



The
PTI BUZZ
Carol Kur, MSRD

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ARE YOU READY FOR SOME FOOTBALL
!!!!!!!



Your News year's resolutions for 2009 are going strong and suddenly you have to Tackle Super bowl Sunday. Don't despair.

Make nachos using low-fat cheese and baked chips.

Create a homemade snack mix using whole-grain cereals, unsalted nuts, raisins, pumpkin seeds, sunflower seeds and pretzels.

Make fruit kabobs with lowfat caramel dipping sauce.

Serve hummus with pita wedges instead of cheese and crackers.

Drink lite beer at 90 calories a bottle.

Use Guiltless Gourmet tortilla chips with chunky salsa and fat free sour cream.

Now lets get moving, Go outside for a break and throw around that football. Burn up to 150 calories in a half a hour.

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