

# FRUIT OF THE WEEK

## (In our fruit bowl- Try It)



### Cantaloupe Melon

Vitamin A	67%
Iron	1%
itamin B-6	5%
Magnesium	3%
Vitamin C	61%

#### HEALTH BENEFITS

Rich in potassium which helps in regulating the blood pressure and keeps hypertension at bay. They have high doses of vitamin A and beta carotene, which helps sharpen the eye sight as well as reduce the risk of developing cataracts