

## How much fruit is right for you?

The American Institute of Cancer Research recommends a plant-based diet. That means making vegetables and fruits — including watermelon — the focus of your meals. Many plant-based foods contain key nutrients and phytonutrients that may reduce the risks of some cancers.

([www.aicr.org](http://www.aicr.org))

*The U.S. Dept. of Agriculture recommends eating about 2 cups of fruit a day. A 1" thick small wedge of watermelon is about a 1-cup portion of fruit—which gets you half way there!*

([www.mypyramid.gov](http://www.mypyramid.gov))

### Watermelon Berry Smoothie

*A power-packed, easy-to-make mini meal.*

#### Ingredients:

- 1 cup cut-up watermelon
- 1 cup sliced strawberries
- 1/4 to 1/2 teaspoon sugar, if desired
- 1 (6-oz.) carton custard-style vanilla or lemon yogurt

#### Instructions:

Place watermelon pieces along with remaining ingredients into blender container. Blend until mixture is pureed. Pour into glass; serve immediately.

Servings: 1 (1 1/2-cup) serving

*Each serving provides 2 cups of fruits or vegetables.*

For additional watermelon recipes visit [www.pinkribbonwatermelon.com](http://www.pinkribbonwatermelon.com).

*The USDA Dietary Guidelines recommend Americans eat 5 cups of fruits and vegetables each day.*



### Melon-Mango Salsa

*Enjoy the contrasting flavors in this festive salsa with fresh vegetable dippers, tortilla chips or as an accompaniment with grilled fish or seafood.*

#### Ingredients:

- 1 cup cut-up watermelon; 1/2" x 1/2" pieces
- 1 medium mango, cut into 1/2" x 1/2" pieces
- 1 to 2 tablespoons seeded and finely chopped jalapeño pepper
- 1 green onion, thinly sliced
- 2 tablespoons lime juice
- 1 teaspoon sugar
- 1 tablespoon chopped fresh cilantro, if desired

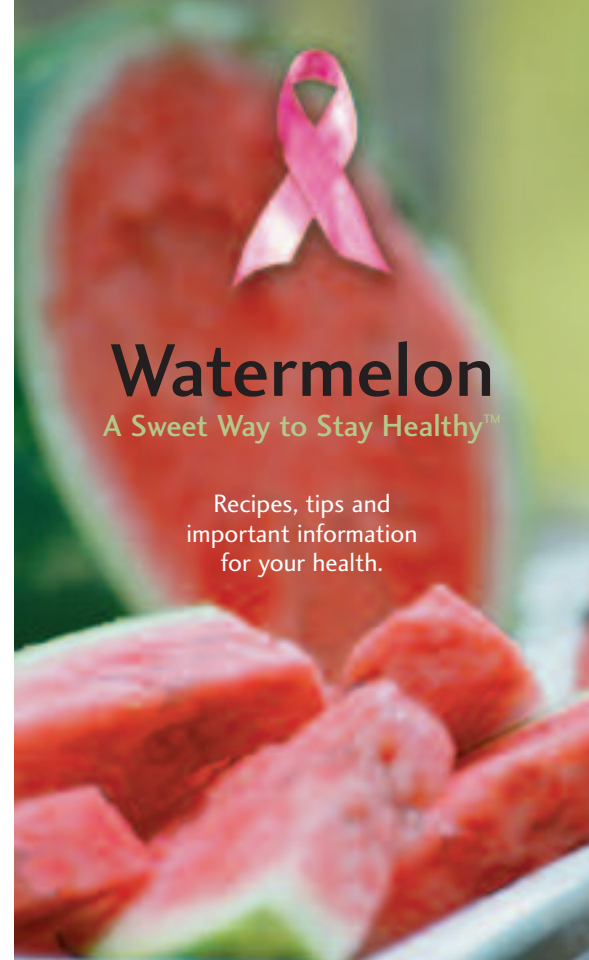
#### Instructions:

Combine ingredients in medium bowl. Cover and refrigerate for 30 minutes to blend flavors. Refrigerate leftovers.

Tip: Clean 1/4 of watermelon shell and use as a serving dish for the salsa.

Servings: 2 cups salsa; 4 (1/2-cup) servings

*Each serving provides 1/2 cup of fruits or vegetables.*



## Watermelon

*A Sweet Way to Stay Healthy™*

Recipes, tips and  
important information  
for your health.

## A sweet way to stay healthy.™

*And a great source of vitamins, too.*

An all-American favorite, watermelon is highly nutritious. Not only is watermelon low in calories, it's fat free, sodium free and cholesterol free — plus it's high in Vitamins A and C.

**Vitamin A** (in the form of beta carotene) keeps eyes and skin healthy and helps protect against infections.

**Vitamin C** helps heal cuts and wounds, keeps gums healthy and helps promote immunity.

**Beta carotene and Vitamin C** also work as antioxidants.

**([www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org))**

*Watermelon is naturally sweet and can help satisfy a sweet tooth. Consider serving it as an easy, delicious dessert.*



## Red means lycopene!

Red watermelon contains high levels of lycopene, a phytonutrient that works as an antioxidant, too. In fact, red watermelon contains higher levels of lycopene than any other fresh fruit or vegetable. On average, red watermelon has about 40 percent more lycopene than uncooked tomatoes.

**([www.ars.usda.gov](http://www.ars.usda.gov))**

According to the National Watermelon Promotion Board, a 1-cup serving of red watermelon contains an average of 9 mg of lycopene and one medium-sized tomato contains 4 mg.

*We care about the health of our customers, and we are dedicated to providing a wide range of foods to help you and your family eat healthy.*

## Our commitment to your health!

As part of our commitment to our customers and their families, a portion of our sales will be donated to breast cancer organizations in your community.

- *Breast cancer is the leading cancer among white and African American women.*
- *Breast cancer incidence in women has increased from one in 20 in 1960 to one in 8 today. ([www.breastcancer.org](http://www.breastcancer.org))*

*For healthy recipes and links to breast cancer prevention organizations, visit [www.pinkribbonwatermelon.com](http://www.pinkribbonwatermelon.com).*

