

 walk	 apple	 step	 beans	 potato
 stretch	 lift	 fold	 tomato	 walk
 orange	 walk	 you choose	 stretch	 carrots
 banana	 bowl	 broccoli	 100% fruit juice	 zucchini
 push & stretch	 mushrooms	 frozen fruit	 walk	 grapefruit

Printed with funds from USA's Supplemental Nutrition Assistance Program, an equal opportunity provider and employer, in collaboration with the Department of Health's Iowa Nutrition Network. To find out more about Iowa's Food Assistance Program, go to www.yesfood.iowa.gov or contact your local county Department of Human Services office. Call 2-1-1 to find out how to contact your local office.

Iowa Department of Elder Affairs
Iowa Department of Public Health



This bingo activity encourages you to enjoy a variety of fruits and vegetables and physical activity. Complete the Pick a **better snack**™ & Act card by putting an "X" through the square of fruits, vegetables, or physical activity you have tried. A "BINGO" is completed when you have a line diagonally, horizontally or vertically.



Get more...because more matters

Here's Why...

Consuming fruits and veggies can be a factor in maintaining a healthy weight and may help reduce the risk of some types of diseases. They taste great *and* are good for you!

Go to fruitsandveggiesmorematters.org for more tips and ideas.



Iowa Nutrition Network
PROMOTING HEALTHY LIFESTYLES

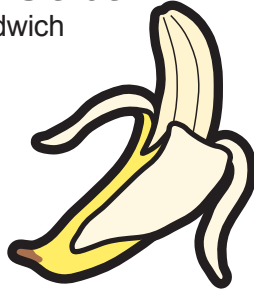
Coming next month...

- Cauliflower
- Raisins
- Cabbage
- Celery

BANANA

Wash. Peel. Eat. How easy is that?

- Cut bananas into slices and sandwich each slice between two mini pretzel twists.
- Cut bananas into slices and eat on top of cereal or oatmeal.
- Make a fruit smoothie using orange juice, yogurt, banana slices and frozen strawberries.



Buying tips: Buy bananas in a bunch that have a slight green and rich yellow color. The peel should be free of wrinkles.

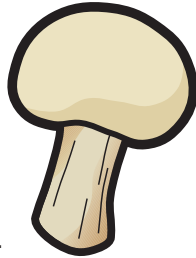
Special tips: Bananas ripen after they are picked, so keep at room temperature to ripen a banana.

Storing tips: Store in the refrigerator to keep longer. The peel will darken but the fruit will be fresh and ripe. Bananas will freeze well in foil and can last up to 6 months.

MUSHROOMS

Wash. Slice. Eat. How easy is that?

- Slice mushrooms and dip in low-fat Italian dressing.
- Chop and put in a salad with other vegetables such as tomatoes, peppers, radishes and celery.
- Put slices of mushroom on a piece of bread, top with cheese, and melt in microwave. Dip in spaghetti sauce.



Buying tips: Choose well-shaped and clean mushrooms with no black spots.

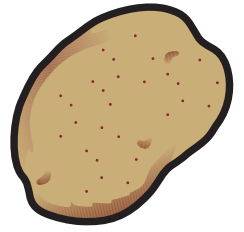
Special tip: To wash, rinse mushrooms in cold water with the stems down so water does not run up under the cap.

Storage tips: Mushrooms should be stored in a paper bag or an open container in the refrigerator and are best when used within 2-3 days.

POTATO

Wash. Peel. Eat. How easy is that?

- Peel and cut fresh, raw potato into bitesize pieces. Sprinkle with pepper or eat plain.
- Pierce potato with a fork, place in microwave, and cook on high for 4 minutes. Cut in half and top with low-fat sour cream or yogurt.
- Slice potatoes with skin, sprinkle with seasonings, and bake in oven on 400° for 20 minutes. Makes great homemade french fries or chips depending on if sliced or cut into wedges.



Buying tips: Choose firm and fairly smooth potatoes. Avoid potatoes that have sprouted or have wilted or wrinkled skin, cut surfaces, green or dark areas.

Special tip: Do not wash potatoes until use. Do not store potatoes with onions.

Storing tips: Store in a cool, humid (but not wet), dark place. Do not refrigerate. Scrub with vegetable brush and rinse with cold water at time of use.

APPLE

Wash. Eat. How easy is that?

- Slice apples and make a “face” on a plate with grapes as eyes and a strawberry as a nose.
- Slice apples and smear with cream cheese. Top with raisins or cranraisins.
- Make apple “flowers” by slicing apples and arranging them around the “center” of the flower made with a dollop of low-fat lemon yogurt.



Buying tips: Choose firm apples without soft spots or wrinkled skin.

Special tips: To wash, rinse well with cold water upon using.

Storing tips: Store apples in the refrigerator and use within 1-2 weeks.



MyPyramid.gov
STEPS TO A HEALTHIER YOU
www.MyPyramid.gov

To maximize your potential, eat 1-2 cups of fruit and 1 ½ -2 ½ cups vegetables daily. Weekly include 1-3 cups dark green vegetables, 1-2 cups orange vegetables, and 1-3 cups legumes.

Visit MyPyramid.gov for more specific serving recommendations based on your calorie needs.



**Physical activity...
It's everywhere
you go.**

walk...dance...play...
have fun...
just be active!