



The  
**PTI BUZZ**  
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**How to lighten up your favorite comfort foods**

**Bacon and Eggs** - Use Canadian or turkey bacon instead of regular bacon; scramble one egg and two whites to save 100 calories and four grams of saturated fat.

**Meat and Potatoes** - Choose top sirloin or inside round. Use boiled cauliflower for "mock" mashed potatoes.

**Soup**- Make condensed soup using water, fat-free evaporated milk, or half water and half 2% instead of whole milk.

**Pizza**- Use "light" or "half" cheese. Add extra vegetable toppings. Choose thin or "crispy" crust varieties, or, look for whole grain crust options.

**Pasta Dishes**- Switch to whole grain pasta, use skim milk in recipes and use marinara sauce more often with added vegetables.

**Stand Up!!!!**

**Standing burns about 50 percent more calories than sitting and that can equal an additional 50 more calories burned per hour.**



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