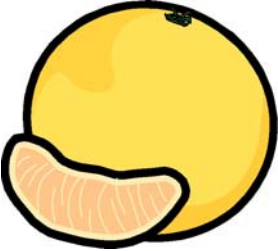


Pick a **better snack**[™] – THE COLOR WAY

GRAPEFRUIT

Wash. Cut. Eat. How easy is that?



Grapefruit comes in white, red and pink varieties. Although you may want to believe there is truth in the myth that grapefruit has an enzyme that will burn fat – it is just a myth. However, grapefruits ARE rich in vitamin C. The red and pink varieties contain vitamin A (beta carotene) and lycopene, an antioxidant that may help prevent cancer. Grapefruit is not picked until fully ripe and will NOT ripen more after harvest. Choose those that are round, smooth and heavy for their size. If it is puffy, soft or pointed at one end it's a sign of poorer quality. Glossy rinds with slightly flat ends are preferred. They may be stored for up to 8 weeks in the refrigerator.

NOTE: If you are taking prescription medication, check with your health-care practitioner before consuming grapefruit or juice as it may interfere with the absorption and effectiveness.

GRAPEFRUIT CRUNCH

1 grapefruit, cut into sections, divided
8 ounces pina colada yogurt
¼ cup Whole Grain Wheat and Barley cereal

Arrange grapefruit slices onto two plates. Top with yogurt and sprinkle with cereal.

GRAPEFRUIT COOLER

3 cups cranberry juice
2 cups unsweetened grapefruit juice
2 cups sugar free sparkling lemonade

Combine cranberry and grapefruit juice chill or serve with ice. Add sparkling lemonade at serving time.

Include WHITE fruits and vegetables in your low-fat diet to 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.