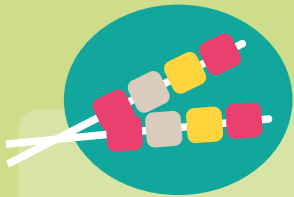


WATERMELON SNACK HACKS

If you want to snack healthy, you need to plan wisely.

Snacks = 25% of our daily calories. Make them count with nutritious and delicious ingredients.



DIY Bites

Skewer watermelon, turkey, and cheese cubes for a delicious kebab.



Ready-to-go

For breakfast on-the-go, blend cubed seedless watermelon, low-fat yogurt, and oatmeal.



Portion Prep

Turn watermelon into slices, sticks, cubes, and balls. Place in containers or baggies for perfect portions when you need them!



Little Dippers

Pair watermelon sticks with yogurt for dipping fun.

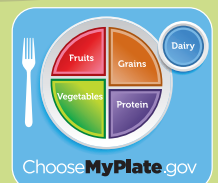


Creative Combo

Layer watermelon, chicken, spinach, and brown rice in a portable container. Protein-packed snack!



watermelon.org



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