

## The Power Is In The Pyramid—Watermelon Pyramid, That Is

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(NAPSA)—The USDA Food Guide Pyramid recommends eating 5 to 9 servings of fruits and vegetables every day as part of an overall healthy lifestyle. Watermelon Pyramids show you just how easy and enjoyable that can be. The colorful, clever presentation yields a stellar dessert that's packed with



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taste, visual appeal and yes, nutritional value. The name tells you, even before the first bite, there is something powerfully wonderful going on here.

Watermelon is a nutrition marvel and a real taste treat. Usually sought after for its sweet, juicy flavor and crisp texture, watermelon will surprise you with its nutrition credentials. According to a recent USDA study, watermelon offers an amazing amount of lycopene—12,690 micrograms per two-cup serving. Lycopene is an antioxidant, being studied for its ability to help reduce the risk of age-related diseases including cardiovascular disease, diabetes, and certain cancers. Watermelon is also an excellent source of vitamins A and C.

With almost 65 percent of Americans either overweight or obese, achieving a healthy weight is critical. Weight-loss diets abound, each one professing to be the miracle answer. Fad diets like those promoting high-protein, low-carbohydrate, high-fat meals concern many health experts because they may lead to increased cardiovascular risk factors, decreased kidney function and bone loss.

To reach a healthy weight, focus on eating more colorful fruits and vegetables, and whole grains, eating less fat, especially saturated and trans fats, eating fewer sugary foods, and getting more physical activity. Fruits and vegetables are rich sources of vitamins, minerals, fiber, phytochemicals and water. They taste great and are naturally low in fat and calories—the perfect foods for a healthy diet.

For more nutrition tips, recipes and great ways to enjoy watermelon throughout the year, visit the National Watermelon Promo-



tion Board at [www.watermelon.org](http://www.watermelon.org). For information about 5 A Day The Color Way, visit [www.5aday.org](http://www.5aday.org) and [www.aboutproduce.com](http://www.aboutproduce.com).

### Watermelon Pyramids

- 8 1-inch thick slices watermelon**
- 4 1-inch thick slices prepared fat-free pound cake**
- 4 1-inch thick slices peeled kiwifruit**
- 4 slices carombola fruit (starfruit)**
- ½ cup prepared fat-free caramel topping**
- Dark and white chocolate shavings for garnish, optional**

Cut four 4x4-inch and four 2x2-inch squares of watermelon. Cut four 3x3-inch square slices of pound cake. Cut four 1-inch slices of kiwifruit. On each of four dessert plates, place 1 of the large watermelon squares. Then, on each square place a slice of pound cake, then place a smaller watermelon square. Top each with a slice of kiwifruit. Then, using a toothpick, secure the carombola slice on top. Gently warm the caramel topping and drizzle 2 tablespoons over each pyramid and garnish with chocolate shavings, if desired. Serve immediately. Serves 4.

Nutritional information per serving (does not include optional ingredients): **Calories: 355, total fat: 2.0g, saturated fat: 0.2g, % calories from fat: 4%, % calories from saturated fat: 1%, protein: 5g, carbohydrates: 82g, cholesterol: 0mg, dietary fiber: 4g, sodium: 321mg.**