



The
PTI BUZZ
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Smart Snacking Before Your Holiday Feast

- 1 chocolate-dipped strawberry (62 calories)
- 3 gingersnaps (80 calories)
- 1 small apple, sliced and drizzled with 1/2 Tbsp. fat-free caramel syrup (85 calories)
- 2" thick slice angel food cake with 2 Tbsp. Light whipped topping (93 calories)
- 10 baby carrots with 2TBsp fat-free ranch dressing (90 calories)
- 2 small shortbread cookies with a cup of herbal tea/cinnamon stick (100 calories)
- 12 roasted cashews (90 calories)
- 1 small baked apple with 1-1/2 Tbsp. light maple syrup (97 calories)
- 1 cup strawberries (fresh or frozen) topped with 2 Tbsp. chocolate syrup (100 calories)

The average Thanksgiving dinner has over 2000 calories

You can burn between 75 and 100 calories by assisting in holiday dish clean-up. The more plates you wash the more calories you will burn!!!!

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