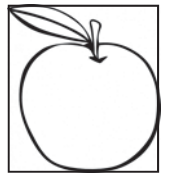


# WATERMELON



In the garden:



<http://www.harvesttotable.com/wp-content/uploads/2009/04/Melon-small-watermelon1.jpg>



<http://nebula.wsimg.com/>

Ready to eat:



<http://sixtysecondswithsara.com/wp-content/uploads/2014/05/WatermelonCucumberSalad-788x405.jpg>

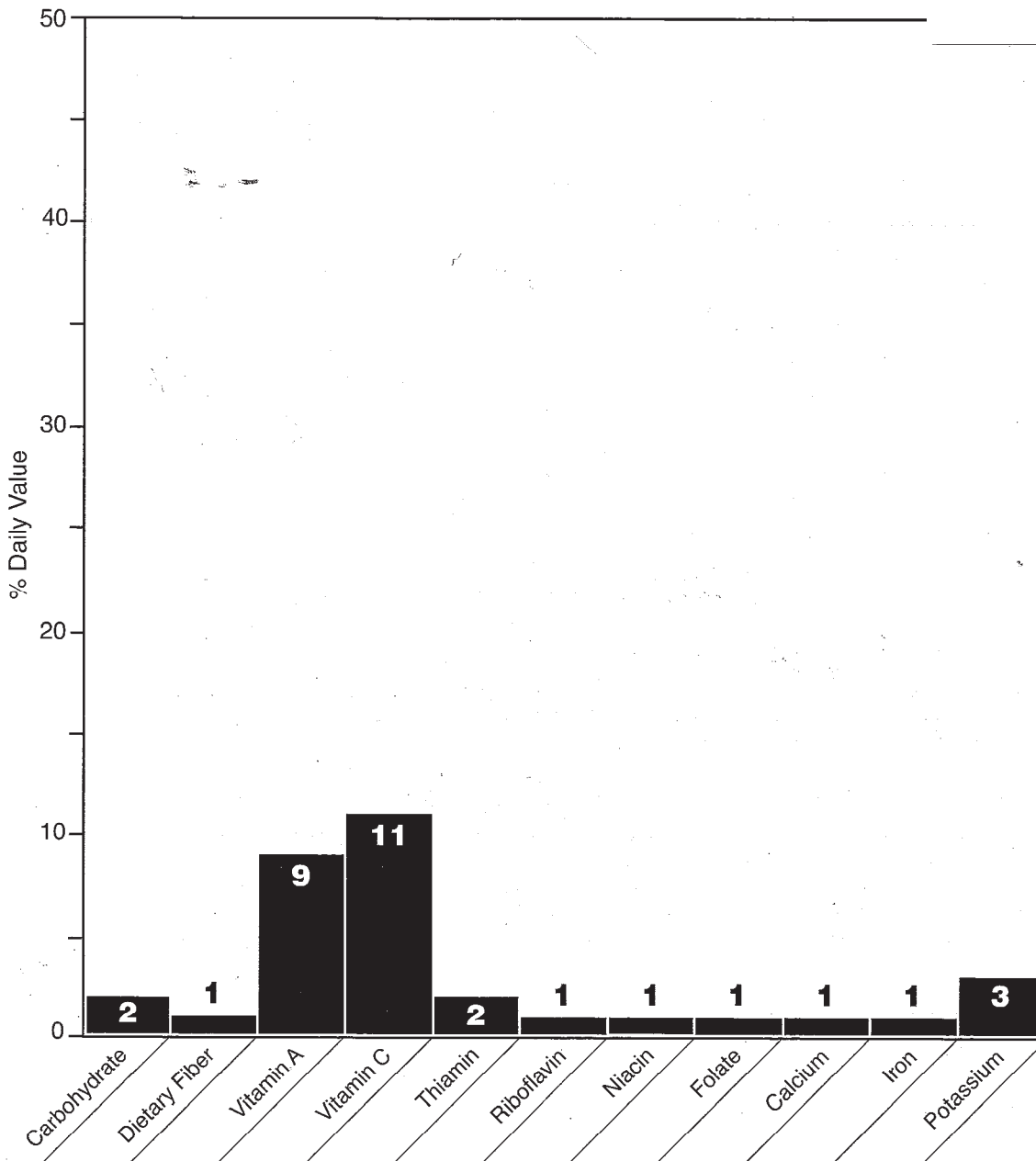


[http://www2.shutterstock.com/blog/wp-content/uploads/sites/5/2010/05/free\\_watermelon\\_shutterstock\\_47597032\\_web.jpg](http://www2.shutterstock.com/blog/wp-content/uploads/sites/5/2010/05/free_watermelon_shutterstock_47597032_web.jpg)

## Fun Facts:

- Watermelons can be classified as both a fruit and a vegetable.
- By weight, the average watermelon is 92% water.
- In addition to being a tasty treat, watermelons are high in B vitamins, as well as vitamins A and C.

# Watermelon Nutrition Facts



## Serving Size

- 1/2 Cup Chopped
- 80 Grams
- 24 Calories
  - 4% from fat
  - 7% from protein
  - 90% from carbohydrate
- 0.5 Gram Protein
- 6 Grams Carbohydrate
  - 0.3 grams dietary fiber
- 0.1 Gram Fat
- 73 Grams Water
- 1 Milligram Sodium

From California Department of Education, 2007

Watermelon contains Vitamin C to help heal your cuts and wounds.

## Fruity Roll-Ups

### Ingredients:

4 (8-inch) whole wheat tortillas  
1/4 cup creamy peanut butter  
1 cup fruit, such as watermelon, bananas, peaches, kiwi, and grapes, washed and chopped or sliced.

### Directions

1. Soften the tortillas by putting them in the microwave on high for 10 to 15 seconds.
2. Spread 1 Tablespoon of peanut butter in a thin layer on each tortilla.
3. Top with ¼ of the fruit.
4. Roll up the tortillas, tucking both ends under to prevent leaking. Cut in half. Serve.

<http://growhappykids.org/>



### Helpful Storage Tips:

- A whole watermelon will last for 3-4 weeks from the moment it is picked off the vine, but when watermelon comes from the store, you should plan on eating it within a week.
- Once watermelon is cut up, store in the refrigerator for up to a week.



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USDA and Washington State University are equal opportunity providers and employers. This material was funded by USDA's Supplemental Nutrition Assistance Program. SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: <http://foodhelp.wa.gov> or the Basic Food Program at: 1 877 501 2233.

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