

# Produce of the Month



## Cantaloupe



### Nutritional Information

- 1 cup of cubed cantaloupe has **54 calories**, 108% Vitamin A and 98% Vitamin C
- Vitamin A and C may help prevent cancer, improve iron absorption and help wound healing
- One study showed a decrease in metabolic syndrome with higher cantaloupe intake
- 1 serving has 14% of your daily **potassium** which helps **protect heart function**
- Beta-carotene in cantaloupes may help manage asthma

### Selecting & Storing

- Look for a melon that is **firm and heavy** with a **sweet, slightly musky scent** – just because its ripe and sweet does not mean there is significantly more sugar
- The stem end should give slightly when pressed
- Whole ripe melons can be **refrigerated for 5 days** or let a firmer melon ripen for 2 days
- Store **cut melon** with covered surfaces and seeds intact for **1 to 2 days**
- Always wash the melon before eating

### Cooking Suggestions

- For a sweet and savory appetizer, try wrapping melon slices with prosciutto
- Cantaloupes are a great addition to Caprese salads, cucumber salads and fruit salads
- Cantaloupe to a smoothie is a great way to add vitamins, minerals and sweetness without increasing the calorie and sugar content significantly

### Fun Facts

- Cantaloupe is 90% water and full of electrolytes
- Cantaloupes were named for an Italian town where imported seeds from Armenia were planted in the Papal Gardens
- No one knows exactly when cantaloupes first showed up

### Manchester's Message for a Healthier You

9

5

2

1

0

9 Hours of Sleep – 5 Servings of Fruits & Vegetables – 2 Hours or less of Screen Time – 1 Hour of Physical Activity – 0 Sugary Beverages

For more information visit: <http://95210.townofmanchester.org/> For more ideas, see: <https://www.realsimple.com> Search: Cantaloupe