

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

RAISINS

Open Bag. Eat. How easy is that?



Raisins are a rich source of iron and potassium. To get the most benefit from the iron in raisins, eat them with a vitamin C rich food. The most popular varieties in the US are natural seedless raisins (from sun dried Thompson Seedless grapes) golden seedless (from oven-dried Thompson Seedless grapes) and currants (from Black Corinth grapes). Unopened raisins will keep indefinitely in the refrigerator. Once opened, reseal raisins in an airtight package and store in the refrigerator up to one year or in freezer for longer storage.

SWEET POTATO AND RAISIN SAUTÉ (SERVES 4)

4 cups shredded sweet potatoes (about 2 potatoes)

2 Tablespoons margarine

1/2 cup raisins

2 Tablespoons maple syrup

In a food processor, shred sweet potatoes; set aside. Melt margarine in a large, non-stick skillet. Add sweet potatoes and cook over medium-high heat 3 minutes, stirring constantly. Add raisins and maple syrup; sauté 1 to 2 minutes or until potatoes are tender.

Include [BLUE/PURPLE](#) fruits and vegetables in your low-fat diet to help maintain:

- A lower risk of some cancers
- Urinary tract health
- Memory function
- Healthy aging

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.