



Watermelon



“Cool off this Summer with a Juicy and Tasty Treat”

Nutrition Tips to Increase Watermelon Consumption

- For a sweet treat, top frozen vanilla yogurt with diced watermelon.
- Mix washed and cut up fresh fruits such as grapes, watermelon, muskmelon, and pineapple for a delicious summer fruit salad.
- Make a watermelon slush smoothie. Combine 3 cups of watermelon, 2 tablespoons lime juice, 1 cup sugar, ½ cup ice and ¼ water and blend until smooth. Garnish with a mint leaf and serve.
- Use watermelon, pineapple, grapes, blueberries, and bananas as toppings to a fruit pizza!

Nutrition Food Activities for Children

- After you slice open a watermelon, allow your children to use an ice cream scooper to scoop out the watermelon’s flesh and create melon balls.
- Ask your child to help you prepare watermelon for eating it. Have children pick the seeds out with a fork before cutting watermelon into bite size pieces.
 - How many seeds are in a watermelon?
- Let your children push watermelon through a strainer to make watermelon juice. Serve chilled over ice.

The Fruity Split

Serves 4

2 bananas
1 medium watermelon
1 cup fresh blueberries
1 cup diced fresh pineapple
1 cup sliced fresh strawberries
1/4 cup caramel fruit dip
1/4 cup honey roasted almonds, chopped
Jar of cherries, if desired*



Cut bananas in half lengthwise then cut each lengthwise piece in half. For each serving, lay 2 banana pieces against sides of a shallow dish. Using an ice cream scooper, place three watermelon “scoops” in between bananas. Top each watermelon “scoop” with a different fruit topping. Drizzle caramel fruit dip on top and sprinkle with almonds. Top with cherries.

*cherries not included in nutrition analysis

Per serving: 270 calories, 5 g fat, 4 g protein, 59 g carbohydrate, 6 g fiber, 85 mg sodium

This recipe is a Foot Steps to Health Recipe providing a serving of fruit or vegetable and is 500 Club Approved

For previous nutrition material, recipes and future nutrition kiosks visit:

<http://www.getactivewisconsin.org/>

(Click La Crosse County, click Get Healthy Eating)

Watermelon



Eat More Fruits and Vegetables!

Foot Steps
to **Health**