



The  
**PTI BUZZ**  
Carol Kur, MSRD

### Best Summer Fruit for Your Diet Plan

The best fruits for your diet plan are the ones that are the most filling, with a low calorie count per serving. They would also be high in fiber, vitamins and minerals so they can promote a faster metabolism.

- Oranges
- Pears
- Papayas
- Cantaloupes
- Strawberries
- Raspberries



Play beach volleyball for 13 minutes and burn 100 calories!!!!



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