

A close-up photograph of several triangular slices of watermelon. The slices are arranged in a pile, showing the bright red flesh, dark seeds, and green rind. A semi-transparent green banner is overlaid across the middle of the image, containing the word "Watermelon" in white text.

Watermelon

The Health Benefits of Watermelon

Although watermelon is 92% water, it is also rich in vitamins, minerals and antioxidants, low in calories and super delicious!

1 cup of watermelon provides:

- 43 Calories, 1 gm protein, 1 gm fiber, no fat or cholesterol

Potential benefits of consuming watermelon:

- Richest source of *lycopene*, an antioxidant that protects against cancer and diabetes. Seedless varieties contain more lycopene
- Rich in the amino acid *citrulline*, which helps produce beneficial *nitric oxide*, lowering blood pressure and improving blood flow
- High in antioxidant vitamins C and A for healthy skin, hair and eyes
- Contains B vitamins biotin and folate, and minerals magnesium, calcium and iron, all good for your heart and bones
- The seeds are higher in nutrients than the flesh. Roast and toss into salads, on cereal or in baked goods
- Rinds are often pickled. Use certified organic melons if pickling

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www.advancedhealth.com/healthy-bytes-initiative

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Watermelon Basics

\$hop and \$ave

- ✿ Choose a watermelon that is uniform in shape and heavy for its size. The dark green skin might have lighter green stripes.
- ✿ Look for a creamy yellow spot on the underside. It becomes more yellow as the melon ripens.
- ✿ Avoid melons with soft spots, dents or cracks.
- ✿ Flesh of cut watermelon should look juicy and smooth. Melons cut into halves or quarters or containers of ready-to-eat cubed melon may be available. These generally cost a little more than whole melons.
- ✿ Watch for locally grown watermelon from July to September. They might be cheaper, taste better and last longer.

Watermelon contains lycopene, which gives it its red color and is a powerful antioxidant that helps keep you healthy!



About 3/4 of a whole watermelon is edible flesh.

One pound = about 3 1/4 cups.

Types of Watermelon

There are several hundred varieties of watermelon.

- ✿ **Seeded watermelon** are round to oblong and weigh from 15 to 45 pounds. The flesh is generally red with black seeds.



- ✿ **Seedless watermelon** have become the most common type available. They weigh 10 to 25 pounds. The flesh is generally red but yellow, orange and white are available. They may have soft, edible white seed coats but rarely contain seeds.



- ✿ **Mini or personal watermelon** are usually seedless and weigh 1 to 7 pounds. They may have more flesh and less rind than larger watermelons.



Store Well Waste Less

- **Whole melons can be kept at room temperature for 7 to 10 days.** They ripen only slightly after picking and begin to lose flavor and texture with longer storage. Refrigerate just before eating if desired.
- **Wash under cool running water before cutting.**
- **Cut watermelon can be kept in the refrigerator for 3 or 4 days.** Use a covered container or cover the cut surface with plastic wrap.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer.

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Enjoy Watermelon

Watermelon Salsa

Ingredients:

- 2 cups **watermelon**, small cubes, seeds removed
- $\frac{1}{4}$ cup sliced **green onions**
- $\frac{1}{4}$ cup **onion**, finely chopped (try red or sweet onion)
- 1 Tablespoon **vinegar**
- 1 Tablespoon chopped **cilantro**
- $\frac{1}{4}$ teaspoon ground **cumin**

Directions:

1. In a medium bowl, mix all of the ingredients.
2. Refrigerate leftovers within 2 hours.

Notes: Serve with burritos, tacos, fish, grilled meat, fresh vegetables or baked tortilla chips.

Try lemon or lime juice instead of vinegar. Try adding corn, chili peppers, or chopped avocado.

Makes 2 cups

Prep time: 15 minutes

Go to
FoodHero.org
for easy, tasty
watermelon
recipes

Watermelon with Lime and Chili Powder

Ingredients:

- 2 cups cubed **watermelon**, seeds removed
- $\frac{1}{2}$ **lime**
- $\frac{1}{4}$ teaspoon **chili powder** (or more to taste)
- $\frac{1}{4}$ teaspoon **salt** (optional)

Directions:

1. In a serving bowl, squeeze lime juice over watermelon cubes.
2. Sprinkle with chili powder and salt if using. Enjoy!
3. Refrigerate leftovers within 2 hours.

Note: Try with a mix of fruit and veggies such as other melons, pineapple, cucumber, mango and more.

Spice mixes are available that combine lime and chili powder.

Makes 2 cups

Prep time: 5 to 10 minutes

Quick Fix:

- 🌸 Watermelon is a classic summer treat. Just slice into triangles and eat.
- 🌸 Cut into bite-size pieces and add to fruit salads.
- 🌸 Freeze chunks of watermelon to use as edible ice cubes in water, lemonade or iced tea.

Watermelon Cooler



Ingredients:

- 3 cups cubed **watermelon**, seeds removed
- $\frac{1}{2}$ cup **orange juice**

Directions:

1. Place watermelon and juice in blender; blend until smooth. Serve immediately.
2. Refrigerate or freeze leftovers within 2 hours.

Makes 3 cups

Prep time: 5 minutes

Kids Can!

When kids help make healthy food, they are more likely to try it. Show kids how to:

- 🌸 use a plastic knife or cookie cutter to cut watermelon into cubes or fun shapes.
- 🌸 measure ingredients.
- 🌸 fill a blender part way and be sure the lid is on tight.