

# Pick the BEST Watermelon



## 1. Look it over

Choose a firm watermelon without bruises, cuts, or dents. Scratches are okay.



## 2. Lift it up

It should feel heavy for its size. Watermelons are 92% water!

## 3. Turn it over

Check for a creamy yellow spot on the underside, indicating it ripened on the ground.



# Watermelon Nutrition



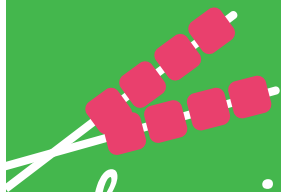
**100% edible and zero food waste! Check out our recipes for delicious ways to use the flesh, juice and rind.**

**At 92% water, it's a sweet and juicy hydrator!**

**An excellent source of Vitamin C (25% DV).**



**Fat-free, cholesterol-free, and only 80 calories in a 2-cup serving.**



**watermelon.org**  
*for recipes, carvings and nutrition*