



The
PTI BUZZ
Carol Kur, MSRD

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Negative Calorie Foods

To help you along with your weight loss goals, here is a list of foods that actually use more calories to digest than the calories they contain. The more you eat the more you bum!!!

asparagus
apple
beets
berries
broccoli
cabbage
cauliflower
celery
chili
cucumbers
garlic
grapefruit
mango
orange
spinach

You can burn 250 calories an hour by building a snowman and have loads of fun at the same time.

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