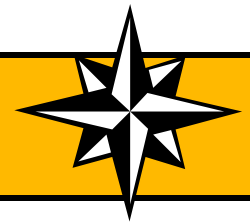


# CANTALOUPE



**To Look for:** Cantaloupe should yield to gentle pressure on the stem end and have a distinctive aroma. Avoid cantaloupe with punctured or cracked rinds, or those that are shriveled or bruised.



**At Home:** To keep cantaloupe fresh, store on the countertop. If you have cut the fruit or the fruit is very ripe, refrigerate as soon as possible. Store cut fruit tightly covered in refrigerator crisper for up to 7 days (best to use sooner).



**Your Health:** Cantaloupe is a “powerhouse” fruit:

- Very Good Source of Vitamin A
- Very Good Source of Vitamin C
- Good Source of Beta Carotene
- Also includes fiber, calcium, iron, potassium and folate.



**Benefits:** Eating more fruits, especially high fiber, Vitamin A and C rich fruits, reduces risk of cancer, heart disease and strokes.

- Vitamin A helps maintain vision and keeps your immune system healthy
- Vitamin C helps your body absorb iron and helps your immune system
- Fiber aids digestion and gives a feeling of fullness when eating
- Calcium prevents bone loss, iron prevents anemia, potassium keeps up muscle function and folate prevents birth defects.

## Nutrition Facts

Serving Size ½ cup cubed  
(80g)

Amount Per Serving

<b>Calories</b>	Calories from
28	Fat 0

% Daily Value\*

<b>Total Fat</b> 0g	<b>0%</b>
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Saturated Fat 0g	<b>0%</b>
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<b>Cholesterol</b> 0mg	<b>0%</b>
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<b>Sodium</b> 7mg	<b>0%</b>
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<b>Total Carbohydrate</b> 7g	<b>2%</b>
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Dietary Fiber 1g	<b>4%</b>
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Sugars 6g
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<b>Protein</b> 0.5g
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Vitamin A	-	Vitamin C
32%		41%

Calcium 1%	-	Iron 1%
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\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

## Additional Nutrition Information

Potassium 247mg **7%**  
Folate **4%**



**Tips to Eat More Cantaloupe:** A serving of cantaloupe is ½ cup cubed.

- Keep cantaloupe cubes or wedges on hand for a quick snack.
- The flavor of cantaloupe goes well with bacon; try slices on a classic BLT.
- For an easy breakfast or snack combine fresh cantaloupe with yogurt and granola or high-fiber cereal.
- Add cantaloupe cubes to green salads (try a salad with spinach or red leaf lettuce, 2 “powerhouse” spring vegetables or with romaine lettuce, a “powerhouse” summer vegetable) for added sweetness.
- Cantaloupes are also great in fruit salads!
- Make a quick smoothie by blending fresh cantaloupe with fruit juice and plain or vanilla yogurt. Try adding other fruits for variety.
- Use cantaloupe with other fruits and tomatoes to make salsas to accompany meat, chicken or fish dishes.
- Or you can use a cantaloupe half as a bowl for chicken, seafood, rice and pasta salads, or fruit salads.
- Don’t forget dessert! Cantaloupe is great with berries of all kinds. Add frozen yogurt, toasted almonds and honey for a sweet treat.
- You can also try adding cantaloupe to fruit tarts or make your own cantaloupe cream pie.



**Quick Recipe Ideas:**

- For a pretty appetizer skewer cantaloupe wedges with other fruits. Try strawberries (a Spring fruit), grapes, nectarines (another Summer fruit) and pineapples. Serve with a low-fat fruit dip or flavored yogurt.
- **Melon Berry Fruit Salad:**

¼ c. orange juice  
 ¼ c. honey  
 2 c. strawberries, stemmed and halved  
 1 c. raspberries  
 1 c. blueberries  
 1 c. honeydew melon balls  
 1 c. cantaloupe balls

In a medium bowl, whisk juice and honey; add remaining ingredients. Toss gently to combine; chill if desired.

Makes 6 servings.

Per serving: Calories: 110, Fat: 0.5 g. (1%), Cholesterol: 0 mg., Fiber: 4 g. (15%), Sodium: 10 mg. (0%), Vitamin A: 20%, Vitamin C: 100%, Calcium: 2%, Iron: 2%.



**For One or Two:**

To serve two follow the same directions using: 1 tsp. orange juice, 1 tsp. honey, 2/3 c. strawberries, 1/3 c. raspberries, 1/3 c. blueberries, 1/3 c. honeydew melon balls, 1/3 c. cantaloupe balls. Save the rest for a snack or divide this recipe by 2 to serve just one.

**Modifications:** Omit the orange juice and honey and serve plain or with sauce of your choice.

**Storage and Freezing:** This salad is best eaten within a day or two of making. Leftovers make a great dessert, snack, side, or even breakfast.

***Kid Friendly***

Try this recipe with your family, or ask your kids to help you make it. Encourage them to eat all of the fruits.

Garden of Eden, Summer