



Honeydew Melon, Fresh

MyPlate Food Group: **Fruit**



Nutrition Information

- 1 cup of fresh honeydew melon counts as 1 cup of fruit in the ChooseMyPlate.gov Fruit group.
- Honeydew melons are naturally low in fat, sodium, and calories. Honeydew melons do not have cholesterol.
- Honeydew melons contain many vitamins and minerals that are important for your body, including vitamin C and potassium.

Uses and Tips

- Cut-up honeydew melon makes a great snack any time of the day.
- Honeydew melon has a hard, outer rind which should be removed before eating.
- Fresh honeydew melon does not need to be cooked or heated. Before eating, rinse honeydew melon before you cut it, and enjoy.
- Fresh honeydew melon can be used to add sweetness to other foods. For example, it can be added to plain yogurt or oatmeal.
- Try adding thin slices of honeydew melon to replace jam on a peanut butter sandwich or to replace syrup on pancakes and waffles.
- When honeydew melons are in season they are at their peak flavor and may be less expensive.

Storing Foods at Home

- Do not wash honeydew melon until ready to eat.
- Store whole honeydew melons at room temperature. Once cut, store honeydew melon in the refrigerator in a tightly sealed container.

MyPlate Facts

- Fiber from fruit helps to keep your heart healthy and reduce cholesterol.
- Fiber is important for bowel function and helps prevent constipation.
- Eating a diet full of fruits and vegetables may reduce the risk for heart disease and may help prevent some cancers.
- All forms of fruit count as part of the Fruit Group. Fruits can be fresh, canned, frozen, or dried!



USDA Foods

Melon Cooler

Makes 3 servings

Ingredients:

2 cups honeydew or cantaloupe, cubed

1 cup low-fat yogurt

1 cup orange juice

Directions: Wash hands with soap and water.

1. Blend all ingredients in a blender until smooth.
2. Pour cooler into three cups and serve immediately.

Recipe adapted from FoodHero.org

Melon Kabobs

Makes 6 servings

Ingredients:

1 cup cantaloupe, cut in 1-inch cubes

1 cup honeydew melon, cut in 1-inch cubes

1 cup watermelon, cut in 1-inch cubes, remove seeds

1 cup low-fat or fat-free yogurt, vanilla or fruit-flavored, for dipping or drizzling

12 wooden craft sticks

Directions: Wash hands with soap and water.

1. Wash melons under cool running tap water. Scrub outside of melons with clean vegetable brush and rinse. Cut open and remove seeds of cantaloupe and honeydew melons. Cut melon flesh from rind and remove any bruised or damaged areas. Cut into 1-inch cubes.
2. Press wooden stick through center of a piece of cantaloupe, leaving 1-inch of stick bare for a handle at one end. Add a piece of watermelon then a piece of honeydew melon.
3. Repeat this pattern until wooden stick is full.
4. Refrigerate or serve immediately. Offer yogurt as sauce for dipping kabobs.

Recipe adapted from University of Maryland Extension