

Pick a better snack & Act



This week Week Four



Snack

Practically Perfect Spring Salad and Dressing

½ cup celery, diced
1 cup seedless grapes
1 can (15 ounce) small white beans,
drained
¼ cup green onions, minced
Lemon Mustard Dressing
Lettuce leaves

Combine all ingredients with dressing except lettuce; mix well. Serve on lettuce leaves. Makes 4 servings

Lemon Mustard Dressing: Combine 2 tablespoons vegetable oil, 2 tablespoons lemon juice, 1 tablespoon Dijon-style mustard, and ¼ teaspoon pepper; mix well. Makes ¼ cup.



Be Active

- Plan an afternoon family walk after your Easter Day brunch.
- Don't be fooled on April Fool's Day – it is still a good day for physical activity!

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/.