



The
PTI BUZZ
Carol Kur, MSRD

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Eight foods to include every day for better health.



Just eat these eight foods--along with a little protein such as salmon, turkey, or lean beef--every day; And relax!

- Spinach**
- Yogurt**
- Tomatoes**
- Carrots**
- Blueberries**
- Black Beans**
- Walnuts**
- Oats**

Turn the shower on cold for 20 seconds before you get out and burn an additional 100 calories!!!

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