

SHAKE UP YOUR SNACKS – PICK A BETTER SNACK

JUNE

GREEN BEANS

Wash. Eat. How easy is that?

- Dip beans in low-fat ranch dressing for a crunchy snack.
- Steam beans. Serve in place of pasta to make a ‘green bean spaghetti’ by topping with spaghetti sauce and Parmesan cheese.
- Squeeze fresh lemon or orange juice over beans and enjoy a refreshing snack.



Buying tips: Choose beans that are slender, smooth, and crisp. The beans should have slightly velvety pods and a bright green color.

Special tip: Wash beans well in cold water and remove stems.

Storing tips: Store beans in the refrigerator in a plastic bag. Use within 3-5 days. Beans will keep better if not stemmed until ready to use.

Serving size: 1 cup raw or ½ cup cooked

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.*

PEACH

Wash. Remove seed. Eat. How easy is that?

- Add sliced peaches to hot or cold cereal or to a mixed green salad.
- Make peach salsa by blending together peaches, strawberries and bananas. Eat with baked corn chips.
- Mash peaches into low-fat yogurt and freeze in ice-cube trays with a straw in the middle to eat as a peach-scicle.



Buying tips: Choose peaches with creamy, golden color. Avoid peaches with wrinkles, brown spots, or traces of green on their skin.

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

Storing tips: Peaches need to be ripened, so place in a brown paper bag until ripe. After peaches are ripe, store in the refrigerator.

Serving size: 1 medium peach or ½ cup sliced or chopped

*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  IOWA™

RADISH

Wash. Eat. How easy is that?

- Slice radishes and place on each side of a cube of cheese held together with a toothpick.
- Put radish slices on a cracker with a slice of cucumber.
- Make a “bat and ball” plate with carrot sticks, radishes, and a low-fat dip “batters box”



Buying tips: Choose smooth, crisp, well-formed radishes without black spots.

Special tip: To wash, scrub with a brush and cold water. Trim tops and bottoms and do not peel the radish.

Storing tips: Radishes should be stored in the refrigerator and are best if used within 2 weeks

Serving size: ½ cup sliced or 6 whole

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LEMONS AND LIMES

Wash. Slice or squeeze. How easy is that?

- Slice lemons and limes and put in a pitcher of water or freeze in ice cubes.
- Squeeze fresh lemon or lime juice on lettuce salad instead of using dressing.
- Cut lemon or lime in half. Squeeze out the juice and remove pulp. Mix equal parts of juice, water, and sugar. Drink as lemon or limeade OR



pour back into citrus half. Stick a cut off straw down the center and freeze. Eat as a citrus-scicle.

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: ½ cup sliced or ¼ cup juice. Do not eat skin.

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

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