

Nutrient	Unit	1 Value Per100 g	1 cup, balls 177g	1 cup, cubes 160g	1 cup, diced 156g	1 melon, large (about 6-1/2" dia) 814g	1 wedge, large (1/8 of large melon) 102g	1 melon, medium (about 5" dia) 552g	1 wedge, medium (1/8 of medium melon) 69g	1 melon, small (about 4-1/4" dia) 441g	1 wedge, small (1/8 of small melon) 55g	10.0 cantaloupe balls 138g	1 NLEA serving 134g
Vitamin A, RAE	µg	169	299	270	264	1376	172	933	117	745	93	233	226
Vitamin A, IU	IU	3382	5986	5411	5276	27529	3450	18669	2334	14915	1860	4667	4532
Vitamin E (alpha-tocopherol)	mg	0.05	0.09	0.08	0.08	0.41	0.05	0.28	0.03	0.22	0.03	0.07	0.07
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0	0	0	0	0	0	0	0
Vitamin K (phylloquinone)	µg	2.5	4.4	4.0	3.9	20.4	2.5	13.8	1.7	11.0	1.4	3.5	3.4
Lipids													
Fatty acids, total saturated	g	0.051	0.090	0.082	0.080	0.415	0.052	0.282	0.035	0.225	0.028	0.070	0.068
Fatty acids, total monounsaturated	g	0.003	0.005	0.005	0.005	0.024	0.003	0.017	0.002	0.013	0.002	0.004	0.004
Fatty acids, total polyunsaturated	g	0.081	0.143	0.130	0.126	0.659	0.083	0.447	0.056	0.357	0.045	0.112	0.109
Fatty acids, total trans	g	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0	0	0	0	0	0	0	0
Amino Acids													
Other													
Caffeine	mg	0	0	0	0	0	0	0	0	0	0	0	0