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	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source: Food and Drug Administration