

# SHAKE UP YOUR SNACKS – PICK A BETTER SNACK

## FEBRUARY

### BANANA

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

- Cut bananas into slices and sandwich each slice between two mini pretzel twists
- Cut bananas into slices and eat on top of cereal or oatmeal.
- Make a fruit smoothie using orange juice, yogurt, banana slices and frozen strawberries.



**Buying tips:** Buy bananas in a bunch that have a slight green and rich yellow color. The peel should be free of wrinkles.

**Special tips:** Bananas ripen after they are picked, so keep at room temperature to ripen a banana.

**Storing tips:** Store in the refrigerator to keep longer. The peel will darken but the fruit will be fresh and ripe. Bananas will freeze well in foil and can last up to 6 months.

**Serving size:** 1 medium banana

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.*

### MUSHROOMS

*Wash. Slice. Eat. How easy is that!*

- Slice mushrooms and dip in low-fat Italian dressing.
- Chop and put in a salad with other vegetables such as tomatoes, peppers, radishes and celery.
- Put slices of mushroom on a piece of bread, top with cheese, and melt in microwave. Dip in spaghetti sauce.



**Buying tips:** Choose well-shaped and clean mushrooms with no black spots.

**Special tip:** To wash, rinse mushrooms in cold water with the stems down so water does not run up under the cap.

**Storage tips:** Mushrooms should be stored in a paper bag or an open container in the refrigerator and are best when used within 2-3 days.

**Serving size:** ½ cup sliced mushrooms

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

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Pick a better snack  
  
TEAM NUTRITION 

# POTATO

*Wash. Peel. Eat. How easy is that!*

- Peel and cut fresh, raw potato into bite-size pieces. Sprinkle with pepper or eat plain.
- Pierce potato with a fork, place in microwave, and cook on high for 4 minutes. Cut in half and top with low-fat sour cream or yogurt.
- Slice potatoes with skin, sprinkle with seasonings, and bake in oven on 400° for 20 minutes. Makes great homemade French fries or chips depending on if sliced or cut into wedges.



**Buying tips:** Choose firm and fairly smooth potatoes. Avoid potatoes that have sprouted or have wilted or wrinkled skin, cut surfaces, green or dark areas.

**Special tip:** Do not wash potatoes until use. Do not store potatoes with onions.

**Storing tips:** Store in a cool, humid (but not wet), dark place. Do not refrigerate. Scrub with vegetable brush and rinse with cold water at time of use.

**Serving size:** 1 medium potato

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# TANGERINE

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

- Peel and put sections in a plastic bag and store in the refrigerator.
- Put tangerine sections on a toothpick with grapes and pineapple chunks.
- Mix tangerine slices with low-fat vanilla yogurt and sliced almonds for a refreshing salad.



**Buying tips:** Look for smooth skins, free of soft spots. The fruit should feel firm and heavy.

**Special tip:** To wash, rinse with cold water.

**Storing tips:** Keep fruit at room temperature, it will last for 2 weeks. For longer storage, put fruit in a plastic bag in the refrigerator.

**Serving size:** 1 medium tangerine. Do not eat skin.

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

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**and justice for all**

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