



NOVEMBER



Pick a better snack & Act with your family.

MOM-TO-MOM

Recently my seven-year old and ten-year old girls have started to change their picky eating habits. Their nutrition educator Jennifer comes to their classroom on a regular basis and gives them tastings of fruits and vegetables. Now they tell me they would like me to buy broccoli, kiwi and grapefruit. Those are words I never thought I'd here when they were younger, but I'm so glad they are encouraging all of us in the family to eat healthy foods.

~ Jodi, a mother of two in Iowa

Eat well and your kids will too.



COST COMPARISON

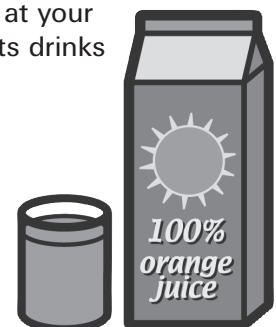
Juice drink is often cheaper than 100% juice. But what are you really getting for your money? A juice that is 100% juice will say so on the container. Juice drink is not real fruit juice. Look at the ingredient list of a juice drink. The ingredients (in order) are water, corn syrup, and less than 5% juice. 100% juice is often on sale. A 1/2 gallon of 100% juice was recently on sale for \$1, while the same size juice drink was \$1.79.

GET REAL!

Try one new fruit or vegetable each week. Make it a game – have your child choose the new fruit or vegetable based on what they've tried at school, their favorite color or first letter of their name. Fruits and vegetables come in so many different forms – fresh, dried, 100% juice, and canned. Check out this variety! Enjoy 100% orange juice, toss a pear into sack lunches, add dried cranberries to a salad and microwave some canned vegetables for dinner.

WHY IT MATTERS

Filling up on sugary drinks like pop can cause weight gain. Our bodies need 1% or fat-free milk and lots of water to be healthy. Make these the everyday drinks at your house and save pop, sports drinks and sweet fruit drinks for occasional treats.



Visit our website at www.idph.state.ia.us/pickabettersnack

Funded by USDA's Snap-Ed Program, an equal opportunity provider and employer, in collaboration with the Iowa Dept. of Public Health. Iowa's Food Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. Go to www.yesfood.iowa.gov for more information.