



The  
**PTI BUZZ**  
Carol Kur, MSRD

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## FAST FOOD SURVIVAL TIPS..IF YOUR GOING TO DO IT.....

Opt for smaller portions. Order a kid's meal.

Order grilled chicken or fish, not breaded and fried.

Have it your way; hold the mayo, try mustard instead

Avoid side dishes.

Ask for fat-free, light or low-fat dressing for salads.

Order veggie pizza "light on the cheese." Or try cheeseless pizza. When available, request whole-wheat crust.

Order water or low-fat milk, instead of regular soda

**Subway**, offers the option of whole-wheat rolls and has a line of Jared sandwiches and salads-all with six or fewer grams of fat.

## Jump into Fitness

Jumping rope in ten second intervals for 10 minutes can burn 100 cal !!!!!!!

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