

# Pick a better snack & Act



## This week Week One



### Snack

#### CREAMY THAI DIP

¼ cup creamy peanut butter  
¼ cup firmly packed brown sugar  
2 tablespoons cider vinegar  
2 tablespoons soy sauce  
1 teaspoon sesame oil  
1/8 teaspoon ground ginger

Combine all ingredients; mix well. Makes ¾ cup. Use dip with artichokes. Learn to cook and cut artichokes and more by visiting the world wide web at <http://www.artichokes.org/>



### Be Active

- Daylight Savings Time begins on Saturday. Spring ahead on your clock and take a spring ahead walk through your neighborhood.
- Even if the weather doesn't warm up, be sure to warm up your muscles by stretching before your physical activity sessions.
- Walk to a co-worker's desk rather than using email.

### More Info

The Iowa Nutrition Education Network, partnering with the USDA Team Nutrition, encourages you to balance food choices with physical activity to stay fit. For more information, call the ISU Answerline at 1-800-262-3804 or visit us on the web at [www.extension.iastate.edu/food/](http://www.extension.iastate.edu/food/).