FRESHEALTH

WATERMELON



PRODUCE PARTICULARS

- Watermelon is grown in 44 states. Florida grows the most of any state.
- Watermelon, just like tomatoes, is an excellent source of the antioxidant Lycopene, which is good for your cells.
- Watermelons are named appropriately, as they are 92% water. An excellent snack for staying hydrated!

Nutrition Facts

1 serving per container
Serving size 100 g

Amount per serving
Calories 30

	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 0g	0%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.2mg	2%
Potassium 110mg	2%

* The % Daily Value (DV) tells you 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.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Watermelon, Raw

DID YOU KNOW?

Watermelon is one of few foods to be classified as both a fruit and a vegetable!



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