



The
PTI BUZZ
Carol Kur, MSRD

Wake up to a Heart Healthy Breakfast

We know breakfast is the most important meal of the day. It fuels your metabolism and helps jump start your weight loss effort. So here are a few suggestions to get you started:

- Whole Wheat Pancakes with fresh berries and lite syrup
- 8 oz. greek yogurt, fruit and 2 Tbsp. Ground flax seeds or wheat germ
- 2 egg-equivalent egg white or egg substitute omelet served on whole grain toast
- 4 oz. nonfat or 1% cottage cheese, served with tomato or pineapple slices.
- 1 whole-grain English muffin, topped with 2 Tbsp. Almond butter, and strawberries
- Bowl of instant oatmeal or oat bran topped with fruit and/or walnuts, almond or low fat soy milk.
- Bowl of ready-to-eat high fiber cereal topped fruit and/or walnuts, almond milk or low fat soy milk.

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Before breakfast walk 28 minutes and burn 150 calories!!!!



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