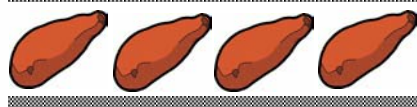


Pick a better snack & Act



This week Week Three



Snack

Sweet Potato Oven Fries and Coins

Fries: Cut up fresh sweet potatoes like French fries and spray with low-fat cooking spray. Place on baking sheet and bake at 375°F for 20 minutes. Sprinkle with a purchased seasoning mix and lemon juice if desired.

Coins: Make sweet potato coins by slicing sweet potatoes 1/2" thick, spraying with cooking spray and coating with cinnamon. Bake the same as fries above.



Be Active

- Plan a walk between dinner and dessert on Thanksgiving
- Organize the children at Thanksgiving to play TWISTER
- Walk two laps around the Mall before starting your after Thanksgiving shopping

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/.