



The
PTI BUZZ
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- [Franchise Info](#)
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- [Locations](#)

What do all these terms about Fat really mean?

Fat-Free- Less than 0.5 grams of fat per serving, with no added fat or oil.
Low fat- 3 grams or less of fat per serving.
Less fat -25% or less fat than the comparison food
Saturated Fat Free- Less than 0.5 grams of saturated fat and 0.5 grams of trans-fatty acids.
Trans Fat Free- Less than 0.5 grams of trans fat.
Cholesterol Free- Less than 2 mg cholesterol per serving, and 2 grams or less saturated fat per serving.
Low Cholesterol- 20 mg or less cholesterol per serving and 2 grams or less saturated fat.

What to limit: total fat, saturated fat, trans fat, cholesterol

Wash your car by hand instead of taking it through the carwash. You'll burn an extra 280 calories in an hour.

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