

**Mayo Clinic Minute: Muskmelons are full of flavor, nutrients**

VIDEO	AUDIO
<b>Anya Miller Dietitian Mayo Clinic</b>	"Muskmelon is an overarching term that includes cantaloupe and honeydew. These fruits provide a wealth of health benefits, including antioxidant support for your immune system. They also promote eye health from the beta carotene."
	Cantaloupes and other muskmelons are high in fiber, calcium, potassium, and vitamins A and C.
	"One cup of cantaloupe is about 50 calories and 90% water. So they're lower in calories, and they can provide a lot of benefits. You could add them to a fruit salad. You can freeze them and blend them into a sorbet with water and honey. You can add them to a smoothie."
	And it's important to pick out the perfect melon.
	"To look for the most ripe cantaloupe in the grocery store, look for symmetry and little to no green. Also, feel for a heaviness in the fruit to make sure that it is ripe. And then when you get home to prepare it, make sure that you wash the cantaloupe and scrub off any visible dirt before slicing into it and dicing it up for your meal."
	For the Mayo Clinic News Network, I'm Jason Howland.