



**Useful nutrition tips from
Natalie Greene, RD**

**I love suggestions, so
if you would like to
submit a topic for a
future tip, please
email it to me.**

Quick Links

- [Franchising Information](#)
- [More About Us](#)
- [Locations](#)
- [Our Store](#)

Bagel Business

Best to Worst:

Thomas' Mini Whole Wheat Bagel = 120 calories & 4 g fiber = 1.5 pieces of bread

Pepperidge Farm 100% Whole Wheat Bagel = 250 calories & 6 g fiber = 3 pieces of bread

Dunkin' Donuts Wheat Bagel = 330 calories & 4 g fiber = 4 pieces of bread

Typical New York Bagel = ~ 400 calories = 5 slices of bread!!!

Try to not exceed 1-2 bread servings per meal. This means you only need to eat half of your bagel and you can save the other half for tomorrow!

Scooping out your bagel may help you save a little on calories- but not that much!

**P.S. To learn more about our franchising opportunities and area developments, call Carol Kur, MSRD at 516.342.9064 ext 16
www.ptifranchise.com**

An offer for a franchise is made only by the means of the franchisor's Uniform Franchise Offering Circular (UFOC). An offering can only be made by a prospectus filed with the New York State Department of Law. Such filing does not constitute approval by the Department of Law. ©2007 Personal Training Institute, LLC. All Rights Reserved.

[Forward email](#)

✉ [SafeUnsubscribe®](#)

This email was sent to ekaplan@personaltraininginstitute.com by ekaplan@personaltraininginstitute.com.
Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by

