



MOUThWATERING MELON

cantaloupe

Cantaloupe can be eaten right off of the rind, blended into a smoothie or scooped out in little balls for a decorative dish.

Pump up your potassium! The potassium in cantaloupes can help lower blood pressure, alleviate muscle cramps and maintain proper fluid balance in the body.

Did you know?

- A half-cup serving of cantaloupe provides more than 100 percent of the Recommended Dietary Allowance of vitamin C and 36 percent of vitamin A for children ages 1-8.
- Cantaloupe is low in calories and sodium.
- Cantaloupes belong to the same family as squash, pumpkin, cucumber and gourd.
- Cantaloupes are named for the papal gardens of Cantalupo, Italy, where some historians say this species of melon was first grown.

Shopping, Preparing and Storing

- Bacteria can grow on the surface, so it is important to wash the outside of cantaloupe before cutting it.
- A ripe cantaloupe will have a sweet scent at room temperature.
- Examine the melon for soft spots, cracking or mold before purchasing.

Cooking Tips

- Cantaloupe flavors well with mint, yogurt, cottage cheese and lime.
- Make your own cantaloupe treat by mixing pureed cantaloupe and coconut milk together. Pour it into a popsicle mold and freeze it.
- Add fresh cantaloupe slices to low-fat yogurt for a healthy and tasty breakfast.

CANTALOUPE SMOOTH

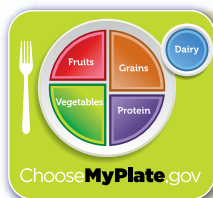
- ¼ cantaloupe – peeled, seeded and cubed
- ¼ honey dew melon – peeled, seeded and cubed
- 1 cup low-fat milk
- 1 lime, juiced
- 2 tablespoons sugar
- Ice cubes



1. In a blender, combine cantaloupe, honeydew, milk, lime juice and sugar. Blend until smooth. Pour into glasses and serve.



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FRUITS

Make most of your choices whole or cut fruit instead of juice.

VEGETABLES

Eat a variety every day. Fresh, canned or frozen.

GRAINS

Make at least half of your grains whole grains.

DAIRY

For adults and children 2 years and older, drink 1 percent low-fat or fat-free milk.

PROTEIN

Choose lean meat, poultry without the skin, seafood, beans and peas, eggs, processed soy or nuts.