



The

PTI BUZZ

Carol Kur, MSRD

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Tricky Toxic Food!!!

Sobe Liz Blizz(looks like water)-310 calories,77g sugar

Pop Secret Kettle Corn(1/3 bag)-180 calories
13 g fat

DiGiorno for One Supreme Pizza with Garlic Bread Crust- 840
calories,44 g fat

Blimpie Special Vegetarian Sub -1,186 calories
60 g fat

Quizno's Large Tuna Melt-1,760 calories
133 g fat

Applebee's Chicken Fajita Rollup-1,450 calories

It's summer, go fishing for just 40 minutes and burn 100 calories!!!

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