



The
PTI BUZZ
Carol Kur, MSRD

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Have your cake and eat it too!!!



Just when you may be feeling deprived:

- Angel food cake- 1 slice (1/8 of cake)- 140 cal
- Strawberries - 1/2 cup sliced- 25 cal
- Lite Cool Whip- 2 Tbsp- 20 cal
- Chocolate Syrup- 1 tsp- 15 cal

Create the ultimate dessert with less than 200 calories and zero grams of fat.

Shoveling snow for just 15 minutes can burn up to 150 calories.

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