



The
PTI BUZZ
Carol Kur, MSRD

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How to Eat Out without Feeling Guilty

We all like to go to restaurants but know there are lots of extra calories in some of the foods we choose. Here are some choices that won't add up to extra pounds.

Chinese Food-Steamed Chicken and Vegetables

French Food- Bouillabaisse or Chicken in wine sauce

Indian Food-Tandoori chicken, beef or fish

Italian Food-Shrimp, chicken, or veal in wine sauce

Japanese Food-Fish and vegetable sushi

Mexican Food-Chicken fajitas(no sour cream or cheese)

American Food-Grilled chicken or Fish on top of salad

A game of basketball burns 500 calories per hour. So get out there and play!!!!



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