



Watermelon

The Health Benefits of Watermelon

Although watermelon is 92% water, it is also rich in vitamins, minerals and antioxidants, low in calories and super delicious!

1 cup of watermelon provides:

- 43 Calories, 1 gm protein, 1 gm fiber, no fat or cholesterol

Potential benefits of consuming watermelon:

- Richest source of *lycopene*, an antioxidant that protects against cancer and diabetes. Seedless varieties contain more lycopene
- Rich in the amino acid *citrulline*, which helps produce beneficial *nitric oxide*, lowering blood pressure and improving blood flow
- High in antioxidant vitamins C and A for healthy skin, hair and eyes
- Contains B vitamins biotin and folate, and minerals magnesium, calcium and iron, all good for your heart and bones
- The seeds are higher in nutrients than the flesh. Roast and toss into salads, on cereal or in baked goods
- Rinds are often pickled. Use certified organic melons if pickling

For more information, visit our website:
www.advancedhealth.com/healthy-bytes-initiative

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