

Pick a better snack & Act



This week Week Four



Snack

CUCUMBERS IN HERB YOGURT

- 1 large cucumber; thinly sliced
- Boiling water
- 2 cup low fat yogurt
- 3 Tablespoons minced basil
- 2 Tablespoons minced mint
- 1 Tablespoon minced green onion
- 1 clove minced garlic
- 1/4 teaspoon pepper

Pour water over cucumbers; drain and dry. Combine all ingredients and chill up to 24 hours. Fresh herbs make this especially tasty. Makes 8 servings.



Be Active

- Join a community education dance class with a partner
- Plan a family bowling night and invite the neighbors.
- 'Surf the WEB' for a personal fitness adviser to help you set activity goals.

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/.