
MELONS

What do you know about these fantastic fruits?

Fun Facts!

Cantaloupe and honeydew actually belong to the muskmelon family. There are many varieties of these melons, which first grew in the Middle East.

There are more than 1200 varieties of watermelon, which grows on a vine-like flowering plant and originated in Africa.

Cantaloupe are rich in beta-carotene (in fact, they often have more beta-carotene than oranges). Beta-carotene helps form and maintain mucus membranes, skeletal and soft tissue, skin, and teeth.

Because melons have such high water content and also contain potassium, they're fantastic tools for helping maintain healthy blood pressure levels.

Nutrient Content:

A single cup of diced cantaloupe has only 53 calories, yet it contains 106% of the daily value (DV) for vitamin A and 95% DV for vitamin C. It's also a good source of potassium and folate.

That same amount of diced honeydew has 61 calories, 51% DV vitamin C, and 11% DV potassium. In addition, that honeydew has some fiber, folate, and vitamin B6.

Watermelon is the most calorie-light of the melons, with a single cup of diced watermelon weighing in at just 46 calories. Watermelon is also loaded with lycopene and good servings of vitamins A and C, along with potassium.

