



ELITE

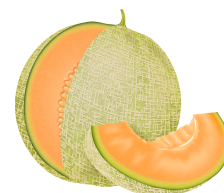
Personal Training and Fitness Solutions

HEALTH TOPIC OF THE WEEK

6/12 - Cantaloupe

Benefits

- A serving size of 1 cup of cantaloupe is only 50 calories. It provides many of the essential vitamins and minerals we need every day to keep our bodies healthy.
- Cantaloupe is an excellent source of both vitamins A and C, providing 30 percent of the daily recommended value of vitamin A and a whopping 60 percent of the daily recommended value of vitamin C. These vitamins, which act as antioxidants in the body, have been shown to decrease the risk of developing certain diseases, including heart disease and cancer.
- Antioxidants work to fight off cell-damaging free radicals. Lutein and zeaxanthin are antioxidants found in cantaloupe. They work together to help reduce the risk of macular degeneration and other age-related eye diseases, which can lead to blindness. Cantaloupe also contains beta-cryptoxanthin. This antioxidant may lower the risk of developing certain cancer and degenerative diseases.
- The B vitamins in cantaloupe help our bodies maintain healthy cells. Niacin is a B vitamin in cantaloupe that plays a key role in converting food into energy. It is also required for a healthy digestive tract and nervous system. Vitamin B6 plays a part in proper functioning of the body's metabolism and immune function, while the B vitamin folate helps the body produce red blood cells to prevent anemia.
- Both vitamin B6 and folate also play an important role in pregnancy and infant development. Folate is necessary both before and during pregnancy to decrease the risk of birth defects in the baby's brain and spine.



Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at Eliteptf.com for more information and to schedule your evaluation.

- Cantaloupe is one of the fruits with the highest water content. Water is essential for health. When our bodies don't get enough of it, we can become dehydrated. Severe dehydration can result in confusion, mood changes, overheating of the body, constipation and kidney stones. Food, especially many fruits and vegetables, supplies about 20% of the water the body requires each day. Cantaloupe is made up of 90% water, making it an excellent choice to keep you hydrated.



With all these healthy reasons to eat cantaloupe don't forget the best reason to enjoy a slice - it tastes great! Here are two delicious and nutritious recipes from the California Cantaloupe Advisory Board:

COCONUT CANTALOUPE CHIA PUDDING

Ingredients

- ¼ cup chia seeds
- 1 cup canned coconut milk
- 2 tbsp honey
- 1 tsp vanilla extract
- 1 cups diced cantaloupe
- ½ cup slivered almonds



Directions

1. In a medium bowl whisk together chia seeds, coconut milk, honey and vanilla extract until just combined. Cover the bowl and place in the refrigerator overnight or at least a couple of hours. Stir mixture before serving into the parfaits.
2. Pour the chia pudding into glasses and top with diced cantaloupe, and slivered almonds. Top the top layer with more cantaloupe and a drizzle of honey if desired.

BERRY CANTALOUPE SMOOTHIES

Ingredients

- 1 cup milk of choice
- ½ cup plain or vanilla Greek yogurt
- 1 tablespoon honey (optional)
- 2 cups frozen cubed cantaloupe*
- 1 cup frozen mixed berries



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Directions

1. Place the milk, Greek yogurt, honey (if using), frozen cantaloupe and berries in a blender pitcher.
2. Secure the lid and puree until smooth, scraping the sides if needed. If the smoothie is thicker than desired, add a tablespoon of milk at a time until the desired consistency is reached.
3. Pour the smoothie into 2 cups and garnish with frozen fruit and fresh herbs, if desired.

Yield: Serves 2

To freeze cantaloupe:

Peel, seed and cube a whole fresh cantaloupe. Transfer 2 cups of the cubed cantaloupe into a large sealable plastic bag or airtight container. Freeze at least 30 minutes or up to 2 weeks. Add directly to the blender so you don't have to water your smoothie down with ice.

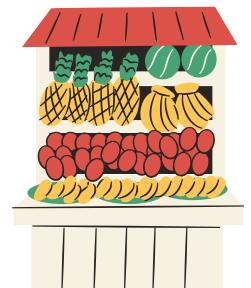
Picking the perfect cantaloupe: Selecting new varieties

A lot has changed in the cantaloupe growing world. Growers are planting new varieties that behave much differently than traditional cantaloupe varieties, particularly those grown in California. The primary type of cantaloupe that used to be grown was known as a Western Shipper. Western Shippers are very aromatic. They ripen after they're picked. They also have a shorter shelf life. Fewer Western Shippers are being planted these days.



Most grocery stores have waste reduction policies. They are looking for every possible way to reduce the amount of food they throw away. Produce is one area where waste is very high. Consequently, retailers are now asking for cantaloupes that have longer shelf-life and a harder exterior. These cantaloupes can better withstand long-distance shipping. These new long-shelf-life varieties allow retailers to meet their goals to reduce food waste.

So, what you will likely find at grocery stores today is one of several new kinds of cantaloupe varieties that are bred to have longer shelf life. What's different about these new LSL (Long Shelf Life) and ESL (Extended Shelf Life) cantaloupes is they are picked at peak ripeness and they produce little if any ethylene. This means they won't ripen or get softer after they are harvested.



Plant breeders are doing their best to create new LSL and ESL varieties that are sweet. Many new varieties have really good flavor, but you may notice the flesh is firm and its exterior shell is hard. This is exactly how these cantaloupes are bred and that firm flesh is why it lasts so much longer, but don't worry. California cantaloupes are not genetically modified.



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In California, the California Cantaloupe Advisory Board has set a minimum sugar requirement for these new melon varieties to help ensure consumers have a good eating experience. California cantaloupe farmers are required to test their melons for sugar content before they harvest and they must have no less than 12 brix (brix is a measurement of sugar content) when they are harvested.

Many new varieties have a much more greenish cast to them than did the older, traditional varieties. Probably the best indicator is to look at what's called the "blossom" end of the cantaloupe - that is the end that is opposite from the stem end. You want this to be a bit soft to the touch. And, in fact, if you see that it's starting to crack a bit - that is a good thing because it means the fruit is mature.

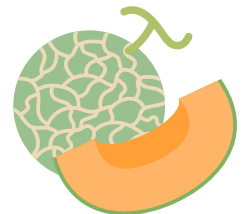
You can also look at the stem end. With those old Western Shipper varieties, when the fruit was mature, the melon would naturally slip away from its stem. This was an indicator of maturity - so you would see a nice smooth surface with no hint of stem.

With the new ESL and LSL varieties, the stem does not slip away - so you are going to have a bit of a piece of the stem that is likely still attached. That's OK. What you want to look is if the 'netting' is growing up on to the stem. This is another sign of maturity.

The newer varieties of cantaloupe will last up to three weeks in your refrigerator. So, you have a much longer time to eat them. In fact, an unopened cantaloupe can last up to a week without any refrigeration.

So remember, these are the top traits you should look for in a ripe cantaloupe:

- Blossom end that is slightly softer and starting to crack
- Some netting growing up the stem
- Creamy color - but may also have more of a green cast.



Looking for nutritional tips and healthy recipes? Let your trainer know.
We love to see our clients eating right!



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