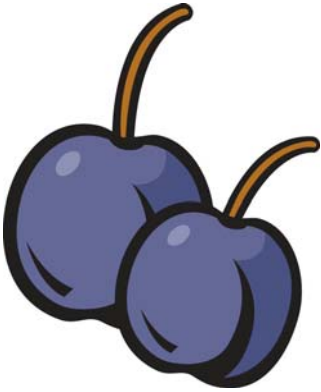


Pick a **better snack**[™] – THE COLOR WAY

PLUMS

Wash. Eat. How easy is that?



There are over 140 varieties of plums sold in the United States. Their color may be yellow, green, red, purple or indigo blue. The single pit inside the plum categorizes it as a drupe. Plums are a great low-calorie snack packed with vitamin C, vitamin A and fiber. Eat them out of hand or add them to salads, baked goods or main dishes. Pureed plums may be used as a fat substitute in baked products.

Plums should be plump. If they yield to gentle pressure, they are ready to eat. If they are firm, but not rock hard, allow them to ripen in a paper bag at home. They should soften in a day or two. Refrigerated plums will keep for about 3 days.

Wash plums before eating. They will be juiciest at room temperature. To pit freestone plums, cut along the 'seam' and twist the halves apart; lift out the pit. For clingstone plums, use a sharp knife to cut through the flesh toward the pit.

PLUM GOOD SNACKS

Top a whole grain, low-fat cracker with a small piece of lean meat (ham, turkey or beef) and a wedge of fresh sliced plum. Alternate idea: top a cracker with a thin slice of sharp cheddar cheese and a wedge of fresh sliced plum.

POACHED PLUMS

Cover washed plums with just enough apple juice or water to keep from burning and cook gently until soft, about 10 minutes. For more flavor, add cinnamon and some orange zest. Serve warm or chilled. May also be served with frozen yogurt. Refrigerate any leftovers.

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

Including [YELLOW/ORANGE](#) fruits and vegetables in your low-fat diet helps 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.