



The
PTI BUZZ
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Frozen Yogurt: Pinkberry vs Red Mango



With these two new brands, frozen yogurt tastes more like real yogurt . Tangy yet a bit sweet. The question is which one is better for you.

PINKBERRY- based on a small serving- 100 cal, 0 fat, 21 carbs, 20 gms of sugar and 3 gms of protein.

RED MANGO- based on a small serving- 90 cal, 0 fat, 20 carbs, 18 gms of sugar and 3 gms of protein.

Both are certified by The National Yogurt Association as having live and active probiotic cultures, just like real yogurt.

They are pretty much the same and healthier than some traditional frozen yogurts. Be aware that toppings add additional calories and sugar. So indulge in moderation.

Spring is in the air. Gardening for 30-45 minutes will burn 100 calories.

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