

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

RASPBERRIES

Wash. Eat. How easy is that?



Raspberries have a delicate structure with a hollow core. They need to be handled very gently and eaten shortly after harvest. They are a good source of vitamin C and rich in fiber – a half cup serving provides 4 grams of fiber. When you get a box of berries home, gently take fruit out of the box and inspect it. Discard any moldy berries; plan to eat soon any that are soft or overripe. Return the remainder to the box or spread in single layer on paper towel lined plate and use within 1 or 2 days.

FLYING FRUIT

2 frozen waffles – round shape is best

1 small banana

Assorted fruit to decorate the wings – raspberries; melon balls, strawberries, blueberries and sliced fruit such as kiwi, banana, peaches

Maple syrup

Toast frozen waffles and cut in half. Arrange four halves (the wings) around banana (the body). Use strips of kiwi or peach to look like antennae. Decorate wings with assorted fruit. Drizzle with maple syrup.

Adapted from Family Fun Super Snacks, ISBN-0-7868-5424-3

FRUITY FLOWERS

Spread each half of a **bagel** (mini or regular – whole wheat preferred) with a thin layer of **cream cheese**.

Arrange **red raspberries** around outer edge. Use a ball of **honeydew melon** or slice of kiwi to be the center of the flower. If desired, use thin slices of honeydew melon to represent leaves.

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

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

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.