



Melons are a healthy addition to the diet, and are typically available year-round. However, summertime is when they are in season, therefore prices are usually lower. Along with being tasty, melons have many nutritional benefits and can provide extra hydration during the hot summer months.

Cantaloupe

- A quarter of a cantaloupe melon contains just 40 calories.
- Cantaloupe is rich in vitamins A and C and it is a good source of potassium and folate.
- Select a cantaloupe that does not have a stem. It should be larger than five inches in diameter and have a raised pattern on the outside. Look for one that is symmetrical and feels slightly heavy. The color should be a creamy, light yellow-orange with little to no green.

Honeydew

- A quarter of a honeydew melon contains only 20 calories.
- Honeydew is rich in vitamin C and potassium and it provides B vitamins, calcium and iron.
- Select a firm melon that seems heavy for its size. Honeydews should have a golden, ivory color to their skin. If this melon is picked green it will not ripen on its own.

Watermelon

- Watermelon is 93 percent water and contains only 27 calories per 3-ounce serving.
- Watermelon is rich in vitamin A and contains the phytochemical lycopene, which has been shown to have beneficial properties for your health.
- Look for a melon that is heavy for its size with a deep yellow spot, indicating ripeness. It should be free from blemishes, holes or cracks. Rounder melons are sweeter vs oval melons.

Storage Tips

You can store uncut melon at room temperature. If your melon is very ripe you should store it in the refrigerator. Once cut, melon will last up to 3-4 days covered in the refrigerator.