



Apples

Nutritional Information



General Information:

The optimal season for apples is fall, however they are available in stores year-round. Apples grow on a tree and are usually green or red in color. They are a great, sweet snack that travels well due to its shiny, firm skin. They are one of the most popular fruits with the average American eating around 120 apples per year. There are around 2,500 types of apples grown in the US. Apples are used to make a variety of common items including apple juice, apple sauce, jellies, and pies. Some common types of apple include Red Delicious, Fuji, Gala and Granny Smith.

Purchasing:

Choose apples that have shiny skin, free from spots or discoloration. They should feel firm with no soft spots. The skin should be intact with no depressions or cuts.

Storing:

Apples are best stored in the vegetable bin of your refrigerator in an open plastic bag. If apples are under-ripe when you purchase them, leave them on the counter for a couple of days before transferring to the refrigerator. They can last up to 6 weeks in the refrigerator, but should be checked regularly for signs of decay.

Nutritional Content:

Apples contain no saturated fat or cholesterol and almost no sodium. They are a great source of fiber and antioxidants. Leave the skin on apples to ensure that you get the most out of the fiber.

*Enjoy apples on their own, chopped and dipped in yogurt or in salads.
Ensure that you wash apples well before eating them.*



Sources:

<http://www.eatright.org>

<http://nutritiondata.self.com>

<http://www.bing.com/images>

<http://www.fruitsandveggiesmatter.gov/month/apple.html>

Note: nutritional information may vary based on variety, ripeness and serving size.

*Developed by Leanne McKenzie, APD. In support of YMCA of Honolulu's Food and Fun Program, 2011
Reviewed and revised by Carolyn Donohoe Mather, MAS, RD, IBCLC, 2012.*



Avocado

Nutritional Information



General Information:

Avocado is a type of fruit that grows on a tree and has a yellowish, buttery flesh with a smooth, rich taste. Avocados have a purplish, black, or green pebbly skin with a large single seed in the centre. A single tree can produce over 400 avocados in a year, with California being the largest producer in the US. There are over 80 types of avocado crops with the most popular being the Hass variety.

Purchasing:

Choose avocados that are firm but give a little to gentle pressure. This means they are ripe and ready for use. Avoid avocados that are too hard or very soft as they are under- or over- ripe. Look for avocados free from spots, cracks or openings in the skin.

Storing:

If avocados are under-ripe, store them on the counter for a few days. To speed up the process, place them in a paper bag for a couple of days. Once ripe, store in the refrigerator in the vegetable bin. They will last several days this way. Once cut, avocado is best stored in a sealed container or Ziploc bag and used within a couple of days. It will start to turn brown once cut so add a little lemon juice to avoid discoloration in dishes.

Nutritional Content:

Avocados contain almost no sodium or cholesterol and are low in saturated fat. They are high in monounsaturated fat which is important for good heart health. They also contain folate, potassium, soluble fiber and Vitamins E, C and B6.

*Avocados are great spread on sandwiches instead of butter or margarine.
They're also a delicious addition to salads, salsa, or atop meats.*



Sources:

<http://www.eatright.org>

<http://www.bing.com/images>

<http://nutritiondata.self.com>

<http://www.fruitsandveggiesmatter.gov/month/avocado.html>

Note: nutritional information may vary based on variety, ripeness and serving size.

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Bananas

Nutritional Information



General Information:

Bananas are a great, portable fruit. They have a naturally thick skin, which makes them easy to keep fresh. Bananas are perfect for taking to sports events as a snack or packing in a school lunch box.

Purchasing:

Bananas are available in stores year round and should be purchased slightly green, firm, and without bruises. The most common type is the yellow banana. Other varieties include red bananas, burro bananas, plantains, and Lady Fingers.

Storing:

Unripe bananas should not be stored in the refrigerator as this will stop them ripening. Bananas should ripen at room temperature to a sunny yellow color. They will ripen faster in hot and dark places.

Once bananas are ripe, they can be refrigerated for up to two weeks. If bananas turn mushy, they can be peeled, cut into chunks, placed in a zip-lock bag and kept in the freezer. These are great to use in smoothies, baking or making fruit sauces.

Nutritional Content

Bananas have no saturated fat or cholesterol and contain almost no sodium. They are a high source of potassium, but also contain a significant amount of vitamin C, vitamin B6, and manganese. A medium banana has around three grams of fiber and is an excellent source of carbohydrate.

Bananas are great by themselves, sliced on cereal, with peanut butter on toast, in a smoothie, or in banana bread.



Sources:

<http://www.eatright.org>

<http://nutritiondata.self.com>

<http://www.bing.com/images>

<http://www.banana.com>

Note: nutritional information may vary based on variety, ripeness and serving size.



Berries

Nutritional Information



Berries are a great nutritious and delicious snack. They are very versatile and can be enjoyed in many recipes or on their own. The two most commonly eaten berries in the USA are the blueberry and the strawberry.

General Information:

Blueberries are a small deep blue berry coming from a flowering bush. They are available year -round but their peak season is around July. Most blueberries in the USA are grown in Michigan, New Jersey, Oregon, North Carolina, Georgia, and Washington.

Strawberries are grown year-round. They are bright red in color with a sweet, succulent flavor. The USA is the largest producer of strawberries world wide.

Nutrition Information:

Blueberries are among the fruits with the highest amounts of antioxidants. Blueberries are a good source of Vitamins C and K. They are virtually fat-free and cholesterol free, containing almost no sodium. They are also a good source of manganese.

Strawberries are also a great source of antioxidants, high in Vitamin C. They are a good source of fiber, folate, and manganese. Strawberries are also virtually fat-free and cholesterol free and contain no sodium.

Purchasing:

Blueberries should be firm, dry, plump, smooth-skinned, with a silvery surface bloom, and free from leaves and stems. Refrigerate fresh blueberries in their original package or in a covered bowl or storage container. Use fresh berries within 10 days of purchase and wash them just before use.

Strawberries should be bright red in color with a natural shine and a fresh-looking green top. Store in the refrigerator, leaving the green tops on, in their original package or in a covered container. Keep berries away from moisture. Wash strawberries before eating.

Sources:

<http://www.eatright.org>
<http://nutritiondata.self.com>
<http://www.bing.com/images>
<http://www.fruitsandveggiesmatter.gov/month/berries.html>
<http://www.bing.com/images/>



Note: nutritional information may vary based on variety, ripeness and serving size.



Dates

Nutritional Information



General Information:

Dates are a sweet fruit that grow on a palm tree known as the date palm. They were originally eaten in the Middle East many thousands of years ago and still hold special significance in some cultures from that region. Dates are a small brown colored fruit with a smooth skin, measuring around one inch long. They contain a seed in the centre which is often removed via 'pitting'. They are commonly eaten partially dried but can also be eaten fresh. Dates come in numerous varieties and can vary slightly in color and shape. Some dried dates are glazed with glucose syrup to extend their shelf life.

Purchasing:

Dates are available in all supermarkets in the dried fruit section. Occasionally the fresh produce section or a farmers market will have fresh dates available. Choose dried dates that have no added sugar.

Storing:

Store dried dates in a sealed, air tight container in the pantry. They can also be stored in the refrigerator if preferred. In the pantry, dried dates will last around one month. Storage time will vary depending on the type of processing, so look at the package for more specific details on the appropriate length of storage.

Nutritional Content:

Dates contain little sodium and no cholesterol or saturated fat. They are a good source of fiber and also contain Vitamin B6, magnesium, potassium, and copper.

Dates are a great snack that can also be added to cereal, baking, and salads.



Sources:

<http://www.bing.com/images>

<http://nutritiondata.self.com>

http://www.fruitsandveggiesmatter.gov/month/dried_fruit.html

[http://en.wikipedia.org/wiki/Date_\(fruit\)](http://en.wikipedia.org/wiki/Date_(fruit))

Note: nutritional information may vary based on variety, ripeness and serving size.

*Developed by Leanne McKenzie, APD. In support of YMCA of Honolulu's Food and Fun Program, 2011
Reviewed by Alice Toguchi-Matsuo, R.D., 2012.*



Dried Fruit

Nutritional Information



General Information:

Dried fruit was initially made by using the sun to dry out pieces of fresh fruit. Drying is one of the oldest methods of preserving foods and has progressed today to include many different methods. There are three common ways of drying fruit: using the sun (solar), using an oven, or using a dehydrator. Some of the easiest fruits to dry include apples, berries, peaches, apricots, and pears, but most fruits can be dried successfully. Some vegetables are also great for drying.

Purchasing:

If making your own dried fruit, choose fruit that is still fresh and slice it around $\frac{1}{8}$ to $\frac{1}{2}$ inch in thickness. Dipping the fruit in diluted citrus juice like lemon juice will help stop the fruit from browning during drying.

Many types of dried fruit are available from the supermarket. Some brands are mixed with nuts or other fruits while others contain just one type. When purchasing, look for one that has no added sugar, oils, or sodium. Some dried fruits also contain the preservative sulfite which can cause an allergic reaction in some people.

Storing:

All dried fruit should be stored in an airtight container in the pantry. It can also be stored in a container in the refrigerator if you would prefer. The shelf-life of dried fruit varies but is usually over a month and even up to a year for some types. Look at the 'best by' date on the package for an accurate date.

Nutritional Content:

Dried fruit contains no cholesterol or saturated fat and minimal sodium. It is really high in fiber and may also contain other nutrients such as Vitamins A & C, depending upon the type of fruit used.

Dried fruit is more concentrated than fresh fruit, so for a serving, half a cup of dried fruit is equal to one cup of fresh fruit.



Sources:

<http://www.bing.com/images>

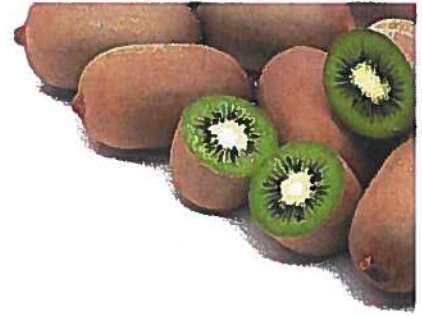
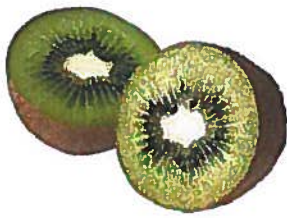
<http://nutritiondata.seff.com>

http://www.fruitsandveggiesmatter.gov/month/dried_fruit.html

<http://www.eatright.org>

Note: nutritional information may vary based on variety, ripeness and serving size.

Developed by Leanne McKenzie, APD. In support of YMCA of Honolulu's Food and Fun Program, 2011
Reviewed by Alice Toguchi-Matsuo, R.D., 2012.



Kiwi

Nutritional Information

General Information:

Kiwi fruit is a small brown fruit a little larger than an egg, with delicious, tangy green flesh. The kiwi was previously known as the Chinese gooseberry. It was later named 'kiwi' after the brown, furry outside that resembled the national bird of New Zealand, the Kiwi bird.

Purchasing:

Kiwi fruit are available almost year-round. When purchasing, look for firm, unblemished fruit. Size isn't important; smaller kiwi have just as much flavor as the larger ones.

To know if a kiwi is ripe, press the outside of the fruit with your thumb. If it gives to slight pressure, it's ready to eat. If it doesn't give to pressure, it needs a few more days to ripen out of the refrigerator.

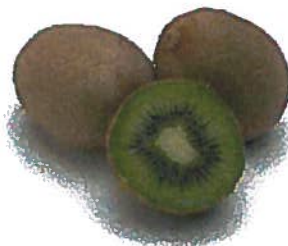
Storing:

Kiwis are best stored whole in the refrigerator. They can be stored in your refrigerator for up to three weeks. They will also last for several days at room temperature.

Nutritional Content:

Kiwi fruit contains no saturated fat or cholesterol and almost no sodium. They are also a great source of fiber and potassium. Kiwis are high in Vitamin C and Vitamin K.

*Kiwi fruits are great by themselves, cut in half and eaten with a spoon,
or sliced and added to salads and desserts.
The skin is also safe to eat – just be sure to rinse well.*



Sources:

<http://www.eatright.org>
<http://nutritiondata.self.com>
<http://www.bing.com/images>
<http://www.kiwifruit.org>

Note: nutritional information may vary based on variety, ripeness and serving size.

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Reviewed by Alice Toguchi-Matsuo, R.D., 2012.*



Mangoes – Nutritional Information



General info:

Mangoes are a tropical fruit that grows on a large evergreen tree. The trees can grow up to 90 feet in height and take around 5 years to produce fruit. Originally, mangoes came from Southeast Asia and India but are now commonly enjoyed in the US. In Hawaii, mangoes are usually available in summer time. Some people have their own tree or you can purchase mangoes at farmer's markets across the island. Mangoes have a delicious yellow to deep orange flesh with a sweet tropical flavor, some where between a pineapple and a peach. Their skin color and size will vary pending variety, from green to red, weighing a few ounces up to a few pounds. Discard the skin and the large seed in the center when eating a mango.

Purchasing:

Choose plump mangoes that have a sweet, fruity aroma. The skin should be free from cracks, bruises or shriveling. When ripe, a mango should be slightly soft and should yield to gentle pressure. Mangoes will ripen at room temperature out of the fridge if purchased under ripe.

Storing:

Mangoes can be stored at room temperature until ripe, but will then keep longer if placed in the refrigerator. In the fridge, whole mangoes can last up to two weeks. Once cut, you can store mango slices in a zip lock bag or air tight container for around three days in the fridge.

Nutritional content:

Mangoes contain almost no sodium, cholesterol or saturated fat. They are high in vitamins A, B6, C and E and are also a good source of fiber and beta carotene.

Mango is great on its own, or added to salads or salsa. You can also puree mango for a delicious dessert or yogurt topping.

Sources:

<http://www.bing.com/images>

<http://nutritiondata.self.com>

<http://www.fruitsandveggiesmatter.gov/month/mango.html>

<http://beatofhawaii.com/guide-to-hawais-fantastic-summer-fruits/>

<http://www.eatright.org>

Note: nutritional information may vary based on variety, ripeness and serving size.





Oranges

Nutritional Information



General Information:

Oranges, as the name suggests, are an orange-colored, round fruit. They are technically in the berry family and grow on a tree. Oranges are available year-round with the largest producer being Florida. Oranges are a citrus fruit with sweet, tangy flesh that is divided into segments. They are commonly used to produce orange juice, but the juice isn't nearly as nutritious as the whole fruit. There are numerous varieties of oranges, including sweet, sour, the Mandarin orange, and the tangerine.

Purchasing:

Choose oranges that are firm and heavy for their size. The skin should have a fine texture and be free from bruises, wrinkles, mould or discoloration. Some skin scarring is okay and shouldn't affect the quality of the fruit. Ripe oranges will have a nice citrus aroma. The color of the skin isn't the best guide for ripeness as some varieties will still have greenish skin when ripe.

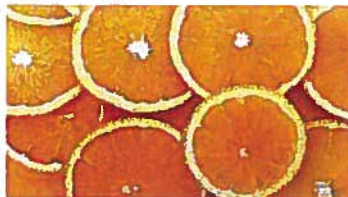
Storing:

Oranges can be stored at room temperature or in the refrigerator. They will last for around 2 weeks and don't need to be placed in a bag or container.

Nutritional Content:

Oranges contain no sodium, cholesterol, or saturated fat. They are really high in Vitamin C, which may help boost your immunity. A large orange is a good source of fiber, potassium, thiamin, and folate.

*Oranges are a great snack for the lunch box, because their tough peel protects the delicious fruit inside.
Try them in salads to provide some tang and sweetness.*



Sources:

<http://www.bing.com/images>

<http://nutritiondata.self.com>

<http://www.fruitsandvegsmatter.gov/month/oranges.html>

<http://www.eatright.org>

Note: nutritional information may vary based on variety, ripeness and serving size.

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Reviewed by Alice Toguchi-Matsuo, R.D., 2012.*



Papaya

Nutritional Information



General Information:

Papaya is also known as Paw Paw, Mamao, or Tree Melon. The small papaya tree grows really well in tropical climates. Papaya can be found all over Hawaii. The fruit has an orange flesh with small black seeds. The flesh is sweet with a slight musky flavor and a soft buttery consistency. The fruit can be either spherical or pear shaped and can grow as large as 20 inches long.

Purchasing:

Choose papayas with a golden orange skin and a sweet smell. They can also be purchased slightly green and allowed to ripen on the counter. They are ready to eat when the skin turns orange as is soft to touch. Papayas that are too soft with lots of black spots or bruises are over-ripe and won't be as delicious. A few small black spots on the skin is okay.

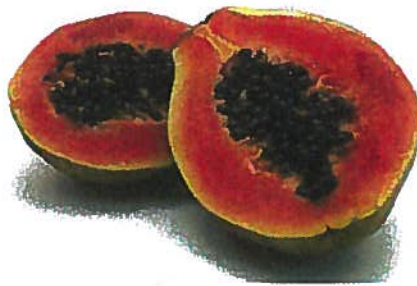
Storing:

Papayas are best stored in the refrigerator either whole or chopped up in a sealed container. They are best consumed within a few days once fully ripe for the best flavor.

Nutritional Content:

Papayas contain no saturated fat or cholesterol and almost no sodium. Papayas are high in vitamin A, vitamin C, and folate. They are also a good source of fiber.

*Papayas are delicious by themselves or in many recipes.
Try them in salsas and smoothies.
The black seeds are also safe to eat and have a peppery flavor.*



Sources:

<http://www.eatright.org>
<http://nutritiondata.self.com>
<http://www.bing.com/images>
<http://www.whfoods.com>

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Peaches

Nutritional Information



General Information:

Peaches are a type of 'stone' fruit named so due to the stone shaped seed in the middle of the fruit. They are either classified as 'freestone' or 'clingstone,' depending on if the seed is attached to the flesh (clingstone) or will come away easily (freestone). Freestone peaches are commonly eaten fresh while clingstones are often saved for canning. Both are equally as delicious and have either white or yellow flesh determined by their variety. The skin is slightly furry but is safe and nutritious to eat, while the flesh is sweet and tart. White flesh peaches are slightly sweeter than the yellow flesh varieties. Peaches grow on a small tree and are usually reddish-orange or yellow in color. Their peak season is from April to July, however peaches are available in stores year-round.

Purchasing:

Choose fresh peaches that are fragrant and soft to the touch. The skin should be free from bruises, shriveling or mold. When ripe, peaches will give slightly to gentle pressure. If purchasing canned peaches, choose those that have no added sugar or packaged in their own juice.

Storing:

Ripe peaches can be stored in the fruit and vegetable bin of the refrigerator for about one week. They will not continue to ripen once in the refrigerator, so place under-ripe peaches in a paper bag on the counter out of direct sunlight until ripe. This will take around 1 to 3 days or less if you place an apple in the bag with the peaches to quicken ripening. If purchasing canned peaches, once open, remove the peaches from the can in to an airtight container and store in the refrigerator. Follow the manufacturer's recommendation for storage times.

Nutritional Content:

Peaches contain no sodium, cholesterol, or saturated fat. They are a good source of fiber, potassium, Vitamin A, and Vitamin C.

*Peaches are great as a snack or grilled and added to salads or desserts.
You can also stew ripe peaches to avoid wastage.*



Sources:

<http://www.bing.com/images>

<http://nutritiondata.self.com>

<http://www.fruitsandveggiesmatter.gov/month/peach.html>

<http://www.eatright.org>

Note: nutritional information may vary based on variety, ripeness and serving size.

*Developed by Leanne McKenzie, APD. In support of YMCA of Honolulu's Food and Fun Program, 2011
Reviewed by Alice Toguchi-Matsuo, R.D., 2012.*



Pears

Nutritional Information



General Information:

Pears are a delicious fruit, particularly high in fiber. They are from the same family as the apple and the quince. The peak season for pears is from late July to early spring.

Unlike most fruit, pears ripen best after they are picked. They come in different shapes and colors, from round to bell-shaped and from green to golden yellow to orange-red. Ripe pears are juicy and can range in flavor from sweet to even a bit spicy.

Pears are very versatile and can be enjoyed on their own or as part of a dish. Try the following:

- 🍴 Add sliced pears to a spinach salad.
- 🍴 Grill pears and add to a low-fat grilled cheese sandwich.
- 🍴 Chop up a pear and add to low-fat yogurt for dessert.
- 🍴 Place pear slices on cereal to boost the fiber.

Purchasing:

Choose pears that are fragrant and blemish-free. Fresh pears will vary in color based on variety but the tip of the pear will give a little to slight pressure when ripe.

Storing:

Store pears at room temperature until ripe and then refrigerate. A ripe pear can be stored in the refrigerator for around 3 - 5 days.

Nutritional Content:

Pears contain no saturated fat or cholesterol and contain almost no sodium. They are a good source of Vitamin C and an excellent source of dietary fiber. One medium pear contains around 6 grams of fiber.

Pears are a great snack and an easy way for you to include more fiber in your diet each day.

Sources:

<http://www.eatright.org>
<http://nutritiondata.self.com>
<http://usapears.com>
<http://www.bing.com/images>

Note: nutritional information may vary based on variety, ripeness and serving size.

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Reviewed by Alice Toguchi-Matsuo, R.D., 2012.*



Pineapple – Nutritional Information



General info:

Pineapple is a tropical fruit named for its resemblance to a pine cone. Pineapple grows in the centre of a spiky plant. There are four main types of pineapple, Gold, Smooth Cayenne, Red Spanish and Sugar Loaf with numerous varieties within those types. Pineapples are the most common fruit grown in Hawaii. Hawaii is the main producer of pineapples for all of the US.

Purchasing:

Pineapples can be purchased fresh, canned or dried. If purchasing a pineapple fresh, choose one that has a sweet smell and a yellowish skin, if purchasing a gold variety. Avoid pineapples that have visible bruising or breaks in the skin. When a pineapple is really ripe, you should be able to easily pull one of the leaves out of the top.

Storing:

If your pineapple is slightly under ripe, store it at room temperature for a couple of days. Once ripe, you can store the pineapple in the refrigerator for 3 to 5 days. You can also store pineapple cut in to chunks and placed in a sealed container in the fridge. It will last up to 7 days this way. Pineapple can also be frozen once cut in to chunks.

Nutritional content:

Pineapple contains no saturated fat or cholesterol and almost no sodium. It is an excellent source of fiber and Vitamin C. Pineapples are also a good source of Manganese, Vitamin B6, Thiamine and Copper.

Pineapple is great as a snack on its own, served with yogurt, added in salads or included in stir-frys and stews.



Sources:

<http://www.eatright.org>

<http://nutritiondata.self.com>

<http://www.bing.com/images>

<http://www.fruitsandveggiesmatter.gov/month/pineapple.html>

<http://www.wikipedia.org/wiki/Pineapple>

Note: nutritional information may vary based on variety, ripeness and serving size.



Raisins

Nutritional Information



General Information:

The word 'raisin' comes from the French word meaning 'grape.' Raisins are simply dried grapes. Raisins are very similar to currants and sultanas with the only difference being the type of grape that is used.

Raisins – dried large dark colored grapes



Currants – dried small black grapes

Sultanas – dried large white or green grapes



Raisins are naturally sweet. They are usually made by sun-drying grapes but can also be produced by dehydration or flame-drying. Sometimes raisins have sulfur dioxide added as a preservative.

Purchasing:

Raisins can be purchased on their own, in a trail-mix or dried fruit mix. They are available in various-sized packages for convenience.

Storing:

Store raisins in a sealed container in the pantry. They will last a long time, but check the package for more exact information. Raisins can also be stored in the refrigerator if you prefer.

Nutritional Content:

Raisins contain no cholesterol and almost no saturated fat and sodium. They contain fiber, potassium, manganese, copper, iron and phosphorus.

Raisins are a great snack. Try them on cereal, in salads and in baked goods.

Sources:

<http://www.eatright.org>

<http://nutritiondata.self.com>

<http://www.bing.com/images>

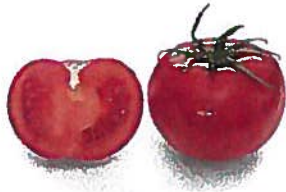
http://www.fruitsandvegalematter.gov/month/dried_fruit.html

<http://www.wikipedia.org/wiki/Raisin>

<http://www.sun-makl.com>

Note: nutritional information may vary based on variety, ripeness and serving size.

*Developed by Leanne McKenzie, APD. In support of YMCA of Honolulu's Food and Fun Program, 2011
Reviewed by Alice Toguchi-Matsuo, R.D., 2012.*



Tomatoes

Nutritional Information



General Information:

Tomatoes are technically a fruit because they grow on a vine. However, in the USA, tomatoes have legally been classed as a vegetable since 1893. Tomatoes come in many colors including red, orange, green, and purple. Red is the most common and there are numerous varieties to choose from in different shapes and sizes. Tomatoes grow in numerous places across Hawaii.

Purchasing:

Choose tomatoes that are plump with smooth skins. They should be free from bruises, cracks or blemishes. Red tomatoes should be red all over or a reddish orange color. Never buy tomatoes that are stored in a cold storage area as this can damage the quality.

Storing:

Tomatoes are best stored out of direct sunlight at room temperature. They will ripen best at room temperature if they are purchased a little under-ripe. Storing them in the refrigerator once completely ripe will help them last longer.

Nutritional Content:

Tomatoes contain no saturated fat or cholesterol and almost no sodium. They are a good source of Vitamin A and Vitamin C. Red tomatoes also contain lycopene which is a strong antioxidant. There is some research to suggest that eating a diet high in lycopene can decrease the risk of prostate cancer and heart disease.

*Tomatoes are great on their own, sliced in salads,
and cooked in stews, casseroles, sauces and soups.*



Sources:

<http://www.eatright.org>

<http://nutritiondata.self.com>

<http://www.bing.com/images>

<http://www.fruitsandveggiesmatter.gov/month/tomato.html>

Note: nutritional information may vary based on variety, ripeness and serving size.

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Reviewed by Alice Toguchi-Matsuo, R.D., 2012.*



Watermelon

Nutritional Information



General Information:

Watermelon is a fruit, but botanically it is a vegetable belonging to the same family as cucumber and squash. It has a dark green thick rind with sweet, dark pink or reddish flesh with small black seeds. There are over 50 varieties of watermelon and some are seedless or even contain yellow or orange flesh. Watermelons grow on a vine and are available year-round. They are usually round or oval in shape, with the largest on record weighing over 200 pounds.

Purchasing:

Choose firm watermelon that is heavy for its size. The skin should have a dull but healthy sheen and should be free from cracks, bruises or soft spots. It may have a yellowish spot on one side where it was touching the ground when ripening which is okay. If watermelons are pale green or white they are immature and should be avoided.

Storing:

Watermelon can be stored up to two weeks at room temperature before cutting. Wash well before cutting and place in a sealed container in the refrigerator. Once cut, watermelon is best used within 5 days.

Nutritional Content:

Watermelon contains no cholesterol and almost no sodium and saturated fat. It is high in Vitamin C, a good source of Vitamin A, and also contains potassium.

*Watermelon is great cut in slices and eaten as a snack or dessert.
It can also be used to make salsa, sorbet, or a fruit smoothie.*



Sources:

<http://www.bing.com/images>

<http://nutritiondata.self.com>

<http://www.fruitsandveggiesmatter.gov/month/watermelon.html>

Note: nutritional information may vary based on variety, ripeness and serving size.

*Developed by Leanne McKenzie, APD. In support of YMCA of Honolulu's Food and Fun Program, 2011
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