

# Pick a better snack & Act



## This week Week Two



### Snack

#### Tangerine Kiwifruit Salad with Cranberry Dressing

Lettuce leaves  
2 tangerines, peeled, thinly sliced  
2 kiwifruits, peeled, thinly sliced  
Cran-Berry Dressing

Makes 4 servings. On 4 salad plates, arrange lettuce leaves. Arrange tangerine and kiwifruit slices over lettuce. Spoon dressing over salads. Garnish with strips of tangerine peel, if desired.

#### Cranberry Dressing:

½ c. canned whole-berry cranberry sauce  
½ c. lowfat strawberry or mixed berry-flavored yogurt

Makes about 1 cup. In blender container combine cranberry sauce and yogurt. Cover and blend until smooth.



### Be Active

- Using a 12inch plastic ball between a wall and your back, move up and down the wall (helps strengthen your tummy)
- When the snow arrives, grab the sled and go down hill sledding
- Do jumping jacks while you watch the local weather report.

### 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/).