



The  
**PTI BUZZ**  
Carol Kur, MSRD

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**YOGURT : With over 100 Choices ,How do we choose?**

Drinkable, squeezable, blended with fruit, fruit on the bottom, whole pieces of fruit mixed in, dessertlike flavors, candy crunchies, soy based -- what will they think of next? What's best?

**Healthy Yogurt:** Calories: 90  
Calories from fat: 0  
Total Carbs: 9 grams  
Sugars: 9 grams  
Protein: 22 grams  
No added fillers, sweeteners, or colorings

**UnHealthy Yogurt:** Calories: 130-200  
Calories from fat: 0  
Total Carbs: 24-40 grams  
Sugars: 17-32 grams  
Protein: 7 grams  
Fillers: high fructose corn syrup, colorings and other fillers

We love the Greek Fage Total yogurt -22 gms of protein instead of 8gms and low in sugar.

Drink a glass of ice cold water before you exercise, you burn up to 100 extra calories warming up again.

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