

Pick a **better** snack™ &




ACT



May Bingo

www.idph.state.ia.us/pickabettersnack

 spinach	 push & pull	 toss	 banana	 sweet potato
 walk	 carry	 step	 asparagus	 walk
 rhubarb	 walk	 you choose	 dig	 celery
 fruit cocktail	 wash	 cucumber	 100% fruit juice	 cauliflower
 plant	 strawberry	 applesauce	 walk	 beans

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.



Go to fruitsandveggiesmorematters.org for more tips and ideas.

Nutrition Matters

Fruits and veggies are sources of many natural substances that may protect you from some diseases. They are dietary sources of important nutrients such as fiber, folate, potassium, vitamin A and vitamin C.

Iowa Nutrition Network
PROMOTING HEALTHY LIFESTYLES

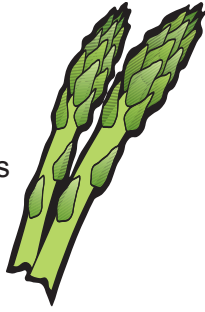
Coming next month...

- Green beans
- Peach
- Apricot
- Lemon and lime

ASPARAGUS

Wash. Eat. How easy is that?

- Add an asparagus spear to a glass of tomato juice or vegetable juice blend.
- Steam asparagus spears until tender. Roll a slice of cheese and 3 asparagus spears inside a tortilla. Warm in microwave and eat.
- Chop asparagus. Mix with radishes, tomatoes, cucumbers, onions and low-fat salad dressing. Put on a cracker as a salsa.



Buying tips: Choose spears that are crisp, round and straight, with tightly pointed tips that have not flowered.

Special tip: To wash, rinse in cold water when ready to use.

Storing tips: Store in a plastic bag in the refrigerator. Use within 3-5 days.

Vegetable subgroup: other

SPINACH

Wash. Eat. How easy is that?

- Mix spinach greens in your favorite salad or add to your favorite sandwich.
- Put a spoonful of peanut butter in a plastic sandwich bag. Cut off a corner and use the bag to pipe peanut butter onto a carrot stick. Wrap the carrot in a spinach leaf for a carrot roll-up.
- Place spinach leaves on a plate and top with sliced pears, strawberries or peaches and low-fat salad dressing.



Buying tips: Choose fresh, tender leaves that have a bright green color. Avoid yellow, bruised or broken leaves, slime or mold.

Special tip: To wash, rinse with cold water. Repeated rinsing may be necessary to remove dirt and sand.

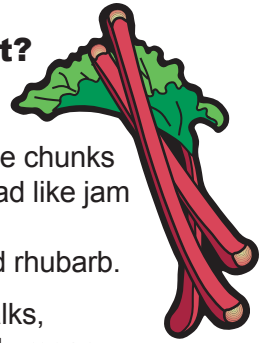
Storing tips: Store clean, damp leaves in a plastic bag in the refrigerator for 3-7 days.

Vegetable subgroup: dark green

RHUBARB

Wash. Eat. How easy is that?

- Take rhubarb stalk and dip in a cinnamon and sugar mixture.
- Stew rhubarb slices with pineapple chunks in juice for about 5 minutes. Spread like jam on a piece of toast.
- Top frozen yogurt with berries and rhubarb.



Buying tips: Choose firm, crisp stalks, with good color. Small leaves usually mean more tender stalks.

Special tip: Do not eat the leaves of the rhubarb plant, because they are poisonous.

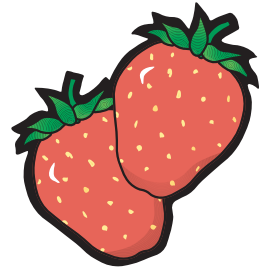
Storing tips: Store in the refrigerator in a plastic bag. Use within 1 week.

Vegetable subgroup: other

STRAWBERRIES

Wash. Bite. How easy is that?

- Dip strawberries in flavored low-fat yogurt or top frozen yogurt, ice milk or cereal with berries.
- Freeze berries in a plastic bag and serve cold or freeze in ice cubes and add to lemonade or carbonated water.
- Blend berries with nonfat milk and low-fat yogurt or fruit juice (orange or pineapple are tasty) for a healthy shake.



Buying tips: Look for firm, plump, full-colored strawberries that still have their green “caps” on. Medium and small berries have the best eating quality.

Special tip: Remove the green “cap” with your thumbnail or a small metal spoon.

Storing tips: Store in the refrigerator for several days with their green “caps” intact. Strawberries will keep for several days. Do not wash until ready to eat.



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!