

WATERMELON

A DIETITIAN'S GO-TO FRUIT FOR HYDRATION, HEART HEALTH & PERFORMANCE

Naturally refreshing, deeply hydrating and packed with vitamin C, watermelon delivers far more than just sweetness.

WHY WATERMELON WORKS

92%
water

**SUPPORTS
HYDRATION¹**

80 calories
per 2-cup
serving

**SUPPORTS WEIGHT
& METABOLIC
GOALS¹**

Source of
antioxidants

**SUPPORTS
LONG-TERM
HEALTH^{3,4}**

Widely
accepted
by all ages

**BOOSTS FRUIT
INTAKE
ADHERENCE**

Takeaway: Watermelon is one of the easiest “yes” foods for clients who struggle with hydration, fruit intake or appetite during warm weather.



HEART HEALTH MADE SIMPLE

Watermelon naturally contains L-citrulline (286–1266 mg per 2-cup serving) which the body converts into nitric oxide, a compound that helps support healthy blood flow and blood pressure.²

Human studies show watermelon supplementation may help:

- Lower ankle blood pressure⁵
- Improve blood vessel flexibility⁶

Great for: DASH, Mediterranean, plant-forward diets, produce prescription programs, cardiometabolic risk reduction.^{5,6}

MUSCLE RECOVERY & ACTIVE LIFESTYLES

Watermelon is a refreshing post-workout snack that helps rehydrate and may reduce muscle soreness.⁷ It supports exercise and recovery through:

- Improved hydration
- Reduced muscle soreness post-exercise⁷
- Better blood flow to working muscles²

Human research shows:

- Less delayed-onset muscle soreness after exercise with watermelon juice⁷
- Improved high-intensity exercise performance with citrulline supplementation⁸

BLOOD SUGAR FRIENDLY

Even with its sweetness, watermelon:



**HAS A MODERATE
GLYCEMIC INDEX BUT
LOW GLYCEMIC LOAD
PER SERVING⁹**



**FITS INTO DIABETES-
FRIENDLY MEAL PLANS
WHEN PORTIONED**



**WORKS WELL AS A
REFRESHING POST-
ACTIVITY CARB
SOURCE⁹**

Pairing tip: Combining with protein or fats such as Greek yogurt, cottage cheese or nuts may support steadier blood sugar.

ANTIOXIDANTS FOR LONG-TERM HEALTH

Watermelon is one of the top dietary sources of lycopene in the U.S. diet.³

Lycopene supports:

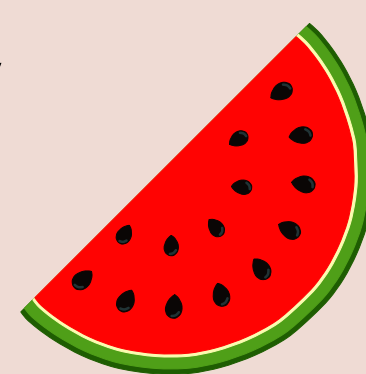
- Cellular protection
- Reduction of oxidative stress
- Long-term heart and metabolic health⁴

HYDRATION THAT FEELS LIKE A TREAT

Watermelon naturally delivers:

- Fluids
- Potassium 310 mg (6% DV)
- Fast energy carbohydrate 21 g (8% DV)

Ideal for: Kids, older adults, summer feeding programs, outdoor workers and heat-exposed athletes.



watermelon.org

**For more nutrition information and research studies,
visit the National Watermelon Promotion Board website.**

References

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