

CANTALOUPE: PACK OF NUTRITIONAL PUNCH

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INTRODUCTION

Cantaloupe, a round or oblong melon, occurring in many varieties, having a juicy, often aromatic, sweet, yellow, white, or green, edible flesh. Cantaloupe is commonly known as muskmelon and kharbuja especially in India however also famous as a rock melon and sweet melon all over the world. It was originated in India, Iran and Africa whereas first cultivated in Europe and then spread in various regions of the world. It is so named because of the delightful odour of the ripe fruits. Musk is a persian word for a kind of “Perfume”, melon is French, and derived from greek words of similar meaning. Muskmelon is native to Persia (Iran) and adjacent areas on the west and the east. It is greatly found during the summer season especially from April to August. It is of 90 per cent water. It is nutrient dense loaded with immense health benefits. It is low in calories, yet high in many of the vitamins and minerals that the body needs for optimal health. It is an excellent source of vitamin C and A. It also contains B1, B6, K and minerals like folate, copper, potassium, magnesium and dietary fiber. It contains antioxidants including selenium, beta carotene, lutein, zeaxanthin and choline and phytochemicals that work against disease causing free radicals. This is one of best foods that can be added to the diet for strong immunity.



NUTRITIVE VALUES OF FRESH FRUIT, JUICE AND SEEDS

Per 100 g	Fresh fruit	Juice	Seeds
Calories (Kcal)	34	27	446
Carbohydrates (g)	8	6.3	53.5
Fat (g)	0.2	0.42	17.8
Protein (g)	0.8	0.84	17.8
Dietary fiber (g)	0.9	0.84	0
Sugars (g)	8	0.84	0
Sodium (mg)	16	16.8	0
Potassium (mg)	267	231.6	0
Cholesterol (mg)	0	0	0

BENEFITS OF CANTALOUPE:

- It is considered as the ideal summer fruit because of its high water, minerals and vitamins content which helps in balancing the fluid and electrolytes loss during summer season. It involves in managing body heat as well as helps in combating heat related health disorders because of its cooling effects.
- It provides relief from constipation, acidity, stimulates digestive functioning, regulates bowel movements and provides relief from diarrhoea.
- A food frequency questionnaire collected from 31 females and 10 males aged 38 ± 16 years with asthma had shown that who consumed more cantaloupes, had a better quality of life in terms of managing their symptoms and breathing easily (Moreira et al., 2016).
- It reduces risk of heart diseases. It contains an anticoagulant compound called adenosine which has ability to stop the blood clot formation. It also regulates blood pressure as it contains high potassium and no cholesterol which helps in the normal heart functioning and prevents arteriosclerosis.
- It reduces the risk of cancer as it contains antioxidant flavonoids and carotenoids which are anti-cancerous in nature and inhibits the growth of cancerous cells. It prevents ageing, safeguards the body against harmful effects of free radicals thus prevents from early ageing and various cancers like colon cancer, breast cancer, prostate cancer, uterus cancer, lung cancer, pancreatic cancer and etc.
- It helps in blood flow during menstruation. Its high potassium level helps in excreting extra sodium in the body and maintains blood pressure to the normal level thus helps women during menstruation by reducing the heavy blood flow and clots formation. It induces breast milk production during pregnancy. Cantaloupe is rich in folic acid and iron and helps pregnant women providing relief from morning sickness.
- It contains all essential nutrients. It is naturally loaded with high level of phytonutrients (alpha and beta-carotene), folates, folic acid, potassium, vitamins like A, C, E, K which are highly required nutrients to keep skin natural, soft, glowing, healthy and younger looking (Napier et al., 2006). It helps in removing all spots, hydrates skin, helps in inducing skin regeneration and maintains skin texture. It also

contains a most essential element of the skin called collagen which helps in maintaining the natural skin integrity and texture. It also fastens the wound healing process as well as maintaining the skin firmness (Moore, 2013).

- Cantaloupe helps in regulating high blood sugar levels. It prevents from the diabetic nephropathy (damage of the kidney cells due to high blood sugar level) as it is a fruit of low glycemic index and contains simple sugar (fructose and glucose) thus safe for people suffering from diabetes.
- Cantaloupe provides relief from heartburn and kidney problems, prevents from stone formation and bone loss, makes immune system strong, prevents from UTI, boosts body energy. It induces better sleep, protects from eye problems, reduces stress level, prevents from infections. It keeps brain healthy and Improves Memory Power. It helps in improving liver health.
- Cantaloupe juice Prevents Digestive Disorders and Enhances Sexual Desire. It treats intestinal worms problem. Eating cantaloupe seeds provides help to get rid of intestinal worms and regulates proper digestion. It also helps in curing cough, indigestion, fever and etc. It helps in relieving from the mind tension if paste of the musk melon seeds is applied to the forehead for some time. Drinking juice (sarbat) of the musk melon seeds by mixing it properly also keeps the mind stress free.
- Cantaloupe is the delicious fruit with an incredibly rich and extremely flavoursome. It is the best summer fruit loaded with immense health benefits. It is rich in vitamins A, C and minerals like folate, copper, potassium and magnesium. It contains antioxidants including selenium, beta carotene, lutein and zeaxanthin. It helps in treating disorders like digestive problems, kidney problems, helps the risk of heart disease, lowers blood pressure, respiratory problems and provides essential nutrients to eyes, skin and hair. It also nourishes brain health. It treats many cancers like colon cancer, breast cancer, prostate cancer, uterus cancer, lung cancer, pancreatic cancer and etc. Thus, it is said to be the power-house of nutrients and health benefits which has to be included in our daily diet that will nourish the health status of humans.

