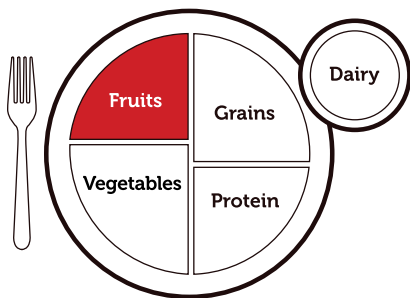


# WATERMELON

## WHAT IS IT?

Commercially grown in almost every State, watermelon is a flowering plant that grows in the summer months in the U.S.

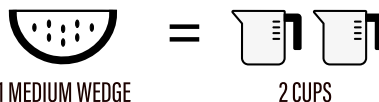


## FOCUS ON WHOLE FRUITS

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

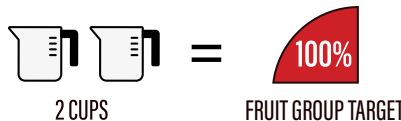
## HOW IT FITS INTO MYPLATE

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



2 CUPS

FRUIT GROUP TARGET

To find your food group targets, go to [MyPlate.gov/MyPlate-Plan](https://www.MyPlate.gov/MyPlate-Plan).

## FUN FACTS & TIPS



USDA developed the classic variety, called Charleston Grey, in 1954.



Florida, Georgia, California, and Texas grow 75% of the watermelon in the U.S.



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

