

Watermelon—Year-Round Lycopene Leader

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Produce for Better Health

(NAPSA)—When you picture a juicy slice of watermelon, what color comes to mind? Using color as a guide to eating a wide variety of fruits and vegetables is an excellent way to insure a healthy complement of vitamins, minerals, fiber and phytochemicals.



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Lycopene, one of the carotenoids, is a potent antioxidant, which helps protect cells from damage and gives fruits and vegetables their red color. Present in

watermelon at very high levels, lycopene is associated with a reduced risk for many cancers and protection against heart attacks.

When it comes to fruits and vegetables, the more color, the more variety, and the more you eat, the better. Fill your plate, refrigerator, lunch bag and brief case with colorful fruits and vegetables. Most moderately active adults and teens need about five cups of fruits and vegetables a day according to the 2005 Dietary Guidelines for Americans. A two-cup serving of watermelon is an excellent source of vitamins A, B6 and C and provides seven percent of the recommended daily value of potassium.

Everyone knows that a big thick slice of ice-cold watermelon is hard to beat, but there are a multitude of other delicious ways to serve and enjoy watermelon-fruit salads, fruit kabobs, smoothies and even breakfast lasagna. A simple layering of cereal, fruit and yogurt creates a fun Watermelon Breakfast Lasagna and provides a healthy way to start the day.



Watermelon Breakfast Lasagna

4 cups corn flakes
2 cups minced watermelon
2 cups fresh blueberries or sliced strawberries
2 cups low fat vanilla yogurt

Layer $\frac{1}{3}$ of corn flakes evenly in bottom of 8 x 8 inch serving dish. Mix together watermelon, blueberries and yogurt; spoon half of fruit mixture evenly over corn flakes. Sprinkle half of remaining flakes over fruit mixture; top with remaining fruit mixture. Finish with layer of corn flakes. Serves 6

Nutritional Information per serving: calories: 225, total fat: 1.4g, saturated fat: 0.7g, % calories from fat: 6%, % calories from saturated fat: 3%, protein: 6g, carbohydrates: 40g, cholesterol: 4mg, dietary fiber: 2g, sodium: 190mg.

For more nutrition tips and recipes featuring watermelon, visit the National Watermelon Promotion Board at www.watermelon.org. For tips on how to enjoy five cups of fruits and vegetables every day, visit www.5aday.com.



Note to Editors: *Eighty-fifth in a series of monthly 5-A-Day columns. More stories at www.napsnet.com and search: "Pivonka."*