

# Pick a better snack & Act



## This week Week Two



### Snack

#### Crispy Apple Coleslaw

2 cups cabbage, shredded  
2 apples, cored and cut up  
1 can crushed pineapple,  
drained  
½ cup fat free mayonnaise

Mix cabbage, apples and pineapple with mayonnaise. Refrigerate at least 1 hour. 6 servings.



### Be Active

- Create your own River Dance for a family St. Patrick's party
- Build an obstacle course in the basement or garage on a rainy or snowy day
- Plan a walkie talkie (walk and talk) with a friend with preplanned topics.

### 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/](http://www.extension.iastate.edu/food/).