

Pick a better snack & Act



This week Week One



Snack

Banana Push-ups

2 large Bananas, Cut Up
½ cup Instant Nonfat Dry Milk
1 cup Plain Yogurt
6 oz Frozen Orange Juice Concentrate (1 small can)
1 cup Water

Combine all of the ingredients in a blender and whirl until foamy. Pour into paper cups and freeze. Push up from the bottom of the cup. Yield: 6 servings.



Be Active

- Celebrate the 2002 Winter Olympics in your backyard with homemade snow events
- Invite Grandparents to watch the Olympics with you and share team sport stories from their youth
- Select one Winter Olympics event you have never tried and make plans to experience the activity

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/.