



The  
**PTI BUZZ**  
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### Let's get our teens to Snack Healthy!!!!

**There are just so many high calorie, high sugar snacks that our teenagers just love to eat. Let's help them make some better choices. Here are a few:**

Soy nuts and string cheese.  
Soy milk smoothie.  
String cheese and whole-grain crackers.  
Trail mix (measure one serving).  
Vegetable soup with whole-grain crackers.  
Whole-grain cereal with low-fat milk.  
Whole-grain English muffin spread lightly with peanut butter.  
Popcorn without butter (sprinkle with Parmesan cheese).  
Red grapes and string cheese.  
Rice cakes spread lightly peanut butter (spread lightly).  
Serving of almonds and dried cranberries or blueberries.  
Slice of cheese or veggie pizza.  
Small bagel with low-fat cream cheese.

**Encourage your teenager to help you wash and wax your car for 18 minutes and he/she can burn 100 calories!!!!**



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