

Watermelon, cantaloupe and honeydew melon are rich in vitamin C. Daily values (DV) of vitamin C per 1 cup of melon:

- Cantaloupe: Nearly 100% DV.
- Honeydew: 50% DV.
- Watermelon: 20% DV.

Melons also contain phytonutrients called carotenoids. Carotenoids are responsible for the red, orange and yellow colors of fruits and vegetables, and are also thought to offer health benefits. Melons with darker-colored flesh indicate more carotenoids. Honeydew and cantaloupe also contain potassium and folate.

HOW THEY IMPROVE HEALTH

- Vitamin C may reduce the risk of arteriosclerosis, cardiovascular disease and some cancers.
- Carotenoids act as antioxidants in the body and can reduce inflammation, possibly reducing risk of certain cancers and cardiovascular disease.

Farm to Health Series

MAXIMIZE YOUR
NUTRIENTS FROM:

MELONS



Recipe
on Back!

NUTRIENT AND PHYTONUTRIENT CHANGES

- Melons have the most nutrients overall when picked fully ripe. This prevents losses of vitamin C and carotenoids while waiting to ripen. Melons should be consumed within 5-7 days of bringing them home.
- Store melons whole and slightly below room temperature to maintain maximum vitamin C. Storing melons cut-up causes decreases in vitamin C and carotenoids.
- Freezing melons preserves vitamin C but causes losses of other vitamins and phytonutrients.

This information is not meant to diagnose, treat, cure, or prevent any disease. This project is made possible by funding through OSU CARES - an initiative of OSU Extension and the Ohio State University to expand faculty, staff and student partnerships with communities throughout Ohio.

Recipe: Melon Salad

(Reprinted with permission from the American Institute for Cancer Research, www.aicr.org)

To maximize nutrients and phytonutrients, this recipe uses a variety of fresh, ripe melons. The salad should be consumed soon after cutting the melons.

Ingredients:

- 1 lb. ripe watermelon
- 1/2 lb. ripe honeydew melon
- 1/2 lb. ripe cantaloupe
- 4 Tbsp. diced feta cheese
- 2 Tbsp. finely chopped mint leaves
- Juice of 1-2 limes
- Salt and pepper to taste, if desired
- Whole sprigs of mint leaves for garnish (optional)

Makes 6 servings. Per serving:

69 calories, 2 g total fat (1 g saturated fat), 13 g carbohydrate, 2 g protein, 1 g dietary fiber, 82 mg sodium, vitamin A (35% DV), vitamin C (46% DV), folate (5% DV), vitamin B6 (7% DV), potassium (8% DV), 20 mg lycopene

Directions:

- Seed the melons and cut into bite-sized pieces. Arrange them on a platter or 6 salad plates. Sprinkle with the feta and chopped mint. Season with lime juice and, if desired, a pinch of salt and pepper to taste. If using, garnish with sprigs of mint.



For more information or how to maximize nutrients in other fruits and vegetables, see <http://localfoods.osu.edu/maximizenutrients>.



OTHER FOOD SOURCES OF KEY NUTRIENTS AND PHYTONUTRIENTS:

Lycopene

Tomatoes

Red Grapefruit

Vitamin C

Bell Peppers

Strawberries

Broccoli



THE OHIO STATE UNIVERSITY

OSU EXTENSION
OSU AGRICULTURAL RESEARCH AND DEVELOPMENT CENTER
CENTER FOR ADVANCED FUNCTIONAL FOODS RESEARCH & ENTREPRENEURSHIP
OSU WEXNER MEDICAL CENTER