

SHAKE UP YOUR SNACKS – PICK A BETTER SNACK

APRIL

ARTICHOKES

Wash. Cook*. Eat. How easy is that?

Place upside down in a microwave safe cup and cook on high for 4-7 minutes.

- Pull petals off the cooked artichoke and eat inside of the petal for a quick treat.
- Cut up artichoke hearts and put on crackers spread with low-fat cream cheese.
- Arrange petals on plate in the shape of sun. Sprinkle lemon juice on the petals. In the center of the sun, put some low-fat dip to make a “sunny” appetizer.



Buying tips: Choose artichokes with soft green color and tightly packed leaves. Avoid artichokes which are wilted, drying, or have mold.

Special tip: Do not wash before storing artichokes. When ready to use, rinse with cold water.

Storing tips: Store artichokes in the refrigerator, in a plastic bag, for no more than five days. To keep them moist, sprinkle a few drops of water into the bag and then close the top. Do not rinse, wash or cut before storing.

Serving size: ½ artichoke petals or chopped heart.

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

Fruits and vegetables are

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

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AVOCADO

Wash. Slice. Scoop out seed. How easy is that?

- Add sliced avocado to your favorite sandwich.
- Wrap avocado slices in a leaf of lettuce and dip in a low fat sour cream and chive mixture.
- Mash avocado with fork and mix with onion, tomato, and cream cheese. Spread on celery stalks.



Buying tips: Choose firm, solid avocados, free of soft spots, holes, and wrinkles.

Special tip: Sprinkle avocado slices with lime juice to protect their pretty, green color.

Storing tips: Keep avocados at room temperature for several days to ripen. If ripe, store in the refrigerator.

Serving size: ½ cup sliced or chopped avocado.

For fruit and vegetable snacks ideas for the
other 11 months go to:
<http://www.extension.iastate.edu/food/>

Pick a better snack

TEAM NUTRITION  IOWA™

PINEAPPLE

Wash. Cut. Eat. How easy is that?

- Make a pineapple ring into a fun “wheel” by putting a grape in the center hole of the pineapple slice
- Add a slice of pineapple to a grilled cheese sandwich.
- Add pineapple chunks or pieces to a flour tortilla spread with salsa. Top with cheese to make a “pinearrito.”



Buying tips: Pineapples are ripe when picked, so choose pineapples that are fresh with deep-green crown leaves. Avoid fruit that is old looking with dry or brown leaves, and those with soft spots.

Special tip: To wash, rinse with cold water when ready to use.

Storing tips: Store ripe pineapple in the refrigerator for 2-4 days. Cut pineapple last about 2 days if stored in a tightly sealed container in the refrigerator.

Serving size: ½ cup sliced or cubed

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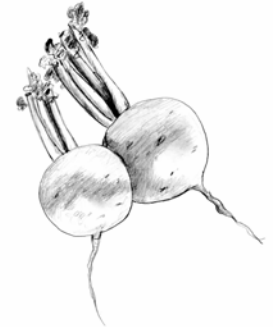
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TURNIP

Wash. Peel. Eat. How easy is that?

- Combine shredded turnip with apple-cinnamon flavored yogurt and raisins.
- Make mini turnip “stalks” and dip in a low-fat vegetable dip.
- Make a turnip sandwich by spreading two turnip slices with lowfat flavored cream cheese and adding sliced vegetables of your choice such as radishes and celery.



Buying tips: Choose small, firm turnips with smooth roots and without scars and cracks.

Special tip: To wash, rinse in cold water.

Storing tips: Store in the refrigerator and use within 1-2 weeks.

Serving size: ½ cup chopped or shredded

**Live a long, healthy life-
Pick a better snack!**

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and justice for all

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