



Cantaloupe

Health Benefits of Cantaloupe

This sweet melon is rich in nutrients and antioxidants that fight chronic disease. It is low in calories and high in water, making it a healthy and refreshing summer treat.

1-cup of fresh cantaloupe provides:

- 60 calories, 2 gm protein, 2 gm fiber, no fat, no cholesterol

Potential benefits of consuming cantaloupe:

- Rich in antioxidants beta-carotene, lutein and zeaxanthin which protect eyes from cataracts and macular degeneration
- B vitamins and vitamin C boost immunity, heal cuts and wounds and are protective for cancer, heart disease and gum disease
- Potassium in cantaloupe helps regulate blood pressure, balances body fluids and reduces risk of dehydration
- Fiber helps to prevent constipation, hemorrhoids and colorectal cancers, regulate blood sugars and lower cholesterol
- Seeds are edible and can be added to salads or roasted
- Enjoy as a snack, add to veggie or fruit salads, cereal, smoothies, dehydrate for fruit leather or freeze cubes for tea or lemonade



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