

Pick a better snack & Act



This week Week Three



Snack

Carrot and Raisin Sunshine Salad

1 lb. carrots (5 to 6) peeled and shredded
½ cup raisins
1 carton (8-oz.) low-fat vanilla yogurt
4 to 6 iceberg lettuce leaves

Mix all ingredients together, except lettuce leaves, in a mixing bowl. Cover with plastic wrap and refrigerate for 15 minutes. Toss again before serving on lettuce leaves. Makes 4 to 6 servings.



Be Active

- March 20 is the first day of Spring. Weather permitting, open up the windows and let in the fresh air.
- Aerate your lawn by walking in grass with your golf shoes.
- Dance to three songs on the radio.

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/.