



HealthiestWeight

Food for Thought

Healthy Food of the Month

Cantaloupe

The cantaloupe is a member of the melon family and often called a “muskmelon”. In Florida the peak season for cantaloupe is the spring and early summer. Freshly harvested melons are being sold in road-side produce stands and in the grocery store right now. So the month of May is the perfect time to enjoy a juicy, sweet Florida-grown cantaloupe!

The cantaloupe is in the same family as squash, pumpkin and cucumber and grows on the ground as a trailing vine. The plant likes well-drained sandy soil and it must have honeybees to pollinate the flowers and develop fruit.

Cantaloupes are round or oblong shaped and are usually ripe when they have a musky, sweet smell and feel heavy for their size. When washed and cut in half the inside section contains a hollow cavity filled with small white seeds which are removed and the orange-yellow fruit is eaten. The cantaloupe can be sliced or cubed and is great in fruit salad, eaten as a snack or served as dessert.

As a healthy food the cantaloupe is low in calories and fat and its nutritional value is impressive. The fruit is high in Vitamin A which is beneficial for eyesight and healthy skin. The cantaloupe also contains an abundance of Vitamin C which is an antioxidant that helps strengthen the immune system to prevent illness.

Don't miss your chance to enjoy a Florida-grown cantaloupe, a delicious refreshment and healthy food.

Remember: Make 5-2-1-0 your goal every day.

- 5** - Fruits and vegetables a day (including the cantaloupe)
- 2** - Only 2 hours or less of screen time a day (TV, computers, video games)
- 1** - One hour of physical activity a day
- 0** - Sugar-sweetened drinks (drink more water and non-fat milk)

References:

<http://www.fruithealthbenefits.com/cantaloupe-nutrition-facts.shtml>

<http://www.nutrition-and-you.com/cantaloupe.html>