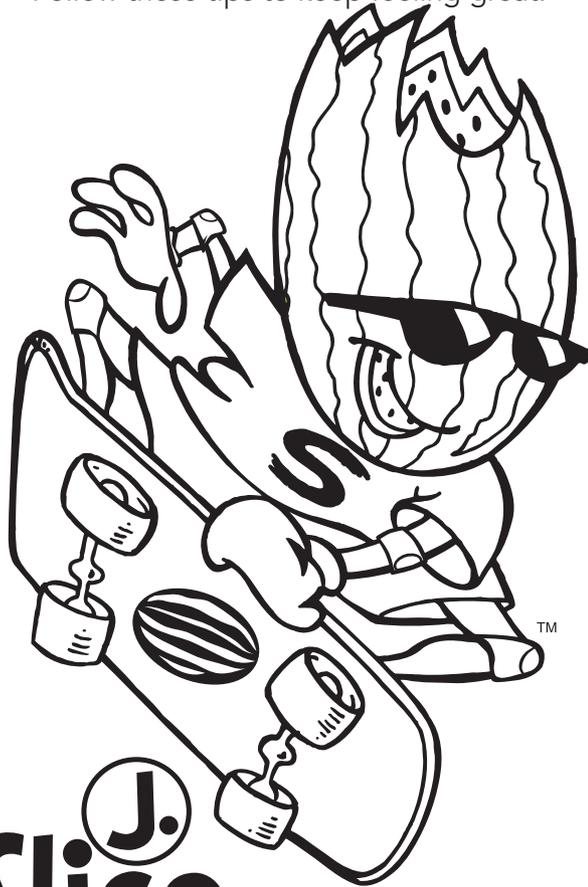


Take a bite out of a Rainbow!

J. Slice Advice!

Power yourself up with plenty of color. It will give you the charge you need for tons of great activities and sports like skateboarding, surfing, mountain biking, soccer, or even when you're just on the go with your friends!

Follow these tips to keep feeling great.



J.
Slice

watermelon.org
National Watermelon Promotion Board



Eat Dinner Together

Don't eat alone - that's no fun! Hang out and enjoy meals with your family. For even more fun, invite a friend or two over. Eating alone can lead to overeating.

You Can Do It!

Feel good about yourself when you reach for something colorful and healthy, instead of junk!

Fruit & Veggies the Fun Way

Talk your mom or dad into serving food in a fun way. Example: Watermelon slices are great, but watermelon sticks and balls are way cooler.

Spy a Label

Become a private investigator - learn to read food labels so you can figure out how much fat as well as vitamins and minerals are in the stuff you munch.

Get Moving!

Playing sports or even going for a nature walk helps keep your energy up!

Take a Junk Break

Hold off on eating too much salty or junk food.



Color your Cart

Next time you're at the supermarket see if you can fill your cart with produce in different colors, red, yellow, orange, green and blue. Ask your parents to explain why each color is so good for you in its own way.

Fruit & Veggies Rock

Fruit & veggies can be eaten anytime. You can always eat a cool slice of watermelon with your meal - you don't have to wait until dessert!

Don't forget to chill out with a cool slice of watermelon. It's sweet and healthy, and because it's 92 percent water, it helps your body get the fluids you need to feel great. Watermelon is awesome and super healthy!

