

Pick a **better snack**™ &



December Bingo

www.idph.state.ia.us/pickabetersnack

walk	tangerine	lift	potato	zucchini
sweep	balance	sit up	grapefruit	walk
kiwi	step	you choose	stretch	tomato
fruit cocktail	hang	beans	100% fruit juice	mushrooms
play	broccoli	carrots	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. 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.



Every Step Matters

Choosing fruits and veggies instead of foods that are higher in fat and calories, along with regular physical activity, may make it easier to control your weight.

Be active at least 30 minutes, above usual activity, most days of the week. You don't need to do it all at once – break it up into shorter 10-minute segments.

Go to fruitsandveggiesmorematters.org for more tips and ideas.

Iowa Nutrition Network
PROMOTING HEALTHY LIFESTYLES

Coming next month...

- Mango
- Orange
- Pepper
- Cucumber

BROCCOLI

Wash. Eat. How easy is that?

- Cut up broccoli and make flower “bunches” in a bed of cottage cheese.
- Make broccoli “trees” by cutting up cheddar cheese chunks and putting a broccoli floret in the middle of the cheese chunk.
- Make a vegetable “pizza” by covering a piece of opened pita bread with fat-free ranch dip and topping with broccoli pieces, cauliflower, tomatoes, and carrots



Buying tips: Choose tight, firm clusters of broccoli.

Special tips: Wash broccoli cluster well with cold water.

Storing tips: Store clusters in refrigerator in a plastic bag or container and use within 2-4 days.

Serving size: ½ cup chopped broccoli

TANGERINE

Wash. Peel. Eat. How easy is that?

- Peel and put sections in a plastic bag and store in the refrigerator.
- Put tangerine sections on a toothpick with grapes and pineapple chunks.
- Mix tangerine slices with low-fat vanilla yogurt and sliced almonds for a refreshing salad.



Buying tips: Look for smooth skins, free of soft spots. The fruit should feel firm and heavy.

Special tips: To wash, rinse with cold water. Do not eat skin.

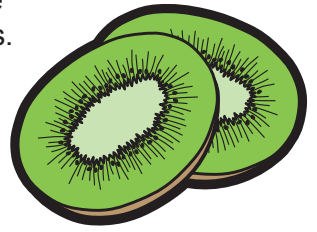
Storing tips: Keep fruit at room temperature; it will last for 2 weeks. For longer storage, put fruit in a plastic bag in the refrigerator.

Serving size: 1 medium tangerine

KIWI

Wash. Cut. Eat. How easy is that?

- Slice kiwi and place on a plate with banana slices and grapes. Serve with a fruit yogurt.
- Make kiwi “sandwiches” with two kiwi slices on each side of a strawberry slice. Hold together with a stick pretzel.
- Top a graham cracker with cream cheese, kiwi slices and mango chunks.



Buying tips: Choose firm kiwi, without wrinkles or bruises.

Special tips: To ripen, let kiwi stand at room temperature in a plastic bag. Fruit is ripe when slightly soft.

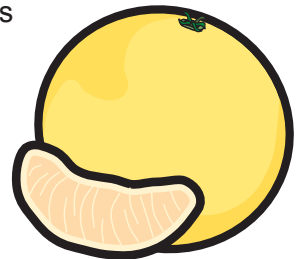
Storing tips: Store ripened kiwi in the refrigerator for up to 3 days.

Serving size: 1 kiwi

GRAPEFRUIT

Wash. Peel. Eat. How easy is that?

- Peel grapefruit and pull sections apart. Store in a plastic bag in the refrigerator.
- Cut grapefruit in half. Put raisins on top and eat grapefruit out of the “bowl.”
- Make a citrus salad by adding grapefruit slices to leafy greens and top with vinaigrette dressing.



Buying tips: Look for smooth skins, free of soft spots. The fruit should feel firm and heavy.

Special tips: To wash, rinse with cold water. Do not eat skin.

Storing tips: Keep fruit at room temperature, it will last for 2 weeks. For longer storage, put fruit in a plastic bag in the refrigerator.

Serving size: ½ cup of sliced grapefruit



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!