

# Pick a better snack & Act



## This week Week Four



### Snack

#### Tangy Broccoli Salad

1 cup mayo-like salad dressing  
2 Tablespoons Sugar  
2 Tablespoons Vinegar  
1 bunch Broccoli; cut into  
flowerets (abt. 6 cups)  
4 c Spinach; loosely packed  
2 strips Bacon; cooked crisp and  
crumbled  
½ c. Onion, red; cut into strips  
¼ cup Raisins  
Mix dressing, sugar and vinegar  
in large bowl. Add remaining  
ingredients; mix lightly. Refrigerate.



### Be Active

- Make sure to make at least one New Year's Resolution about physical activity
- When the local pond is frozen, find the ice skates and go for a spin
- Use a snow day to clean the kitchen cabinets/pantry- lift all the cans above your head one time.

### 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/).