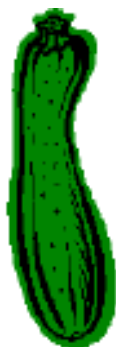


SHAKE UP YOUR SNACKS – PICK A BETTER SNACK SEPTEMBER

ZUCCHINI

Wash. Eat. How easy is that?



- Slice zucchini and sprinkle with low salt garlic seasoning and serve with tomato slices and baby carrots for a colorful plate.
- Take fresh spinach leaves and put cottage cheese and a slice of zucchini to make a tasty “wrap.”
- Take a tortilla and line with

salsa. Top the salsa with zucchini slices to make a “pizza.” Top with low-fat shredded cheddar cheese.

Buying tips: Choose firm, green, slender zucchini that does not have soft spots or wrinkled skin.

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

Storing tips: Store zucchini in the refrigerator and use within 1 week.

Serving size: ½ cup sliced

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.

IOWA STATE UNIVERSITY
University Extension

Helping Iowans become their best.

APRICOTS

Wash. Eat. How easy is that?



- Slice apricots and put in a plastic bag for a quick snack.
- Slice apricots onto cold or warm cereal for a sweet treat!
- Take a ripe apricot and smash on a piece of wheat toast and top with low-fat vanilla yogurt and grape nuts.

Buying tips: Look for well-colored, plump apricots with a fairly firm texture. Avoid fruit with soft or mushy spots or those that are pale yellow or a greenish color.

Special tips: To wash, rinse apricots with cold water before using.

Storing tips: Store unripened fruit at room temperature until the apricot begins to soften. Store ripe fruit in the refrigerator, away from vegetables, for up to 2 days.

Serving size: 3 apricots

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

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

Pick a **better** snack

TEAM NUTRITION  **IOWA™**

TOMATOES

Wash. Eat. How easy is that?

- Slice tomatoes and top with Parmesan cheese and garlic powder.
- Take tomato slices and top with low-fat mozzarella and fresh basil. Microwave for 30 seconds.
- Hollow out a tomato and fill with cottage cheese and tuna to make a tomato “bowl.”



Buying tips: Choose plump tomatoes with little blemishes and have a strong tomato smell.

Special tips: To ripen, place tomatoes in indirect light or in a paper bag.

Storing tips: For optimum flavor, store at room temperature in indirect sun. Storing in the refrigerator may result in less flavor.

Serving size: ½ cup sliced or chopped, 1 medium tomato

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.*

PLUMS

Wash. Eat. How easy is that?

- Slice plums on top of a piece of toast with peanut butter on top.
- Top low-fat vanilla pudding with plum pieces.
- Mix plum slices with peach slices and put in pita bread filled with leaf lettuce. Dip “sandwich” in low-fat honey mustard dressing.



Buying tips: Choose plump, slightly soft plums that do not have bruises or wrinkled skin.

Special tips: Ripen hard plums at room temperature, until they start to feel soft.

Storing tips: Store unripened plums at room temperature and ripened plums in a plastic bag in the refrigerator. Use within 3-4 days.

Serving size: 2 plums

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

Provided by Jan Temple, ISU Extension Nutrition Field Specialist housed in Johnson County; (319) 337-2145

E-mail: mjtemple@iastate.edu FAX: 319-337-2145

Written by Anne Huebert, ISU Dietetic Intern in cooperation with

The Iowa Nutrition Education Network and the Iowa Department of Public Health

Cooperative Extension Service, Iowa State University of Science and Technology, and the United States Department of Agriculture cooperating.

and justice for all

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or family status. (Not all prohibited bases apply to all programs.) Many materials can be made available in alternative formats for ADA clients. To file a complaint of discrimination, write USDA, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington, DC 20250-9410 or call 202-720-5964.