

NEWS ALERT

National Watermelon Promotion Board FOR IMMEDIATE RELEASE

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A New Reason to Use the Whole Watermelon: USDA Adds Official Nutrition Profile for Watermelon Rind
New FoodData Central listing gives registered dietitians, researchers and recipe developers standardized nutrition data to support whole watermelon use

WINTER SPRINGS, Fla. – August 7, 2026 – Watermelon's often-overlooked rind is getting its due. The fruit's outer layer now has an official nutrition profile in [USDA FoodData Central](#), giving registered dietitians, researchers, recipe developers and other food professionals access to standardized nutrition data for a part of the fruit that has long been underutilized. The new listing makes it easier to evaluate watermelon rind in recipes, nutrition education and meal planning while encouraging greater use of the whole watermelon.

According to the [new USDA nutrient profile](#), a 1/3-cup serving (50 grams) of diced raw watermelon rind contains just 10 calories and provides 1 gram of dietary fiber, along with 140 mg of potassium and 4 mg of vitamin C.¹ While the rind isn't intended to replace the nutrient-rich flesh, the new data demonstrates how it can complement watermelon's nutritional value while providing another delicious way to enjoy more of the whole fruit. Whether blended into smoothies and juices, shredded into slaws, quick-pickled or added to stir-fries and relishes, watermelon rind offers a simple way to reduce food waste while making the most of every watermelon.

Watermelon flesh is an excellent source of vitamin C (25% DV), a good source of vitamin B5 (10% DV), and also provides vitamin A (8% DV), vitamin B6 (8% DV) and potassium (6% DV), along with naturally occurring lycopene. At about 92% water and just 80 calories per two-cup serving, watermelon is a refreshing, nutrient-dense fruit that supports healthy eating patterns.^{2,3}

"We've long encouraged the use of the whole watermelon, from the sweet flesh to the versatile rind," said Megan McKenna, Sr. Director of Marketing & Foodservice at the National Watermelon Promotion Board. "The new USDA nutrient profile, from long-awaited research, provides the standardized data to confidently incorporate watermelon rind into recipes and nutrition guidance, helping foodservice and consumers get even more value from every watermelon they bring into their kitchens."

The new USDA listing builds on a growing body of research highlighting watermelon's role in a healthy diet. An analysis of NHANES data published in [Nutrients](#) found that children and adults who consume watermelon have higher overall diet quality and greater intakes of dietary fiber, magnesium, potassium, vitamins A and C, lycopene

¹ U.S. Department of Agriculture, Agricultural Research Service. FoodData Central: Watermelon, Seedless, Rind Only, Raw. FDC ID: 2747676. Available at: <https://fdc.nal.usda.gov/food-details/2747676/attributes>. Accessed July 23, 2026.

² U.S. Department of Agriculture, Agricultural Research Service. FoodData Central: Watermelon, Raw. FDC ID 167765. Available at: <https://fdc.nal.usda.gov/food-details/167765/nutrients>. Accessed July 23, 2026

³ Naz A, Butt MS, Sultan MT, Qayyum MM, Niaz RS. Watermelon lycopene and allied health claims. EXCLI J. 2014;13:650-660. doi:10.17877/DE290R-6561. PMID: 26417290. PMCID: PMC4464475. Available from: <https://pmc.ncbi.nlm.nih.gov/articles/PMC4464475/>

and other carotenoids than non-consumers, while also consuming less added sugar and saturated fat.⁴ Although these results are promising, further research is needed, and the findings cannot be translated across all populations.

To learn more about watermelon nutrition, recipes and research, visit www.watermelon.org.

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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 700 watermelon producers, handlers and importers, NWPB mission is to increase consumer demand for watermelon through promotion, research and education programs. For additional information, visit www.watermelon.org.

1. U.S. Department of Agriculture, Agricultural Research Service. FoodData Central: Watermelon, Seedless, Rind Only, Raw. FDC ID: 2747676. Available at: <https://fdc.nal.usda.gov/food-details/2747676/attributes>. Accessed July 23, 2026.
2. U.S. Department of Agriculture, Agricultural Research Service. FoodData Central: Watermelon, Raw. FDC ID 167765. Available at: <https://fdc.nal.usda.gov/food-details/167765/nutrients>. Accessed July 23, 2026
3. Naz A, Butt MS, Sultan MT, Qayyum MM, Niaz RS. Watermelon lycopene and allied health claims. EXCLI J. 2014;13:650-660. doi:10.17877/DE290R-6561. PMID: 26417290. PMCID: PMC4464475. Available from: <https://pmc.ncbi.nlm.nih.gov/articles/PMC4464475/>
4. Fulgoni, K.; Fulgoni, V.L., III Watermelon Intake Is Associated with Increased Nutrient Intake and Higher Diet Quality in Adults and Children, NHANES 2003–2018. *Nutrients* 2022, 14, 4883. Available at: <https://www.mdpi.com/2072-6643/14/22/4883> . Accessed July 23, 2026.

⁴ Fulgoni, K.; Fulgoni, V.L., III Watermelon Intake Is Associated with Increased Nutrient Intake and Higher Diet Quality in Adults and Children, NHANES 2003–2018. *Nutrients* 2022, 14, 4883. Available at: <https://www.mdpi.com/2072-6643/14/22/4883> . Accessed July 23, 2026.