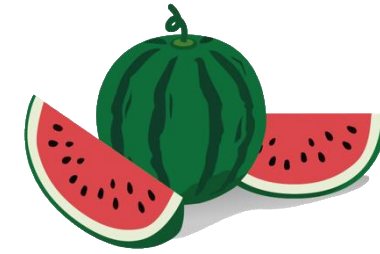


Watermelon

Example of key message:

“ **Watermelons:
High water content with
nutrients** ”



”

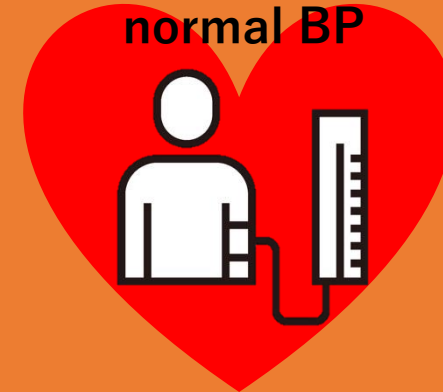
Improves skin
tone



Rich in water
content





Assist
maintenance of
normal BP



Health effects of watermelons

Example of key message:

**“ Watermelons:
High water content with nutrients ”**



The diagram consists of three colored boxes arranged horizontally, connected by a large light blue starburst shape. The first box on the left is orange and titled 'Improves skin tone', featuring an illustration of a woman's face with yellow starburst effects. The middle box is green and titled 'Rich in water content', featuring an illustration of a blue silhouette of a person drinking water with water droplets. The third box on the right is orange and titled 'Assist maintenance of normal BP', featuring an illustration of a white silhouette of a person with a red heart and a white blood pressure cuff.

Q Why is it rich in water content?

A A watermelon is made up of approximately 90% water.

Q Why is it good for the skin?

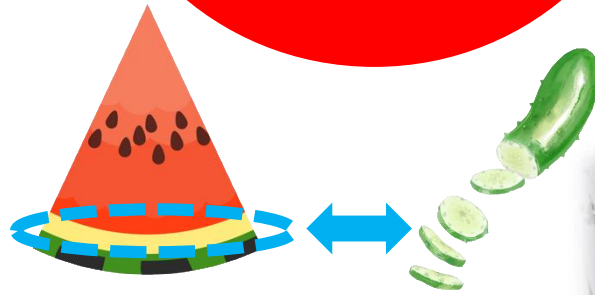
A It contains nutrients (vitamin B and C) that improve skin condition.

Q Why does it help to maintain normal blood pressure?

A It contains nutrients (potassium and citrulline) that help to reduce blood pressure.

Tips for eating watermelons

Nutrients are also found in the white part of watermelons

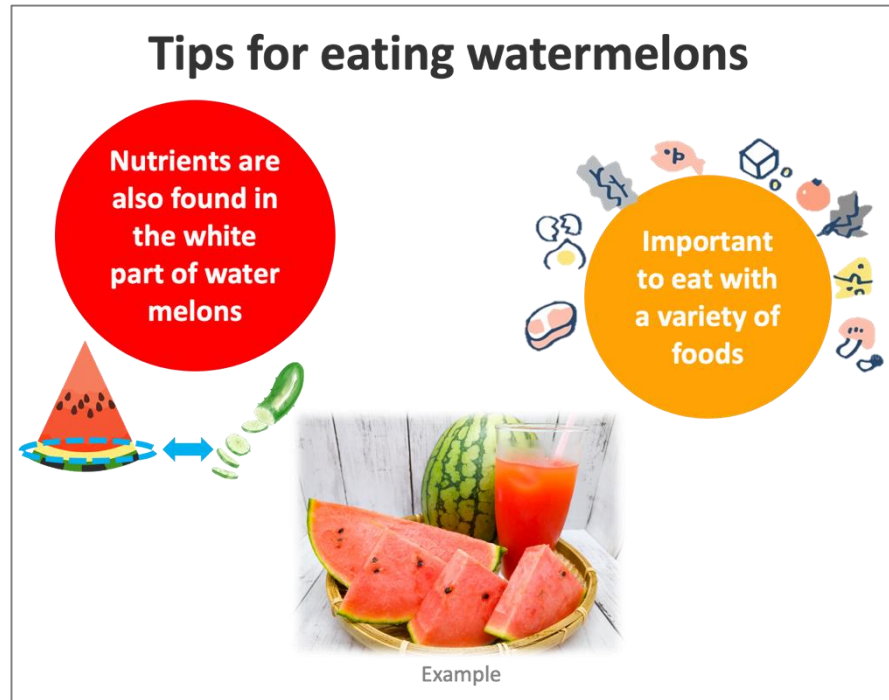


Important to eat with a variety of foods



Example

Tips for eating watermelons



A nutrient(citrulline) is found more in the white part of watermelons. It tastes like a cucumber and is suitable for use in pickles and salads.

Eat a variety of whole (i.e., unprocessed) and fresh foods every day to help obtain the right amounts of essential nutrients.

Eat a combination of different foods, including **staple foods** (e.g., cereals such as wheat, barley, rye, maize, or rice), or **starchy tubers or roots** (e.g., potatoes, yams, taro or cassava), **legumes** (e.g., lentils, beans), **vegetables, fruit, and foods from animal sources** (e.g., meat, fish, eggs, and milk).