

SUPERFOOD OF THE MONTH

By Lisa Bombela-Comuzzie, Clinical Nutrition Manager

June Superfood: Melons

A one-cup serving of cantaloupe has only 53 calories, but it contains 106% daily value of Vitamin A and 95% of vitamin C. It's also a good source of potassium and folate. A cup of honeydew has 60 calories, 51% vitamin C daily value and 11% of potassium. Honeydew also contains some fiber, folate and vitamin B6.

Watermelon contains the least number of calories, coming in at 46 calories per one-cup serving. However, it's loaded with the antioxidant lycopene, which is linked to decreased risk of cancer, heart disease and age-related eye disorders, and contains a good amount of vitamin A, vitamin C and potassium.

Because melons have such a high-water content and also contain potassium, they're fantastic choices for helping maintain healthy blood pressure levels.



MELON FACTS

Cantaloupe and honeydew melons belong to the muskmelon family. These melons first grew in the Middle East, and there are many different varieties. Watermelon originated in Africa and has over 1,200 different varieties. You may have seen yellow and seedless watermelons in stores recently.

TRY INTRODUCING MELON INTO A VARIETY OF FOODS

Use melons to infuse water. Infused water serves as a delicious summertime beverage that contains no added sugar.

Create a melon smoothie. Since their flavor is mild, they make a great smoothie and pair nicely with other fruits.

Add watermelon and mint to your Caprese salad. Try the classic Italian pairing of melon with prosciutto. Wrap the prosciutto around cantaloupe or top a salad with both.

Add it to your favorite salsa.

FRESH FRUIT SMOOTHIE RECIPE

Servings: 4

- 1 cup fresh pineapple
- 1/2 cup cantaloupe or other melon
- 1 cup fresh strawberries
- Juice of 2 oranges
- 1 cup water
- 1 tablespoon honey

Remove rind from pineapple and melon. Cut into chunks. Remove stems from strawberries. You may want to refrigerate ingredients now to save until later. When you're ready to serve, place all ingredients in blender and puree until smooth. Serve cold.

Nutritional information per 1-cup (8-ounce) serving:

72 calories;

17 g total carbohydrates;

1 g dietary fiber;

8 mg sodium;

total fat 0 g (0 g saturated fat, trans fat 0 g);

monounsaturated fat 0 g 0 g cholesterol,

1 g protein,

4 g added sugar.

