



# Sound Bites

*Solid nutritional tidbits and teasers,  
words of encouragement, & gentle reminders*



## Romantic Finger Foods

- Pear, grape, and cucumber salad
- Grilled peppers and apples

## Watermelon



- 92% Water
- No fat, no cholesterol
- High fiber, high in Vitamin A, C
- Good source of potassium.

Use the “thump test” (with thumb and middle finger) to choose one that is just right.

*And we have the word of the prophets made more certain, and you will do well to pay attention to it, as to a light shining in a dark place, until the day dawns and the morning star rises in your hearts.*

*-2 Peter 1:19*

## Apples

### Red Delicious

Has five bumps on blossom end. Sweet, crisp, juicy, low-acid, tasty eaten raw; not for cooking.

### Golden Delicious

Full, round, all purpose, crisp, sweet & juicy.

### Jonathan

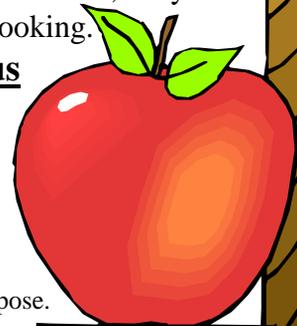
Crisp, juicy, aromatic, moderately tart, all-purpose.

### Winesap

Solid, deep red, tastes winey and tart.

### Rome Beauty

Mild flavor, better for cooking.



## Simple & Good Ideas

### Corn on the cob

Try it raw. Really!

### New Potatoes

Parboil in skins & skewer for grill



**Clip and retain for future needs:**

*Morning By Morning, Inc.*

Nutrition & Healthy Lifestyle  
Counseling, Coaching, Nutritional Therapy



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