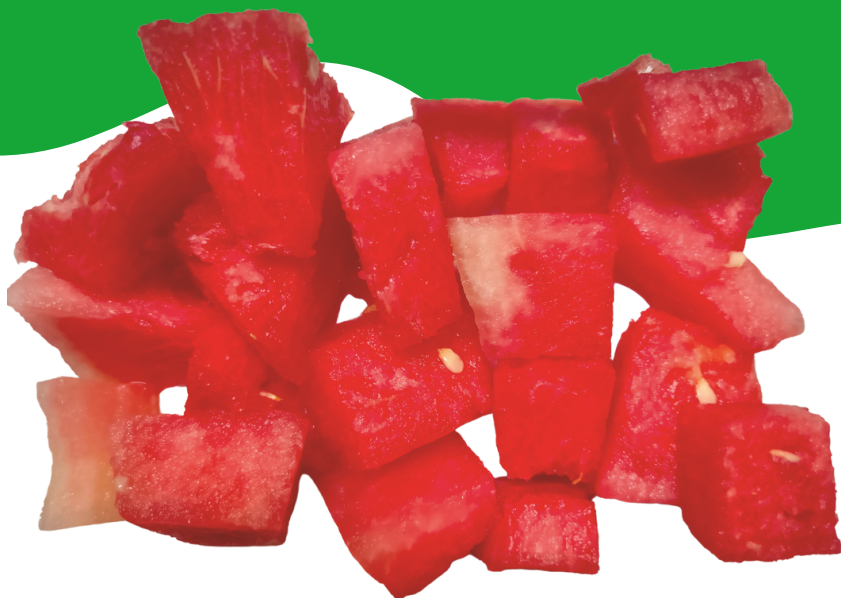


WATERMELON



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

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

FRESHEALTH