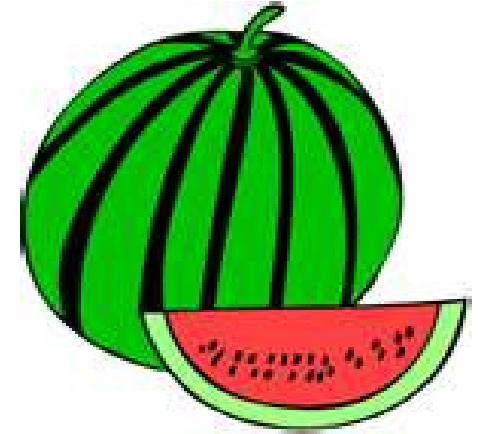




Watermelon



- Contains 92% water and 8% sugar
- One of the most refreshing, thirst quenching fruits of all
- Watermelon contains high amounts of antioxidant that may keep you from getting sick.
- It is usually red on the inside, it but can also be yellow.

Did you know...

- Watermelon, the fruit is really a Vegetable. It is cousins to cucumbers, pumpkins and squash.
- The first recorded watermelon harvest occurred nearly 5,000 years ago in Egypt
- Americans eat over 17 lbs of watermelon each year

