



The

## **PTI BUZZ**

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Battle the blues of winter with some healthy comfort snacks.



We spend lots of time hibernating in the winter and emerge in the spring with an additional five pounds. Here are some good snacks to avoid the winter bulge:

Skinny cow ice-cream bars- between 100 - 150 cal

Lite smart pop popcorn- 100 cal per serving

Nabisco 100 cal snacks

Cabot 75% Reduced Fat Sharp Cheddar Cheese with Keebler Town House Wheat Crackers-150 cal

Instant oatmeal topped with chopped nuts for added protein-125 cal

An apple with low-fat string cheese-120 cal

Did you know that ice-skating burns 460 calories an hour and learning to skate burns an equally impressive 360 calories an hour.

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