

Pick a **better** snack™



Pick a better snack – Cantaloupe

Wash. Cut. Remove seeds. Eat.

How easy is that?

What Americans call ‘cantaloupe’ is actually an orange-fleshed **muskmelon**. Real cantaloupe is grown in Europe.

It is named after a castle in Italy. The orange flesh of a cantaloupe contains more vitamin A than any other fruit. It’s also high in vitamin C. One quarter of a medium cantaloupe contains 400 percent of the recommended daily dose of vitamin A and 100 percent of daily vitamin C needs.

Quick nibbles:

- Rinse a melon well with cool running water before cutting it. Store cut melon in an airtight container in the refrigerator.
- Cut up fresh cantaloupe and put in a see-through bag in the refrigerator for a quick side dish or snack.
- Make cantaloupe “moons” by slicing the cantaloupe in a crescent shape.
- Wrap a thin slice of cheese or cooked meat around cubes of cantaloupe and secure with a toothpick.
- Make a cut-fruit salad (such as with 1/4 cup each of cantaloupe, blueberries, watermelon, pitted sweet cherries and banana. Pour 2 tablespoons orange juice over fruit and serve chilled.)
- Cut a section of chilled cantaloupe melon and top with 1/2 cup vanilla yogurt and a dash of cinnamon.

Buying tips: Choose a well-rounded melon with a sweet smell. It should be firm but have a slight softness when lightly squeezed. The blossom end should be slightly soft. The skin should be a light yellow or tan color, not dull green. Avoid dented melons or those with an overripe odor. Also avoid ones that are shriveled, bruised, punctured, cracked, or have a slick spot.

Storing tips: To improve the softness and juiciness, allow an uncut cantaloupe or muskmelon to sit at room temperature for two to four days. A ripened melon should be stored in the refrigerator and eaten within three to five days.

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For more information about healthy eating, contact your local extension office. The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, contact your local SRS Service Center or call 1-800-221-5689.