



MOUTHWATERING MELON

cantaloupe

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?



- Cantaloupes are high in vitamin C and low in calories and sodium.
- Cantaloupes belong to the same family as squash, pumpkins and cucumbers.
- Cantaloupes are named for the papal gardens of Cantalupo, Italy, where some historians say this species of melon was first grown.
- Cantaloupe can be eaten right off of the rind, blended into a smoothie or scooped out in little balls for a decorative dish.

WELLNESS TIP

Energize yourself. Plan to be active at times during the day or throughout the week when you feel you have the most energy.

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.
- Add fresh cantaloupe slices to low-fat yogurt for a healthy and tasty breakfast.
- Make your own cantaloupe treat by mixing pureed cantaloupe and low-fat yogurt together. Pour it into a popsicle mold and freeze.

FRUITY WAFFLES

serves 4

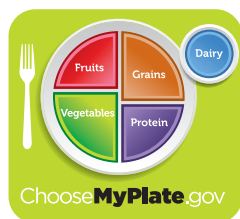


- 4 whole wheat frozen waffles
- 1 cup cantaloupe, cubed
- 1/2 cup fresh blueberries
- 1 cup nonfat vanilla yogurt

1. Toast waffles.
2. Spread approximately 1/4 cup yogurt on each toasted waffle.
3. Top each waffle with cantaloupe and blueberries.
4. Serve for breakfast or as a snack.

Recipe adapted from Xtreme Cuisine, Florida Department of Agriculture and Consumer Services

Calories: 138; Total Fat: 1.5 g; Saturated Fat: 0 g; Total Carbohydrates: 27 g; Protein: 5 g; Sodium: 235 mg



CHOOSE MYPLATE!

- Make at least half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) dairy.
- Make at least half your grains whole grains.
- Go lean with protein.

