour. Prospectors and pioneers in 19th century America made pancakes with sourdough.  
To this day, California, especially San Francisco, is known for sourdough. That's probably due to the California Gold Rush of 1849 and prospectors who lived there. |

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