

SHAKE UP YOUR SNACKS – PICK A BETTER SNACK OCTOBER

PEAS

Wash. Eat. How easy is that?

- Mix fresh peas and carrot slices into a bowl of cottage cheese.
- Take fresh peas and pods and dip in low-fat blue cheese or French dressing for a “snappy” treat!
- Take cucumber slices, cover with cream cheese and make “faces” with fresh peas, red pepper slices and diced carrots.



Buying tips: Choose pods that are cold, green, and not too fat (Large pods mean the peas are old and tough).

Special tips: To wash, rinse pods well with cold water.

Storing tips: Peas should be stored in the refrigerator and used within 3-5 days.

Serving size: ½ cup peas

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.

GRAPES

Wash. Eat. How easy is that?

- Slice plump grapes in half. Place “halves” on a piece of peanut butter toast.
- Mix grapes with cantaloupe, watermelon, and strawberries. Top with club soda or diet lemon-lime soda for a “crisp” treat.
- Make grape popsicles by mixing grapes with sugar free grape Kool-Aid (or favorite flavor) and pour into a mini paper cup. Stick a cut straw in the center and freeze.



Buying tips: Choose grapes that are plump and fresh looking with good coloring. Make sure the grapes are firmly attached to the stems. Select no grapes with bruises, soft spots, or mold.

Special tips: To wash, rinse well with cold water.

Storing tips: Store grapes in a plastic bag in refrigerator crisper or drawer, away from vegetables, for up to 1 week.

Serving size: ½ cup grapes

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

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

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CARROTS

Wash. Scrub. Eat. How easy is that?

- Take carrot sticks and dip in peanut butter.
- Make “carrot dogs” by placing a carrot in a piece of bread lined with low-fat ranch dip and lettuce. Top with radish slices.
- Mix carrot slices with broccoli, cauliflower florets, and tomatoes. Coat vegetable mixture with fat-free Italian dressing.



Buying tips: Choose carrots that are firm, smooth, evenly shaped, and have a bright orange color. Do not choose those that are flabby, shriveled, rough, or cracked.

Special tips: To wash, rinse well with cold water upon use. Scrub or scrape outside of carrot for best taste.

Storing tips: Carrot greens should be removed upon purchase. Store in the refrigerator and use within 1-2 weeks.

Serving size: ½ cup carrots or 8 baby carrots

JICAMA

Wash. Peel. Eat. How easy is that?

- Slice jicama and top with garlic powder and oregano.
- Make your own jicama “chips” and dip in low-fat vegetable dip and top with low-fat cheddar cheese.

- Make salsa by putting chopped jicama with fresh tomatoes, cilantro, fresh corn, onions, and top with fresh lime juice.

Buying tips: Choose firm, well-formed roots. Make sure it is free of blemishes and wrinkles.

Special tips: Peel skin off of the jicama with a vegetable peeler before using.

Storing tips: Store whole jicama in a cool, dark, dry place for up to 3 weeks. Wrap cut jicama in plastic and refrigerate for up to one week.

Serving size: ½ cup chopped or shredded

APPLES

Wash. Eat. How easy is that?

- Slice apples and make a “face” on a plate with grapes as eyes and a strawberry as a nose.
- Slice apples and smear with cream cheese. Top with raisins or cranraisins.
- Make apple “flowers” by slicing apples and arranging them around the “center” of the flower made with a dollop of low-fat lemon yogurt.



Buying tips: Choose firm apples without soft spots or wrinkled skin.

Special tips: To wash, rinse well with cold water upon using.

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

Serving size: 1 medium apple

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