

Pick a **better snack**™ &



October Bingo

www.idph.state.ia.us/pickabetersnack

 step	 grapes	 gather	 Brussels sprouts	 pear
 stretch	 rake	 carry	 apple	 walk
 jicama	 walk	 you choose	 bag	 peas
 applesauce	 toss	 broccoli	 100% fruit juice	 banana
 lift	 carrots	 frozen fruit	 walk	 mushrooms

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.



How Much Matters?

Women need 4 to 5 cups of fruits & veggies. Men need 5 to 6 cups. It's easier to do than you think. As a general rule, fill about half your plate with fruits and veggies at meals. Snack on fruits and veggies any time. *Pick a better snack. How easy is that?*

Go to fruitsandveggiesmorematters.org for more tips and ideas.



Iowa Nutrition Network
PROMOTING HEALTHY LIFESTYLES

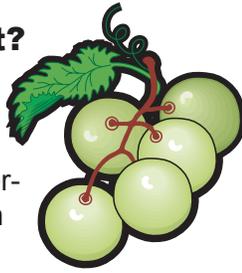
Coming next month...

- Pumpkin
- Cranberries
- Sweet potato
- Pear

GRAPES

Wash. Eat. How easy is that?

- Slice plump grapes in half. Place “halves” on a piece of peanut butter toast.
- Mix grapes with cantaloupe, watermelon, and strawberries. Top with club soda or diet lemon-lime soda for a “crisp” treat.
- Make grape popsicles by mixing grapes with sugar free grape Kool-Aid (or favorite flavor) and pour into a mini paper cup. Stick a cut straw in the center and freeze.



Buying tips: Choose grapes that are plump and fresh looking with good coloring. Make sure the grapes are firmly attached to the stems. Select no grapes with bruises, soft spots, or mold.

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

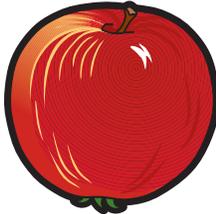
Storing tips: Store grapes in a plastic bag in refrigerator crisper or drawer, away from vegetables, for up to 1 week.

Serving size: ½ cup grapes

APPLE

Wash. Eat. How easy is that?

- Slice apples and make a “face” on a plate with grapes as eyes and a carrot stick 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.

Serving size: 1 medium apple

JICAMA

Wash. Peel. Eat. How easy is that?

- Slice jicama and top with garlic powder and oregano.
- Make your own jicama “chips” and dip in lowfat vegetable dip or top with low-fat cheddar cheese.
- Make salsa by putting chopped jicama with fresh tomatoes, cilantro, fresh corn, onions, and top with fresh lime juice.



Buying tips: Choose firm, well-formed roots. Make sure it is free of blemishes and wrinkles.

Special tips: Peel skin off of the jicama with a vegetable peeler before using.

Storing tips: Store whole jicama in a cool, dark, dry place for up to 3 weeks. Wrap cut jicama in plastic and refrigerate for up to one week.

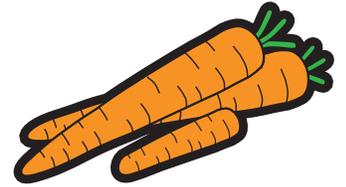
Serving size: ½ cup chopped or shredded jicama

CARROT

Wash. Scrub. Eat.

How easy is that?

- Take carrots sticks and dip in peanut butter.
- Make “carrot dogs” by placing a carrot in a piece of bread lined with low-fat ranch dip and lettuce. Top with radish slices.
- Mix carrot slices with broccoli, cauliflower florets, and tomatoes. Coat vegetable mixture with fat-free Italian dressing.



Buying tips: Choose carrots that are firm, smooth, evenly shaped, and have a bright orange color. Do not choose those that are flabby, shriveled, rough, or cracked.

Special tips: To wash, rinse well with cold water upon use. Scrub or scrape outside of carrot for best taste.

Storing tips: Carrot greens should be removed upon purchase. Store in the refrigerator and use within 1-2 weeks.

Serving size: ½ cup carrots or 8 baby carrots



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!