



Pick a better snack - Strawberries Wash. Bite. How easy is that?

Strawberries make sweet, nutritious snacks you can take anywhere. They also make a tasty addition to any meal – morning, noon or night!

Strawberries are packed with nutrients. Did you know that one serving of strawberries has 160% of the vitamin C your body needs each day? That's more vitamin C than an orange. Strawberries are also high in folic acid and dietary fiber.



When choosing strawberries, look for fragrant fruit with a bright red sheen. Avoid strawberries with green or white color and those that appear mushy. Strawberries should be refrigerated. Wait to wash them until just before eating.

Wash. Bite. How easy is that?

Quick nibbles:

- Use the colors of the American flag as inspiration for a snack. Spread a graham cracker with non-fat whipped topping and top with strawberries and blueberries.
- Spread toast with low fat or fat-free cream cheese and add sliced strawberries for a quick snack.
- Combine strawberries and milk in a blender to make a smoothie.

Did you know? There are exactly 200 seeds on every strawberry.

For more information about fruits, vegetables and healthy eating, contact your local extension office.

The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, contact your local SRS Service Center or call 1-800-221-5689.



Pick a **better** snack campaign developed by the Iowa Nutrition Network and Iowa Team Nutrition. Contents of this publication may be freely reproduced for educational purposes. All other rights reserved. In each case, credit Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Associate Professor, Department of Human Nutrition, Kansas State University. May 2006. **Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, Kansas.** Kansas State University is an equal opportunity provider and employer. Kansas State University, County Extension Councils, Extension Districts, and the U.S. Department of Agriculture cooperating.

Fix It Fresh! Fruits and Vegetables Recipes Series Recipe Category: Side Dishes (Cold)





A child could wash the fruit and vegetables, tear the spinach, and shake the mixture

Fresh Fruity Spinach Salad

Yield: 2 servings

2 cups fresh spinach

1 cup fresh peaches or berries

1 minced green onion

1 tablespoon sugar

1/4 teaspoon Worcestershire sauce

2 teaspoons salad oil

2 teaspoons vinegar

- 1. Wash your hands and work area.
- 2. Rinse spinach and remove large tough stems. Drain. Tear leaves into small pieces. Place in a serving bowl.
- 3. Rinse peaches or berries. Slice into bite size pieces. Combine with spinach. Add onion.
- 4. Combine the remaining ingredients in a jar with a tight fitting lid. Shake well.
- 5. Pour dressing over spinach mixture. Toss. Serve cold.
- 6. Cover and refrigerate leftovers within 2 hours.

Original recipe from "Small Fruit Crops for the Backyard" University of Illinois Extension, www.urbanext.uiuc.edu

This tossed salad is high in vitamins A and C and is a good source of fiber. It is very low in sodium.

Nutrition Facts Serving Size 1 cup (139g) Servings Per Container 2			
Amount Per Serving			
Calories 110 Calories from Fat 45			
% Daily Value*			
Total Fat 4.5g			7%
Saturated Fa		3%	
Cholesterol 0mg			0%
Sodium 30mg			1%
Total Carbohydrate 18g 6%			
Dietary Fiber 3g			11%
Sugars 14g			
Protein 2g			
Vitamin A 50%	· •	Vitamii	n C 25%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500			
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber	Less than Less than Less than Less than e	65g 20g 300mg	80g 25g 300mg
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

1 carbohydrate choice per serving

Diabetic exchanges per serving: 1 fruit, 1/2 vegetable, and 1 fat

Recipe modified by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Assistant Professor, Department of Human Nutrition. **Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, KS.** Contents of this publication may be reproduced for educational purposes. All other rights reserved. For more information about healthy eating, contact your local extension office. Kansas State University is an equal opportunity provider and employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services (SRS).

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