



The **PTI BUZZ**  
Carol Kur, MSRD

### Healthy Foods that Will Make you Happy!!!

The secret is in choosing foods rich in omega-3 fats, folic acid, selenium, and vitamin B12.

- 1) Milk, preferably skim milk
- 2) Chocolate(dark)
- 3) Rice, bread, or pasta(whole wheat only)
- 4) Oily fish like salmon, mackerel, sardines
- 5) Bananas
- 6) Broccoli
- 7) Spinach
- 8) Blueberries
- 9) Beans and soybeans
- 10) Nuts

Jog in place for 12 minutes and burn a little more than 100 calories.

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