

No matter how you slice it, Watermelon Delights!

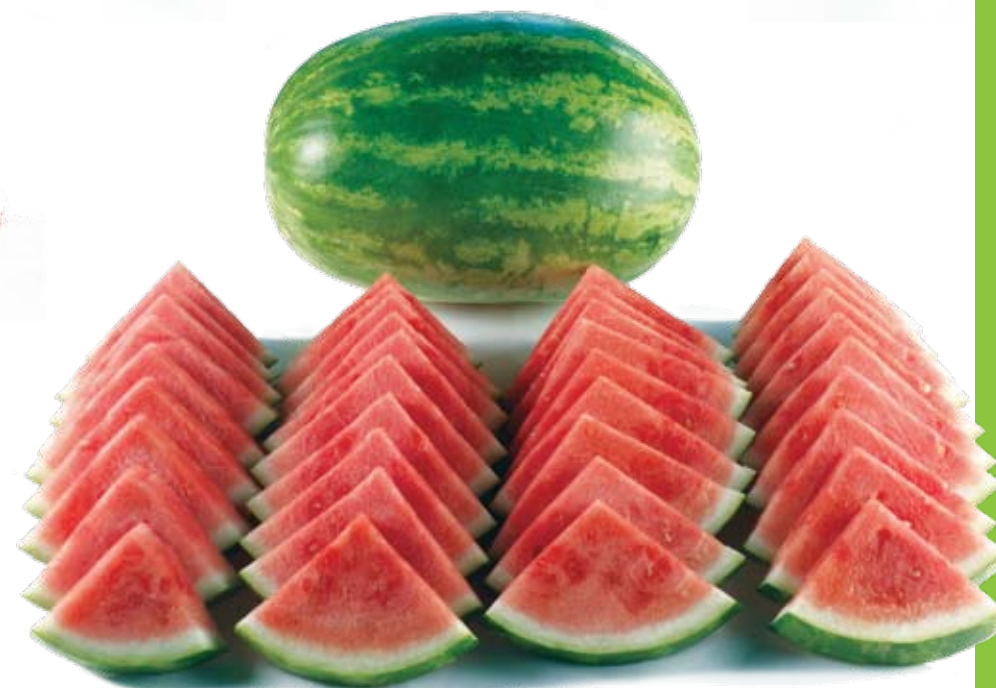


Safe Handling

1. Wash hands thoroughly with soap and water.
2. According to the FDA, wash ALL fruit and vegetables, including all melons with rinds, in clean, running water before cutting or eating. Don't forget to dry it too.
3. Wash all food-contact areas and equipment, such as cutting boards, countertops, peelers and knives with hot water and soap to avoid cross contamination.
4. Maintain the temperature. If the watermelon is delivered at room temperature, keep it at room temperature. If it came in refrigerated, keep it cold.
5. Cover and refrigerate any cut watermelon immediately.

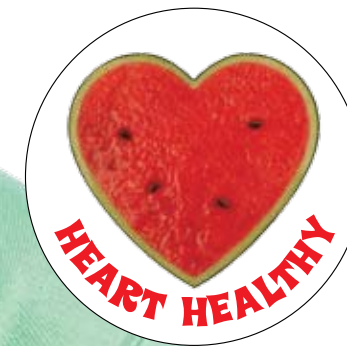
Yield

A 12-lb. watermelon yields 30 one-cup servings or 40 wedges.



Nutrition

- Packed with Vitamins A and C
- Source of B6 and Potassium
- Excellent hydrator – 92% water
- Great for weight management – satisfies hunger



Watermelon

Nutrition Facts

Serving size: 2 cups watermelon, diced (280g)

Amount Per Serving	Calories 80	Calories from Fat 0	% Daily Value*	
Total Fat	0g			0%
Saturated Fat	0g			0%
Cholesterol	0mg			0%
Sodium	0mg			0%
Potassium	270mg			8%
Total Carbohydrate	21g			7%
Dietary Fiber	1g			4%
Sugars	20g			
Protein	1g			
Vitamin A	30%	Vitamin C	25%	
Calcium	2%	Iron	4%	

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

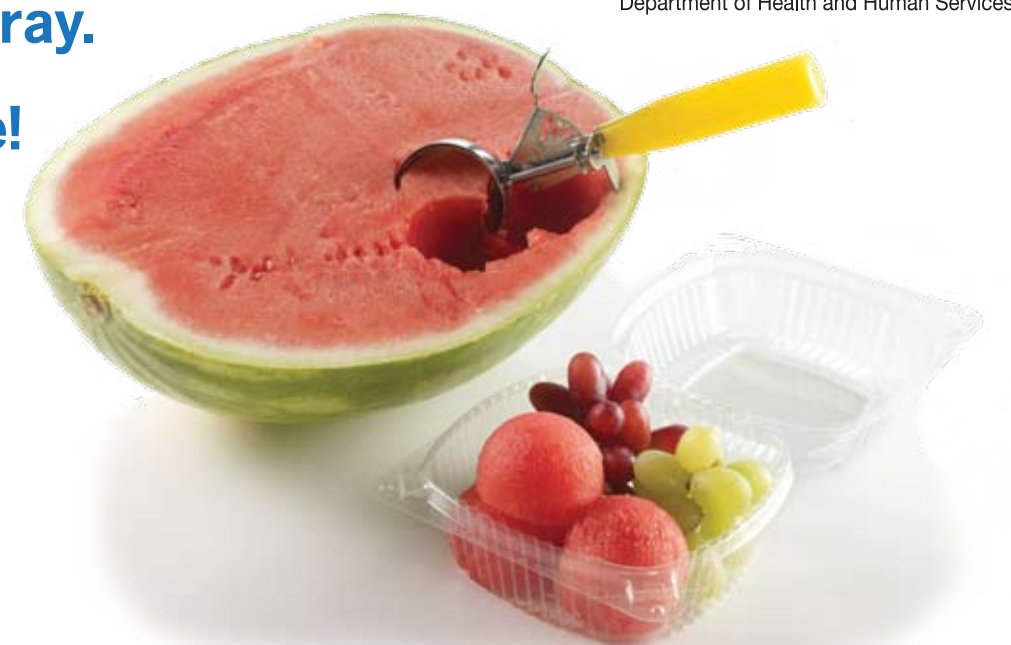
	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat. Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	275g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

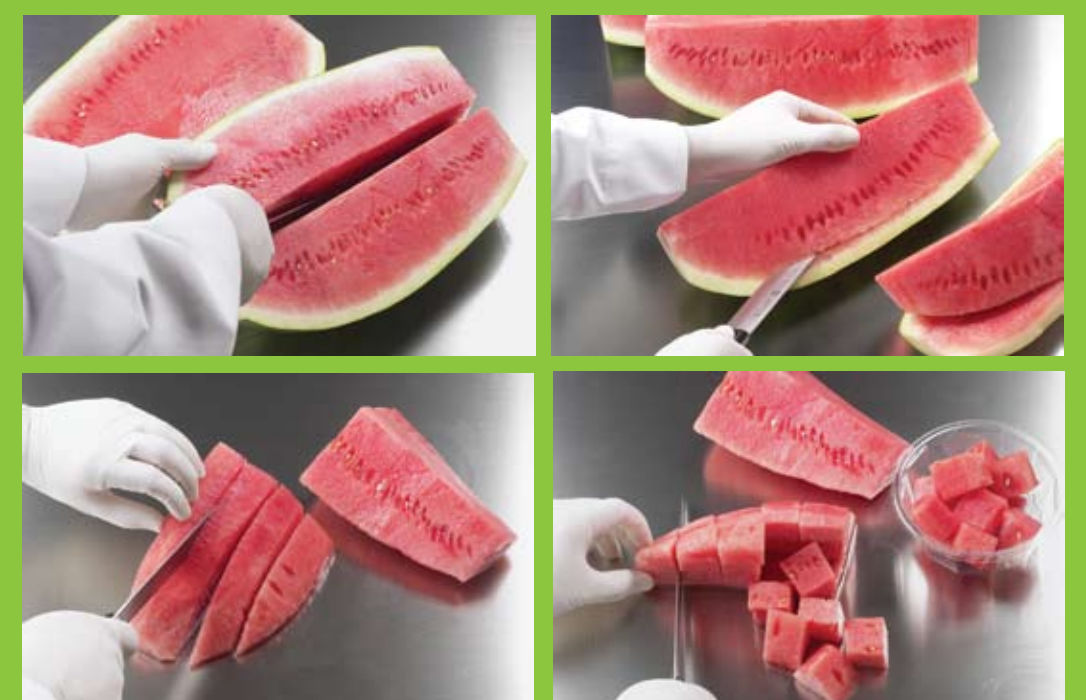
Source: Food and Drug Administration
Department of Health and Human Services

Serve Up the Dish That's Delish!

- It won't get left on the tray.
- It's actually a vegetable!
- Slice, cube or purée.
- Versatile! Tastes great with sweet and savory.



Easy to Cut



For more information visit www.watermelon.org.