

## watermelon

Watermelon is a treat during the summertime.

But, is watermelon a nutritious food? **Yes!**

Watermelon is a great source of water. It is 92% water!

That's probably why it is so refreshing to eat watermelon on hot summer days. Watermelon is also a good source of vitamins A and C, folic acid and potassium.

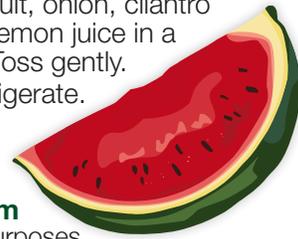
**Enjoy a slice of watermelon for a snack or at meals.  
It's easy - just cut and eat!**

### watermelon salsa

Enjoy this delicious salsa with a sandwich, grilled chicken or fish.

- 2 cups diced watermelon
- 2 cups diced mango, cantaloupe or honeydew
- ½ cup diced red onion
- 2 tablespoons chopped fresh cilantro
- ¼ cup lime or lemon juice

1. Combine the fruit, onion, cilantro and lime or lemon juice in a large bowl. Toss gently.
2. Cover and refrigerate. Serve cold.



Nutrition Matters<sup>TM</sup> - [www.numatters.com](http://www.numatters.com)  
This tipsheet can be reproduced for educational purposes.

## watermelon

Watermelon is a treat during the summertime.

But, is watermelon a nutritious food? **Yes!**

Watermelon is a great source of water. It is 92% water!

That's probably why it is so refreshing to eat watermelon on hot summer days. Watermelon is also a good source of vitamins A and C, folic acid and potassium.

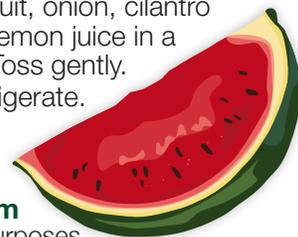
**Enjoy a slice of watermelon for a snack or at meals.  
It's easy - just cut and eat!**

### watermelon salsa

Enjoy this delicious salsa with a sandwich, grilled chicken or fish.

- 2 cups diced watermelon
- 2 cups diced mango, cantaloupe or honeydew
- ½ cup diced red onion
- 2 tablespoons chopped fresh cilantro
- ¼ cup lime or lemon juice

1. Combine the fruit, onion, cilantro and lime or lemon juice in a large bowl. Toss gently.
2. Cover and refrigerate. Serve cold.



Nutrition Matters<sup>TM</sup> - [www.numatters.com](http://www.numatters.com)  
This tipsheet can be reproduced for educational purposes.