

Pick a **better snack**[™] – THE COLOR WAY

APRICOTS

Wash. Eat. How easy is that?



The dark gold color of these velvety pieces of fruit is a great clue to their nutritional value – rich in beta carotene, vitamin C, fiber and potassium. Select fresh apricots that are plump, firm and orange-gold. Avoid those tinged with green as they may never develop full flavor. Unripe apricots should be stored in a paper bag on the kitchen counter. Once apricots are ripe, store them in the refrigerator for 1-2 days. Wash just before using.

APRICOT PITAS (SERVES 2)

4 apricots, seeded and thinly sliced

2 pita bread pieces (4 halves)

1 cup low-fat or nonfat cottage cheese

12 thin slices of cucumber or red bell pepper

Fill each pita with cottage cheese, apricots and cucumber or pepper slices.

Including **YELLOW/ORANGE** fruits and vegetables in your low-fat diet helps maintain:

- A healthy heart
- A healthy immune system
- Vision health
- A lower risk of some cancers

Pick a **better snack**[™] was developed in partnership with the Iowa Nutrition Network, Iowa State University Extension, and the USDA's Food Stamp Program and Team Nutrition - equal opportunity providers and employers. For more information, visit the Iowa Department of Public Health web site www.idph.state.ia.us/pickabetersnack or Iowa State University Extension web site www.extension.iastate.edu/food. For more information about 5 A Day the Color Way[™], visit www.5aday.com.