

Pick a **better snack**[™] – THE COLOR WAY

WATERMELON

Wash. Cut. Eat. How easy is that?



This red fruit is over 90 percent water and rich in lycopene, an antioxidant that make help protect against cancer. Select a melon with a rind that is neither too shiny nor very dull, but does have a waxy bloom. The underside should have a creamy-white spot where it sat on the ground to ripen in the sun. At harvest, the white should be a creamy-yellow. If the stem is still attached, it should look dry and brown. If it is green, the melon was harvested too soon; no stem may mean the fruit is overripe.

Watermelon may be stored uncut at room temperature for up to one week. Allow 8 to 12 hours to chill a whole watermelon. Be sure to rinse the watermelon in cold running water before cutting. Once cut, watermelon should be refrigerated.

WATERMELON HOT BITES (MAKES 6 SERVINGS)

1 cup lime juice

½ teaspoon salt

¼ teaspoon hot-pepper sauce, or to taste

6 cups cubed seeded watermelon

In a small bowl suitable for dipping, stir together lime juice, salt and hot-pepper sauce; adjust seasonings to taste. Place bowl in center of large platter; arrange watermelon around bowl. Serve with wooden picks. Makes

Source: National Watermelon Promotion Board

WATER-MOO-LON DRINK (MAKES 1 serving)

1 cup cubed and seeded watermelon

1 cup low-fat vanilla yogurt

½ cup sugar free lemon-lime soda

In a blender, combine melon and yogurt until smooth. Add soda just before serving.

Include a variety of **RED** fruits and vegetables in your low-fat diet to help maintain:

- A healthy heart
- Memory function
- A lower risk of some cancers
- Urinary tract health

Including **YELLOW/ORANGE** fruits and vegetables in your low-fat diet helps maintain:

- A healthy heart
- A healthy immune system
- Vision health
- A lower risk of some cancers

Pick a **better snack**[™] 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 or Iowa State University Extension web site www.extension.iastate.edu/food. For more information about *5 A Day the Color Way*[™], visit www.5aday.com.