



The
PTI BUZZ
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Low Calorie Mixers for Your Cocktails

Just remember how mixed drink calories add up. They can sabotage your weight loss effort in a big way. Here are some substitutes you can use:

- Diet soda or diet tonic: 0 calories
- Orange juice (6 oz): 84 calories
- Cranberry juice cocktail (8 oz): 136 calories
- Light orange juice (8 oz): 50 calories
- Light cranberry juice (8 oz): 40 calories
- Light lemonade (8 oz): 5 calories
- Baja Bob's sugar-free margarita or sweet 'n' sour -0 calories
- Lemon or lime juice (1/2 oz): 10 calories
- DaVinci or Torani's sugar-free syrups

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Wash your dishes by hand for one week and you can burn up to 200 additional calories!!!



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