

Pick a better snack & Act



This week Week Two



Snack

ORANGE FROST

- 1/2 cup orange juice
- 1/2 banana, frozen
- 1 Tablespoon non-fat milk powder
- Dash cinnamon or nutmeg
- 2 ice cubes

Place all ingredients into a blender and blend until creamy. Serve in 2 chilled glasses

Be Active

- Join the walk from the Capitol to the Peace Bell on Jan 21 for MLK day
- Shoveling your walk with a small shovel will be good for your heart and back.
- Plan to participate in the Winter Iowa Games Feb 1-2, 2002.

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/.