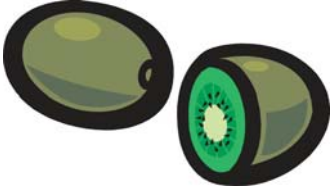


Pick a **better snack**[™] – THE COLOR WAY

Kiwi

Wash. Cut. Eat. How easy is that?



Kiwi is becoming a more popular fruit in the Midwest – especially for snacking. It is low in calories but rich in vitamin C and a good source of fiber. When selecting a kiwi, choose those that are plump and slightly soft. If not yet ripe, place in a brown bag with a banana or apple to ripen. For a quick snack, just wash, cut the fruit in half and eat the pulp right out of the skin. You can eat the peel also, but you may wish to rub off some of the fuzzy exterior. In addition to the traditional green kiwi, there are also gold kiwis in the market.

RAINBOW WINTER FRUIT SALAD

In individual glasses or serving bowl, arrange fruits from bottom to top as follows:

- Frozen or fresh blueberries
- Sectioned white grapefruit
- Orange slices or tangerine sections
- Sliced kiwi
- Pomegranate seeds
- Serve with lime yogurt & toasted slivered almonds

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/pickabetttersnack 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.