WIDE WORLD
OF
Watermelon
REGISTERED DIETITIAN TOOLKIT

WATERMELON BOARD
You’re an RDN – a highly educated professional with a demanding schedule and an unwavering dedication to improving health through food and nutrition. You make a difference locally and globally in places such as schools, media, supermarkets, foodservice, sport dietetics and private practice or counseling.

We (on the other hand) are simply watermelon.

But we are more than just another pretty fruit.

There is a wide world of watermelon from lycopene to sustainability benefits to picnics in the park. And while 80% of Americans buy watermelon because it tastes good, less than half of people (49%) are aware of the health benefits watermelon provides.¹ We hope this resource, dubbed the Wide World of Watermelon (aka, WWW) will be a resource to help fill this taste and health-awareness gap.

The WWW toolkit is designed to inspire, delight and help you weave watermelon into your practice – whatever that may look like. The WWW has been divided into six areas of practice:

- Media & Communications
- School Nutrition
- Retail & Supermarket
- Sports Dietetics
- Private Practice
- Foodservice

(But, of course, you are welcome to use them all.)

For each practice area, we’ll point you to the massive number of assets and resources the National Watermelon Promotion Board has ready for you – to spark ideas or lighten your load – along with sharable content, recipes and teaching tools. Bookmark, download or print and keep these resources right at your fingertips.

Any day, season or reason – bring the joy of watermelon to your practice!

Sincerely,

References:
Writer’s block, pitches pending, presentation procrastination, drawing a blank on sharable thoughts? WATERMELON! Here are some big ideas with ways to weave watermelon into your next project.

1. **WINTER, SPRING, SUMMER OR FALL... WATERMELON WILL BE THERE**

   - Thanks to our importers, watermelon can be sliced, diced, blended or carved 12 months a year. That said, nearly 70% of the watermelon consumed in the United States is U.S.-grown. California, Georgia, Florida and Texas are the top producing states.

   - Nutritious option all-year-round: per 2-cup serving, watermelon contains: 80 calories, no fat, vitamin A (8% daily value - DV), vitamin B6 (8% DV), vitamin C (25% DV), potassium (6% DV), magnesium (6% DV), thiamine (8% DV), phosphorus (2% DV).¹

2. **REAL FOOD FOR SPORTS**

   FOODS OVER SUPPLEMENTS FOR SPORTS PERFORMANCE

   - At 92% water, watermelon is delicious for rehydrating.¹ There are 10 grams of protein in one ounce of sprouted, shelled and dried watermelon seeds.¹ A 2-cup serving of watermelon delivers potassium (6% DV) that may help with water balance and muscle cramps.¹

   - Watermelon also contains 21 g of carbohydrate per 2 cup serving to help fuel activity.

3. **WASTE NOT, WANT NOT**

   WAYS TO REDUCE FOOD WASTE

   - 100% of watermelon is usable and compostable: 70% flesh + 30% rind.

   - Rinds can be stir-fried, stewed, pickled and much more. Visit www.watermelon.org for a pickled rind recipe.
ON THE ROAD AGAIN
SWEET AND SMART SNACKS ON-THE-GO

- 71% of consumers have a grab-and-go snack at least once a week – 68% take their breakfast on the road.\(^2,3\)

THE BEST VALUE
GETTING A BETTER BANG FOR YOUR BUCK IN THE PRODUCE SECTION

- Watermelon is the best value fruit in the produce aisle at 17 cents per serving.\(^2,3\)
- To get the most out of your watermelon, see our recommended [cutting method](#).

THE PRIME PICK
PICKING PRODUCE

- How to choose a watermelon: It should be firm, symmetrical and free of bruises, cuts or dents. It should feel heavy for its size. Look for the creamy yellow spot (from where it sat in the field and ripened in the sun). It’ll last about 3-4 weeks after harvest.

COLOR ME RED
FINDING THE FEW FOODS THAT CONTAIN LYCOPENE

- Watermelon contains higher levels of lycopene than any other fresh fruit or vegetable (12.7 mg per 2-cup serving) and it is a Lycopene Leader.\(^4\)
- Lycopene has been studied for its potential to role in reducing blood pressure (in those with prehypertension or hypertension). Whether consuming watermelon will achieve these results in the general population is not yet known. Further research is needed with larger sample sizes and longer duration is needed to fully determine the clinical implications.
- The National Cancer Institute’s Prostate Cancer, Nutrition, and Dietary Supplements (PDQ\(^7\)) information summary says that, “Reviews done in 2015 and 2017 analyzed studies of lycopene in the diet and lycopene levels in the blood. Both reviews found that higher lycopene intake was linked with lower prostate cancer risk and that higher blood levels of lycopene were also linked with lower prostate cancer risk.”\(^7\) However, research results are inconsistent in these areas and randomized controlled trials have not demonstrated a consistent benefit to consuming lycopene from food or supplements. However, there is a large and growing body of research into the mechanistic and dose-relational effects of lycopene consumption on potential human health benefits.
- Although more research and clinical trials are needed, systematic reviews and meta-analyses link carotenoids, like lycopene, to a role in maintaining healthy skin.\(^5,7\)

For more story starters, beauty images and watermelon-related health research, visit [www.watermelon.org](http://www.watermelon.org).
Watermelon in school. It’s a no-brainer.

Whether it’s the classroom or cafeteria, the WWW has something for your school. You’ll be delighted by all the ideas and resources on www.watermelon.org.

To find watermelon-related health research, also visit www.watermelon.org.
Watermelon in schools – Check!

From National School Lunch Program guidelines to kid-worthy recipes and activities, watermelon checks all the boxes.

Watermelon satisfies the National School Lunch Program guidelines and helps your school meet the daily fruit requirement.

<table>
<thead>
<tr>
<th>GRADE</th>
<th>SERVING SIZE</th>
<th>CREDIT</th>
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</thead>
<tbody>
<tr>
<td>K to 8</td>
<td>½ cup</td>
<td>½ cup fruit</td>
</tr>
<tr>
<td>9 to 12</td>
<td>1 cup</td>
<td>1 cup fruit</td>
</tr>
</tbody>
</table>

References:


4. What We Eat in America, NHANES 2007–2010 for average intakes by age-sex group. Healthy U.S.-Style Food Patterns, which vary based on age, sex, and activity level, for recommended intake ranges.


From flesh to skin and rind, the whole watermelon can be used to wow and amaze your students. Watermelon carvings can provide decoration and excite students about eating it.

Offer taste tests for students to try recipes using watermelon or to teach students about their health benefits, such as the fact that watermelon is the leader in lycopene!

Pizza for breakfast? Yeah, with watermelon! Make it in class!

Save a pumpkin, carve a watermelon!

Appreciate where watermelons are grown.

- From May to September watermelon is harvested throughout the US.
- Watermelon is grown in 40+ states, with Florida, Texas, California, Georgia and Indiana consistently in the lead.

Give a history lesson with fun facts.

- Egyptian Hieroglyphics suggest that watermelon was eaten as early as the 2nd millennium BC.
- Watermelon’s official name is Citrullus Lanatus of the botanical family Cucurbitaceae. It is cousins to cucumbers, pumpkins and squash.
- Early explorers used watermelons as canteens.
- According to Guinness World Records, the world’s heaviest watermelon was grown by Chris Kent of Sevierville, Tennessee in 2013, weighing in at 350.5 lbs. Want to more about how Chris grew a giant watermelon? Check out part one, part two and part three of an interview with Chris.

Teach about waste reduction.

- 100% of watermelon is usable and compostable: 70% flesh + 30% rind.
Our consumer market research tells us a lot about shopping for watermelon. We turned the findings into resources for your store.

**Nutrition Facts**

Serving size: about 2 cups, diced (304g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>80</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>% Daily Value*</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
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<tr>
<td>Sodium</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Potassium</td>
<td>314mg</td>
<td>6%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>21g</td>
<td>8%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1g</td>
<td>4%</td>
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<tr>
<td>Total Sugars</td>
<td>17g</td>
<td>6%</td>
</tr>
<tr>
<td>Includes 0g Added Sugars</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>2g</td>
<td>2%</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>0mcg</td>
<td>0%</td>
</tr>
<tr>
<td>Calcium</td>
<td>20mg</td>
<td>2%</td>
</tr>
<tr>
<td>Iron</td>
<td>0.7mg</td>
<td>4%</td>
</tr>
<tr>
<td>Potassium</td>
<td>314mg</td>
<td>6%</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>80mcg</td>
<td>8%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>23mcg</td>
<td>29%</td>
</tr>
</tbody>
</table>

*The % Daily Value (DV) lets you know how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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**Survey says...**

- **65%** of watermelon is purchased in the grocery store.¹
  - Watermelon 101
  - Best practices for watermelon in retail
  - Selecting and prepping watermelon
  - Store level training

- **1/3** of shoppers say they feel good when they purchase foods that can be used in multiple recipes/meals and can preserved and stored.³
  - Use the whole watermelon! 100% of the watermelon is usable and compostable - making it easy to keep it out of the landfill and reduce carbon emissions.

- **7.7** Shoppers gave watermelon a 7.7/10 for health (10 being the healthiest).¹
  - Watermelon for everyday health
  - Boost your health esteem with watermelon
  - The Lycopene Leader sticker
  - Heart Healthy sticker

- **85%** of shoppers eat their watermelon raw, but 5.4% would have it in a recipe.¹
  - Recipes
  - Recipes for POS

Download our Retail Dietitian Toolkit for fact sheets, recipes, scripts for store tours, social media graphics and activities for kids.

To find watermelon-related health research, also visit www.watermelon.org.

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1. 3rd party research as of 2020
2. The % Daily Value (DV) lets you know how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
### The Season: SUMMER

**Reason:** At 92% water, watermelon is an excellent way to help hydrate in the heat.
- Give shoppers ideas for how to eat and drink watermelon for hydration this summer.

**Reason:** Provides lycopene and vitamin A
- Although more research and clinical trials are needed, systematic reviews and meta-analyses link carotenoids, like lycopene (12.7 mg per 2 cup serving), to a role in maintaining healthy skin.\(^2\)
- Vitamin A (8% DV) in watermelon may help moisturize skin and build and maintain collagen.
- Simply slice up some sunny snacks or freeze some ice pops and cubes! Or how about frozen watermelon bites!

**Reason:** July is #NationalWatermelonMonth.
- Salute watermelon with a patriotic watermelon pizza or serve a super simple, no-bake flag cake!

**Reason:** August 3rd is National Watermelon Day.
- Whole watermelon for the whole day! Showcase how to enjoy the whole watermelon.
- Introduce the rhythm and the rind - recipes that use the rind.
- Hollow out your mini watermelon for a fruity, compostable fruit bowl!

### The Season: WINTER

**Reason:** Holiday traditions can be refreshed with watermelon.
- Show how shoppers can serve holiday watermelon “cookies”.
- Give shoppers a taste of watermelon cranberry sauce for their holiday dinner.

**Reason:** Have a super nutritious Super Bowl!
- Watermelon is a perfect game-day dish. Sample some watermelon poppers, or chips with guacamole and Football Helmet carving!

### The Season: SPRING

**Reason:** Waste less for Earth Day.
- 100% of the watermelon is usable and compostable – making it easy to keep it out of the landfill and reduce carbon emissions.

**Reason:** Cinco de Mayo.
- Commemorate the 5th of May by sampling a fresh, savory cactus carving or watermelon fire & ice salsa.

**Reason:** Get ready for watermelon season!
- Teach shoppers how to pick a worthy watermelon.
  1. **LOOK IT OVER.** Choose a watermelon that is firm and free of bruises and soft spots.
  2. **LIFT IT UP.** The watermelon should feel heavy for its size.
  3. **TURN IT OVER.** There should be a creamy yellow spot on the underside of the watermelon. This is where it sat on the ground and ripened in the sun.
- Give shoppers heartwarming samples of watermelon and oatmeal smoothies.

### The Season: FALL

**Reason:** Pack a smarter lunch.
- Skip pre-packaged lunchbox items and pack a Happy Lunchbox instead. Swap out the PB&J for easy and delicious watermelon-turkey-cheese kebobs paired with a sweet fruit salad and watermelon + yogurt dippers.

**Reason:** Happy Halloween!
- Alongside your pumpkin, carve a watermelon for this hallowed holiday!
- What about a Jack O’ Melon?

**Reason:** Entering flu season!
- Vitamin C in watermelon is an antioxidant that can help boost immunity against viruses.
- Get a little wild and demo how to get your vitamin C from Chilled Watermelon Soup.

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For more recipe tips & tricks, visit www.watermelon.org.

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References:
While you may love watermelon (who doesn’t?), did you realize that watermelon fits into nearly every topic of concern to active individuals? HERE’S HOW:

**HYDRATION**
At 92% water, watermelon is a delicious way to rehydrate.¹

**PROTEIN**
There are 10 grams of protein in one ounce of sprouted, shelled and dried watermelon seeds.¹

**PRE-WORKOUT**
Watermelon contains 7.5 grams of carbs in 100 grams, or 21 grams of carbs per 2 cups.¹

**MUSCLE CRAMPS**
A 2-cup serving of watermelon delivers potassium (6% DV) that may help with water balance and muscle cramps.¹

**MUSCLE SORENESS**
An emerging area of study involves exploring possible associations between the amino acid L-citrulline in watermelon (286-1266 mg per 2 cup serving) and muscle soreness after exercise, but further research is needed with larger sample sizes and longer duration to fully determine the clinical implications.²

**NUTRIENT DENSE**
Per 2-cup serving, watermelon contains:
- 80 calories, no fat, vitamin A (8% daily value - DV), vitamin B6 (8% DV), vitamin C (25% DV), potassium (6% DV), magnesium (6% DV), thiamine (8% DV), phosphorus (2% DV)¹,⁴

**CROSS-TRAINING**
Did you know that you can workout with watermelon?

To find more watermelon-related health research, visit www.watermelon.org.
PUMP UP ACTIVITY
PROMISING, BUT PRELIMINARY

Recently, exercise scientists published a study comparing watermelon consumption to a popular sports drink. They looked at endurance performance (75-km cycling time trial), exercise-induced oxidative stress, inflammation and immune function after exertion in 20 adult males. The watermelon group consumed watermelon each day for two weeks (equally about 70.6 grams of carbohydrates a day from watermelon). When it came time for the exercise test, groups were given a watermelon slurry or a familiar, 6% carbohydrate sports drink before and during exercise. Both beverages supported performance and maintained blood glucose, and no differences were found in inflammation or immune function. This early research suggests that watermelon puree may be a suitable beverage to support endurance exercise. However, as the first study of its kind, larger and longer trials are needed to confirm the results.

EXERCISE, REPAIR, REPEAT

Exciting new areas of study suggest that an amino acid called L-citrulline (286-1266 mg per 2 cup serving) in watermelon may help to support vascular health and help maintain healthy blood flow. Larger and longer term studies are needed to demonstrate this effect in other populations. Another emerging area of study is the exploration of the possible association between L-citrulline, an amino acid found in watermelon and muscle soreness after exercise, but further research is needed with larger sample sizes and longer duration to fully determine the clinical implications.

For your next workout, slurry some watermelon to support your performance!
For more research, tips and recipes, visit: www.watermelon.org.

References:
How do I pick a good watermelon?

It should be firm, symmetrical and free of bruises, cuts or dents. It should feel heavy for its size. Look for the creamy yellow spot (from where it sat in the field and ripened in the sun). It’ll last about 3-4 weeks after harvest.

How do I cut a watermelon?

To minimize waste, see the ideal cutting method.

Other than cut and eat, what can I do with watermelon?

Watermelon is more than a raw fruit or snack; watermelon can be an ingredient. Watermelon can be used in a wide variety of recipes as an appetizer, mocktail (or cocktail), entree, sauce or salsa. Check out the diversity and variety of recipes on www.watermelon.org.

Why is watermelon good for me?

GOOD NUTRITION: Watermelon is packed with nutrient-dense minerals, fiber, and antioxidant-rich phytonutrients, like lycopene and beta carotene. It is an excellent source of Vitamin C (25%DV) and a source of Vitamin A (8%), as well as providing vitamin B6 (8%) and potassium (6%). There are 10 grams of protein in one ounce of sprouted, shelled and dried watermelon seeds.

Watermelon contains higher levels of lycopene than any other fresh fruit or vegetable (12.7 mg per 2-cup serving) and is part of a healthy diet – it is a Lycopene Leader.

- Lycopene has been studied for its potential to role in reducing blood pressure (in those with prehypertension or hypertension). Whether consuming watermelon will achieve these results in the general population is not yet known. Further research is needed with larger sample sizes and longer duration is needed to fully determine the clinical implications.

- The National Cancer Institute’s Prostate Cancer, Nutrition, and Dietary Supplements (PDQ®) information summary says that, “Reviews done in 2015 and 2017 analyzed studies of lycopene in the diet and lycopene levels in the blood. Both reviews found that higher lycopene intake was linked with lower prostate cancer risk and that higher blood levels of lycopene were also linked with lower prostate cancer risk.” However, research results are inconsistent in these areas and randomized controlled trials have not demonstrated a consistent benefit to consuming lycopene from food or supplements. However, there is a large and growing body of research into the mechanistic and dose-relational effects of lycopene consumption on potential human health benefits.

- Although more research and clinical trials are needed, systematic reviews and meta-analyses link carotenoids, like lycopene, to a role in maintaining healthy skin.

References:
Try a mini. Because of their size, they are easier to handle and have thinner rinds than a full-sized watermelon.

Watermelon Jell-O shots. Yes. That’s what I said.

Feed up to three dozen people with one watermelon (talk about value).

Pickle, stir fry or ferment the rind.

Believe in unicorns: Unicorn Milkshakes.

Break out the dehydrator to turn juicy strips into watermelon jerky. No dehydrator? You can use your oven to dehydrate, too.

Create a watermelon keg carving to serve refreshing summer drinks.

Layer rice, watermelon, jicama and top with cashews and shredded romaine to create a delicious stacked salad.

Protect your skin. While not a suitable substitution for sunscreen, lycopene (12.7 mg per 2 cups) in watermelon is an antioxidant that is being studied for its role in sun protection [if you eat it].

Workout.

Make great balls of Watermelon Glazed Meatballs.

Toss watermelon seeds with a little olive oil and sea salt, roast, and have a tasty snack!
Your Foodservice Guide to Watermelon

**PROCUREMENT**

Watermelon is available year-round and is harvested in the U.S. from May to September. Read more about peak production months for watermelon is from at [www.watermelon.org](http://www.watermelon.org).

**YIELD**

While yield depends on how the melon is cut, the below yield chart is meant to serve as guide for your culinary needs.

<table>
<thead>
<tr>
<th>SIZE</th>
<th>60</th>
<th>45</th>
<th>36</th>
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<tr>
<td>TIME (min)</td>
<td>2.50</td>
<td>2.58</td>
<td>3.05</td>
</tr>
<tr>
<td>FLESH (lbs)</td>
<td>8.61</td>
<td>8.54</td>
<td>10.67</td>
</tr>
<tr>
<td>SKIN (lbs)</td>
<td>3.61</td>
<td>4.24</td>
<td>7.17</td>
</tr>
<tr>
<td>FLESH (%)</td>
<td>70.5%</td>
<td>69.2%</td>
<td>59.8%</td>
</tr>
</tbody>
</table>

**CUTTING**

Using safe handling practices, as outlined by USDA, this cutting sequence resulted in the highest yield of cut fruit. Remember to wash your watermelon before cutting.

1. Cut off the watermelon's top and bottom.
2. Cut the watermelon in half lengthwise.
3. Cut the fruit from the skin.
4. Cut into desired shapes.

**STORING**

- Watermelons will last for about 3-4 weeks after harvest.
- Store watermelon between 50-59°F (55°F is ideal).
- If you receive your watermelon refrigerated, do not break the cold chain. Use within 2 days.
- Watermelon will keep for 7-10 days at room temperature.
- Once cut, wrap and store watermelon between 9 and 36°F.
- For best results, do not freeze whole watermelon, it will cause the rind to break down, producing a mealy, mushy texture.

WATERMELON LA CARTE

APÉRITIF sips of watermelon to start
WATERMELON JUICE
WATERMELON WINE SPRITZERS
REFRESHING WATERMELON COOLER
WATERMELON INFUSED WATER

AMUSE-BOUCHE amusing tidbits
Watermelon use on menus has increased by 54% in the last four years — it is among the fastest growing fruits.
Watermelon continues to expand in use across all menu parts, with entrées experiencing the most rapid growth.
Watermelon is the highest trending fruit on salads, showing 106% growth in the last four years.

HORS D’ŒUVRES small and savory pairings

WATERMELON, FETA, CUCUMBER & MINT
WATERMELON, PICKLED ONIONS, CAYENNE & LIME
WATERMELON, ARUGULA, PARMESAN & BALSAMIC GLAZE
WATERMELON, SMOKED SALMON, AVOCADO & CILANTRO

ENTRÉE appetizing nutrition facts
Watermelon contains vitamin A (8%), like other produce has vitamin A, supports eye health.
Vitamin B6 (8%) which supports normal brain and nerve function.
Excellent source of vitamin C, a powerful antioxidant that promotes healing.
Supports hydration — watermelon is 92% water.
Earned the American Heart Association’s Heart-Check Certification.
Provides 6% daily value of potassium to support normal nerve, heart, and kidney function.

LE PLAT DU JOUR watermelon’s special features
100% of watermelon is usable and compostable: 70% flesh + 30% rind.
Watermelon contains higher levels of lycopene than any other fresh fruit or vegetable (12.7 mg per 2-cup serving); it is the Lycopene Leader.
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ABOUT US

The National Watermelon Promotion Board (NWPB), based in Winter Springs, Florida, was established in 1989 as an agricultural promotion group to promote watermelon in the United States and in various markets abroad. Funded through a self-mandated industry assessment paid by more than 800 watermelon producers, handlers and importers, NWPB’s mission is to increase consumer demand for watermelon through promotion, research and education programs.