



The
PTI BUZZ
Carol Kur, MSRD

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Fabulous Fall Foods

The best fall foods to eat for energy, vitamins, and a "full" feeling:

Apples- high in fiber and antioxidants = 60 cal

Cranberries- high in vitamins A & D, high in antioxidants, a 1/2 cup = 25 cal

Winter Squash- acorn, butternut, pumpkin- vitamins A&D is high in fiber, 1 cup = 80 cal

Pumpkin seeds- whole roasted with shell is high in iron, magnesium and phosphorus, a 1/2 cup = 160 cal

Root vegetables- sweet potato and yams is high in vitamins A & C & potassium, a 1/3 cup = 80 cal

Fall into Fitness

Raking leaves for 1/2 hour burns 128 calories!!!!

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