



**Pick a better snack – Broccoli.  
Wash. Dip. Eat. How easy is that?**

Did you know the Europeans brought broccoli to us? Broccoli's name comes from the Italian word *brocco*, meaning arm or branch. Broccoli, affectionately called "little trees" by some, is actually part of the mustard family. If you've eaten a bunch of broccoli, you've actually eaten flowers. Broccoli florets are buds that are almost ready to flower.

When choosing broccoli, look for fresh-looking, light green stalks. The heads should be compact and dark green with some purple tinge. Wash each cluster with cold water and store in the refrigerator in a plastic container or bag for up to four days. You can even get adventurous and try one of the new varieties of broccoli such as broccolini, a smaller, milder, sweeter variety.

*Take broccoli with you!*

- When you bring broccoli home from the store, wash it, cut florets into bite-sized pieces and store them in the refrigerator. You'll have a healthy snack ready and waiting when the munchies strike!
- Pack some broccoli florets and healthy dip for a quick and easy treat when you're on the go.
- Take broccoli florets and sandwich them between slices of your favorite cheese for a nutritious and filling snack.
- Try bagged "broccoli slaw," grated broccoli you can mix with a little low-fat dressing for a treat similar to cole slaw. Add a few raisins or some apple pieces.

*Quick Nibble:*

Americans eat 900% more broccoli than they did 25 years ago. In 1970, each American ate an average of only ½ pound of broccoli per year. Today, each American eats 4 ½ pounds per year.

For more nutrition information, contact your local Extension Office. Click here [www.oznet.ksu.edu/fnp/Staff/FNP\\_Counties.html](http://www.oznet.ksu.edu/fnp/Staff/FNP_Counties.html)

Funding provided by Food Assistance Program and the United Methodist Health Ministry Fund.  
Pick a **better** snack campaign developed by the Iowa Nutrition Network and Iowa Team Nutrition.

