

# Pick a **better snack**<sup>™</sup> – THE COLOR WAY

## HONEYDEW MELON

*Wash. Cut. Remove seeds. Eat. How easy is that?*



Honeydew melon has a creamy-white rind that ripens to creamy yellow. The flesh is pale green, but there is also a variety with orange flesh and salmon colored rind. A ripe honeydew is the sweetest of all melons. Methods such as thumping and shaking are not accurate indicators of ripeness. Ripe honeydew melons are characterized by a slightly soft blossom end. You can improve the eating quality of uncut melons by leaving them at room temperature for 2-4 days. Once cut, a melon should be eaten within 2 days.

## HONEYDEW ICE

6 cups honeydew melon, cubed  
½ cup white grape juice concentrate  
½ cup water

Freeze cubed melon until firm, but not solid (about 3-4 hours). Combine melon, partially thawed grape juice and water in a blender. Serve immediately.

*Adapted from Family Fun Super Snacks, ISBN-0-7868-5424-3*

Include **GREEN** fruits and vegetables in your low-fat diet to maintain:

- Vision health
- A lower risk of some cancers
- Strong bones and teeth

Pick a **better snack**<sup>™</sup> was developed in partnership with the Iowa Nutrition Network, Iowa State University Extension, and the USDA's Food Stamp Program and Team Nutrition - equal opportunity providers and employers. For more information, visit the Iowa Department of Public Health web site [www.idph.state.ia.us/pickabetersnack](http://www.idph.state.ia.us/pickabetersnack) or Iowa State University Extension web site [www.extension.iastate.edu/food](http://www.extension.iastate.edu/food). For more information about 5 A Day the Color Way<sup>™</sup>, visit [www.5aday.com](http://www.5aday.com).