Pick a better snack™

Watermelon

Watermelons are usually round or oblong and weigh 5 to 30 pounds. They have a smooth, green rind (thick skin) which is not eaten. Most watermelons have red flesh but there are orange and yellow-fleshed varieties. Some have seeds and some are seedless.

Watermelons are fruit which grow on vines.

Watermelon originated in Africa over 5,000 years ago.

By the 10th century, watermelons were being grown in China, which is today the world's largest watermelon producer.

Americans eat about 17 pounds of watermelon a year.

Fourty-four states grow watermelons commercially. The top producers are Georgia, Florida, Texas, California and Arizona.

Watermelons are a melon. Melons are in the same gourd family as squash and cucumbers.

NUTRITION FACTS

- Fat free
- Cholesterol free
- Very low sodium
- Good source of vitamin A
- High in vitamin C

VARIETIES

There are more them 50 varieties of watermelons grown in the United States. There are four general categories: Allsweet, Ice-Box, Seedless and Yellow Flesh.

USES

Watermelon is wonderful eaten alone. Add to fruit salads, salsa, cool drinks or desserts.

Watermelons are grown in Iowa.

IDPH Iowa Department of Public Health

Funded in part by USDA's Supplemental Nutrition Assistance Program in cooperation with the Iowa departments of Public Health and Human Services, equal opportunity providers and employers. The Iowa Food Assistance Program can help you buy nutritious food for a healthy diet. To find out more, visit www.yesfood.iowa.gov.

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Iowa Nutrition Network
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