

WATERMELON

fun facts:

- Watermelon is a vine-like flowering plant that originally came from southern Africa.
- China is today the world's single largest watermelon producer. Second is Turkey.
- Watermelon fruit is 91% water, has 6% sugars, and is very low in fat.
- Watermelon is now the most eaten melon in the US.
- Today, more than 300 watermelon varieties are cultivated in the US and Mexico.
- Watermelon is a vegetable. It is linked with cucumbers, pumpkins and squash.
- You can eat every part of a watermelon even the seeds and rinds.



Nutrition Facts

Serving Size: 1 cup watermelon (152g)

Amount Per Serving

Calories 46 Calories from Fat 2

% Daily Value*

Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0g	0%
Sodium	2mg	0%
Total Carbohydrate	11g	4%
Dietary Fiber	1g	2%
Sugars	9g	
Protein	1g	

Vitamin A 17% * Vitamin C 21%
Calcium 1% * Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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