

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

STRAWBERRIES

Wash. Bite. How easy is that?



Strawberries are red jewels of nutrition – rich in fiber and vitamin C. Seek berries that are plump, dry, firm, uniformly colored and well shaped. The leafy caps should be fresh looking and green. If purchasing berries in a box, look on the underside for signs of stains or dampness. This may mean the fruit is decaying. Once home, sort through the berries in the box and discard any overripe or smashed berries. Store berries in the refrigerator in a shallow container lined with paper towels. Wash the fruit close to time of use to discourage early decay. Remove caps with a paring knife or huller.

STRAWBERRY-BANANA SPLIT

- 1 banana
- 1 cup fresh strawberries, sliced
- ½ cup vanilla yogurt (low or no fat)
- 1 Tablespoon chopped, toasted almonds

Peel and slice banana lengthwise. Place banana halves in serving bowl. Top with fresh strawberries, yogurt and almonds.

FROZEN FRUIT CUP (YIELDS 10 SERVINGS-1/2 CUP EACH)

- 3 oz. package lemon flavored gelatin (sugar free)
- 1 cup boiling water
- 6 oz. can frozen orange juice
- 20 oz. can pineapple chunks, not drained
- 11 oz. can mandarin oranges
- 1 cup sliced strawberries (fresh or frozen)
- 1 banana

In a mixing bowl, dissolve gelatin. Stir in partially thawed orange juice. Stir in remaining ingredients. Pour into individual serving containers. Freeze. To serve, remove from freezer at least 1 hour before serving. Will hold shape well even when thawed.

NOTE: May use other fruits in season.

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/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.