

CUCUMBERS

Fresh Fruit & Vegetable Program



Nutrition Facts

Serving Size 1/3 medium (99g)

Calories	10	% Daily Value
Total Fat	0g	0%
Sodium	0mg	0%
Total Carbohydrate	2g	1%
	Dietary Fiber 1g	4%
Protein	1g	

Health Benefits

- Composed of 96% water, helps keep you well hydrated.
- Naturally sodium free which helps maintain a healthy blood pressure.
- Low in calories and fat.

DIFFERENT USES

- Eat them raw as a snack, on a salad, in a soup, cooked, baked, or put them into dips.
- Mix in thin slices of peeled, seeded cucumber for a cool, smooth addition to coleslaw.
- Add some crunch to your lunch by stuffing them into a pita, tortilla, or sandwich.
- Include cucumbers in your favorite pasta salad for a cool meal on a warm day.

FUN FACT

- Ever wonder where the saying "cool as a cucumber" comes from? The inside of a cucumber is approximately 20° F cooler than the outside.
- Cucumbers are members of the gourd family, along with melons, pumpkins and squash.
- The biggest cucumber on record was 67 inches long and weighed 154 pounds.