

<watermelon babies> Nutrition Facts and Health Benefits of Watermelon

Watermelon s Benefits Watermelon Board Welcome to.

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Watermelon is packed with nutrient dense minerals fiber 4% DV in 2 cups and antioxidant rich phytonutrients like beta carotene 0.9 mg per 2 cup serving and lycopene. Watermelon is a nutrient dense food that contains vitamins, minerals, and dietary fiber with no added sugars.

Learn about its many benefits. Learn about the wonderful world of watermelon with recipes, carvings, educational resources, activities, and industry promotion materials. More than 300 varieties of watermelon are cultivated in the U.S. and South America.

Learn about the common types as well as when and where they're grown. Watermelon is grown in warm places from Florida to Guatemala, making it available throughout the year. Use this handy chart to see watermelon peak production areas by month. Have questions about watermelon? We have answers.

Get the 4-1-1 on everything from how it gets from field to plate and tips for using the whole fruit. Discover the nutritional benefits of watermelon and how it contributes to a healthy lifestyle with vitamins, minerals, antioxidants, and amino acids. While whole fresh watermelon reigns supreme, growers and processors in California are finding new ways to bring watermelon to customers across the country through fresh cut and juice formats. Enjoy this simple watermelon recipe with only five ingredients but customize with your own favorites! Explore how watermelon is grown, harvested, and prepared for sale.

Learn its history and how sun, bees, soil, and water optimize fruit set size and yield.

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