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|--------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|
| lift  | honeydew  | walk  | Brussels sprouts  | sweet corn  |
| balance  | pull  | step  | banana  | walk  |
| broccoli  | fish  | you choose  | pick  | beans  |
| bike  | do water aerobics  | peas  | 100% fruit juice  | raspberries  |
| nectarine  | fruit cocktail  | carrots  | walk  | papaya  |

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. These institutions are equal opportunity providers and employers.

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.



Great Taste Matters

Tastes change. Keep trying new fruits and veggies to find new favorites. Serve old favorites in a new and exciting way. You are never too old to change!

Try this: Baked or poached fruits make great desserts.

Go to fruitsandveggiesmorematters.org for more tips and ideas.



Iowa Nutrition Network
PROMOTING HEALTHY LIFESTYLES

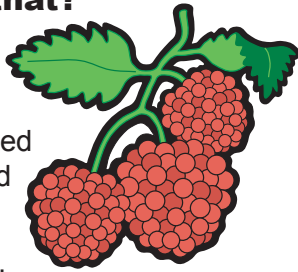
Coming next month...

- Zucchini
- Radish
- Tomato
- Plum

RASPBERRIES

Wash. Eat. How easy is that?

- Spread bagel with low-fat cream cheese. Top with fresh raspberries.
- Fresh raspberries can be mixed with blueberries, cherries, and vanilla yogurt for a “mixed” berry yogurt.
- Make raspberry “sandwiches” with graham crackers and cream cheese.



Buying tips: Choose berries that are bright in color. The berries should be free of mold and not crushed.

Special tip: To wash, rinse with cold water right before use. Remove stems.

Storing tips: Store berries in the refrigerator in a plastic container. Use within 1-2 days.

NECTARINE

Wash. Eat. How easy is that?

- Add nectarine slices to granola and eat.
- Make a nectarine “salsa” with cilantro, mango, and tomatoes. Eat with baked tortilla chips or toasted pita bread.
- Mix nectarine chunks with peaches and grapes. Mix with a low-fat vanilla yogurt and serve on toasted raisin bread.



Buying tips: Select fruit with a pleasant aroma, with bright coloring, and a slightly soft feel. Do not choose fruit with bruises, blemishes, or extreme soft spots.

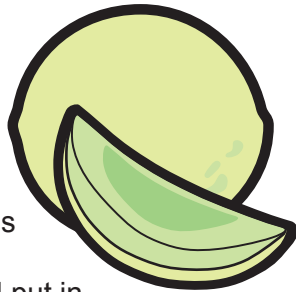
Special tip: To wash, rinse well with cold water before use.

Storing tips: Store unripe fruit in a paper bag at room temperature for 1-2 days. Store ripe fruit in the refrigerator, away from vegetables. Use within 3-4 days.

HONEYDEW MELON

Wash. Cut. Eat. How easy is that?

- String chunks and balls of honeydew melon onto a straw. Freeze and enjoy as a popsicle.
- Make a switchabout: cut balls from cantaloupe and honeydew wedges. Put balls into the opposite melon.
- Cut up fresh honeydew and put in a plastic bag in the refrigerator for a quick snack.



Buying tips: Choose a melon with a creamy white rind and slightly green color. Fruit should have a distinct and pleasant aroma. Avoid melons with excess bruising, dents, or cracks.

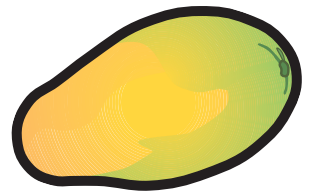
Special tip: If melon is under ripe, let stand at room temperature for 1-2 days.

Storing tips: Store ripe melons in the refrigerator, away from vegetables. Use within 3-5 days.

PAPAYA

Wash. Slice. Scoop out seeds. How easy is that?

- Cut papaya into bite size pieces or make papaya balls.
- Make papaya kabobs by alternating fruit and cheese cubes on a pretzel or party pick.
- Serve papaya slices on a piece of toast spread with vanilla yogurt.



Buying tips: Look for papayas with rich yellow and dark orange colors. The skin should feel soft to the touch.

Special tips: Papayas need to ripen for 1-2 days before eating. Do not eat skin.

Storing tips: To ripen, place unripe papaya in a paper bag and leave at room temperature. When ripe, a papaya will have a mildly sweet smell. Do not refrigerate papaya for longer than one hour. Tropical fruits do not like temperatures lower than 50 degrees.



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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!