

Phytonutrient Fruits

Types of **MELONS**



Watermelon

Eaten raw, grilled & baked



Cantaloupe

Added to ice creams & fruit salads



Galia

Added to fruit salads



Canary Melon

Added to fruit salads & desserts



Honeydew

Added to fruit salads, smoothies, & cold soups



Winter Melon

Added to curries, stir-fries, & soups



Snap Melon

Ripe: eaten raw; Unripe: cooked into curries



Santa Claus Melon

Added to sorbets, tarts, & sauces



Casaba

Added to fruit salads, & cold soups



Crenshaw

Added to fruit salads, & sorbets



Gac

Cooked with rice & curries



Horned Melon

Added to fruit salads, smoothies, & salsas



Bailan

Added to fruit salads



Charentais

Eaten raw as a fruit



Hami

Added to fruit salads, desserts, & cocktails



Bitter Melon

Added to curries & stir-fries

Phytonutrient-rich fruits play a vital role in building a healthy body by providing essential nutrients and protective compounds that support various bodily functions. These fruits, such as melons and berries are packed with antioxidants, vitamins, and minerals that aid in muscle repair, bone strength, and immune function. Additionally, the anti-inflammatory properties of phytonutrients can help reduce the risk of chronic diseases and promote overall well-being.

Including a variety of phytonutrient-rich fruits in your diet is essential for maintaining optimal health and supporting your body's growth and development.

List Of Some Phytonutrient Fruits

Bitter Melon

Cantaloupe

Cucumber

(Do not eat the skin of the cucumber)

Honeydew Melon

Honey Globe Melon

Horned Melon

Musk Melon

Papaya

Watermelon

Winter Melon

The skin of melons, like watermelon or cantaloupe, is typically not consumed because it's tough, fibrous, and can harbor bacteria from the soil where the melon grew. Additionally, pesticide residues may be present on the skin, which can pose health risks if ingested. It's safer to enjoy the juicy flesh of the melon and discard the skin.

Stay focused, it's time to place your health back into your control.

Ezekiel 47:12

12 And by the river upon the bank thereof, on this side and on that side, shall grow all trees for meat, whose leaf shall not fade, neither shall the fruit thereof be consumed: it shall bring forth new fruit according to his months, because their waters they issued out of the sanctuary: and the fruit thereof shall be for meat, and the leaf thereof for medicine.

Thank you for your support.

All1fitness

