



Mmmm...It's time for melons!



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'Tis the Season!

One of the truly wonderful things about living in Oklahoma is eating sun-ripened *melon!* There's just nothing like a cool slice of melon on a hot summer day. From a nutrition standpoint—melons provide many important nutrients, such as potassium and vitamin C. All melons are fat-free and extremely low in sodium. One cup of diced melon (watermelon, cantaloupe or honeydew—take your pick) is only 50-60 calories, or 10-11 calories per ounce. What a great deal! Even if you went crazy and ate 2 pounds—that's only 350 calories, or less than one (2 ¼ oz) bag of Fritos!



One Hardee's Double-Bacon-Cheese-ThickBurger has the same number of calories as TEN pounds of watermelon!

(WARNING: Eating an entire watermelon could give you a horrible bellyache!)

Still, it's something to think about! "Volumetrics" is a popular diet strategy focusing on eating bulky foods (like watermelon) instead of rich foods (like double-meat burgers) so you will "feel full."

Are you a "thumper"?pincher? poker? squeezer? roller?
Picking the right melon isn't as tricky as many people make it.

Three simple rules:



1. Choose a firm, *symmetrical* shape that is free of bruises, cuts and dents.
2. Lift it up. The melon should be *heavy* for its size. (Afterall, melons are 92% water!)
3. Turn it over. There should be a *creamy yellow spot* from where it sat on the ground and ripened in the sun.

Always wash melon to remove dirt and germs. Use a clean cutting board and knives. Cross-contamination is very dangerous since melons are not going to be cooked. NEVER use a cutting board or utensils that have touched raw meat, poultry or other perishable foods before cutting produce!

