



The
PTI BUZZ
Carol Kur, MSRD

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Low Calorie Fast Food Breakfast choices

We all know by now that breakfast is the most important meal of the day. If mornings are always a big rush for you, here are some good fast food breakfasts you can turn to.

- McDonald's:** Fruit n' Yogurt Parfait with Granola- 160 calories
- Starbucks:** Spinach, Roasted Tomato, Feta, and Egg Wrap-240 calories
- Jamba Juice:** Any 16-oz. "Jamba Light" smoothie-150-160 calories
- Dunkin' Donuts:** Egg & Cheese Wake Up Wrap- 180 calories
- Burger King:** Ham Omelet Sandwich-290 calories
- Subway:** Ham & Egg Breakfast Sandwich-312 calories

Build a sand castle for 60 minutes and burn 200 calories!!!!



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