



**Useful nutrition tips from
Natalie Greene, RD**

**I love suggestions, so
if you would like to
submit a topic for a
future tip, please
email it to me.**

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Happy Valentine's Day!



**4 pieces *Whitman's Assorted Chocolates Sampler*= 230 cal
and 11 g fat**

**2 pieces *Russell Stover's Assorted Chocolates*= 140 cal and 6 g
fat**

**2 pieces *Cella's Milk Chocolate-Covered Cherries*= 120 cal
and 4.5 g fat**

**1 box *Necco Sweethearts Conversation Hearts*= 110 cal and 0 g
fat**

1 pouch *Sweetarts Hearts*= 40 cal and 0 g fat

1 *Brach's Cinnamon Imperials Heart*= 1 cal and 0 g fat

**FORGET THE CHOCOLATE
GO FOR THE GOLD!
(jewelry)**

**Would you like to own your own PTI franchise?
Call Carol Kur, MSRD at 516.342.9064 ext 16 www.ptifranchise.com**

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