



The
PTI BUZZ
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Quick Links

- [Franchising](#)
- [About Us](#)
- [Locations](#)

Supermarket Shopping - how to avoid overconsumption and overspending

Don't shop hungry

Always bring a list & shop early in the day

Shop the perimeter first - that's where all your healthy choices are

Choose a rainbow of fruits and veggies

Go for whole grains

Read the labels

How many calories do you burn during food shopping, with a grocery cart?

The average person can burn approx : 144 calories per hour !!! wow.

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