



The  
**PTI BUZZ**  
Carol Kur, MSRD

## And, you thought Chinese food was good for you ?

Small Spring Roll, Deep Fried- 115 cal, 4.5 gms of fat

A Medium Fried Wonton - 110 cal, 8 gms of fat

A cup of Beef Chow Mein- 320 cal, 19.5 gms of fat

Combination Meals (fried rice, noodles, spring roll, lemon chicken, sweet & sour pork) - 900 cal, 40 gms of fat

A cup of Fried Rice- 363 cal, 14 gms of fat

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## Let's lose 1,200 calories

Walk 3 times a week for 40 minutes in your Target Heart Rate Zone (THRZ)  
=  
burning up to 400 calories each day

Wear a heart rate monitor and you know you're in the zone

maximum THRZ= 220- your age  
70-85% = Target Heart Rate Zone

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