Harvest of the Month

Cantaloupes

Nutrition Facts

Serving Size: ½ cup cantaloupe, cubed (80g)

Calories 27	Calories from Fat 1
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 13mg	1%
Total Carbohydrate 7g	2%
Dietary Fiber 1g	3%
Sugars 6g	
Protein 1g	
Vitamin A 54%	Calcium 1%
Vitamin C 49%	Iron 1%

Source: www.nutritiondata.com

This material was funded by USDA's Food Stamp Program through the California Department of Public Health's *Network for a Healthy California*. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program, call 1-888-328-3483.
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Harvest of the Month

Casaba Melons

Nutrition Facts

Serving Size: ½ cup casaba melon, cubed (85g)

Calories 24	Calories from Fat 1
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 8mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	3%
Sugars 5g	
Protein 1g	
Vitamin A 0%	Calcium 1%
Vitamin C 31%	Iron 2%

Source: www.nutritiondata.com

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Harvest of the Month

Honeydew Melons

Nutrition Facts

Serving Size: ½ cup honeydew melon, cubed (88g)

Calories 32 — Calories from Fat 1

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 16mg	1%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	3%
Sugars 7g	
Protein 0g	

Vitamin A 1% — Calcium 1%

Vitamin C 27% — Iron 1%

Source: www.nutritiondata.com

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Harvest of the Month

Watermelons

Nutrition Facts

Serving Size: ½ cup watermelon, cubed (78g)

Calories 23	Calories from Fat 1
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	1%
Sugars 5g	
Protein 0g	
Vitamin A 9%	Calcium 1%
Vitamin C 10%	Iron 1%

Source: www.nutritiondata.com

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