



The

PTI BUZZ
Carol Kur, MSRE

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On the Road again:

Healthy choices for a summer road trip!

Eating well on the road includes some preparation

1. Stock a cooler with fresh fruit, cut up veggies, low-fat dip, and low-fat string cheese.
2. Bring along 100 calorie snack packs, whole grain crackers and light popcorn.
3. Bring bottles of water and avoid the regular soda at rest stops
4. When stopping for fast food, pick the lighter choices
5. Have a good healthy breakfast; it can really hold you over

When you take that break at the rest stop, walk around for 15 minutes and burn 100 calories

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