

Pick a better snack & Act



This week Week One



Snack

Garlicky Corn on the Cob

- 1 teaspoon lemon zest
- 2 tablespoons soy sauce
- 4 tablespoons olive oil
- 1 Garlic clove, minced
- Pepper to taste
- 6 ears Corn, husked

Combine all ingredients, marinate overnight, wrap in foil, grill 30 minutes. Serves 6.



Be Active

- Join in the 4th of July festivities in your neighborhood parade. Walk in the parade as a family or walk to the parade and cheer the group on.
- Wimbledon Tennis Tournament ends this weekend. Find a friend to play a match at your local courts.

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/.