

Pick a **better** snack™ &



**ACT**



# April Bingo

[www.idph.state.ia.us/pickabetersnack](http://www.idph.state.ia.us/pickabetersnack)

 stretch	 artichoke	 walk	 pear	 apple
 tour	 walk	 lift	 grape tomato	 balance
 avocado	 step	 wash	 play	 carrots
 canned fruit	 sweep	 radishes	 100% fruit juice	 broccoli
 walk	 pineapple	 beet	 walk	 banana

Printed with funds from the Iowa Nutrition Network and USDA's Food Stamp Program. To find out more about Iowa's Food Assistance Program call 1-877-937-3663 (1-877-YES FOOD). Food Assistance can help you buy nutritious foods for a better diet.

**Iowa Department of Elder Affairs**  
**Iowa Department of Public Health**

These institutions are equal opportunity providers and employers.



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](http://fruitsandveggiesmorematters.org) for more tips and ideas.

## Variety Matters

Eating fruits and veggies in a variety of colors – red, dark green, yellow, blue, purple, white and orange – provides the broadest range of nutrients. So eat a colorful variety every day!

**Iowa Nutrition Network**  
PROMOTING HEALTHY LIFESTYLES

Coming next month...

- Asparagus
- Spinach
- Rhubarb
- Strawberries

## ARTICHOKE

**Wash. Cook. Eat.**

**How easy is that?**

Place upside down in a microwave safe container and cook on high for 4-7 minutes.

- Pull petals off the cooked artichoke and eat inside of the petal for a quick treat.
- Cut up artichoke hearts and put on crackers spread with low-fat cream cheese.
- Mash avocado with fork and mix with chopped onion, tomato, lemon juice and salt. Spread on celery stalks.



**Buying tips:** Choose artichokes with soft green color and tightly packed leaves. Avoid artichokes which are wilted, drying, or have mold.

**Special tip:** Do not wash before storing artichokes. When ready to use, rinse with cold water.

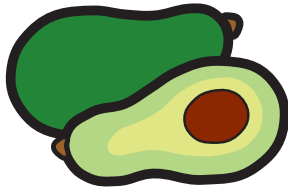
**Storing tips:** Store artichokes in the refrigerator, in a plastic bag, for no more than five days. To keep them moist, sprinkle a few drops of water into the bag and then close the top. Do not rinse, wash or cut before storing.

**Vegetable subgroup:** Other

## AVOCADO

**Peel. Slice. Scoop out seed. How easy is that?**

- Add sliced avocado to your favorite sandwich.
- Wrap avocado slices in a leaf of lettuce and dip in a low-fat sour cream and chive mixture.
- Mash avocado with fork and mix with chopped onion, tomato, lemon juice and salt. Spread on celery stalks.



**Buying tips:** Choose firm, solid avocados, free of soft spots, holes, and wrinkles. Avocados become softer and darken as they ripen.

**Special tip:** Sprinkle avocado slices with lime juice to protect their pretty, green color.

**Storing tips:** Keep avocados at room temperature for several days to ripen. If ripe, store in the refrigerator.

## PINEAPPLE

**Wash. Cut. Eat. How easy is that?**

- Make a pineapple salad by placing low-fat cottage cheese in the center hole of the pineapple slice.
- Add a slice of pineapple to a grilled cheese sandwich.
- Add pineapple chunks or pieces to a flour tortilla spread with salsa. Top with cheese to make a “pinearrito.”



**Buying tips:** Pineapples are ripe when picked, so choose pineapples that are fresh with deep-green crown leaves. Avoid fruit that is old looking with dry or brown leaves, and those with soft spots.

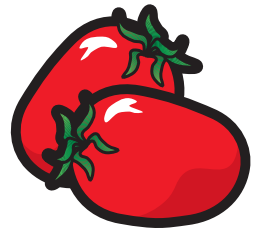
**Special tip:** To wash, rinse with cold water when ready to use.

**Storing tips:** Store ripe pineapple in the refrigerator for 2-4 days. Cut pineapple last about 2 days if stored in a tightly sealed container in the refrigerator.

## GRAPE TOMATO

**Wash. Eat. How easy is that?**

- Keep washed grape tomatoes in plastic sandwich bags in the refrigerator for a quick ‘grab and go’ snack.
- Spread biscuit-type crackers with low-fat cream cheese. Top with grape tomato halves and shredded carrots to make mini pizzas.



**Buying tips:** Choose plump tomatoes with few blemishes and strong tomato smell.

**Special tips:** To ripen, place tomatoes in indirect light or in a paper bag.

**Storing tips:** For optimum flavor, store at room temperature in indirect sun. Storing in the refrigerator may result in flavor loss.

**Vegetable subgroup:** Other



**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!