

PICK A BETTER SNACK – ON THE GO!

January

Week One -

On the Go - With Mango!



Although many Americans consider mangoes to be an exotic fruit, that's not the case in many other parts of the world. In fact, mangoes are actually the most popular fresh fruit in the world. With a flavor that resembles a mix of oranges, peaches and pineapples, it's no wonder the mango is called the "king of fruit."

When choosing a mango, look for full, somewhat firm fruit. The skin should be smooth, not shriveled, and the fruit should give off a strong aroma. Since the mango is related to poison ivy, its skin is inedible; therefore it's important to know how to cut the fruit. The best way to slice a mango is to cut through the fruit lengthwise from end to end on two sides, barely clearing the pit of the fruit. After peeling the flesh from the pit, place each half of the fruit skin-side down on a cutting board. Score the yellow mango flesh into cubes, and then cut the cubes away from the flesh. Now it's ready to eat!

Wash. Pit. Eat. (how easy is that?)

Take Mango With You!

- Prepare instant oatmeal with pieces of fresh mango.
- Mix mango with low-fat plain or vanilla yogurt.
- Try some fresh mango packed in light syrup. You'll find it in jars in the produce section of some grocery stores. Unopened, it will keep for several months in the refrigerator. Use it to prepare the following **Tropical Pancakes** that are fat free. They are sweet enough; you won't need any syrup making them GREAT to eat ON the GO! Leftovers may be easily reheated in the microwave or toaster oven.

Tropical Pancakes – Makes 24 pancakes

- 2 cups all-purpose flour
- 1 cup sugar
- 1 teaspoon baking soda
- ½ teaspoon salt
- 2 egg whites
- 2/3 cup juice (from jar of mangoes)
- 1 ¼ cup chopped mango

Preheat oven to 350° F. Spray two cookie sheets with non-stick vegetable spray – set aside. Combine dry ingredients and set aside. Beat egg whites until frothy. Beat in the juice. Gradually add the dry ingredients – stir until blended. Fold in the mangoes. Using a 2-tablespoon measure (coffee scoop), put dollops of batter 2 inches apart onto the sprayed pans. Bake for 10-15 minutes until golden brown. Serve hot.

Week Two –

On the Go – With Oranges!



Winter is the season for one of the tastiest varieties of orange, the navel orange. Named for the little bump on the fruit that looks like a belly button – or navel – the navel orange is known for being seedless, easy to peel and juicy. This makes it the perfect on-the-go snack!

When choosing oranges, look for firm fruit that feels heavy for its size. Don't worry if the outside of the fruit is a little green. When oranges are left on the tree for the summer months, a natural pigment called chlorophyll returns to the skin, causing a greenish hue. The color of the skin doesn't affect the taste of the fruit.

Wash. Peel. Eat. (how easy is that)

Take Oranges With You!

- January 15 is national fresh-squeezed juice day. Honor the day with some freshly squeezed OJ.
- Going to the gym? Pack an orange to eat beforehand to give your workout a jumpstart!
- Prepare this colorful salad for dinner and take the extra for lunch the next day – **Winter Fruit Salad**.

Winter Fruit Salad – Makes 10 – ½ cup servings

Pasta: 1 cup pasta – any variety.

Fruit: 1 cup (8 oz.) pineapple chunks canned in its own juice, drain, but reserve juice;

2 medium oranges, peeled and sliced

1 pear, unpeeled and diced

1 cup red grapes, halved

1 apple, unpeeled and diced

Dressing: 1 cup (8 oz.) low-fat peach yogurt

2 Tablespoons reserved pineapple juice

Cook pasta in unsalted water for the minimum time suggested on the package. Drain and rinse with cold water. Combine fruit with cooked pasta. Lightly fold in dressing. Refrigerate 2 to 3 hours.

Source: *Brown Bagging It – Lunches to Go!*, Jeannette L. Miller and Elisabeth Schafer, ISBN – 1-879776-00-6

Quick Nibble:

The white membrane under the skin of an orange (the albedo) holds more vitamin C than the flesh.

For snack and activity ideas for the other 11 months of the year go to:

www.extension.iastate.edu/food/

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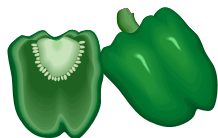
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Pick a better snack

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Week Three -

On the Go – With Peppers!



Peppers come in a variety of colors including green, red, yellow, purple and even brown. Green peppers are the most popular pepper since they're available year-round, but they are the least sweet of all the

colors. The more color in the fruit, the sweeter the pepper will be. But, did you know that no matter what color the pepper you choose, it started out as a green pepper? As a pepper matures and changes colors, the sugar content of the fruit increases. That's why colored peppers are sweeter.

When choosing peppers, look for firm, fresh-looking and brightly colored fruit. Avoid peppers with blemishes or wrinkles. Peppers can be stored in a plastic bag in the refrigerator for up to a week, and you can even store slices of pepper in the freezer for future snacks!

Wash. Slice. Scoop Out Seeds. Eat.
(how easy is that?)

Take Peppers With You!

- Superbowl Sunday is this weekend! Slice peppers matching the colors of your favorite team and dip in low-fat dip for a tasty gametime snack.
- A great way to add nutrients to your diet is by incorporating fruits and vegetables into your snacks. For an easy, healthy snack, spread whole-grain slices of bread with low-fat cream cheese and add slices of pepper for a crunchy, savory sandwich!
- Make sweet pepper nachos by cutting peppers into chunks the size of a tortilla chip. Place the cut peppers on a microwave safe plate. Top with salsa and shredded cheese (black olives, if desired). Microwave on high until the cheese melts.

Quick Nibble:

By weight, green bell peppers have 2 times as much vitamin C as citrus fruit – red peppers have 3 times as much! Red peppers have almost 11 times as much beta carotene as green peppers.

Eating fruits and vegetables can reduce your risk of developing diabetes, heart disease, cancers and strokes.

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Week Four –

On the Go – With Cucumbers!



As you're working on your healthy lifestyle, try eating cucumbers with your meal or snack at least once a week.

The crisp, cool and moist characteristics of a cucumber are because of its high water content which also means it's VERY low in calories.

When choosing cucumbers, look for dark green fruit that's firm and rounded right to the ends – avoid those with shriveled ends, those that feel soft, or are yellow in color. Be wary of cucumbers with bulging middles because they are likely to be filled with large seeds and have less flavor. Cucumbers can be stored in the refrigerator for up to a week.

Wash. Slice. Eat. (how easy is that?)
Take Cucumbers With You!

- For a tasty snack after exercise, add cucumber slices to your bagel and cream cheese. For added flavor, add ¼ teaspoon garlic powder to an 8 ounce container of fat free cream cheese. Use just a little on a bagel topped with cucumber slices. The hint of garlic will enhance the flavor of the cucumber.
- Cucumber slices make a perfect pick-me-up snack! Dunk in low-fat vegetable dip for an added treat.
- Try making mini cucumber sandwiches by placing slices of your favorite low-fat cheese between slices of the fruit.

Quick Nibble:

A single 8-inch cucumber (about 10.5 ounces) provides 12 percent of the minimum amount of fiber needed daily.

Fruits and vegetables are:

- *great tasting*
- *high in fiber*
- *low in fat and calories*
- *snackable.*