

# Pick a better snack & Act



## This week Week Three



### Snack

#### Fruity Carrot Slaw

1 bag pre-shredded carrots  
½ c. pineapple chunks, in juice  
½ c. raisins  
½ c. orange juice  
¼ c. plain low-fat yogurt

Open the canned pineapple, drain liquid. Combine grated carrots, pineapple, raisins, orange juice, and yogurt in a medium bowl. Mix with a wooden spoon until coated with yogurt. Makes 6 servings.



### Be Active

- Buy your pumpkin at a choose-yourself farm and walk to the end of the field
- Pick up children after school on foot and walk home through the leaves.
- Organize a touch or pass football game for the neighborhood
- Enjoy a full moon evening harvest walk alone or with a friend.

### 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/).