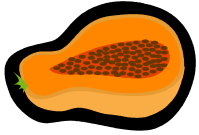


Pick a **better snack**[™] – THE COLOR WAY

PAPAYA

Wash. Cut. Remove seeds. Eat. How easy is that?



Papayas turn from green to yellow-orange as they ripen. Try to purchase those that are at least half yellow. They will change color starting at the bottom and progressing to the stem end. Totally green papayas may never ripen properly. Uncut papayas have no aroma. Refrigerate when ripe.

BAKED PAPAYA

1 papaya (half-ripe is fine)
2 teaspoons brown sugar
½ teaspoon cinnamon
¼ teaspoon nutmeg

Spray microwave safe container with vegetable spray. Wash papaya and cut in half lengthwise. Remove seeds. Place papaya in baking dish and sprinkle insides with brown sugar, cinnamon and nutmeg. Bake papaya on full power in microwave for 2-3 minutes or until tender. To use conventional oven, bake at 350°F for 40 minutes or until tender.

Including **YELLOW/ORANGE** fruits and vegetables in your low-fat diet help maintain:

- A healthy heart
- A healthy immune system
- Vision health
- 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.