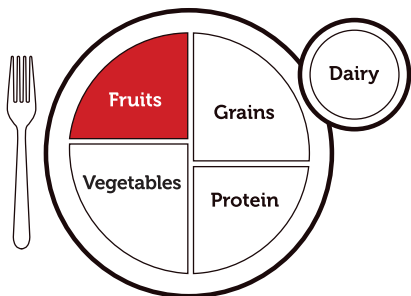


WATERMELON

WHAT IS IT?

Commercially grown in 44 different states, watermelon is a flowering plant that grows in the summer months in the U.S.

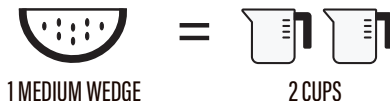


FOCUS ON WHOLE FRUITS

Watermelon is one of the most affordable fruits available and is a simple, sweet way to add fruit to your plate.

HOW IT FITS INTO MYPLATE

A 2,000 calorie diet has a daily Fruit Group target of 2 cups. By eating just 1 medium watermelon wedge, you'll already meet your goal!



1 MEDIUM WEDGE

2 CUPS



2 CUPS

FRUIT GROUP TARGET

To find your food group targets, go to ChooseMyPlate.gov/Checklist

FUN FACTS & TIPS



USDA developed the classic variety, called Charleston Grey, in 1954.



Texas, Florida, Georgia & California grow 66% of the watermelon in the U.S.



Cool off! Freeze slices of watermelon into “popsicles” for an icy cold sweet treat.



For more information go to ChooseMyPlate.gov
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