



The
PTI BUZZ
Carol Kur, MSRD

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New Low Calorie "Bread" Alternatives

We all love sandwiches but do not love the extra 200 -500 calories for the sandwich topper. Here are some great new "bread" choices to keep you eating sandwiches without the extra calories.

Pepperidge farm- 100 calorie whole grain deli flats
Arnolds- 100 calorie multi grain sandwich thins
Oroweat- 100 calorie multi grain sandwich thins
Thomas'- 100 calorie bagel
Lenders- 100 calorie bagel
OneBun- Multi Grain 100 calorie pita bread
Western Bagel- 100 calorie english Muffins and pita Bread

If it is too hot outside try playing cards or a board game and burn 100 calories in one hour!!!!



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