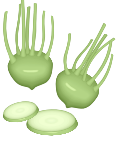


Pick a **better** snack™ – THE COLOR WAY

KOHLRABI

Wash. Peel. Eat. How easy is that?



A delicate member of the cabbage family – the name kohlrabi translates to “cabbage turnip.” Rich in vitamin C and potassium, it also provides a good amount of vitamin E—unusual for a low-fat food. Choose kohlrabi free of bruises or blemishes. In general, small bulbs are best – less than 3 inches in diameter. The tough skin should be peeled before slicing, shredding or cutting into chunks.

KOHLRABI ROUNDS

1 kohlrabi, peeled
1-2 Tablespoons ham salad

Cut kohlrabi into ¼ inch thick slices. Top each slice with about 1 teaspoon of ham salad.

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

- A lower risk of some cancers
- Heart health
- Healthy cholesterol levels

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.