



The
PTI BUZZ
Carol Kur, MSRD

5 New Miracle Foods to Add to your Grocery List

Acai berries -a berry that is packed with twice the disease-fighting antioxidants of blueberries.

Quinoa- a grain that has the perfect nutritional profile. One cup is filled with protein, calcium, iron, magnesium, and B vitamins.

Matcha- a tea that exceeds the benefits of green tea because you are ingesting the whole leaf, not just the brewed water.

Flax seed -a complete protein source, it includes all of the ten essential fatty acids plus minerals and fiber. Sprinkle in yogurt or cereal.

Shirataki Noodles-"the new pasta" made from the konjac root, has only 3 grams of carbohydrates, 1 gram of lean protein and just 20 calories in a 4 ounce serving.

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Give your dishwasher a rest and hand wash your dirty dishes 5 nights in a row. Burn 200 calories!!!!

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