

SHAKE UP YOUR SNACKS – PICK A BETTER SNACK NOVEMBER

PUMPKIN

Wash. Cook. Eat. How easy is that?

- Make roasted pumpkin seeds by washing seeds and baking them for 20 minutes at 375°. Spray with low-fat butter spray and top with garlic powder.
- Boil chunks of pumpkin for 25-35 minutes. Spread on toast and top with cinnamon and a dash of sugar.
- Take canned pumpkin filling and mix with vanilla pudding for a tasty snack.



Buying tips: Choose well shaped pumpkins that are firm and slightly heavy. It should have tough skin without any wrinkles or blemishes.

Special tips: To wash, rinse well with cold water mixed with a little chlorine to get rid of bacteria.

Storing tips: Store dried pumpkin on a board, in a cool, dry, dark place. It will keep for several months.

Serving size: ¾ cup cooked or ½ cup canned

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.

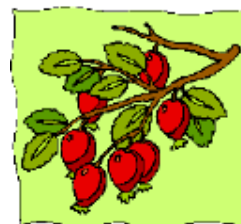
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CRANBERRIES

Wash. Cook. Eat. How easy is that?

- Put cooked cranberries in hot cereals for a refreshing taste.
- Stir cooked, chilled cranberries with blueberries and raspberries in vanilla yogurt. Spread mixture on top of graham crackers.
- Take spinach leaves and cover with cream cheese. Place cranberries on top and roll up for a tangy treat.



Buying tips: Usually sold in bags. Choose plump, unblemished berries. Do not choose soft, shriveled berries that have a dull appearance.

Special tips: Before cooking, rinse cranberries in cold water and remove stems.

Storing tips: Refrigerate bagged cranberries for 2-3 weeks or freeze in unopened bag for up to 9 months.

Serving size: ½ cup cooked

For fruit and vegetable snacks ideas for the other 11 months go to:

www.extension.iastate.edu/Pages/families/Nutrition.html



SWEET POTATO

Wash. Cook. Eat. How easy is that?

- Cut up sweet potatoes like French fries and spray with a low-fat cooking spray. Bake at 375° for 20 minutes.
- Make sweet potato “boats” by cutting in half and cooking in microwave for 6-7 minutes. Top with marshmallows and cinnamon. Cut cheese wedges in the shape of sails and put on potato.
- Make sweet potato “coins” by slicing and coating with cinnamon. Bake the same as “French fries” above.



Buying tips: Choose firm, well-shaped, fairly smooth potatoes. Avoid potatoes with wrinkles or holes.

Special tips: Clean well by scrubbing with a brush in cold water before use.

Storing tips: Store in a cool, well-ventilated area. Do not put in the refrigerator.

Serving size: 1 medium potato

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PEARS

Wash. Eat. How easy is that?

- Slice pears and place in a plastic bag in the refrigerator.
- Halve the pear and fill with cottage cheese. Place on a bed of lettuce and top with cranraisins.
- Slice pears and serve with cheddar cheese slices, low-fat yogurt or low-fat blue cheese dressing.



Buying tips: Choose firm, well-shaped pears without cuts or bruises.

Special tips: Place firm, fresh pears in a brown bag to ripen.

Storing tips: Store unripened pears at room temperature for 2-3 days. Ripe pears should be stored in a plastic bag or in the crisper away from vegetables and will last for 3-5 days.

Serving size: 1 medium pear

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

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and justice for all

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