WATERMELON

WHAT IS IT?
Commercially grown in 44 different states, watermelon is a flowering plant that grows in the summer months in the U.S.

HOW IT FITS INTO MYPLATE
A 2,000 calorie diet has a daily Fruit Group target of 2 cups. By eating just 1 medium watermelon wedge, you’ll already meet your goal!

1 MEDIUM WEDGE = 2 CUPS FRUIT GROUP TARGET

To find your food group targets, go to ChooseMyPlate.gov/Checklist

FUN FACTS & TIPS
USDA developed the classic variety, called Charleston Grey, in 1954.

Texas, Florida, Georgia & California grow 66% of the watermelon in the U.S.

Cool off! Freeze slices of watermelon into “popsicles” for an icy cold sweet treat.

FOCUS ON WHOLE FRUITS
Watermelon is one of the most affordable fruits available and is a simple, sweet way to add fruit to your plate.

For more information go to ChooseMyPlate.gov
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