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# NUTRITION AND YOU...MELONS

## FOOD FOR THOUGHT

Did you know that melons are in the same gourd family as squashes and cucumbers? The difference is in the way they are used. Melons are considered a fruit because of their sweet flavor, while squashes are considered a savory vegetable. Countless varieties of melons exist, with cantaloupe, honeydew, and watermelon being the most common. Melons make the perfect snack or dessert because of their sweet and juicy flavor.

## SHOP SMART

Melons are available year-round in most grocery stores, but are in season in Ohio from July until September. When shopping for melons, choose regularly shaped fruit-round, oval or oblong-that is free of cracks, soft spots, or dark bruises. Although it is not always possible to tell if a melon is ripe, two clues are a slight softness to the rind, and a full, fruity fragrance. Melons may become softer if left to ripen, but will not become sweeter once picked.

## EAT HEALTHY

### Melons are:

- A good source of Vitamin A (cantaloupe)
- A good source of Vitamin C
- A good source of Potassium
- Cholesterol free
- Low in sodium, fat, and calories



*Note: 1 cup of melon juice pieces provides one cup of your daily fruit requirement.*

## KEEP IT SAFE

These food safety tips will help protect you and your family:

- Wash hands for 20 seconds with warm water and soap before and after preparing food.
- Store uncut melons at room temperature for up to 3 days if they need to ripen.
- Scrub and rinse melons thoroughly under cool, running water before peeling or cutting.
- Cut up only as much as you plan to eat.
- Cover the cut end of any leftover melon and store in the refrigerator.
- Cut off and discard  $\frac{1}{4}$  inch of the cut end of the melon before using.

Your Local Story here:

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**THE OHIO STATE UNIVERSITY**

COLLEGE OF FOOD, AGRICULTURAL,  
AND ENVIRONMENTAL SCIENCES

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# RECIPE

## Honeydew Summer Salad Wedges

### Ingredients:

- 1 honeydew melon
- 1 package (3 oz.) gelatin, lemon flavored
- ½ cup boiling water
- ½ cup cold water
- Ice cubes
- 1 cup strawberries

### Instructions:

1. Cut melon in half and scoop out seeds
2. Pat inside of melon dry using paper towels
3. Dissolve gelatin in boiling water
4. Combine ice water and ice cubes to make 1 cup
5. Add to gelatin and stir until thickened.
6. Remove an un-melted ice
7. Place each melon half in a small bowl to hold straight and firm.
8. Place half of strawberries in each melon half

### Nutrition Facts – Apple Salad

Cost: Per Recipe: \$ 2.06                      Per Serving: \$ 0.26

Serving Size: ½ cup (1/8 of recipe)

Calories: 110                                      Calories from Fat: 50

Per Serving	% Daily Value*
Total Fat – 6 g	9%
Saturated Fat – 0.5 g	3%
Dietary Fiber – 2 g	8%
Sodium – 45 mg	2%
Sugars – 11 g	
Protein – 2 g	

\*Percent daily value  
Based on a 2,000  
calorie diet. Your  
daily values may  
be higher or lower  
depending on your  
caloric needs.

9. Pour gelatin mixture over berries
10. Cover with plastic wrap and chill until firm, about 3 hours.
11. To serve cut into wedges.

## FOCUS ON FITNESS

Get off the bus stop early and walk or skate the rest of the way.

## REMEMBER:

Eating a diet rich in fruits and vegetables as part of an overall healthy diet may reduce risk for heart disease, including heart attack and stroke.



## REFERENCES

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