



The
PTI BUZZ
Carol Kur, MSRD

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HAPPY NEW YEAR!!!!!!!!!!



Holiday beverages are on everyone's list. Just be aware of all the calories they contain and choose wisely.

- Peppermint Mocha coffee(made with whole milk)-16 oz, 470 cal
- Pumpkin Spice Frappuccino(whole milk)-16 oz, 470 cal
- Hot Buttered Rum-5 oz, 418 cal
- Pumpkin Spice Latte-16 oz, 410 cal
- Margarita- 6 oz,409 cal
- White Russian-6 oz, 355 calories
- Eggnog (regular store-bought)- 8 oz, 350 cal
- Hot Chocolate(whipped cream)-12 oz, 320 cal
- Mud Slide-4 oz, 295 cal
- Champagne-8 oz,182 cal

Burn 300 calories dancing for 30 minutes and have a Happy and Healthy New Year!!!!

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