

## Melons - Cantaloupe

### Nutrition Facts

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

Calories 27                      Calories from Fat 0

% 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%

Other nutrients: Potassium (6%)

Source: [www.nal.usda.gov/fnic/foodcomp/search/](http://www.nal.usda.gov/fnic/foodcomp/search/)  
NDB No: 09181

## Melons - Casaba

### Nutrition Facts

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

Calories 24

Calories from Fat 0

% 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%

Other nutrients: Vitamin B6 (7%)

Source: [www.nal.usda.gov/fnic/foodcomp/search/](http://www.nal.usda.gov/fnic/foodcomp/search/)  
NDB No: 09183

## Melons - Honeydew

### Nutrition Facts

Serving Size: ½ cup honeydew, cubed  
(85g)

Calories 31                      Calories from Fat 0

% Daily Value

Total Fat 0g                      0%

Saturated Fat 0g                      0%

Trans Fat 0g

Cholesterol 0mg                      0%

Sodium 15mg                      1%

Total Carbohydrate 8g                      3%

Dietary Fiber 1g                      3%

Sugars 7g

Protein 0g

Vitamin A 1%                      Calcium 1%

Vitamin C 26%                      Iron 1%

Other nutrients: Potassium (6%)

Source: [www.nal.usda.gov/fnic/foodcomp/search/](http://www.nal.usda.gov/fnic/foodcomp/search/)  
NDB No: 09184

## Melons - Watermelon

### Nutrition Facts

Serving Size: ½ cup watermelon, cubed  
(76g)

Calories 23                      Calories from Fat 0

% 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%

Other nutrients: Lycopene

Source: [www.nal.usda.gov/fnic/foodcomp/search/](http://www.nal.usda.gov/fnic/foodcomp/search/)  
NDB No: 09326