



The

PTI BUZZ

Carol Kur, MSRE

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

Fast Food- How many calories are you consuming?

Baja Fresh-Any Burrito, Enchilada Style- 900 calorie:
Burger King- Whopper w/Cheese -380 calories
KFC-Original Recipe Chicken Breast- 380 calorie
Cosi- Chicken Caesar Salad-441 calorie:
McDonalds - Chicken Selects Premium Breast Strips (5 piece)-1270 calorie:
Taco Bell- Fiesta Taco Salad- 870 calories
Wendys- Spicy Chicken Fillet Sandwich-510 calorie:

SUBWAY-Honey Mustard Turkey w/Cucumber (6")- only 275 calories

Playing outside with kids for 30 minutes (If yours are too big for this borrow your grandchildren or some of the neighbors!): 180 calorie:

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