



The

PTI BUZZ

Carol Kur, MSRE

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Summertime Snacks

BE AWARE of sorbet and sherbet and check calories

Edy's Whole Fruit Sorbet -250 cal

Ciao Bella Lemon, Raspberry, or Passion Sorbetto-240 cal

Hcagen-Dazs Mango or Strawberry Sorbet- 250 cal

Ben & Jerry's Sorbet - 250 cal

Blue Bell Citrus Swirl- 260 cal

Indulge on Skinny Cow bars or cones for as little as 80-150 calories per serving!!!!

Playing Frisbee for 20 minutes can burn 150 calories. So go and have some outdoor fun!!!!

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