



The
PTI BUZZ
Carol Kur, MSRD

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Eating in Season

Spring is here and that means a change in diet and food choices. Spring suggests renewal, repair, and cleansing. Here are some foods to get you started:

swiss chard
spinach
romaine lettuce
fresh parsley
basil
asparagus
beets
sprouts
spring greens
broccoli
barley
quinoa
wheat
millet

Washing your windows to get ready for Spring can burn up to 150 calories in 45 minutes!!!!



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