Eat and Play the Watermelon Way!

Eat for Energy

Go grocery shopping with your family. Choose vitaminpacked foods for dinner. Then help your parents make

a meal to eat together!



Try oatmeal, whole-wheat bread, brown rice, and popcorn.

Watermelon has vitamins A, B6, and C. Plus, it contains lycopene which makes watermelon red!

Watermelon and chicken in a whole grain wrap is yummy!



Watermelon

cheddar cheese cubes

Fruits and Veggies Forever

colors! Eat with meals, as snacks, and even





for lunch. Slow the Sugar Patch

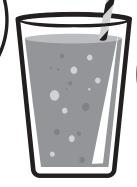
Choose food and drinks that aren't packed with lots of added sugar.

Reach for watermelon when you want a treat. Sweet and nutritious!



A Very Dairy Day

Enjoy low-fat or fat-free milk, yogurt, or cheese throughout the day.



Smoothie Time! With an adult, combine watermelon chunks, your favorite fruit, yogurt, and ice in a blender.





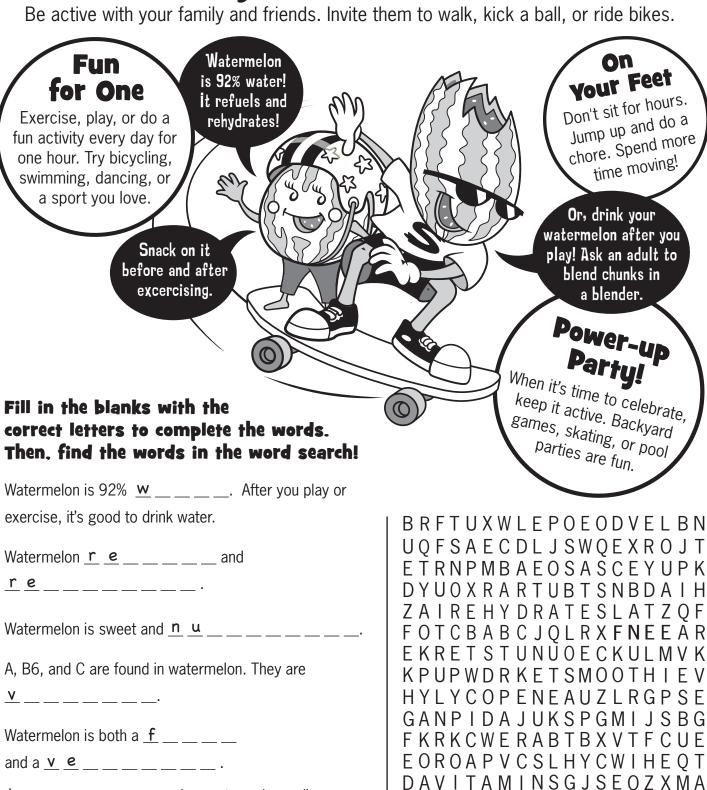
Move for Strength

L makes watermelon red!

You can eat and d watermelon!

a great <u>s</u> __ _ _ _ _ _ _.

Watermelon chunks, fruit, and yogurt in a blender make



watermelon.org

CENEJTXWFOHNTQUHEKB BREFUELSXHGSKJSAZGL

AEROFWPMOATGEDRINKE