



The
PTI BUZZ
Carol Kur, MSRD

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Not All Energy Bars are Created Equal !!!!

Name	Calories	Fat	Sat Fat	Pro	Carb
Pria	110	3	2.5	5	17
PowerBar Original Performance	230	2	0.5	10	45
Odwalla Bar	240	5	1	16	31
Cliff Bar	240	4	1	10	41
Power Bar Protein Plus	290	5	2.5	24	38
Kashi Go Lean	280	5	3	14	47
Balance	180	6	3.5	14	22
Luna	180	4	3	10	26
Zone Perfect	210	7	3.5	14	24

Energy bars can range from 100-300 calories. The bars with the lower calories should be used as a snack, the ones above 200 calories can be used as a meal replacement. They can sabotage your best efforts at losing weight if you don't read labels carefully.

The more you laugh the more you burn!!!!. By laughing 15 minutes a day you can burn up to an additional 40 calories per day. By the end of the year that can add up to 4 pounds.



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