

Pick a better snack & Act



This week Week Two



Snack

California Avocado Wrap Up

- 4 flour tortillas
- 2 slices ripe California avocado, mashed
- 4 deli slices turkey breast
- 2 teaspoon prepared barbecue sauce, divided
- 4 thin slices cheese, divided
- 1 cup carrots, peeled and coarsely shredded

Place two teaspoons mashed avocado on tortilla, spreading to within 1 inch of tortilla edge. Place 1 slice of turkey breast over mashed avocado. Top with cheese and spread on 1/2 teaspoon barbecue sauce. Sprinkle one-quarter of the carrots over the sauce. Roll up tightly. Place seam side down on plate. Using serrated knife, slice in half. Makes 4 servings



Be Active

- Time to get the furniture out on the porch. Stretch and bend while you clean the furniture, paint the rust and repair each piece.
- Gardening is a great physical activity. Check and clean up the garden beds in preparation for a summer of activity.
- Park the car AS FAR AWAY from the entrance as possible (you may have used this already)
- OR - Make chores YOUR chance to be active.

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/.