

Pick a better snack & Act



This week Week Three



Snack

FRESH APRICOT DESSERT TOPPING

(2 cups sliced fresh apricots
(about 12 ounces)
1 tablespoon granulated sugar
2 tablespoons apricot nectar

Mix together apricots, sugar and nectar; set aside. Top shortcake, low fat ice cream or low fat frozen yogurt. Makes 6 servings



Be Active

- Jumping rope can be family fun if you use two ropes and jump double-dutch.
- Summer time is a good time to hold manager-employee walking meetings when the meeting includes 2-3 people.
- Plan a summer outdoor party and turn on the music to encourage dancing.

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/.