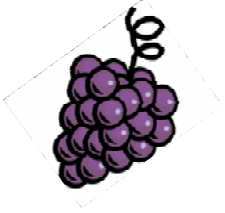


Pick a **better snack**[™] – THE COLOR WAY

GRAPES



Wash. Eat. How easy is that?

Grapes may be found in a wide variety of colors – purple, red and green. Each of those colors is important for good health. Current figures show Americans prefer seedless grapes to those with seeds because they make such a great snack. Here are some varieties to try: Flame Seedless, Ruby Seedless, Thompson Seedless and Tokay. Keep in mind that seeded varieties are often sweeter than seedless. Combine a variety of grapes in this taste treat:

SPARKLING RAINBOW PARFAIT

In a clear 12 oz. glass, layer about ¼ cup each of the following: Green grapes, banana slices, red grapes, orange sections – fresh or canned, and purple grapes. Cover layered fruit with sugar free lemon-lime soda.

HIP-HOP POCKET SANDWICH (MAKES 4 SERVINGS)

Filling:

- 1 cup seedless grapes, halved
- 1 cup shredded carrots
- ¼ cup chopped celery
- ¼ cup salsa
- 2 pita bread, cut in half to form pockets

Garnish:

- Extra shredded carrots, shredded cheese and salsa for top of sandwich
- 4 small bunches of grapes

Lightly mix all filling ingredients in a small bowl. Store grape filling in a covered container and refrigerate. When ready to eat, fill pita halves with grape filling. Top with extra shredded carrots, shredded cheese and salsa, if desired. Serve with a small bunch of grapes.

Recipe source: California Table Grape Commission

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

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

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

Include **GREEN** fruits and vegetables in your low-fat diet to maintain:

- A lower risk of some cancers
- Vision health
- Strong bones and teeth

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/pickabettersonack 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.