



The
PTI BUZZ
Carol Kur, MSRD

Tailgating Tips!

- Hummus and baked pita triangles
- Pickle and Relish Tray- arrange a variety of sliced pickles, black and green olives
- Fresh fruit- cut up pieces of melon, pineapple, and berries
- Veggie Tray with low fat dip
- Low fat turkey chili
- Turkey hot dogs in whole wheat buns
- Light ice cream (Edy's makes a great light version)
- Angel Food cake
- Light beer, sparkling water, or water

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Tailgating Fit!

While waiting for the game, throw a football with a friend for 1/2 an hour and burn 100 calories. Why Not?

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