Why eat watermelon:

- Over 90% of watermelon is water, so it is low in calories—around 45 calories per cup.
- It is packed with vitamins: vitamin A helps with vision, vitamin C helps with your immune system and vitamin B6 helps promote proper brain function.

How to store and when to throw out:

- Keep whole watermelons at room temperature for up to 2 weeks.
- Once watermelon has been cut, wrap tightly and refrigerate for up to 3 or 4 days.
- Throw out if melon becomes slimy, begins to taste sour or mold is present.

Refreshing Cucumber Watermelon Salad

Makes 10 servings

Ingredients:

1 small red onion, sliced  3 baby cucumbers, cut in cubes
2 tbsp. lime juice        1 cup feta cheese
2 tbsp. olive oil        1/2 cup mint leaves, sliced thin
1 watermelon, cut in cubes

Directions:

1. Mix red onion with lime juice in a bowl, set aside to marinate at least 10 minutes. Stir olive oil into mixture.
2. Toss watermelon, cucumbers and feta cheese together in a large bowl.
3. Pour the red onion mixture over the watermelon mixture; toss to coat. Sprinkle mint over the salad; toss.
4. Refrigerate and serve cold.

Quick Tips:

- Wash the outside of watermelons well before use.
- Cut the watermelon in half and then cut each half into two to make cutting it into slices safe and easy.
- Watermelon is delicious when blended and can be used to make refreshing drinks.
- The white rind is very high in nutrients—don’t throw it out. It’s a little bitter and perfect for pickling.

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
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<tbody>
<tr>
<td>Servings: 10</td>
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<tr>
<td>Serving size: 1 cup watermelon, diced (152 g)</td>
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<table>
<thead>
<tr>
<th>Account per serving</th>
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<tbody>
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<td>Calories</td>
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<tr>
<td>Total Fat: 0 g</td>
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<td>Iron: &lt;1 mg</td>
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<tr>
<td>Potassium: 170 mg</td>
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Quick and Easy Watermelon Lemonade

Serves 10

**Ingredients:**
- 1/2 medium size watermelon
- 4-6 cups water
- 4-5 large lemons
- Fresh mint
- 1 cup granulated sugar (can replace with sugar substitute such as Splenda)

**Directions:**
1. Scoop watermelon into a blender and blend until liquid.
2. Strain watermelon through strainer, reserving 4 cups of watermelon juice and discarding the watermelon flesh.
3. Pour watermelon juice into a pitcher. Set aside.
4. Juice enough lemons to make 1 cup. Strain the lemon juice and add it to the pitcher.
5. Add in the water. Stir in sugar to sweeten to desired taste.
6. Serve over ice and garnish with mint leaves.

**Chef Notes:**
- Cut watermelon into cubes, freeze, and blend to turn this into a quick and easy smoothie.
- No lemons? Use a low-sugar lemonade in place of lemons, water, and sugar.

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**Buying Guide:**
- **Fresh** fruits and vegetables are most nutritious and cheapest when they are *in season*. Find them at a farmers market or in the front of the produce section at the grocery store.
- **Frozen** fruits and vegetables, *without added sauces or syrups*, are available year round, ready to use and easy to prepare. Find coupons or look in the store advertisement to get the best deal.
- **Canned** fruits and vegetables are best when canned in *100% juice or no-salt-added*. Make sure to drain and rinse them to get rid of added sugar or sodium.

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**How much should I eat?**

The recommendation is to eat 2 1/2 cups of vegetables and 2 cups of fruit per day. One cup of fruit or vegetables looks like a baseball and a half of a cup is the size of a light bulb.

**Daily servings:**
- **VEGETABLES** 2 1/2 cups
- **FRUITS** 2 cups

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