

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

BANANAS

Wash. Eat. Peel. How easy is that?



Bananas are American's favorite fruit. They are the snack of choice for endurance athletes who recognize their low water content and high carbohydrate content that will quickly replenish their body's energy stores as well as potassium that is lost during physical activity. In addition to the traditional yellow banana (Cavendish) some stores may offer red bananas. Their red skin turns purple when ripe. Also look for Manzano bananas, sometimes called finger or apple bananas. You may also find plantains at your market. These are considered a cooking banana.

Once ripe, bananas can be stored in the refrigerator for up to two weeks, but the skin will turn dark. Save overripe bananas by peeling and freezing whole or in pieces in airtight containers. Frozen overripe bananas are great as a sweet popsicle-type treat or for baking.

HUGS AND MINI KISSES (SERVES 1)

Peel and cut a banana crosswise and lengthwise (4 pieces total). Spread each piece with a light coating of yogurt (low fat or fat free – plain, vanilla or fruit flavored) or peanut butter. Decorate with round shaped whole grain cereal (hugs) and mini chocolate chips (kisses).

WHITE fruits and vegetables in your low-fat diet help maintain:

- Heart health
- Cholesterol levels that are already healthy
- 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/pickabettersnack 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.