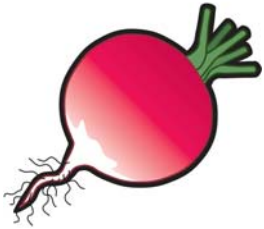


Pick a **better snack**[™] – THE COLOR WAY

RADISH

Wash. Eat. How easy is that?



Radishes, a low-calorie snack, are surprisingly high in vitamin C – 29 percent of the daily requirement in one cup of slices. They have a peppery flavor that can range from mild to very sharp. Their color and shape may also vary – white, yellow, red, purple and black; round, oval or elongated. The interior flesh is usually white.

Most red globe radishes found in the produce section are about 1 to 1.5 inches in diameter. Radishes are usually sold either in bunches with the leaves attached or in bags without the tops. If the leaves are attached, they should be crisp and green. You may add the leaves to salads.

If you purchase radishes with the tops on, remove them when you get home because radishes will not keep as well with the tops on. Red and daikon radishes will keep up to 2 weeks in the refrigerator. Before using, scrub the radish and trim off the stem and tip. You may peel the skin of a daikon radish with a vegetable peeler if you wish.

RADISH CONFETTI

4 cups diced red radishes

½ pound crumbled feta cheese

2 oz. can sliced black olives

¼ to ½ cup sliced green onion tops

Combine all ingredients. Serve cold or warmed on melba toast or rye crackers. To warm, heat in toaster oven until cheese melts.

RED WHEEL BAGELS

Spread each half of a whole wheat bagel with a thin layer of reduced fat cream cheese. Top with slices of red radish, overlapping the slices. Place a radish half in center to be the hub of the wheel.

Include a variety of **RED** fruits and vegetables in your low-fat diet to help maintain:

- A healthy heart
- Memory function
- A lower risk of some cancers
- Urinary tract health

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.