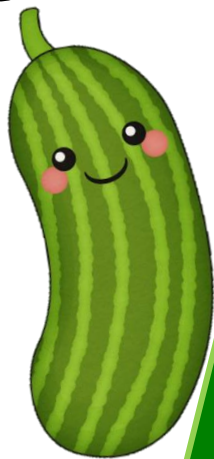


SNACKBITE



Cucumber

- The cucumber is a great snack because it has a mild flavor and high water content that gives a crunch when you bite into it.
- This veggie is a good source of Vitamin K, playing an important role in blood clotting when you get a cut and in bone health.
- “Cool as a cucumber” isn’t just a funny saying. The inner temperature of a cucumber can be up to 20 degrees cooler than the outside air due to its water content.
- English cucumbers are called “burpless” because their lack of seeds eliminate gas build-up that affects some people.
- Cucumbers are 96% water and are a great food for traveling in hot weather because the smooth, green skin keeps the water in like a jug.
- Be sure to eat the darker green peel because it contains lots of beneficial nutrients, including fiber to help in the digestion of other foods in the diet.



Be sure to visit the Fresh Fruit & Vegetable Program page under West Fargo Public Schools Food Service tab for program information and activities.

This institution is an equal opportunity provider.