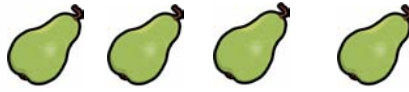


Pick a better snack & Act



This week Week Two



Snack

Microwave Maple-filled Pears

- ¼ c raisins or dried cranberries
- ¼ c chopped nuts
- ¼ c maple-flavored syrup
- ½ t Lemon peel
- ¼ t Lemon peel
- ¼ t Ground cinnamon
- 3 large pears, pared, halved and cored

Combine raisins, nuts, syrup, lemon peel and cinnamon; set aside. Arrange pears, cut-side down, in microwave-safe baking dish. Cover with plastic wrap. Microwave on high for 5 minutes. Turn pears over and spoon maple mixture into the center of each pear. Microwave covered, on high for 3 to 4 minutes longer or until pears are tender. Serves 6



Be Active

- Walk in place or on a treadmill during your favorite TV show
- Take the family bowling
- Bowl a silly game –each frame in a different position
- Think of your home steps as a step machine and step for 10 minutes

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/.