Stacked Curried Chicken Salad With Watermelon & Jicama Recipe Stars Make Delicious Bedfellows!

More inside: Elizabeth Somers’ Super Hot Health Trends!

PLUS: Sweet & Juicy! Picking the Perfect Watermelon
Health & Wellness

Intense Training Just Got Sweeter! Rehydrate, Refresh, Replenish

All athletes need the same foods, but the amount varies depending on a variety of factors including age and gender as well as the frequency, duration, and type of training. The diet is based on colorful fruits and vegetables, whole grains, extra lean meats and legumes, calcium rich milk products, and a few weekly servings of fatty fish. Some foods are particularly important to athletic training, performance, and recovery. Watermelon is a perfect example.

Watermelon is 92% Water!

Water? Yawn. Think Watermelon!

Dehydration is the most common cause of reduced athletic performance. The first sign of it is fatigue, which is accompanied by an increased risk for injuries. A runner can lose five pounds or more of water during a race. You also lose body water every time you work out.

Water is the most obvious fluid replacement, but you don’t have to rely solely on it. Watermelon is 92% water, and there are more than 1 1/2 cups of water in two cups of it. Eating a big slice of it is the equivalent of drinking an 8 ounce glass from the tap.

Get Results! All Watermelon, All The Time!

Since water is best incorporated into tissues if consumed in small, frequent doses, including watermelon in meals and snacks helps ensure you’re packing that fluid into the cells where it is needed.

- Include a bowl of watermelon chunks with your breakfast.
- Bring a thermos of watermelon juice, flavored with a touch of lime, to work or school.
- Add a slice of watermelon to sandwiches or diced watermelon into salads to top chicken or fish dinners.
- Puree watermelon in a blender, add some lime juice, and freeze in ice cube trays for a great ice cream replacement.

Who Knows? Amazing Watermelon Health Facts

So many people love the taste of watermelon, but they have no idea that watermelon:

- Can help maintain cardiovascular health.
- Is 92% water, making it an excellent hydrator.
- Is cholesterol free, naturally gluten free, virtually fat free, and low in sodium.
- Gets its red color from lycopene. It’s actually the lycopene leader among fresh fruits and vegetables, including fresh tomatoes. There are 15 to 20 mg of lycopene per 2 cup serving!
- Contains amino acids citrulline and arginine that help maintain blood flow, arteries, and heart health.
- Is packed with vitamins A, B6, and C and also contains potassium, thiamine, and magnesium.

Quick-Fix Watermelon Tricks

Bring it. Bag slices and cubed watermelon into your gym bag, briefcase, or lunchbox before leaving home.

Double it. Have two cups of watermelon instead of one cup and you are one-quarter toward your goal of 8 servings of colorful fruits and vegetables each day.

Sprinkle it. Toss watermelon in salads, salsas, sandwiches, and smoothies.

Cross dress it. Disguise watermelon as dessert. Too lemon yogurt with watermelon cubes, blend watermelon and Splenda and freeze for a homemade sorbet, or add frozen watermelon cubes to club soda for a refreshing drink.

Switch hitter it. Replace liquids, such as milk or water, with watermelon juice in cooking. Try preparing oatmeal or rice dishes with it.

Watermelon Board

References:
Mix It, Grill It, Or Stack It
In A Jar – Watermelon Delivers Big!

Skip the after-workout sports drinks and go for the
Thai Watermelon, Tart Cherry & Coconut Riceotto. It packs a
vGPSOPG of water, antioxidants, and electrolytes, plus carbs
to replenish glycogen stored.

Try a Red Beet & Watermelon Salad, jam-packed with
nutrients and great flavor. If you’re up for it, add a
Vitamin-E rich Blueberry Dressing to bring
it all together.

Fill up before filling out with three important ingredients –
protein, fiber, and water. Let’s Stacked Curried
Chicken With Watermelon & Jicama into a jar.
Perfect for lunch, snack, and homemade takeout.

Looking for some family-friendly, build-your-own, healthy
entrees? Think Pork & Watermelon Kabobs. The
colorful fruits and veggies are an awesome antioxidant
defense.

Simple & Sweet.
Muffins, Fries, Shooters & More!

Start your day off with a healthy dose of deliciousness –
make Watermelon Dried Tart Cherry, Chia Seed
Muffins. Chia seed’s omega-3 fatty acids, protein, fiber,
and antioxidants plus watermelon’s nutrients and antioxi-
dants make a fantastic combo!

For a fun lunch or dinner, put Baja Fish Tacos With
Watermelon Guacamole on the menu. They’re packed
with vitamins, minerals, and fiber.

Next time you want fries, try Watermelon-Glazed Sweet
Potatoes instead. Watermelon’s lycopene is important for
healthy skin. And orange sweet potatoes are a rich source
of vitamin A, a significant nutrient for healthy eyes and skin.

Wrap up your meals with an almost fat-free New York
Cheesecake With Watermelon & Blueberry Sauce. For
kids’ and kids-at-heart, serve Watermelon Lemonade
Cream Pie & Dessert Shooters. Both desserts are a
source of potassium, lycopene, and vitamin C.

Get Happy, Be Healthy & Party On!
Perfect for Happy Hours, Tapas & Barbecues

Watermelon can even add fun flavor and nutrition to your
happy hours and backyard barbecues. For a take on tapas,
serve your guests Spicy Watermelon Hummus and
Watermelon Pomegranate Sangria. Watermelon is free
of cholesterol, fat, and sodium, and is a source of arginine
and citrulline, amino acids that maintain the blood vessels,
increase nitric oxide, and may improve blood flow to all
tissues. Hummus is low fat, low calories, and packed with
anti-inflammatory and antioxidant goodies. Party on!

Don’t stop there. Get creative for your next neighborhood
gathering. There’s a hefty dose of antioxidants like vitamin C
and lycopene in Red, White & Blue Cheese Sliders
Boost your brain with a combo of watermelon’s antioxidants
and salmon’s omega-3 fats in tasty Sushi-Style
Salmon Watermelon-Avocado Sliders

For these recipes and more visit
watermelon.org

Scan for Media Kit

Stegosaurus

Cinderella’s Carriage

Frankenstein’s Monster

Find recipes and step-by-step carving
instructions at watermelon.org

NY Cheesecake With Watermelon

Impress Everyone
Create Edible, Cutting-Edge Centerpieces!

Check out our exciting new carvings for 2015. Box-
ofice smash hit Hunger Games, classic Cinderella’s
Carriage, fright night Frankenstein’s Monster, lovable
Panda, and all the dino rage – Stegosaurus
How To Choose The Best Watermelon

It’s As Easy As 1, 2, 3!

1. Look the watermelon over. You are looking for a firm, symmetrical watermelon that is free from bruises, cuts or dents.
2. Lift it up. The watermelon should be heavy for its size. A watermelon is 92% water so most of the weight is water.
3. Turn it over. The underside of the watermelon should have a creamy yellow spot from where it sat on the ground and ripened in the sun.

Handle Watermelon Like A Pro!

- Be clean. Wash your hands with soap and water.
- Get rid of surface dirt. Wash outside of watermelon with cool tap water and dry.
- Avoid cross-contamination. Clean food-contact areas and equipment such as cutting boards, countertops, peelers and knives with hot water and soap.
- Immediately refrigerate cut watermelon. Place in covered container or cover melon’s cut surface with plastic wrap to prevent a mushy flesh mess.

DID YOU KNOW 1 WATERMELON HAS OVER 30 SERVINGS?

To Eat Or Not To Eat?

Had your watermelon for a while? Can’t remember when you purchased it? The general rule of thumb is, “when in doubt, throw it out.” At some point, everyone who purchases fresh produce may not get around to consuming it in time.

Keep It Cool?

If your watermelon is at room temperature when you purchase it, you can continue to keep it at room temperature when you get it home. If you refrigerate it after purchasing, be sure to keep it cool.

One Watermelon Seven Different Ways!

Can you believe all of these cups, cuts, slices and dices came from ONE watermelon? Well it’s true! From just one 14 lb. watermelon you can have juice for your watermelon lemonades, a slice for a cookie cutter cutouts, sticks for dipping, cubes for salads, dices for salsa, balls for drenching and some classic slices for devouring. Experiment and enjoy!
FOR THE LATEST SCOOP
FROM THE WATERMELON BOARD

This year we are making watermelon famous, embracing celebrity-style status and universal intrigue, pitching watermelon packaged like the wildly popular gossip magazines we see at the checkout lanes of our grocery stores. As Americans’ intense fascination with fame increases, and the foodie culture cements its place among the ranks of consumers and media alike, watermelon steps into the spotlight as a trendsetter, style icon and perfect pairing partner with a tongue-in-cheek delivery of story-starters and new recipe/carving releases.

NEW!
Succulent & Savory Recipes
Waste Is So Last Century –
Check Out Watermelon’s AMAZING VALUE
Decadent AND Low-Cal Desserts?!

Become a Lean, Mean Juicing Machine!
DIY Watermelon Juice
Cutting-Edge Carvings You Can Do At Home
Boozy Beverages With a Sweet, Nutritious Vibe
Dehydration? Sore Muscles? Athletes Turn to Watermelon

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