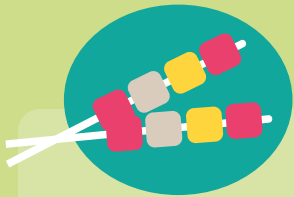


# WATERMELON SNACK HACKS

If you want to snack healthy, you need to plan wisely.

Snacks = 25% of our daily calories. Make them count with nutritious and delicious ingredients.



## DIY Bites

Skewer watermelon, turkey, and cheese cubes for a delicious kebob.



## Ready-to-go

For breakfast on-the-go, blend cubed seedless watermelon, low-fat yogurt, and oatmeal.



## Portion Prep

Turn watermelon into slices, sticks, cubes, and balls. Place in containers or baggies for perfect portions when you need them!



## Little Dippers

Pair watermelon sticks with yogurt for dipping fun.

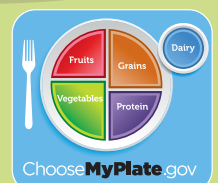


## Creative Combo

Layer watermelon, chicken, spinach, and brown rice in a portable container. Protein-packed snack!



[watermelon.org](http://watermelon.org)



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