



The
PTI BUZZ
Carol Kur, MSRD

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HAVE A HAPPY AND HEALTHY THANKSGIVING MEAL WITH THESE SIMPLE SUBSTITUTIONS



- Skip the roll -save 150 calories.
- Hold the butter -save 185 calories.
- Replace the sweet potato casserole with a plain baked sweet potato -save 280 calories.
- Skip snacking on chips -save 150 calories per serving.
- Skip nibbling on just 2 cookies - save 240 calories.
- Skip the butter on your veggies and steam them -save 185 calories.
- Replace cranberry sauce with fresh cranberries -save 370 calories.

Participate in your local Turkey Trot and burn 300 calories while supporting your favorite charity.

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