
Banana in a Blanket

1 serving

- 1 (6-inch) whole wheat tortilla
 - 1 T. creamy peanut butter
 - 1 T. cereal, crunchy nugget type or other variety
 - 1 banana
 - 1 tsp. honey or maple syrup
1. Lay tortilla on a plate.
 2. Spread peanut butter evenly on the tortilla.
 3. Sprinkle cereal over peanut butter.
 4. Peel the banana and place on the tortilla.
 5. Drizzle honey or maple syrup on top.
 6. Roll the tortilla up.

Nutrition Information per Serving: Calories 330, Total Fat 9 g (14% DV), Saturated Fat 1.5 g (9% DV), Cholesterol 0 mg (0% DV), Sodium 300 mg (12% DV), Total Carbohydrate 64 g (21% DV), Dietary Fiber 7 g (30% DV), Sugars 29 g, Protein 9 g, Vitamin A 2%, Vitamin C 15%, Calcium 2%, Iron 20%.

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Nebraska ranks 44th out of 51 states/DC for fruit and vegetable consumption.

(Source: 2005 BRFSS)

In an effort to improve this statistic, the Community Nutrition Partnership Council (CNPC) is promoting the *Pick a Better Snack* campaign to increase fruit and vegetable consumption in Nebraska. This campaign was originally developed by Iowa, but was adapted by CNPC to meet our needs in Nebraska. CNPC is comprised of nutrition professionals throughout the state of Nebraska that are interested in improving the health of Nebraskans with limited resources. With your help we hope to reach more people with our message and increase the amount of fruits and vegetables Nebraskans consume.



Source: <http://www.fruitsandveggiesmatter.gov>

Funded by USDA Food and Nutrition Service and Nebraska Health and Human Services System 2007.

THE WHITE GROUP



Eating a wide variety of fruits and vegetables from the **WHITE** group may help lower the risk of some cancers, may help improve heart health and may help to maintain cholesterol levels that are already at a healthy level!

WHITE Fruits

- Bananas
- Brown Pears
- Cherimoyas
- Dates
- White Nectarines
- White Peaches



WHITE Vegetables



- Cauliflower
- Garlic
- Ginger
- Jerusalem Artichokes
- Jicama
- Kohlrabi
- Mushrooms
- Onions
- Parsnips
- Potatoes
- Shallots
- Turnips
- White Corn

WHITE Beans & Peas

- Black-Eyed Peas
- Brown Lentils
- Garbanzo Beans
- Great Northern Beans
- Navy Beans
- Soybeans
- White Beans

