



The
PTI BUZZ
Carol Kur, MSRD

The Best Cereal for a healthy Breakfast

It seems as if the cereal aisle at your supermarket is growing and growing. With so many choices, it is hard to determine what the healthiest cereals are. Here are the top ten:

- Kashi GoLean
- All-Bran Bran Buds
- Product 19
- Barbara's Shredded Spoonfuls
- Cheerios
- Kellogg's Complete Oat Bran Flakes
- Post's Grape Nuts
- Health Valley Organic Oat Bran Flakes
- Nabisco's Shredded Wheat 'n Bran 100% Natural Whole Wheat MiniWheats
- General Mills' Total Whole Grain

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It's springtime so rearrange the house - Moving furniture around can burn off tons of energy. Just an hour will burn more than 200 calories!!!!



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