

# Cucumber

**Facts**

**Recipes**

## SELECT

Choose firm, cucumbers with dark green color, heavy for size.

## Varieties to Explore

**Armenian Cucumber**

## Nutrient Content Claims

Fat free, Saturated fat free, Sodium free, Cholesterol free, Low calorie

## Health Claims

**Dietary Fat & Cancer:** Development of cancer depends on many factors. A diet low in total fat may reduce the risk of some cancers. Cucumbers are fat free.

### Sodium & Hypertension:

- Diets low in sodium may reduce the risk of high blood pressure, a disease associated with many factors. Cucumbers are sodium free.
- Diets low in sodium may reduce the risk of high blood pressure. Cucumbers are sodium free.
- Cucumbers, as part of a low sodium diet, may reduce the risk of high blood pressure.

**Dietary Saturated Fat & Cholesterol & Risk of Coronary Heart Disease:** While many factors affect heart disease, diets low in saturated fat and cholesterol may reduce the risk of this disease. Cucumbers contain no saturated fat or cholesterol.

## STORE

Refrigerate cucumbers in plastic bag up to 1 week.

## SERVE

[Pickling Cucumber](#)

[Top 10 Ways to Enjoy Cucumber](#)

Check out our [cucumber recipes!](#)

## SAVOR

### Presence in Ethnic Cuisines

Chinese, Japanese, Korean / Cuban, Puerto Rican / Indian, Pakistani / Mediterranean

## SHARE

### Social Media Posts

#TipoftheDay: Try adding diced tomatoes, cucumbers and onions to your turkey-dogs. @fruitsandveggies #haveaplant

In just 5 min & 3 ingredients, you got yourself a tasty snack! These Cucumber Canoes are adorable: <http://bit.ly/33Ajz7B> @fruitsandveggies #haveaplant

A quick, refreshing, no-stove delight! Try a different kind of soup – Mango Cucumber Soup: <http://ow.ly/AfDcP> @fruitsandveggies #haveaplant