



Rockmelons contain at least 90% water and are nutrient dense. They are an excellent source of vitamin A, vitamin C, and potassium.

HEALTH BENEFITS

Beta-Cryptoxanthin¹ is a provitamin A carotenoid, which can be converted by the body to retinol (vitamin A). It is responsible for the orange colour of rockmelons.

The results of [studies](#) suggest that diets high in carotenoid-rich fruits and vegetables are associated with reduced risk of cardiovascular disease and some cancers.

One cup of raw rockmelon contains 3.2mg of carotenoid.

Half a medium rockmelon contains 467mcg of Vitamin A.

Thiamin (B1) plays an essential role in the supply of energy to the tissue, in carbohydrate metabolism and in the metabolic links between carbohydrate, protein and fat metabolism^{2,3}.

Half a medium rockmelon contains 0.11mg of thiamin.

Vitamin C is required for the synthesis of collagen and the neurotransmitter, norepinephrine. Neurotransmitters are critical to brain function. In addition, vitamin C is required for the transport of fat into cellular mitochondria, where the fat is converted to energy. Research also suggests that vitamin C is involved in the metabolism of cholesterol to bile acids, which may have implications for blood cholesterol levels and the incidence of gallstones⁴.

Vitamin C is a highly-effective antioxidant. Even in small amounts vitamin C can protect indispensable molecules in the body from damage by free radicals.

Coronary Heart Disease

A recent analysis of cohort studies concluded that dietary vitamin C was inversely related to coronary heart disease risk⁴.

Stroke

With respect to vitamin C, a 20-year Japanese study found that the risk of stroke in those with the highest serum levels of vitamin C was 29 per cent lower than in those with the lowest serum levels of vitamin C⁴.

Nutrient Profile - Rockmelon

Nutrient Proximates	Value per 100g
Energy, including dietary fibre	120kJ
Moisture	90.7g
Protein	0.6g
Nitrogen	0.1g
Fat	0.1g
Ash	0.8g
Dietary fibre	1.2g
Fructose	2.7g

Cancer

A number of studies have shown that increased consumption of fresh fruits and vegetables is associated with a reduced risk for most types of cancer⁴. A number of case-control studies have investigated the role of vitamin C in cancer prevention⁴.

Gout

Is characterized by abnormally high blood levels of uric acid. Urate crystals may form in joints and kidneys. Dietary and lifestyle modification may be helpful in both the prevention and treatment of gout. A 20-year study found that total daily vitamin C intake was inversely associated with risk of gout⁴.

EMERGING RESEARCH

Sodium and potassium influence heart health

It is well known that the sodium content in table salt plays a role in boosting blood pressure and contributing to cardiovascular disease. Potassium however has a role in keeping blood pressure in check. A report suggests that this imbalance – more sodium than potassium – contributes to heart disease and premature death⁵. Rockmelons however, are rich in potassium and low in sodium.

Half a medium rockmelon contains 7487mg of Potassium, and 7mg of Sodium

Selection

To choose whole, good quality rockmelons look for firm, blemish free skin with even netting around the entire melon – and no surface damage or 'bald' patches.

Nutrient Proximates	Value per 100g
Glucose	1.6g
Sucrose	1.4g
Maltose	0g
Lactose	0g
Total sugars	5.7g
Starch	0g
Available carbohydrate, without sugar alcohols	5.7g
Available carbohydrate, with sugar alcohols	5.7g



Seasonality

Rockmelons (known as cantaloupe overseas) are grown all over Australia, and due to the wide climate range, delicious Australian Melons are available all year.

Storage

Uncut rockmelons should be washed under running water as soon as they are brought home, and refrigerated.

Note that rockmelons do not ripen once picked, the flesh firmness reduces with time and this gives the impression of getting sweeter.

Rockmelons will keep for 3 to 4 days when refrigerated. Cut surfaces of fruit are best covered to prevent them drying out or deteriorating.

Australian Melon Association: <http://www.melonsaustralia.org.au/home>

References

- <http://lpi.oregonstate.edu/infocenter/phytochemicals/carotenoids/>
- <http://lpi.oregonstate.edu/infocenter/vitamins/thiamin/>
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- http://www.health.harvard.edu/newsletters/Harvard/Heart_Letter/2011/September/sodium-potassium-together-influence-heart-health