

# PICK A BETTER SNACK & ACT

December

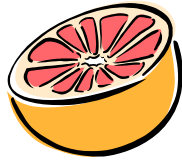
## Week One-Grapefruit

### GRAPEFRUIT AND BERRY SMOOTHIE

Juice of 2 grapefruit (1 1/2 cups)  
1 cup fresh or frozen raspberries or strawberries  
1 pint pineapple sherbet, softened

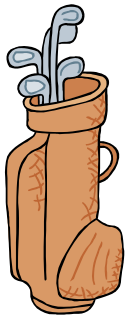
In a food processor or blender, combine all the ingredients and blend until smooth.

Makes about 3-1/2 cups (four 7-ounce servings)



### WEEK ONE ACTIVITIES

- Jump rope to upbeat music to increase workout.
- Plan a 15 minute walking course for your morning coffee break and invite a friend.
- Paint a golf ball orange and play snow golf in the park or backyard with a tin can.



*Fruits and vegetables are:*

- *great tasting*
- *high in fiber*
- *low in fat and calories*
- *snackable*

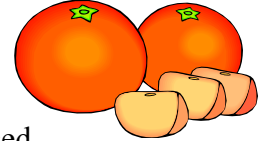


## Week Two-Tangerine

### TANGERINE KIWIFRUIT SALAD WITH CRANBERRY DRESSING

#### Salad:

Lettuce leaves  
2 tangerines, peeled, thinly sliced  
2 kiwi fruits, peeled, thinly sliced



#### Cranberry Dressing:

(Makes about 1 cup)  
1/2 cup canned whole-berry cranberry sauce  
1/2 cup lowfat strawberry or mixed berry-flavored yogurt

In a blender container combine cranberry sauce and yogurt. Cover and blend until smooth.

On 4 salad plates, arrange lettuce leaves. Arrange tangerine and kiwifruit slices over lettuce. Spoon dressing over salads. If desired, garnish with strips of tangerine peel. Makes 4 servings.

### WEEK TWO ACTIVITIES

- Using a 12-inch plastic ball between a wall and your back, move up and down the wall (helps strengthen your tummy).
- When the snow arrives, grab the sled and go down hill sledding.
- Do jumping jacks while you watch the local weather report.



For snack and activity ideas for the other 11 months of the year go to:

[www.extension.iastate.edu/food/](http://www.extension.iastate.edu/food/)

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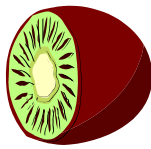
*Helping you become your best.*

Pick a **better** snack  
  
TEAM NUTRITION  IOWA™

## Week Three-Kiwi

### KIWI PIZZA

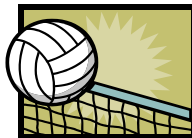
- 1 tube refrigerator sugar cookies
- 1 tub prepared frosting-white
- 6 kiwi fruits
- Maraschino cherries (for decoration)



Prepare sugar cookies following directions on package. Cut the cookies into fun shapes with cookie cutters. Let cookies cool after baking and spread with frosting. While frosting is still moist, top cookies with slices of kiwifruit and cherries.

### WEEK THREE ACTIVITIES

- Sign up with a community organized volleyball team beginning the first of the new year.
- Draw a hop-sotch pattern on the basement floor and enjoy skipping the numbers with friends.
- Hackey Sack is a fun win-win game. Play with the small soft ball to improve balance.



## Week Four-Broccoli

### TANGY BROCCOLI SALAD

- 1 cup mayo-like salad dressing
- 2 Tablespoons sugar
- 2 Tablespoons vinegar
- 1 bunch broccoli, cut into flowerets (about 6 cups)
- 4 cups spinach, loosely packed
- 2 strips bacon, cooked crisp and crumbled
- 1/2 cup red onion, cut into strips
- 1/4 cup raisins



Mix dressing, sugar and vinegar in large bowl. Add remaining ingredients and mix lightly. Refrigerate.

### WEEK FOUR ACTIVITIES

- Make sure to make at least one New Year's Resolution about physical activity.
- When the local pond is frozen, find the ice skates and go for a spin.
- Use a snow day to clean the kitchen cabinets or pantry. Lift all the cans above your head one time.



*Eating fruits and vegetables can reduce your risk of developing diabetes, heart disease, cancers and strokes.*

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To find out more about food stamps, contact the local Iowa Department of Human Services office serving the county where you live,  
or call toll-free at 1-800-972-2017*

Cooperative Extension Service, Iowa State University of Science and Technology, and the United States Department of Agriculture cooperating.

### **and justice for all**

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