

# Pick a better snack & Act



## This week Week One



### Snack

#### Pumpkin Custard

- 1 ½ c. canned pumpkin
- 1/4 c. apple juice
- 3 egg whites, slightly beaten
- 1 can (12 oz) evaporated skim milk, scalded
- 1 T. pumpkin pie spice
- ¼ c. brown sugar

Stir all ingredients thoroughly in a mixing bowl. Pour mixture into 1 1/2-quart soufflé dish or 9-inch glass pie plate, sprayed with nonstick cooking spray. Sprinkle with brown sugar. Bake at 400°F for 35 to 45 minutes or until knife inserted near center comes out clean. Makes 6 servings..



### Be Active

- Plan a day without a car and walk to errands/work
- Clean the top kitchen cabinets for a great upper body stretch
- Use a book for posture-sit and stand 5 times with a book on your head

### 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/).