



Nutrient	Unit	1 Value Per100 g	0.5 cup, diced (approx 20 pieces per cup) 85g	1.0 cup, balls 177g	1.0 melon (5-1/4" dia) 1,000g	1.0 melon (6" - 7" dia) 1,280g	1.0 wedge (1/8 of 5-1/4" dia melon) 125g	1.0 wedge (1/8 of 6" to 7" dia melon) 160g	10.0 honeydew balls 138g	1.0 NLEA serving 134g
Vitamin D	IU	0	0	0	0	0	0	0	0	0
Vitamin K (phylloquinone)	µg	2.9	2.5	5.1	29.0	37.1	3.6	4.6	4.0	3.9
<b>Lipids</b>										
Fatty acids, total saturated	g	0.038	0.032	0.067	0.380	0.486	0.048	0.061	0.052	0.051
Fatty acids, total monounsaturated	g	0.003	0.003	0.005	0.030	0.038	0.004	0.005	0.004	0.004
Fatty acids, total polyunsaturated	g	0.059	0.050	0.104	0.590	0.755	0.074	0.094	0.081	0.079
Cholesterol	mg	0	0	0	0	0	0	0	0	0
<b>Other</b>										
Caffeine	mg	0	0	0	0	0	0	0	0	0