



The
PTI BUZZ
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March is National Nutrition Awareness Month...Let 's Focus on the Kids!!!

The childhood obesity problem is just getting worse in this country. Many experts attribute this to poor snack choices given three times a day to our kids. Here are some healthier alternatives for you to consider:

Frozen bananas dipped in chocolate syrup
Frozen grapes
Salsa and baked chips
Hummus and fresh vegetables
Popcorn with grated Parmesan cheese
Trail mix made with whole grain cereal and nuts
100 calorie snack packs(so easy)
Fresh Fruit Kebobs
Lite string cheese
Yogurt with fresh fruit

Make exercise a family event and keep it fun!!!!

Have every family member wear a pedometer, and have a daily challenge to see who can take the most steps. Losers do winner's chores the next day.



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