



The  
**PTI BUZZ**  
Carol Kur, MSRD

## Smart Diet Tips to Get Fit for the Summer

Here are some easy ways to tip the scale in the right direction:

1. Resolve never to supersize your food portions-unless you want to supersize your clothes.
2. Eat at least two servings of a fruit or veggies at every meal.
3. Start eating a big breakfast. It helps you eat fewer total calories throughout the day.
4. Use a salad plate instead of a dinner plate.
5. Juice has as many calories, ounce for ounce, as soda. Set a limit of one 8-oz glass of fruit juice a day.
6. Keep a food journal. It really works wonders.
7. Limit alcohol to weekends.
8. Never allow yourself to be hungry. Always eat six small meals throughout the day.

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Ride your bike at a moderate speed and burn 500 calories an hour!!!!



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