



The

PTI BUZZ

Carol Kur, MSRD

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PTI Nutritionist's Top Picks for Weight Loss

miracle noodles-made of soluble fiber and zero calories. Go to miraclenoodle.com

Campbell's Harvest Lite Soup-100 calories for the whole can, and it tastes fantastic

Dream field Pasta-high in fiber and only 5 gms digestible carbs.

Damascus Flax roll-ups- 110 calories and 12 grams of protein per serving.

Arctic Zero- ice-cream for 128-138 calories **per pint**.

Creamy and delicious. Go to [Arctic Zero Ice Cream](#)

Attune-100 calorie chocolate bar with Probiotics.

GG crackers-12 calories per cracker and 5 gms of fiber.

Get on a stationary bike for 16 minutes and burn up to 200 calories!!!!



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